Game meat , bison, ground, raw

Bison bison buffalo

		<u>A</u> :	mount in 10	0 grams	s of edil	Amount in edible portion of common				
				Numbe	r			<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.25	2.0	53 6	A	1				
Energy	kcal	223		0	NC	4				
Energy	kj	935		0	NC	4				
Protein (N x 6.25)	g	18.67	1.32	24 6	A	1				
Total lipid (fat)	g	15.93	0.9	70 6	A	1				
Ash	g	0.88	0.03	31 6	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total		0.00		0	z	7				
Starch										
Minerals:										
Calcium, Ca	mg	11	0.6	54 3	A	1				
Iron, Fe	_	2.60	0.20		A	1				
Magnesium, Mg	_	19	0.54	46 3	A	1				
Phosphorus, P	mg	181	5.78	33 3	A	1				
Potassium, K	mg	307	11.40	65 3	A	1				
Sodium, Na	mg	66	2.63	15 3	A	1				
Zinc, Zn	mg	4.29	0.13	39 3	A	1				
Copper, Cu	mg	0.131	0.03	34 3	A	1				
Manganese, Mn		0.009	0.00	00 3	A	1				
Selenium, Se	mcg	18.7	0.33	33 3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin		0.130	0.00	06 3	A	1				
Riboflavin	_	0.227	0.03	15 3	A	1				
Niacin	=	4.910			A	1				
Pantothenic acid	-	0.640		1	A	1				
Vitamin B-6		0.353	0.03	16 3	A	1				
Folate, total		11		1	A	1				
Folic acid		0		0	Z	7				
Folate, food		11		1	A	1				
Folate, DFE		11		0	NC	4				
Vitamin B-12		1.79	0.10		A	1				
Vitamin A, IU		0	0.10	0	AS	1				
Vitamin A, RAE		0		0	AS	1				
Retinol		0		1	A	1				
	-	0.24		1	A	1				
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.24		_	A	_				
Tocopherol, gamma	mg									
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	6.802	2	0	NC	4				
4:0	g	0.000	)	0	Z	7				
6:0		0.000	)	0	Z	7				
8:0	_	0.006		0	BFFN	4				
10:0		0.007		0	BFFN	4				
12:0	-	0.007		0	BFFN	4				
13:0										
14:0	-	0.286	5	0	BFFN	4				
15:0		0.083		0	BFFN					
16:0		2.869		0	BFFN					
		0.241		0	BFFN					
17:0				0						
18:0		3.272			BFFN					
20:0	_	0.030		0	BFFN					
22:0	-	0.000	,	0	BFFN	4				
24:0	g									

	Ar	mount in 100	grams	of edib	le portio	Amount in edible portion of common			
		N	Number				<u>me</u>	easures of food	
			of Data	Deriv	Source	Confidence			
<b>Nutrients and Units</b>	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	6.222		0	NC	4				
14:1g	0.023		0	BFFN	4				
15:1g	0.000		0	BFFN	4				
16:1 undifferentiated	0.318		0	BFFN	4				
17:1g 18:1 undifferentiatedg	0.114 5.716		0	BFFN BFFN	4 4				
20:1	0.051		0	BFFN	4				
22:1 undifferentiated	0.000		0	Z	7				
24:1 cg									
Fatty acids, total polyunsaturated	0.749		0	NC	4				
18:2 undifferentiatedg	0.578		0	BFFN	4				
18:3 undifferentiatedg	0.084		0	BFFN	4				
18:3 n-6 c,c,cg	0.000		0	BFFN	4				
18:3ig					_				
18:4g	0.000		0	Z	7				
20:2 n-6 c,cg	0.000		0	BFFN	4				
20:3 undifferentiatedg 20:3 n-3g	0.007		0	BFFN	4				
20:3 n-3g 20:3 n-6g									
20:4 undifferentiated	0.081		0	BFFN	4				
20:4 n-3g					_				
20:4 n-6g									
20:5 n-3g	0.000		0	Z	7				
22:5 n-3g	0.000		0	Z	7				
22:6 n-3g	0.000		0	Z	7				
Fatty acids, total transg									
Cholesterolmg	70	2.59	6 6	A	1				
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.141		0	A	1				
Threonine	0.847		0	A	1				
Isoleucine	0.901		0	A	1 1				
Leucine	1.601 1.732		0	A A	1				
Methionineg	0.505		0	A	1				
Cystineg	0.223		0	A	1				
Phenylalanineg	0.793		0	A	1				
Tyrosineg	0.635		0	A	1				
Valineg	1.004		0	A	1				
Arginineg	1.271		0	A	1				
Histidineg	0.684		0	A	1				
Alanineg	1.243		0	A	1				
Aspartic acidg	1.824		0	A	1				
Glutamic acidg	3.040		0	A	1				
Glycineg	1.211		0	A	1				
Proline	0.956		0	A	1 1				
Serineg Hydroxyprolineg	0.776 0.233		0	A A	1				
	0.233		ŭ		-				
Others:				_	_				
Alcohol, ethyl	0.0		0	Z	7				
Caffeine mg	0		0	z z	7 7				
Theobrominemg Carotenoids:	U		U	Z	,				
Carotene, betamcg	0		0	Z	7				
Carotene, alphamcg	0		0	Z	7				
Cryptoxanthin, betamcg	0		0	z	7				
Lycopene mcg	0		0	z	7				
Lutein + zeaxanthinmcg	0		0	Z	7				

NDB No. 17330 Game meat , bison, ground, raw Common Measures:

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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%

		<u>Aı</u>	mount in 100 gra	ams of ed	lible porti	<u>on</u>	Amount in edible portion of common			
			Num	ber			measures of food			
			of D	ata Deri	v Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	65.10	0.794	6 2	. 1		126.29	55.34		
Energy	_	171		0 N			331	145		
Energy		714		0 N			1386	607		
Protein (N x 6.25)		28.05	0.410	6 1			54.42	23.84		
Total lipid (fat)	-	5.65	0.698	6 2			10.96	4.80		
Ash		1.17	0.033	6 2			2.26	0.99		
Carbohydrate, by difference		0.00	0.000	0 2			0.00	0.00		
Fiber, total dietary		0.0		0 2			0.0	0.0		
Sugars, total		0.00		0 2			0.00	0.00		
Starch		0.00		•	•		0.00	0.00		
Starcii	9									
Minerals:										
Calcium, Ca	mg	5	0.963	3 A	1		10	4		
Iron, Fe	_	3.47	0.121	6 A	1		6.72	2.95		
Magnesium, Mg		27	0.939	3 A			53	23		
Phosphorus, P	-	253	12.732	3 A			490	215		
Potassium, K	_	387	12.342	3 A			751	329		
Sodium, Na	-	53	3.884	3 A			102	45		
Zinc, Zn	_	5.11	0.197	3 A			9.91	4.34		
Copper, Cu		0.211		3 A			0.410	0.180		
Manganese, Mn	-	0.013	0.002	3 A			0.026	0.011		
Selenium, Se	mcg	41.2		0 BF1	N 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	_	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		1.345	i	0 BFI	N 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 BFI	N 4		35	15		
Folic acid	mcg	0		0 z	7		0	0		
Folate, food	mcg	18		0 BFI	N 4		35	15		
Folate, DFE		18		0 NO	4		35	15		
Vitamin B-12		2.83	0.544	3 A	1		5.48	2.40		
Vitamin A, IU	IU	0		0 BFS	N 4		0	0		
Vitamin A, RAE	mcg_RAE	0		0 NO	4		0	0		
Retinol		0		0 BFS	N 4		0	0		
Vitamin E (alpha-tocopherol)		0.20		0 BFS	N 4		0.40	0.17		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Fatty acids, total saturated	а	2.412		0 NO	. 4		4.680	2.050		
4:0		2.312		- 100			4.000	2.030		
6:0										
8:0		0.002		0 BFI	'N 4		0.004	0.002		
10:0	-	0.002		0 BFI			0.004	0.002		
12:0		0.002		0 BFI			0.005	0.002		
13:0					=		3.003	0.002		
14:0	-	0.101		0 BFI	'N 4		0.197	0.086		
15:0		0.030		0 BFI			0.057	0.025		
16:0	-	1.017		0 BFI			1.974	0.865		
17:0	-	0.086		0 BFI			0.166	0.073		
18:0	-	1.160		0 BFI			2.251	0.986		
20:0		0.011		0 BFI			0.021	0.009		
22:0		0.000		0 BFI			0.000	0.000		

NDB No. 17332 Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled

		<u>Ar</u>	nount in 100 gram		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			Numbe		_		<u></u>	easures or roou	ı
Nutrients and Units		Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0	g								
Fatty acids, total monounsaturated	g	2.206	0	NC	4		4.280	1.875	
14:1		0.008	0	BFFN	4		0.016	0.007	
15:1		0.000	0	BFFN	4		0.000	0.000	
16:1 undifferentiated		0.113	0	BFFN	4		0.218	0.096	
17:1		0.040	0	BFFN	4		0.078	0.034	
18:1 undifferentiated	-	2.027	0	BFFN	4		3.932	1.723	
20:1		0.018	0	BFFN	4		0.035	0.015	
22:1 undifferentiated	-								
24:1 cFatty acids, total polyunsaturated		0.266	0	NC	4		0.515	0.226	
18:2 undifferentiated		0.205	0	BFFN	4		0.313	0.174	
18:3 undifferentiated		0.030	0	BFFN	4		0.058	0.025	
18:3 n-6 c.c.c	-	0.000	0	BFFN	4		0.000	0.000	
18:3i	-	0.000	· ·		-		0.000	0.000	
18:4	-								
20:2 n-6 c,c									
20:3 undifferentiated		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	-								
22:5 n-3	-								
22:6 n-3	-								
Fatty acids, total trans	-	0.6	1 105 6	_			1.07	70	
Cholesterol	-	86	1.105 6	A	1		167	73	
Phytosterols	!								
Amino Acids:									
Tryptophan	g	0.212	0	A	1		0.411	0.180	
Threonine	-	1.273	0	A	1		2.469	1.082	
Isoleucine		1.354	0	A	1		2.627	1.151	
Leucine		2.406	0	A	1		4.668	2.045	
Lysine		2.603	0	A	1		5.049	2.212	
Methionine		0.759	0	A	1		1.472	0.645	
Cystine	-	0.334	0	A	1		0.649	0.284	
Phenylalanine		1.191	0	A	1		2.311	1.012	
Tyrosine		0.954	0	A	1		1.852	0.811	
Valine		1.509	0	A A	1 1		2.928	1.283	
Arginine		1.909	0	A A	1		3.704 1.994	1.623	
Histidine		1.028 1.868	0	A A	1		3.625	0.874 1.588	
AlanineAspartic acid	-	2.741	0	A A	1		5.318	2.330	
Glutamic acid	-	4.569	0	A	1		8.863	3.883	
Glycine		1.820	0	A	1		3.531	1.547	
Proline		1.436	0	A	1		2.786	1.221	
Serine	-	1.167	0	A	1		2.263	0.992	
Hydroxyproline		0.351	0	A	1		0.680	0.298	
Others:	a	0.0	0	z	7		0.0	0.0	
Alcohol, ethyl		0.0	0	Z	7		0.0	0.0	
Theobromine	_	0	0	Z	7		0	0	
Carotenoids:	y	U	U	4	,		Ū	U	
		_			_				
Carotene, beta		0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	z z	7 7		0.000	0.000	
Lycopene		0	0	z Z	7		0.000 0.000	0.000	
Lutein + zeaxanthin	tircg	U	0	z	,		0.000	0.000	

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

# Amount in 100 grams of edible portion

Number

Amount in edible portion of common measures of food

of Data Deriv Source Confidence

Measure 1

Measure 2

Measure 3

**Nutrients and Units** Mean Std. Error Points Code Code

Code

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 17 (2004)

		<u>A</u>	mount in 100 gran	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			m	easures of food		
			of Dat	a Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	65.90	0		1		224.06	56.02		
Energy		150	0	NC	4		510	128		
		628	ŭ	NC	4		2134	533		
Energy			•							
Protein (N x 6.25)		29.45	0		1		100.13	25.03		
Total lipid (fat)		2.67	0		1		9.08	2.27		
Ash		1.45	0	_	1		4.93	1.23		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	ma	4	0		1		14	3		
Iron, Fe	-	4.20	0		1		14.28	3.57		
Magnesium, Mg		28	0		1		95	24		
Phosphorus, P		210	0		1		714	179		
Potassium, K	-	372	0		1		1265	316		
Sodium, Na		54	0		1		184	46		
Zinc, Zn		1.68	0		1		5.71	1.43		
Copper, Cu		0.213			1		0.724	0.181		
Manganese, Mn		0.022			1		0.075	0.019		
Selenium, Se		12.9	0	BFYN			43.9	11.0		
ŕ										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0		
Thiamin		0.260			1		0.884	0.221		
Riboflavin	-	0.730	0		1		2.482	0.621		
Niacin	-									
Pantothenic acid										
Vitamin B-6										
Folate, total		9	0	BFPN	4		29	7		
Folic acid		0	0	Z	7		0	0		
Folate, food		9	0	BFPN			29	7		
Folate, DFE		9	0	NC	4		29	7		
Vitamin B-12										
Vitamin A, IU		0	0		4		0	0		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
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									
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		0.490	0		1		1.666	0.417		
20:0										
22:0	g									
24:0	a									

		<u>Aı</u>	n 100 grams of edible portion  Number				Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	_	0.630	0		1		0.140	0.505		
Fatty acids, total monounsaturated		0.630	U		1		2.142	0.536		
14:1	_									
15:1	• • • • • • • • • • • • • • • • • • • •	0.010	0		1		0.024	0.000		
16:1 undifferentiated	-	0.010	U		1		0.034	0.009		
17:1		0 620	•				0.440			
18:1 undifferentiated	-	0.630	0		1		2.142	0.536		
20:1		0.000	0		1		0.000	0.000		
22:1 undifferentiated										
24:1 c	•				_		4 08-			
Fatty acids, total polyunsaturated	g	0.580	0		1		1.972	0.493		
18:2 undifferentiated		0.330	0		1		1.122	0.281		
18:3 undifferentiated		0.100	0		1		0.340	0.085		
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.160	0		1		0.544	0.136		
20:5 n-3										
22:5 n-3	_									
22:6 n-3										
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	126	0		1		428	107		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a									
Threonine		1.362	0		1		4.631	1.158		
Isoleucine		1.126	0		1		3.828	0.957		
Leucine		2.489	0		1		8.463	2.116		
Lysine		2.462	0		1		8.371	2.093		
Methionine	-	0.838	0		1		2.849	0.712		
Cystine	-	0.262	0		1		0.891	0.223		
Phenylalanine		1.166	0		1		3.964	0.991		
Tyrosine		1.022	0		1		3.475	0.869		
Valine	-	1.310	0		1		4.454	1.114		
		1.938	0		1		6.589	1.647		
Arginine		1.401	0		1		4.763	1.647		
Alanine	•	1.401	0		1		4.763 5.834	1.191		
	-	2.790	0		1		9.486	2.372		
Aspartic acid		4.427	0		1		15.052	3.763		
Glutamic acid	-		0		1					
Glycine	-	1.323			1		4.498	1.125		
Proline	•	1.349	0		1		4.587	1.147		
Serine	-	1.244	0		1		4.230	1.057		
Hydroxyproline	g									

## **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. 17144 Game meat, antelope, raw Antilocapra americana, Bosephalus tragocamelus

		<u>Aı</u>	mount in 100 gra	ams of e	dible porti	<u>on</u>	Amount in edible portion of common			
			Num	nber			measures of food			
			of D	ata Der	iv Source	e Confidence				
Nutrients and Unit	ts	Mean	Std. Error Poi	nts Cod	le Code	Code	Measure 1	Measure 2	Measure 3	
Duovimatos										
Proximates: Water	q	74.08	0.178	54	1		21.00	336.03		
Energy	_	114		0 1	IC 4		32	517		
Energy		477			4		135	2164		
Protein (N x 6.25)		22.38	0.136	24	1		6.34	101.52		
Total lipid (fat)		2.03		54	1		0.58	9.21		
Ash		1.10	0.017	22	1		0.31	4.99		
Carbohydrate, by difference		0.00		0	z 7		0.00	0.00		
Fiber, total dietary		0.0		0	z 7		0.0	0.0		
Sugars, total										
Starch	_									
Minerals:	<b></b>	_		00	_		_			
Calcium, Ca		3		22	1		1	14		
Iron, Fe	-	3.19 27		22 22	1 1		0.90 8	14.47 122		
Magnesium, Mg				22 22	1					
Phosphorus, P Potassium, K		188 353		22 22	1		53 100	853 1601		
Potassium, K Sodium, Na	-	353 51		22 22	1		14	231		
Zinc, Zn	-	1.28		22	1		0.36	5.81		
Copper, Cu		0.180		22	1		0.051	0.816		
Manganese, Mn	-	0.020		 22	1		0.006	0.091		
Selenium, Se		9.7		0 BF	NN 4		2.7	44.0		
•										
<u>Vitamins:</u>		0.0					0.0			
Vitamin C, total ascorbic acid		0.0	0.014	0 2			0.0	0.0		
Thiamin	-	0.320 0.580		18 18	1 1		0.091 0.164	1.452		
Riboflavin	-	0.580	0.013	10			0.164	2.631		
Niacin Pantothenic acid	_									
Vitamin B-6	_									
Folate, total	_									
Folate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0	4		0	0		
Vitamin A, RAE		0		0	4		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.740	ı	0	1		0.210	3.357		
4:0	_									
6:0										
8:0	-									
10:0	-	0.000	ı	2	1		0.000	0.000		
12:0		0.000	1	2	1		0.000	0.000		
13:0	g									
14:0	g	0.020	ı	2	1		0.006	0.091		
15:0										
16:0		0.340		2	1		0.096	1.542		
17:0										
18:0	-	0.370		2	1		0.105	1.678		
20:0	•									
22:0	•									
24:0	•	0 465		0	_		0.100	0 155		
Fatty acids, total monounsaturated		0.480		0	1		0.136	2.177		
1.71:1	u									

		<u>An</u>	nount in 10		<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Uni	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.010		2		1		0.003	0.045	
17:1										
18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.480		2		1		0.136	2.177	
20:1	g	0.000		2		1		0.000	0.000	
22:1 undifferentiated	-									
24:1 c	-									
Fatty acids, total polyunsaturated		0.440		0		1		0.125	1.996	
18:2 undifferentiated	•	0.250		2		1		0.071	1.134	
18:3 undifferentiated	_	0.070		2		1		0.020	0.318	
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.120		2		1		0.034	0.544	
20:5 n-3	-									
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol	_	95	6.7	97 36		1		27	431	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g									
Threonine		1.035		22		1		0.293	4.695	
Isoleucine	g	0.856		22		1		0.243	3.883	
Leucine		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	-	0.886		22		1		0.251	4.019	
Tyrosine		0.776		22		1		0.220	3.520	
Valine		0.995		22		1		0.282	4.513	
Arginine	_	1.473		22		1		0.418	6.682	
Histidine		1.065		22		1		0.302	4.831	
Alanine	_	1.304		22		1		0.370	5.915	
Aspartic acid	•	2.120		22		1		0.601	9.616	
Glutamic acid		3.365		22		1		0.954	15.264	
Glycine		1.005		22		1		0.285	4.559	
Proline	-	1.025		22		1		0.291	4.649	
Serine		0.946		22		1		0.268	4.291	
Hydroxyproline	•					_		30		

### **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

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			I	Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	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				4		3002	921	
Protein (N x 6.25)	g	32.42		0		1		89.80	27.56	
Total lipid (fat)	-	13.39		0		1		37.09	11.38	
Ash		1.13		0		1		3.13	0.96	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	5		0		1		14	4	
Iron. Fe.	-	10.73		0		1		29.72	9.12	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23		0		4		64	20	
Phosphorus, P		170		0		1		471	145	
Potassium, K	-	263		0		4		729	224	
Sodium, Na		71		0		4		197	60	
Zinc, Zn	mg	10.27		0		4		28.45	8.73	
Copper, Cu	mg	0.148	3	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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.100	1	0	-	1		0.277	0.085	
Riboflavin	-	0.820		0		1		2.271	0.697	
Niacin	<u>-</u>	3.350		0		1		9.280	2.848	
Pantothenic acid	_	3.330		·		_		3.200	2.010	
Vitamin B-6	-	0.290	)	0		4		0.803	0.247	
Folate, total		6		0		4		17	5	
Folic acid		0		0	z	7		0	0	
Folate, food		6		0		4		17	5	
Folate, DFE	mcg_DFE	6		0	NC	4		17	5	
Vitamin B-12		2.47		0		4		6.84	2.10	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.49		0	BFSN	4		1.37	0.42	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
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		0.000	)	0		4		0.000	0.000	
6:0	g	0.000	)	0		4		0.000	0.000	
8:0		0.000	)	0		4		0.000	0.000	
10:0	g	0.000	)	0		4		0.000	0.000	
12:0	-	0.000	)	0		4		0.000	0.000	
13:0										
14:0	g	0.188	3	0		4		0.521	0.160	
15:0										
16:0		2.073	3	0		4		5.742	1.762	
17:0										
18:0		0.769	•	0		4		2.130	0.654	
20:0	-									
22:0	g									
24:0	g									

	Ar	nount in 100 g	rams of e	dible portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Units	Mean		nber Data Der ints Cod		Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	5.660		0	4		15.678	4.811		
14:1g									
15:1g									
16:1 undifferentiatedg	0.725		0	4		2.008	0.616		
17:1g									
18:1 undifferentiatedg	4.130		0	4		11.440	3.511		
20:1g	0.057		0	4		0.158	0.048		
22:1 undifferentiatedg	0.000		0	4		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	2.400		0	4		6.648	2.040		
18:2 undifferentiatedg	1.572		0	4		4.354	1.336		
18:3 undifferentiatedg	0.049		0	4		0.136	0.042		
18:4g	0.000		0	4		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.321		0	4		0.889	0.273		
20:5 n-3g	0.000		0	4		0.000	0.000		
22:5 n-3g	0.034		0	4		0.094	0.029		
22:6 n-3g	0.037		0	4		0.102	0.031		
Fatty acids, total trans									
Cholesterol mg	98		0	4		271	83		
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0	7		0.0	0.0		
Caffeine mg	0		0 2			0	0		
Theobromine mg	0		0 2	. 7		0	0		
Carotenoids:									
Carotene, beta mcg	0		0 2	. 7		0.000	0.000		
Carotene, alphamcg	0		0 2	7		0.000	0.000		
Cryptoxanthin, betamcg	0		0 2	7		0.000	0.000		
Lycopene mcg	0		0 2	7		0.000	0.000		
Lutein + zeaxanthin mcg	0		0 2	7		0.000	0.000		

### **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

# NDB No. 17146 Game meat, bear, raw Ursus arctos, Euarctos spp.

Refuse: 0%

		<u>A</u>	mount in 10	Number			_	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	of Data Points		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		0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch	-										
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											
Selenium, Se	mcg	8.3		0	BFNN	4		2.4	37.6		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0		
Thiamin		0.160		1		1		0.045	0.726		
Riboflavin		0.680		1		1		0.193	3.084		
Niacin		3.200	)	1		1		0.907	14.515		
Pantothenic acid	-										
Vitamin B-6	-										
Folate, total											
Folate, DFE											
Vitamin B-12		•		•				•	•		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	g										

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or 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

		<u>A</u>	mount in 100	) grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			ı	Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	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				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									
Minavalse										
Minerals:	ma	22		0		1		69	19	
Calcium, Ca	-	10.00		0		1		31.30	8.50	
Magnesium, Mg		29		0		1		31.30 91	25	
Phosphorus, P		292		0		1		914	248	
Potassium, K	_	403		0		1		1261	248 343	
Sodium, Na		59		0		1		185	50	
Zinc, Zn	_	2.27		0		4		7.11	1.93	
Copper, Cu		0.189	a	0		4		0.592	0.161	
Manganese, Mn		0.10.		·		-		0.332	0.101	
Selenium, Se		43.1		0	BFYN	4		134.9	36.6	
·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	3.0		0		1		9.4	2.6	
Thiamin	_	0.050		0		1		0.157	0.043	
Riboflavin	<del>-</del>	0.310		0		1		0.970	0.264	
Niacin	_	2.200		0		1		6.886	1.870	
Pantothenic acid	<del>-</del>	0.930		0		1		2.911	0.791	
Vitamin B-6		0.470	)	0		4		1.471	0.400	
Folate, total		11		0	_	1		34	9	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		34	9	
Folate, DFE		11		0	NC	4		34	9	
Vitamin B-12		8.30		0		1		25.98	7.06	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0 0	0	
Retinol		-		0 0	NR BFSN	4 4		1.40	0	
Vitamin E (alpha-tocopherol)		0.45		U	BFSN	4		1.40	0.38	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.6		0	BFSN	4		5.0	1.4	
									_,_	
<u>Lipids:</u>										
Fatty acids, total saturated		2.070		0		4		6.479	1.760	
4:0		0.000		0		4		0.000	0.000	
6:0	-	0.000		0		4		0.000	0.000	
8:0	-	0.000		0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0		0.000	)	0		4		0.000	0.000	
13:0				_						
14:0		0.180	J	0		4		0.563	0.153	
15:0				_						
16:0		1.570	J	0		4		4.914	1.335	
17:0		0.000	,	^				1 000	0.000	
18:0		0.320	J	0		4		1.002	0.272	
20:0	-									
22:0	-									
24:0	g									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Haita	Maan	Std. Error	of Data	Deriv	Source Code	Confidence Code			•
Nutrients and	Units	Mean	Slu. Error	Tomits	0000	Oode	Oode	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	1.890		0		4		5.916	1.607	
14:1										
15:1	_									
16:1 undifferentiated	_	0.240		0		4		0.751	0.204	
17:1	• • • • • • • • • • • • • • • • • • • •	1 610		•						
18:1 undifferentiated	_	1.610		0		4		5.039	1.369	
20:1		0.000		0		4		0.000	0.000	
22:1 undifferentiated	•	0.000		0		4		0.000	0.000	
24:1 c		1 250		0				4 006	1 140	
Fatty acids, total polyunsaturat		1.350				4		4.226	1.148	
18:2 undifferentiated		1.070		0		4		3.349	0.910	
18:3 undifferentiated		0.280		0 0		4 4		0.876	0.238	
18:4	_	0.000		U		4		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated		0.000		•				0.000	0.000	
20:4 undifferentiated	_	0.000		0		4 4		0.000	0.000	
20:5 n-3		0.000		0		_		0.000	0.000	
22:5 n-3	-	0.000		0 0		4		0.000	0.000	
22:6 n-3	_	0.000		U		4		0.000	0.000	
Fatty acids, total trans		117		0				266	00	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	117		U		4		366	99	
Phytosterols	Illy									
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	a	0.0		0		7		0.0	0.0	
		0.0		0	z	7		0.0	0.0	
Caffeine Theobromine	_	0		0	Z	7		0	0	
	g	U		U	4	,		U	U	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

### **Common Measures:**

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

Measure 2 = 85g: 3 oz

Game meat, beaver, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>Aı</u>	mount in 100 gr	ams of e	edible por	<u>tion</u>	Amount in edible portion of common			
			Nun	nber			<u>m</u>	easures of food	<u>l</u>	
			of E	Data De	riv Sourc	ce Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Co	de Cod	e Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	70.97	1.789	3	1		20.12	321.92		
	=	146	1.769		NC 4		41	321.92 662		
Energy		611		U	NC 4		173	2771		
		24.05		2	1		6.82	109.09		
Protein (N x 6.25) Total lipid (fat)		4.80		2	1		1.36	21.77		
Ash	_	1.00		2	1		0.28	4.54		
Carbohydrate, by difference		0.00		0	z 7		0.00	0.00		
Fiber, total dietary		0.00		0	z 7		0.0	0.00		
Sugars, total		0.0		U	_ ,		0.0	0.0		
Starch	=									
Staten	9									
Minerals:										
Calcium, Ca	mg	15		1	1		4	68		
Iron, Fe	-	6.90		1	1		1.96	31.30		
Magnesium, Mg		25	_	1	1		7	113		
Phosphorus, P		237	26.181	3	1		67	1075		
Potassium, K	_	348		1	1		99	1579		
Sodium, Na	-	51		1	1		14	231		
Zinc, Zn										
Copper, Cu										
Manganese, Mn Selenium, Se		26.6		0 ві	FNN 4		7.5	120.7		
•	Tilicg	20.0		О Б	INN 4		7.5	120.7		
Vitamins: Vitamin C, total ascorbic acid	ma	2.0		1	1		0.6	9.1		
Thiamin		0.060		2	1		0.017	0.272		
Riboflavin		0.220		2	1		0.062	0.998		
Niacin		1.900		1	1		0.539	8.618		
Pantothenic acid										
Vitamin B-6	-									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12										
Vitamin A, IU		0		0	4		0	0		
Vitamin A, RAE		0		0	4		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	9									
Amino Acids: Tryptophan	q									
Threonine		0.916		1	1		0.260	4.155		
Isoleucine		1.027		1	1		0.291	4.658		
Leucine	-	1.897		1	1		0.538	8.605		
Lysine		2.236		1	1		0.634	10.142		
Methionine	-	0.546		1	1		0.155	2.477		
Cystine										
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		1.116		1	1		0.316	5.062		
Aspartic acid		1.912		1	1		0.542	8.673		
Glutamic acid	_	3.436		1	1		0.974	15.586		
Glycine		0.912		1	1		0.259	4.137		
Proline		0.862		1	1		0.244	3.910		
Serine	a	0.797		1	1		0.226	3.615		

NDB No. 17150 Game meat, beaver, raw

### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Measure 3

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2

Hydroxyproline......g

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or 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

		<u>A</u>	mount in 100	<u>0 grams</u>	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			I	Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
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:	ma	2.4		^		4		00	20	
Calcium, Ca	_	24		0		1 1		82	20 2.59	
Iron, Fe	-	3.05		U		1		10.37	2.59	
Magnesium, Mg Phosphorus, P		250		0		1		850	213	
Potassium. K		459		0		1		1561	390	
Sodium. Na		82		0		1		279	70	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	6.40		0		1		21.76	5.44	
Copper, Cu		0.40		Ū		-		21.70	3.44	
Manganese, Mn										
Selenium, Se		13.1		0	BFYN	4		44.5	11.1	
Scientini, Sc	9			·		-				
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid	_	9.0		0		1		30.6	7.7	
Thiamin		0.030		0		1		0.102	0.026	
Riboflavin		0.110		0		1		0.374	0.094	
Niacin		4.890		0		1		16.626	4.157	
Pantothenic acid		0.580	)	0		1		1.972	0.493	
Vitamin B-6	_			_		_				
Folate, total		18		0	_	1		61	15	
Folic acid		0		0	Z	7		0	0	
Folate, food		18 18		0	NC	1 4		61 61	15	
Folate, DFE		2.55			NC			8.67	15 2.17	
Vitamin B-12		0		0		1 4		8.67		
Vitamin A, IU		0		0		4		0	0 0	
Vitamin A, RAE		0		0		4		0	0	
Retinol Vitamin E (alpha-tocopherol)		U		U		4		U	U	
Tocopherol, beta	• • • • • • • • • • • • • • • • • • • •									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> Lipids:</u>										
Fatty acids, total saturated		2.680	)	0		1		9.112	2.278	
4:0	-									
6:0										
8:0	-									
10:0	-	0.010	n	0		1		0.034	0.009	
12:0 13:0	-	0.010	,	U		1		0.034	0.009	
14:0	-	0.130	n	0		1		0.442	0.111	
15:0	-	0.130	,	U		_		0.44∠	0.111	
16:0	-	1.260	n	0		1		4.284	1.071	
17:0		1.200	•	U		1		4.204	1.071	
18:0		1.200	)	0		1		4.080	1.020	
20:0	-	1.200	-	·		-		4.000	1.020	
22:0	-									
24:0	-									

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

	· · · · · · · · · · · · · · · · · · ·	Amount in edible portion of common					
		Number of Data Deri	v Source Confider		measures of food		
Nutrients and Units	Mean Std. Er	ror Points Code	e Code Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.680	0	1	9.112	2.278		
14:1g 15:1g							
16:1 undifferentiatedg	0.240	0	1	0.816	0.204		
17:1	2.400	0	1	8.160	2.040		
20:1g 22:1 undifferentiatedg							
24:1 cg	0.200	0	1	0.000			
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.200	0	1	0.680 0.510	0.170 0.128		
18:3 undifferentiatedg	0.060	0	1	0.204	0.051		
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg							
20:5 n-3g							
22:5 n-3g							
22:6 n-3							
Cholesterolg	58	0	1	197	49		
Phytosterolsmg		· ·	-	_3,			

#### **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

		<u>A</u>	mount in 100 gra	ams of ed	ble portic	<u>on</u>	Amount in edible portion of common		
			Num	ber			m	easures of food	
				ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
_									
Proximates: Water	а	70.89	1.008	6	1		20.10	321.56	
Energy	=	143	2.000	0 NC			41	649	
Energy		598		o no	4		170	2714	
Protein (N x 6.25)		23.30	0.334	6	1		6.61	105.69	
Total lipid (fat)		4.80	0.736	6	1		1.36	21.77	
Ash		0.92	0.750	1	1		0.26	4.17	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 Z	7		0.0	0.0	
Sugars, total		0.0		-	•		0.0	0.0	
Starch	_								
Starcii	9								
Minerals:									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	18	5.669	4	1		5	82	
Iron, Fe	-	2.32	0.195	5	1		0.66	10.52	
Magnesium, Mg				_					
Phosphorus, P		224	15.845	5	1		64	1016	
Potassium, K	_	436	7.557	5	1		124	1978	
Sodium, Na		78	5.875	5	1		22	354	
Zinc, Zn		4.86	0.635	7	1		1.38	22.04	
Copper, Cu									
Manganese, Mn		9.8		0 BFNI	T 4		2.8	44.5	
Selenium, Se	Ilicy	9.8		U Brni	1 4		2.8	44.5	
<u>Vitamins:</u>									
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	-	0		0 Z	7		0	0	
Folate, food		15	3.325	3	1		4	68	
Folate, DFE		15		0 NC	4		4	68	
Vitamin B-12	mcg	2.42	0.299	3	1		0.69	10.98	
Vitamin A, IU		0		0	4		0	0	
Vitamin A, RAE		0		0	4		0	0	
Retinol		0		0	4		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
• • •	······································								
<u>Lipids:</u>				_					
Fatty acids, total saturated		2.040	)	0	1		0.578	9.253	
4:0									
6:0									
8:0	-								
10:0		0.000	1	1	1		0.000	0.000	
12:0 13:0		0.000	•	-	1		0.000	0.000	
14:0	-	0.100	1	1	1		0.028	0.454	
		0.100	•	-	1		0.028	0.434	
15:0		0.960	1	1	1		0.272	4.355	
16:0 17:0		0.960	•	-	1		0.212	4.335	
18:0		0.920	)	1	1		0.261	4.173	
20:0	-	0.520		_	-		0.201	4.1/3	
22:0	_								
44.V	y								

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

		An	nount in 100 g	ams of ed	lible portio	<u>n</u>	Amount in edible portion of common measures of food			
				nber	_		<u>m</u>	easures of food		
Nutrients and Unit	s	Mean	Std. Error Po	Data Deri ints Cod		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	2.040		0	1		0.578	9.253		
14:1		2.010		•	_		0.570	3.233		
15:1										
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		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										
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol	_	44	5.438	7	1		12	200		
Phytosterols	mg									

#### **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. 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%

		<u>Aı</u>	mount in 100 gr	<u>rams</u> nber		le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Data	Deriv	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)		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	ma	7	0.606	3	A	1		56	6	
Iron, Fe	-	4.86	0.230	6	A	1		37.63	4.13	
Magnesium, Mg	-	26	0.835	3	A	1		203	22	
Phosphorus, P		239	4.842	3	A	1		1852	203	
Potassium, K		316	6.766	3	A	1		2443	268	
Sodium, Na		57	4.286	3	A	1		440	48	
Zine, Zn		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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.120	0.010	3	A	1		0.929	0.102	
Riboflavin	-	0.120		3	A	1		3.638	0.400	
Niacin		4.773		3	A	1		36.946	4.057	
Pantothenic acid		1.620		0	BFPN	4		12.542	1.377	
Vitamin B-6		0.458		3	A	1		3.547	0.390	
Folate, total		21		0	BFPN	4		166	18	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		0	BFPN	4		166	18	
Folate, DFE		21		0	NC	4		166	18	
Vitamin B-12		2.38	0.374	3	A	1		18.45	2.03	
Vitamin A, IU		0		0	BFSN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		1.80	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.320	)	0	NC	4		17.954	1.972	
4:0										
6:0										
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		0.002	!	0	BFFN	4		0.017	0.002	
13:0	g									
14:0	g	0.098	1	0	BFFN	4		0.755	0.083	
15:0	g	0.028	1	0	BFFN	4		0.220	0.024	
16:0	g	0.978	1	0	BFFN	4		7.573	0.832	
17:0	g	0.082	!	0	BFFN	4		0.637	0.070	
18:0		1.116	i	0	BFFN	4		8.637	0.948	
20:0	g	0.010	)	0	BFFN	4		0.080	0.009	
22:0	g	0.000	1	0	BFFN	4		0.000	0.000	
24:0	g									

NDB No. 17333 Game meat, bison, chuck, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

		<u>Ar</u>	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
				Number				me	easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		2.122		0	NC	4		16.422	1.803	
14:1	_	0.008		0	BFFN	4		0.061	0.007	
15:1	• • • • • • • • • • • • • • • • • • • •	0.000		0 0	BFFN	4		0.000	0.000	
16:1 undifferentiated	_	0.108 0.039		0	BFFN BFFN	4 4		0.838 0.301	0.092 0.033	
18:1 undifferentiated	•	1.949		0	BFFN	4		15.088	1.657	
20:1		0.017		0	BFFN	4		0.133	0.015	
22:1 undifferentiated	-	0.017		v	2111	•		0.133	0.015	
24:1 c	_									
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	-	0.029		0	BFFN	4		0.221	0.024	
18:3 n-6 c,c,c		0.000		0	BFFN	4		0.000	0.000	
18:3i										
18:4	_			•						
20:2 n-6 c,c		0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated		0.002		0	BFFN	4		0.018	0.002	
20:3 n-3 20:3 n-6	-									
20:4 undifferentiated		0.028		0	BFFN	4		0.213	0.023	
20:4 undifferentiated	-	0.020		Ū	DEEM	-		0.213	0.023	
20:4 n-6.										
20:5 n-3										
22:5 n-3	_									
22:6 n-3	_									
Fatty acids, total trans	g									
Cholesterol	mg	111	3.1	80 6	A	1		857	94	
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.255		0	A	1		1.977	0.217	
Threonine	-	1.533 1.631		0 0	A A	1 1		11.864 12.623	1.303 1.386	
Isoleucine	-	2.898		0	A	1		22.433	2.464	
Lysine	-	3.134		0	A	1		24.261	2.464	
Methionine	_	0.914		0	A	1		7.072	0.777	
Cystine	_	0.403		0	A	1		3.118	0.342	
Phenylalanine		1.434		0	A	1		11.103	1.219	
Tyrosine		1.149		0	A	1		8.897	0.977	
Valine		1.818		0	A	1		14.069	1.545	
Arginine		2.300		0	A	1		17.798	1.955	
Histidine		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		5.502		0	A	1		42.588	4.677	
Glycine		2.192		0	A	1		16.969	1.863	
Proline	-	1.730		0	A	1		13.388	1.470	
Serine		1.405		0	A	1		10.875	1.194	
Hydroxyproline	g	0.422		0	A	1		3.269	0.359	
Others:	~	2.2		•	_	-				
Alcohol, ethyl		0.0 0		0 0	z z	7 7		0.0	0.0	
Caffeine	_	0		0	Z	7		0	0 0	
Theobromine Carotenoids:	1111g	O		U	2	,		O	Ü	
Carotene, beta	mcc	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		ō	z	7		0.000	0.000	

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

**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 17 (2004)

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%

		<u>Aı</u>	mount in 100 gr			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		== ==	0.450	_	_					
Water		75.50	0.470	6	A	1		933.94		
Energy		119 496		0	NC	4 4		1467 6137		
Energy		21.12	0.483	6	NC A	1		261.21		
Protein (N x 6.25)	_	3.15	0.483	6	A	1		38.97		
Total lipid (fat)		0.98	0.284	6	A	1		12.16		
		0.98	0.040	0	Z	7		0.00		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary		0.00		0	Z	7		0.00		
Sugars, total		0.00		U	4	,		0.00		
Starch	9									
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		24	0.593	3	A	1		297		
Phosphorus, P	_	213	4.410	3	A	1		2639		
Potassium, K		353	5.033	3	A	1		4367		
Sodium, Na		62	1.477	3	A	1		766		
Zinc, Zn	-	5.27	0.273	3	A	1		65.23		
Copper, Cu		0.202		3	A	1		2.503		
Manganese, Mn		0.013		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	<u>mg</u>	4.443	0.478	3	A	1		54.964		
Pantothenic acid	mg	0.724	Į.	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		13		0	BFPN	4		155		
Folate, DFE	mcg_DFE	13		0	NC	4		155		
Vitamin B-12		2.46	0.271	3	A	1		30.43		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)		0.16		0	BFSN	4		2.01		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Illeg									
<u>Lipids:</u>										
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	-	0.001		0	BFFN	4		0.016		
12:0	-	0.001	-	0	BFFN	4		0.016		
13:0	_									
14:0	_	0.057		0	BFFN	4		0.699		
15:0	_	0.016		0	BFFN	4		0.204		
16:0	-	0.567		0	BFFN	4		7.017		
17:0		0.048		0	BFFN	4		0.590		
18:0		0.647		0	BFFN	4		8.003		
20:0	_	0.006		0	BFFN	4		0.074		
22:0	g	0.000	)	0	BFFN	4		0.000		
24:0	g									

NDB No. 17334

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

	<u>An</u>	nount in 100 gr	<u>on</u>	Amount in edible portion of common				
		Nur	nber			measures of food		
				Source	Confidence			
<b>Nutrients and Units</b>	Mean	Std. Error Po	nts Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.230		0 NC	4		15.215		
14:1g	0.005		0 BFFN	4		0.057		
15:1g	0.000		0 BFFN	4		0.000		
16:1 undifferentiatedg	0.063		0 BFFN	4		0.777		
17:1g	0.023		0 BFFN	4		0.279		
18:1 undifferentiatedg	1.130		0 BFFN	4		13.980		
20:1g	0.010		0 BFFN	4		0.124		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated9	0.148		0 NC	4		1.832		
18:2 undifferentiated	0.114		0 BFFN 0 BFFN	4		1.412		
18:3 undifferentiated	0.017			4		0.205		
18:3 n-6 c,c,cg	0.000		0 BFFN	4		0.000		
18:3i								
20:2 n-6 c.cg	0.000		0 BFFN	4		0.000		
20:3 undifferentiatedg	0.001		0 BFFN	4		0.016		
20:3 mdifferentiatedg	0.001		O BIIN	-		0.010		
20:3 n-6g								
20:4 undifferentiated	0.016		0 BFFN	4		0.198		
20:4 n-3	*****			-		***		
20:4 n-6g								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	64	0.876	6 A	1		798		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.160		0 A	1		1.975		
Threonineg	0.958		0 A	1		11.851		
Isoleucineg	1.019		0 A	1		12.610		
Leucineg	1.812		0 A	1		22.410		
Lysineg	1.959		0 A	1		24.236		
Methionineg	0.571		0 A	1		7.064		
Cystineg	0.252		0 A	1		3.115		
Phenylalanineg	0.897		0 A	1		11.091		
Tyrosineg	0.718		0 A	1		8.888		
Valineg	1.136		0 A	1		14.054		
Arginine	1.437		0 A	1		17.780		
Histidineg	0.774		0 A 0 A	1		9.572		
Alanineg	1.407			1 1		17.400		
Aspartic acid	2.064		0 A 0 A	1		25.526		
Glutamic acid	3.439		0 A	1		42.544 16.951		
Glycine	1.370			1		13.375		
Proline	1.081 0.878		0 A 0 A	1		13.375		
Hydroxyproline	0.878		0 A	1		3.265		
	0.204		V A	-		3.203		
Others:			• =	_				
Alcohol, ethyl	0.0		0 Z	7		0.0		
Caffeine mg	0		0 z	7		0		
Theobromine mg	0		0 z	7		0		
<u>Carotenoids:</u>								
Carotene, beta mcg	0		0 Z	7		0.000		
Carotene, alpha mcg	0		0 z	7		0.000		
Cryptoxanthin, beta mcg	0		0 Z	7		0.000		
Lycopene mcg	0		0 z 0 z	7		0.000		
Lutein + zeaxanthin mcg	0		0 z	7		0.000		

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

**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 17 (2004)

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

Bison bison buffalo

	Aı	mount in 100	gram: umbe		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	o Std. Error P			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.53	0.961	6	A	1		51.79	50.60	
Energy	kcal	238		0	NC	4		207	202	
Energy		996		0	NC	4		866	846	
Protein (N x 6.25)		23.77	0.827	6	A	1		20.68	20.20	
Total lipid (fat)		15.13	1.109	6	A	1		13.17	12.86	
Ash	-	1.02	0.017	6	A	1		0.88	0.86	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch										
Minerals:										
Calcium, Ca	ma	13	1.311	3	A	1		11	11	
Iron, Fe	-	3.08	0.176		A	1		2.68	2.62	
Magnesium, Mg	-	22	1.115		A	1		19	19	
Phosphorus, P	-	205	11.624	3	A	1		179	175	
Potassium, K	-	341	17.938		A	1		296	290	
Sodium, Na	-	73	3.102		A	1		63	62	
Zinc. Zn.	-	5.14	0.441		A	1		4.47	4.37	
Copper, Cu	•	0.146	0.031	3	A	1		0.127	0.124	
Manganese, Mn		0.010	0.000	3	A	1		0.009	0.009	
Selenium, Se		30.0	3.606	3	A	1		26.1	25.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.130	0.006		A	1		0.113	0.111	
Riboflavin	-	0.247			A	1		0.215	0.210	
Niacin	-	5.570			A	1		4.846	4.735	
Pantothenic acid		1.140		1	A	1		0.992	0.969	
Vitamin B-6		0.375			A	1		0.326	0.318	
Folate, total		15		1	A	1		13	13	
Folic acid		0		0	Z	7		0	0	
Folate, food		15		1	A	1		13	13	
Folate, DFE		15		0	NC	4		13	13	
Vitamin B-12		2.28	0.015	3	A	1		1.98	1.94	
Vitamin A, IU		0		0	AS	1		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		1	A	1		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		1	A	1		0.21	0.20	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	6.461		0	NC	4		5.621	5.492	
4:0	g	0.000	1	0	Z	7		0.000	0.000	
6:0	g	0.000	1	0	Z	7		0.000	0.000	
8:0	g	0.006	0.006	3	A	1		0.005	0.005	
10:0	g	0.006	0.006	3	A	1		0.005	0.005	
12:0	g	0.006	0.006	3	A	1		0.005	0.005	
13:0	g									
14:0	-	0.272			A	1		0.236	0.231	
15:0		0.079		3	A	1		0.069	0.067	
16:0		2.725		3	A	1		2.371	2.316	
17:0		0.229		3	A	1		0.199	0.195	
18:0	g	3.108			A	1		2.704	2.642	
20:0	-	0.029			A	1		0.025	0.025	
22:0	g	0.000	0.000	3	A	1		0.000	0.000	
24:0	g									

	<u>A</u> n	nount in 100 g	grams		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.909		0	NC	4		5.141	5.023	
14:1		0.022	0.003	3	A	1		0.019	0.019	
15:1		0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated	_	0.302	0.039	3	A	1		0.262	0.256	
17:1	_	0.108 5.429	0.014 0.678	3 3	A A	1 1		0.094	0.092	
20:1		0.048	0.006	3	A	1		4.724 0.042	4.615 0.041	
22:1 undifferentiated	_	0.000	0.000	0	Z	7		0.000	0.000	
24:1 c	-			-	_			0.000	0.000	
Fatty acids, total polyunsaturated		0.711		0	NC	4		0.619	0.605	
18:2 undifferentiated	g	0.549	0.050	3	A	1		0.477	0.466	
18:3 undifferentiated	g	0.080	0.008	3	A	1		0.069	0.068	
18:3 n-6 c,c,c	-	0.000	0.000	3	A	1		0.000	0.000	
18:3i	-	0.000		•	_	_				
18:4	_	0.000	0.000	0 3	Z A	7 1		0.000 0.000	0.000 0.000	
20:2 n-6 c,c 20:3 undifferentiated		0.006	0.006	3	A	1		0.006	0.005	
20:3 thdffferentiated	_	0.000	0.000	,	A	-		0.000	0.003	
20:3 n-6										
20:4 undifferentiated		0.077	0.000	3	A	1		0.067	0.065	
20:4 n-3										
20:4 n-6	g									
20:5 n-3		0.000		0	Z	7		0.000	0.000	
22:5 n-3		0.000		0	Z	7		0.000	0.000	
22:6 n-3	-	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans Cholesterol		83	1.610	6	A	1		72	70	
Phytosterols		63	1.010	Ü	A	_		72	70	
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		2.039		0	A	1		1.774	1.733	
Lysine		2.205		0	A	1		1.918	1.874	
Methionine	-	0.643		0	A	1 1		0.559	0.546	
CystinePhenylalanine		0.283 1.009		0	A A	1		0.247 0.878	0.2 <b>41</b> 0.858	
Tyrosine		0.809		0	A	1		0.704	0.687	
Valine		1.279		0	A	1		1.112	1.087	
Arginine		1.618		0	A	1		1.407	1.375	
Histidine	-	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		1.542		0	A	1		1.342	1.311	
Proline		1.217		0	A	1		1.059	1.034	
Serine	_	0.988		0	A A	1 1		0.860	0.840	
Hydroxyproline	9	0.297		0	A	1		0.258	0.253	
Others: Alcohol, ethyl	a	0.0		0	z	7		0.0	0.0	
Caffeine	_	0.0		0	Z	7		0.0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	<b>J</b>	-		-						
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z z	7 7		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin	iiicg	U		U	z	,		0.000	0.000	

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

**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 17 (2004)

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%

		<u>Aı</u>	mount in 100 gr	<u>rams</u> nber		Amount in edible portion of common measures of food				
Nutrients and Units		Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.48	0.752	6	A	1		115.43	54.81	
Energy		177		0	NC	4		317	150	
Energy	kj	740		0	NC	4		1325	629	
Protein (N x 6.25)		29.45	0.662	6	A	1		52.72	25.03	
Total lipid (fat)		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	ma	7	0.419	3	A	1		12	6	
Iron, Fe	-	2.88	0.101	6	A	1		5.16	2.45	
Magnesium, Mg	-	26	1.053	3	A	1		46	22	
Phosphorus, P		238	5.568	3	A	1		426	202	
Potassium, K		371	8.083	3	A	1		664	315	
Sodium, Na		52	4.168	3	A	1		93	44	
Zinc, Zn		5.01	0.314	3	A	1		8.96	4.26	
Copper, Cu		0.201	0.043	3	A	1		0.359	0.171	
Manganese, Mn		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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.137	0.013	3	A	1		0.245	0.116	
Riboflavin	-	0.137		3	A	1		0.549	0.261	
Niacin		6.687		3	A	1		11.969	5.684	
Pantothenic acid		1.010		0	BFPN	4		1.807	0.858	
Vitamin B-6		0.475		3	A	1		0.850	0.404	
Folate, total		18		0	BFPN	4		31	15	
Folic acid		0		0	Z	7		0	0	
Folate, food		18		0	BFPN	4		31	15	
Folate, DFE		18		0	NC	4		31	15	
Vitamin B-12		1.29	0.234	3	A	1		2.30	1.09	
Vitamin A, IU		0		0	BFSN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	BFSN	4		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										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	2.419	1	0	NC	4		4.330	2.056	
4:0								1.555	2.000	
6:0	-									
8:0		0.002	!	0	BFFN	4		0.004	0.002	
10:0	-	0.002	!	0	BFFN	4		0.004	0.002	
12:0		0.002		0	BFFN	4		0.004	0.002	
13:0										
14:0	-	0.102		0	BFFN	4		0.182	0.086	
15:0	-	0.030		0	BFFN	4		0.053	0.025	
16:0	-	1.020		0	BFFN	4		1.827	0.867	
17:0	-	0.086		0	BFFN	4		0.154	0.073	
18:0		1.164		0	BFFN	4		2.083	0.989	
20:0		0.011		0	BFFN	4		0.019	0.009	
22:0	-	0.000		0	BFFN	4		0.000	0.000	
24:0	=									

NDB No. 17335 Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled

		Ar	nount in 10	0 grams	Amount in edible portion of common					
Nutrients and Units				Number				measures of food		
		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.213		0	NC	4		3.961	1.881	
14:1	_	0.008		0	BFFN	4		0.015	0.007	
15:1	-	0.000 0.113		0	BFFN BFFN	4 4		0.000	0.000	
17:1	-	0.113		0	BFFN	4		0.202 0.073	0.096 0.034	
18:1 undifferentiated		2.033		0	BFFN	4		3.639	1.728	
20:1		0.018		0	BFFN	4		0.032	0.015	
22:1 undifferentiated	-									
24:1 c	_									
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	-	0.030		0	BFFN	4		0.053	0.025	
18:3 n-6 c,c,c		0.000		0	BFFN	4		0.000	0.000	
18:3i										
18:4	-	0.000		0	BFFN			0.000	0.000	
20:2 n-6 c,c 20:3 undifferentiated	_	0.000		0	BFFN	4 4		0.004	0.000	
20:3 tridifferentiated		0.002		U	DEFN	7		0.004	0.002	
20:3 n-6	-									
20:4 undifferentiated		0.029		0	BFFN	4		0.051	0.024	
20:4 n-3	_									
20:4 n-6	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	_	79	1.9	51 6	A	1		141	67	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.223		0	A	1		0.399	0.189	
Threonine	-	1.336		0	A	1		2.392	1.136	
Isoleucine	-	1.422		0	A	1		2.545	1.208	
Leucine	-	2.527		0	A	1		4.523	2.148	
Lysine	_	2.732 0.796		0	A A	1 1		4.891 1.426	2.323	
Methionine	_	0.796		0	A	1		0.629	0.677 0.298	
Phenylalanine		1.250		0	A	1		2.238	1.063	
Tyrosine		1.002		0	A	1		1.794	0.852	
Valine		1.584		0	A	1		2.836	1.347	
Arginine		2.005		0	A	1		3.588	1.704	
Histidine		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		1.508		0	A	1		2.699	1.282	
Serine		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	<u>mg</u>	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mca	0		0	Z	7		0.000	0.000	

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

**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 17 (2004)

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

Bison bison

buffalo

	Aı	mount in 100 g	rams mber		Amount in edible portion of common measures of food					
Nutrients and Units		Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.00	0.140	100	A	1 4		20.98	335.66	83.62
Energy (1)		116 485		U	NC	4		33 138	526 2202	131 548
Energy Protein (N x 6.25)		22.10	0.080	100	A	1		6.27	100.25	24.97
Total lipid (fat)		2.40	0.120	100	A	1		0.68	10.89	2.71
Ash		1.20	0.010	100	A	1		0.34	5.44	1.36
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00
Fiber, total dietary	-									
Sugars, total										
Starch										
Mr. 1										
Minerals: Calcium, Ca	ma	6	0.200	93	A	1		2	27	7
Iron. Fe.	-	2.80	0.200	93 96	A	1		0.79	12.70	3.16
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24	0.100	96	A	1		7	109	27
Phosphorus, P		198	1.000	96	A	1		56	898	224
Potassium, K	•	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		0.130		95	A	1		0.037	0.590	0.147
Manganese, Mn	-	0.013		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		1.838	0.102	24	A	1		0.521	8.337	2.077
Pantothenic acid										
Vitamin B-6		0.252	0.013	12	A	1		0.071	1.143	0.285
Folate, total										
Folate, DFEVitamin B-12		2.20	0.160	12	A	1		0.62	9.98	2.49
Vitamin A, IU	-	3	0.100		A	1		1	14	3
Vitamin A, RAE		1	0.033	100	AS	1		0	4	1
Vitamin E (alpha-tocopherol)		0.04	0.008	12	A	1		0.01	0.18	0.04
Tocopherol, beta										
Tocopherol, gamma		0.01	0.003	12	A	1		0.00	0.05	0.01
Tocopherol, delta	mg									
Vitamin D										
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	-									
8:0										
10:0										
12:0										
13:0		0.025	0.050	100		1		0 007	0 112	0.020
14:0 15:0	-	0.025			A A	1 1		0.007 0.014	0.113 0.227	0.028 0.057
16:0	_	0.361		100	A	1		0.102	1.637	0.408
17:0	•	0.027		100	A	1		0.008	0.122	0.031
18:0		0.395			A	1		0.112	1.792	0.446
20:0	-		- · · · ·					•	·	
22:0	-	0.040	0.170	100	A	1		0.011	0.181	0.045
24:0										
Fatty acids, total monounsaturated	g	0.996			A	1		0.282	4.518	1.125
14:1		0.002	0.020	100	A	1		0.001	0.009	0.002
15:1	g									

Nutrients and Units		<u>Am</u>		grams umbei Data	Amount in edible portion of common measures of food					
		Mean	Std. Error Po			Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.048	0.060	100	A	1		0.014	0.218	0.054
17:1	-	2 21 2			_	_				
18:1 undifferentiated	-	0.919	0.500	100 100	A	1 1		0.261	4.169	1.038
20:1		0.006	0.040		A	1		0.002	0.027	0.007
22:1 undifferentiated	_	0.021	0.190	100	A	1		0.006	0.095	0.024
24:1 c	•	0.192	0.400	100	A	1		0.054	0.871	0.217
Fatty acids, total polyunsaturated	-	0.192	0.400	100	A	1		0.054	0.871	0.217
18:2 undifferentiated	_	0.184	0.400		A	1		0.052	0.835	0.208
18:3 undifferentiated	_	0.008	0.090	100	A	1		0.002	0.036	0.009
18:4 20:2 n-6 c.c	_									
20:3 undifferentiated	-									
20:4 undifferentiated	_									
20:5 n-3	-									
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		62	0.700	100	A	1		18	281	70
Phytosterols	_									
•										
Amino Acids:										
Tryptophan		0.000		0	PIE	4		0.000	0.000	0.000
Threonine		0.910		0	PIE	4		0.258	4.128	1.028
Isoleucine		0.931		0	PIE	4		0.264	4.223	1.052
Leucine		1.716		0	PIE	4		0.486	7.784	1.939
Lysine		1.723		0	PIE	4		0.488	7.816	1.947
Methionine	-	0.524		0	PIE	4		0.149	2.377	0.592
Cystine	-	0.000		0	PIE	4		0.000	0.000	0.000
Phenylalanine		0.827		0	PIE	4		0.234	3.751	0.935
Tyrosine	-	0.710		0	PIE	4		0.201	3.221	0.802
Valine	-	1.000		0	PIE	4		0.284	4.536	1.130
Arginine		1.310		0	PIE	4		0.371	5.942	1.480
Histidine	•	0.586		0	PIE	4		0.166	2.658	0.662
Alanine		1.256		0	PIE	4		0.356	5.697	1.419
Aspartic acid		1.917		0	PIE	4		0.543	8.696	2.166
Glutamic acid	-	3.220		0	PIE	4		0.913	14.606	3.639
Glycine		1.062		0	PIE	4		0.301	4.817	1.200
Proline	•	0.882		0	PIE	4		0.250	4.001	0.997
Serine	-	0.841		0	PIE	4		0.238	3.815	0.950
Hydroxyproline	g									

### **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

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

Bison bison buffalo

		<u>A</u>	mount in 10	<u>0 grams</u>	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure 3	
Proximates:											
Water	g	66.54		0		1		226.24	56.56		
Energy	kcal	143		0	NC	4		486	122		
Energy		598				4		2034	509		
Protein (N x 6.25)		28.44		0		1		96.70	24.17		
Total lipid (fat)		2.42		0		1		8.23	2.06		
Ash		1.58		0		1		5.37	1.34		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch	g										
Minerals:											
Calcium, Ca	-	8		0		1		27	7		
Iron, Fe		3.42		0		1		11.63	2.91		
Magnesium, Mg		26		0		1		88	22		
Phosphorus, P		209		0		1		711	178		
Potassium, K		361		0		1		1227	307		
Sodium, Na		57		0		1 1		194	48		
Zinc, Zn		3.68 0.107	,	0 0		1		12.51 0.364	3.13 0.091		
Copper, Cu		0.107		0		1		0.364	0.091		
Manganese, Mn Selenium, Se		35.5	,	0	BFNN	4		120.7	30.2		
· ·	g	33.3		Ū	221111	-		120.7	30.2		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.100		0		4		0.340	0.085		
Riboflavin		0.270		0		4		0.918	0.230		
Niacin		3.710	)	0		4		12.614	3.154		
Pantothenic acid Vitamin B-6		0.400	,	0		4		1.360	0.340		
Folate, total		8	,	0		4		27	7		
Folic acid		0		0	z	7		0	0		
Folate, food	-	8		0	-	4		27	7		
Folate, DFE		8		0	NC	4		27	7		
Vitamin B-12		2.86		0		4		9.72	2.43		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0		
Retinol		0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.36		0	BFSN	4		1.21	0.30		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
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		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	-	0.000		0		1		0.000	0.000		
12:0		0.000	)	0		1		0.000	0.000		
13:0	-										
14:0	-	0.030	)	0		1		0.102	0.026		
15:0				_		_					
16:0		0.430	)	0		1		1.462	0.366		
17:0		0 45		^							
18:0		0.450	,	0		1		1.530	0.383		
20:0	-										
22:0	9										

		<u>A</u>	mount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	q	0.950	0		1		3.230	0.808		
14:1	g									
15:1 undifferentiated	g	0.060	0		1		0.204	0.051		
17:1 18:1 undifferentiated		0.880	0		1		2.992	0.748		
20:1	g	0.000	0		1		0.000	0.000		
22:1 undifferentiated	_	0.000	0		1		0.000	0.000		
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.240			1		0.816	0.204		
18:2 undifferentiated		0.140			1		0.476	0.119		
18:3 undifferentiated		0.040			1		0.136	0.034		
18:4		0.000	0		1		0.000	0.000		
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.070	0		1		0.000	0.060		
20:4 undifferentiated 20:5 n-3	-	0.000			1		0.238 0.000	0.060 0.000		
20.5 n-3	_	0.000			1		0.000	0.000		
22:6 n-3		0.000			1		0.000	0.000		
Fatty acids, total trans	-		-		_		0.000	0.000		
Cholesterol		82	0		1		279	70		
Phytosterols										
A . A . 1										
Amino Acids:	~									
Tryptophan Threonine		1.171	. 0		1		3.981	0.995		
Isoleucine		1.198			1		4.073	1.018		
Leucine	-	2.210			1		7.514	1.879		
Lysine	-	2.219			1		7.545	1.886		
Methionine		0.674	0		1		2.292	0.573		
Cystine										
Phenylalanine		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		1.615			1		5.491	1.373		
Aspartic acid		2.467			1		8.388	2.097		
Glutamic acid		4.145			1		14.093	3.523		
Glycine		1.367			1		4.648	1.162		
Proline		1.136			1 1		3.862	0.966		
Serine		1.083	0		1		3.682	0.921		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0	0		7		0.0	0.0		
Caffeine	-	0	0	Z	7		0	0		
Theobromine	mg	0	0	Z	7		0	0		
Carotenoids:										
Carotene, beta	<u>m</u> cg	0	0	z	7		0.000	0.000		
Carotene, alpha	_	0	0	z	7		0.000	0.000		
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000		
Lycopene		0	0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000	0.000		

### **Common Measures:**

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

Measure 2 = 85g: 3 oz

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

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Game meat, bison, separable lean only, raw

Bison bison buffalo

		<u>A</u> 1	mount in 100 gr	<u>rams</u> nber		ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Units	5	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.57	0.259	33		1		21.14	338.25	
Energy		109		0	NC	4 4		31 129	494	
Energy		456 21.62	0 164	22		4			2069	
Protein (N x 6.25) Total lipid (fat)		1.84	0.164 0.158	33 33		1		6.13 0.52	98.07 8.35	
Ash		1.20	0.138	33		1		0.34	5.44	
Carbohydrate, by difference		0.00	0.037	0	z	7		0.00	0.00	
Fiber, total dietary	-	0.0		0	z	7		0.0	0.0	
Sugars, total				•	_	•			0.0	
Starch										
	0									
Minerals:	ma	_	0.040	00				•	07	
Calcium, Ca	-	6 2.60	0.240 0.060	23 30		1 1		2 0.74	27 11.79	
Iron, FeMagnesium, Mg	-	2.60	0.060	30		1		0.74 7	11.79	
Phosphorus, P		187	2.611	30		1		, 53	848	
Potassium, K	•	343	5.295	30		1		97	1556	
Sodium, Na		54	0.913	30		1		15	245	
Zinc, Zn		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	<sub>.</sub> 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)	<u>mg</u>	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										
Vitamin B-6										
Folate, totalFolate, DFE										
Vitamin B-12	IIICG_DI L									
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.690	1	0		1		0.196	3.130	
4:0	g									
6:0	-									
8:0										
10:0										
12:0	-									
14:0		0.020	1	22		1		0.006	0.091	
15:0	-	3.020				-		0.000	0.051	
16:0	-	0.330	1	22		1		0.094	1.497	
17:0	-									
18:0		0.350	)	22		1		0.099	1.588	
20:0										
22:0										
24:0				•		_				
Fatty acids, total monounsaturated		0.720	•	0		1		0.204	3.266	
14:1										
15:1	9									

		<u>Am</u>	ount in 100 grams Number of Data	,	on  Confidence	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated		0.040	22	1		0.011	0.181		
17:1 18:1 undifferentiated	-	0.670	22	1		0.190	3.039		
20:1 undifferentiated 20:1 undifferentiated 22:1 undifferentiated	g	0.070	22	-		0.130	3.033		
24:1 c									
Fatty acids, total polyunsaturated	_	0.190	0	1		0.054	0.862		
18:2 undifferentiated		0.110	22 22	1 1		0.031	0.499		
18:3 undifferentiated	g	0.030	22	1		0.009	0.136		
20:3 undifferentiated	-								
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	-	62	2.437 50	1		18	281		
Phytosterols	<u>mg</u>								
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		0.863	1	1		0.245	3.915		
Serine	g	0.823	1	1		0.233	3.733		
Hydroxyproline	g								

### **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

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

Bison bison buffalo

		Aı	mount in 100 g	rams mber		ole portic	on		edible portion of easures of food	
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		75.40	0.110	100	A	1		21.38	342.01	85.20
Energy (1)		109		0	NC	4		31 129	494	123
Energy		456 21.10	0.070	100		4 1			2069	515
Protein (N x 6.25) Total lipid (fat)		21.10	0.070 0.100	100 100	A A	1		5.98 0.60	95.71 9.53	23.84 2.37
Ash		1.20	0.010	100	A	1		0.34	5.44	1.36
Carbohydrate, by difference		0.00	0.010	0	z	7		0.00	0.00	0.00
Fiber, total dietary	-	0.00		·	_	•		0.00	0.00	0.00
Sugars, total										
Starch										
Minerals:			0.100	٥.	_				10	-
Calcium, CaIron. Fe.	-	4 3.00	0.100 0.040	95 95	A A	1 1		1 0.85	18 13.61	5 3.39
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24	0.040	95 95	A	1		7	109	27
Phosphorus, P		189	2.000	95	A	1		, 54	857	214
Potassium, K	•	322	3.000	91	A	1		91	1461	364
Sodium, Na		59	0.800	92	A	1		17	268	67
Zinc, Zn		5.00	0.080	95	A	1		1.42	22.68	5.65
Copper, Cu		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	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin	-	0.042	0.003	12	A	1		0.012	0.191	0.047
Riboflavin	-	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										
Folate, DFE					_					
Vitamin B-12	-	2.20	0.180	12	A	1		0.62	9.98	2.49
Vitamin A, IU		2 1	0.067	100 100	A AS	1 1		1 0	9 3	2 1
Vitamin A, RAEVitamin E (alpha-tocopherol)		0.05	0.010	12	AS	1		0.01	0.21	0.05
Tocopherol, beta		0.03	0.010	12	A	-		0.01	0.21	0.03
Tocopherol, gamma		0.01	0.003	12	A	1		0.00	0.06	0.02
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	0.749	0.400	100	A	1		0.212	3.397	0.846
4:0	-									
6:0										
8:0	g									
10:0	g									
12:0										
13:0										
14:0	_	0.018			A	1		0.005	0.082	0.020
15:0		0.051		100	A	1		0.014	0.231	0.058
16:0	•	0.283		100	A 2	1		0.080	1.284	0.320
17:0		0.022		100	A	1		0.006	0.100	0.025
18:0 20:0	-	0.327	0.300	100	A	1		0.093	1.483	0.370
22:0	-	0.045	0.210	100	A	1		0.013	0.204	0.051
24:0	-	0.013	0.210	-50		-		3.013	0.204	0.031
Fatty acids, total monounsaturated	-	0.861	0.500	100	A	1		0.244	3.905	0.973
14:1		0.002			A	1		0.001	0.009	0.002
15:1										

		<u>An</u>		ımbeı			on Confidence	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.044	0.050	100	A	1		0.012	0.200	0.050	
17:1	-				_	_					
18:1 undifferentiated	-	0.787	0.500	100	A	1		0.223	3.570	0.889	
20:1		0.005	0.030	100	A	1		0.001	0.023	0.006	
22:1 undifferentiated	-	0.022	0.220	100	A	1		0.006	0.100	0.025	
24:1 c	•	0.017	0.400	100	_	1		0.062	0.004	0.045	
Fatty acids, total polyunsaturated	-	0.217 0.208	0.400 0.400	100 100	A A	1			0.984	0.245 0.235	
18:2 undifferentiated	-		0.400		A A	1		0.059	0.943		
18:3 undifferentiated	-	0.009	0.050	100	A	1		0.003	0.041	0.010	
18:4	-										
20:2 n-6 c,c 20:3 undifferentiated	-										
20:4 undifferentiated	-										
20:5 n-3	-										
20.5 n-3											
22:6 n-3											
Fatty acids, total trans											
Cholesterol		66	0.800	100	A	1		19	299	75	
Phytosterols	_					_					
-											
Amino Acids:											
Tryptophan		0.000		0	PIE	4		0.000	0.000	0.000	
Threonine		0.868		0	PIE	4		0.246	3.937	0.981	
Isoleucine		0.889		0	PIE	4		0.252	4.033	1.005	
Leucine		1.639		0	PIE	4		0.465	7.435	1.852	
Lysine		1.645		0	PIE	4		0.466	7.462	1.859	
Methionine	-	0.500		0	PIE	4		0.142	2.268	0.565	
Cystine	-	0.000		0	PIE	4		0.000	0.000	0.000	
Phenylalanine		0.790		0	PIE	4		0.224	3.583	0.893	
Tyrosine	_	0.678		0	PIE	4		0.192	3.075	0.766	
Valine	-	0.954		0	PIE	4		0.270	4.327	1.078	
Arginine		1.251		0	PIE	4		0.355	5.675	1.414	
Histidine	•	0.559		0	PIE	4		0.158	2.536	0.632	
Alanine		1.198		0	PIE	4		0.340	5.434	1.354	
Aspartic acid		1.830		0	PIE	4		0.519	8.301	2.068	
Glutamic acid	-	3.074		0	PIE	4		0.871	13.944	3.474	
Glycine		1.014		0	PIE	4		0.287	4.600	1.146	
Proline	•	0.842		0	PIE	4		0.239	3.819	0.951	
Serine	-	0.803		0	PIE	4		0.228	3.642	0.907	
Hydroxyproline	g										

### **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. 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%

		<u>Aı</u>	mount in 100 gra	ms of edi	ole portio	<u>on</u>	Amount in	edible portion	of common
			Num	oer			<u>m</u>	easures of food	<u>l</u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	=	65.08		6 A	1		117.14	55.32	
Energy		174		) NC	4		312	148	
Energy		726		) NC	4		1307	617	
Protein (N x 6.25)	-	30.18		6 A	1		54.32	25.65	
Total lipid (fat)		4.96		6 A	1		8.93	4.22	
Ash		1.20		6 A	1		2.16	1.02	
Carbohydrate, by difference		0.00		) z	7		0.00	0.00	
Fiber, total dietary	g	0.0		) z	7		0.0	0.0	
Sugars, total	g	0.00		) z	7		0.00	0.00	
Starch	g								
Minerals:									
Calcium. Ca	ma	5	0.149	3 A	1		9	4	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.52		5 A	1		6.33	2.99	
Magnesium, Mg	-	28		3 A	1		50	23	
Phosphorus, P		257		3 A	1		462	218	
Potassium, K		382		3 A	1		688	325	
Sodium, Na		41	3.207	3 A	1		74	35	
Zinc, Zn		3.79	0.157	B A	1		6.81	3.22	
Copper, Cu	mg	0.210	0.013	B 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	B A	1		73.8	34.9	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0		) z	7		0.0	0.0	
Thiamin		0.165		) <u> </u>	1		0.297	0.140	
Riboflavin		0.365		3 A	1		0.657	0.310	
Niacin		6.475		3 A	1		11.655	5.504	
Pantothenic acid		1.448		) BFPN			2.606	1.230	
Vitamin B-6		0.657		3 A	1		1.182	0.558	
Folate, total	-	19		BFPN			35	16	
Folic acid		0		) z	7		0	0	
Folate, food		19		) BFPN	4		35	16	
Folate, DFE		19	(	) NC	4		35	16	
Vitamin B-12		1.81	0.270	B A	1		3.26	1.54	
Vitamin A, IU		0	(	) BFSN	4		0	0	
Vitamin A, RAE		0	(	) NC	4		0	0	
Retinol		0		) BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		) BFSN	4		0.37	0.17	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
<u>Lipids:</u>									
Fatty acids, total saturated	g	1.957	'	) NC	4		3.522	1.663	
4:0									
6:0									
8:0	_	0.002		) BFFN			0.003	0.002	
10:0		0.002		) BFFN			0.003	0.002	
12:0	-	0.002		) BFFN	4		0.003	0.002	
13:0	_								
14:0	-	0.082		) BFFN			0.148	0.070	
15:0		0.024		) BFFN			0.043	0.020	
16:0		0.825		) BFFN			1.486	0.702	
17:0		0.069		) BFFN			0.125	0.059	
18:0	-	0.941		) BFFN			1.694	0.800	
20:0	_	0.009		) BFFN			0.016	0.007	
22:0	_	0.000		) BFFN	4		0.000	0.000	
24:0	g								

NDB No. 17336 Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled

		<u>Ar</u>	nount in 100	0 grams	of edib	le portic	o <u>n</u>		edible portion o	f common
			ļ	Number	•			<u>m</u> e	easures of food	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.790		0	NC	4		3.222	1.521	
14:1		0.007		0	BFFN	4		0.012	0.006	
15:1		0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated		0.091		0	BFFN BFFN	4 4		0.164	0.078	
17:1	-	0.033 1.644		0	BFFN	4		0.059 2.960	0.028 1.398	
20:1	-	0.015		0	BFFN	4		0.026	0.012	
22:1 undifferentiated	-									
24:1 c	g									
Fatty acids, total polyunsaturated		0.215		0	NC	4		0.388	0.183	
18:2 undifferentiated		0.166		0	BFFN	4 4		0.299	0.141	
18:3 undifferentiated	-	0.024 0.000		0	BFFN BFFN	4		0.043 0.000	0.021 0.000	
18:3i		0.000		Ū	DIIN	-		0.000	0.000	
18:4	-									
20:2 n-6 c,c	-	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	-									
20:3 n-6	-	0.000		•				0.040	0.000	
20:4 undifferentiated 20:4 n-3	-	0.023		0	BFFN	4		0.042	0.020	
20:4 n-6	-									
20:5 n-3										
22:5 n-3	-									
22:6 n-3	g									
Fatty acids, total trans	-			_						
Cholesterol		85	2.78	87 6	A	1		154	72	
Phytosterols	mg									
Amino Acids:	_				_					
Tryptophan		0.228 1.369		0	A A	1 1		0.411 2.465	0.194 1.164	
Threonine Isoleucine		1.457		0	A	1		2.465	1.164	
Leucine		2.589		0	A	1		4.661	2.201	
Lysine		2.800		0	A	1		5.040	2.380	
Methionine		0.816		0	A	1		1.469	0.694	
Cystine	g	0.360		0	A	1		0.648	0.306	
Phenylalanine		1.281		0	A	1		2.307	1.089	
Tyrosine		1.027		0	A	1		1.848	0.873	
Valine	-	1.624		0 0	A	1 1		2.923 3.698	1.380	
Arginine Histidine		2.054 1.106		0	A A	1		1.991	1.746 0.940	
Alanine	-	2.010		0	A	1		3.619	1.709	
Aspartic acid	-	2.949		0	A	1		5.309	2.507	
Glutamic acid		4.915		0	A	1		8.848	4.178	
Glycine	g	1.958		0	A	1		3.525	1.665	
Proline	-	1.545		0	A	1		2.781	1.313	
Serine		1.255		0	A	1		2.259	1.067	
Hydroxyproline	g	0.377		0	A	1		0.679	0.321	
Others:	σ.	0.0		0	z	7		0.0	0.0	
Alcohol, ethyl		0.0		0	z	7		0.0	0.0 0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	5	-		-	_	•		-	-	
Carotene, beta	_mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	Türcğ.	0		0	Z	7		0.000	0.000	

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

**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 17 (2004)

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

Bison bison buffalo

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

		<u>Aı</u>	mount in 100 gr			ole portic	<u>n</u>		edible portion of easures of food	
Nutrients and Unit	ts	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	-	72.05	0.420	_	_			261 60		
Water		73.95	0.432	6	A	1		361.62		
Energy		122 508		0	NC NC	4 4		594 2486		
Energy		23.32	0.196	6	A.	1		2486 114.02		
Protein (N x 6.25) Total lipid (fat)	-	23.32	0.196	6	A	1		11.90		
Ash		1.18	0.343	6	A	1		5.79		
Carbohydrate, by difference		0.00	0.017	0	Z	7		0.00		
Fiber, total dietary		0.00		0	Z	7		0.00		
		0.00		0	Z	7		0.00		
Sugars, total		0.00		U	4	,		0.00		
Starcii	9									
Minerals:										
Calcium, Ca	_	5	0.253	3	A	1		22		
Iron, Fe	_	2.66	0.163	6	A	1		13.01		
Magnesium, Mg		27	0.300	3	A	1		130		
Phosphorus, P	-	237	1.732	3	A	1		1159		
Potassium, K		390	2.887	3	A	1		1907		
Sodium, Na		47	1.026	3	A	1 1		230		
Zinc, Zn	_	2.92	0.128	3	A	1		14.30		
Copper, Cu		0.131 0.047		3	A A	1		0.641 0.230		
Manganese, Mn		35.3	2.906	3	A	1		172.8		
Selenium, Se	Ilicy	35.3	2.906	3	A	1		172.6		
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		14		0	BFPN	4		68		
Folic acid		0		0	Z	7		0		
Folate, food		14		0	BFPN	4		68		
Folate, DFE		14		0	NC	4		68		
Vitamin B-12		1.55	0.377	3	A	1		7.58		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE		0		0	NC	4		0		
Retinol		0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)		0.17		0	BFSN	4		0.85		
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitanini k (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.039	)	0	NC	4		5.080		
4:0										
6:0	-									
8:0		0.001		0	BFFN	4		0.005		
10:0		0.001		0	BFFN	4		0.005		
12:0		0.001	-	0	BFFN	4		0.005		
13:0	-			•						
14:0	-	0.044		0	BFFN	4		0.214		
15:0	-	0.013		0	BFFN	4		0.062		
16:0	-	0.438		0	BFFN	4		2.143		
17:0		0.037		0	BFFN	4		0.180		
18:0		0.500		0	BFFN	4		2.444		
20:0 22:0	-	0.005		0	BFFN	4		0.023		
	u	0.000	,	0	BFFN	4		0.000		

	<u>Am</u>	Amount in 100 grams of edible portion  Number			Amount in edible portion of common measures of food			
		Numbe	r			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.950	0	NC	4		4.646		
14:19	0.004	0	BFFN	4		0.017		
15:1g	0.000	0	BFFN	4		0.000		
16:1 undifferentiatedg	0.048	0	BFFN	4		0.237		
17:1g	0.017	0	BFFN	4		0.085		
18:1 undifferentiatedg	0.873	0	BFFN	4		4.269		
20:1g	0.008	0	BFFN	4		0.038		
22:1 undifferentiatedg								
24:1 cg		_						
Fatty acids, total polyunsaturatedg	0.114	0	NC	4		0.559		
18:2 undifferentiated	0.088	0	BFFN	4		0.431		
18:3 undifferentiated	0.013	0	BFFN	4 4		0.063		
18:3 n-6 c,c,c	0.000	U	BFFN	4		0.000		
18:4g								
20:2 n-6 c,cg	0.000	0	BFFN	4		0.000		
20:3 undifferentiatedg	0.001	0	BFFN	4		0.005		
20:3 n-3g						0.000		
20:3 n-6g								
20:4 undifferentiatedg	0.012	0	BFFN	4		0.060		
20:4 n-3g								
20:4 n-6g								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg  Cholesterolmg	65	1.023 6	A	1		317		
Phytosterols mg	65	1.023 0	A	-		317		
<u>Amino Acids:</u> Tryptophang	0.176	0	A	1		0.862		
Threonineg	1.058	0	A	1		5.173		
Isoleucine	1.126	0	A	1		5.504		
Leucine	2.000	0	A	1		9.782		
Lysineg	2.163	0	A	1		10.579		
Methionineg	0.631	0	A	1		3.084		
Cystineg	0.278	0	A	1		1.360		
Phenylalanineg	0.990	0	A	1		4.841		
Tyrosineg	0.793	0	A	1		3.879		
Valineg	1.255	0	A	1		6.135		
Arginineg	1.587	0	A	1		7.761		
Histidineg	0.854	0	A	1		4.178		
Alanine	1.553	0	A	1		7.595		
Aspartic acid	2.279 3.798	0	A A	1 1		11.142		
Glutamic acid	1.513	0	A A	1		18.570 7.399		
Proline 9	1.194	0	A	1		5.838		
Serine	0.970	0	A	1		4.742		
Hydroxyprolineg	0.291	0	A	1		1.425		
Others:								
Alcohol, ethylg	0.0	0	z	7		0.0		
Caffeine mg	0	0	Z	7		0		
Theobrominemg	0	0	Z	7		0		
<u>Carotenoids:</u>								
Carotene, betamcg	0	0	Z	7		0.000		
Carotene, alphamcg	0	0	Z	7		0.000		
Cryptoxanthin, betamcg	0	0	Z	7		0.000		
Lycopene mcg	0	0	Z	7		0.000		
Lutein + zeaxanthin mcg	0	0	Z	7		0.000		

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

**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 17 (2004)

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

Bison bison buffalo

		<u>A</u> 1	mount in 100 g	rams mber		ole portic	on		edible portion of easures of food	
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.40	0.130	100	A	1		21.09	337.48	84.07
Energy (1)		113		0	NC	4		32 134	513	128
Energy		473 21.40	0.080	100		4 1		6.07	2145	534 24.18
Protein (N x 6.25) Total lipid (fat)		21.40	0.100	100 100	A A	1		0.68	97.07 10.89	24.18
Ash		1.20	0.010	100	A	1		0.34	5.44	1.36
Carbohydrate, by difference		0.00	0.010	0	z	7		0.00	0.00	0.00
Fiber, total dietary	_	0.00		Ŭ	-	•		0.00	0.00	0.00
Sugars, total										
Starch										
Minerals:		_			_	_		_		
Calcium, CaIron. Fe	-	5 3.00	0.200 0.030	92 96	A A	1 1		1 0.85	23 13.61	6 3.39
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24	0.100	96	A	1		7	109	27
Phosphorus, P		203	1.000	96	A	1		, 58	921	229
Potassium, K	•	335	2.000	92	A	1		95	1520	379
Sodium, Na		51	0.500	93	A	1		14	231	58
Zinc, Zn		3.40	0.040	96	A	1		0.96	15.42	3.84
Copper, Cu		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	ma	0.0		0	z	7		0.0	0.0	0.0
Thiamin	-	0.045	0.003	12	A	1		0.013	0.204	0.051
Riboflavin	-	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										
Folate, DFE					_	_				
Vitamin B-12	_	2.30	0.190	12	A	1		0.65	10.43	2.60
Vitamin A, IU		3 1	0.033	100	A AS	1 1		1 0	14	3 1
Vitamin A, RAEVitamin E (alpha-tocopherol)		0.05	0.012	12	AS	1		0.01	<b>4</b> 0.23	0.06
Tocopherol, beta		0.03	0.012	12	Α.	-		0.01	0.23	0.00
Tocopherol, gamma		0.01	0.004	12	A	1		0.00	0.05	0.01
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	0.885	0.300	100	A	1		0.251	4.014	1.000
4:0	-	0.000	0.500			_		0.202		2.000
6:0										
8:0	-									
10:0	g									
12:0	g									
13:0										
14:0		0.025			A	1		0.007	0.113	0.028
15:0	-	0.023		100	A	1		0.007	0.104	0.026
16:0	•	0.342		100	A	1		0.097	1.551	0.386
17:0		0.025		100	A	1		0.007	0.113	0.028
18:0	-	0.397	0.300	T00	A	1		0.113	1.801	0.449
20:0 22:0	-	0.048	0.190	100	A	1		0 014	0.010	0.054
24:0	_	0.048	0.190	100	A	_		0.014	0.218	0.054
Fatty acids, total monounsaturated		0.986	0.500	100	A	1		0.280	4.472	1.114
14:1		0.002			A	1		0.001	0.009	0.002
15:1						-				

		<u>An</u>		<u>) grams of edi</u> Number		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.050	0.060	100	A	1		0.014	0.227	0.057	
17:1	-										
18:1 undifferentiated	-	0.904	0.500		A	1		0.256	4.101	1.022	
20:1		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											
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											
20:5 n-3	g										
22:5 n-3	_										
22:6 n-3	_										
Fatty acids, total trans											
Cholesterol		71	0.900	100	A	1		20	322	80	
Phytosterols	• • • • • • • • • • • • • • • • • • • •										
<u>Amino Acids:</u>											
Tryptophan		0.000		0	PIE	4		0.000	0.000	0.000	
Threonine		0.881		0	PIE	4		0.250	3.996	0.996	
Isoleucine		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	-	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		1.856		0	PIE	4		0.526	8.419	2.097	
Glutamic acid		3.118		0	PIE	4		0.884	14.143	3.523	
Glycine		1.028		0	PIE	4		0.291	4.663	1.162	
Proline		0.854		0	PIE	4		0.242	3.874	0.965	
Serine	•	0.815		0	PIE	4		0.231	3.697	0.921	
Hydroxyproline	-	0.015		•		-		0.232	3.037	0.321	
11yuroxypronne	9										

# **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

		<u>A</u>	mount in 100 gram	s of edib	ole portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			m	easures of food	<u> </u>	
					Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	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		669			4		2276	569		
Protein (N x 6.25)		28.30	0		1		96.22	24.06		
Total lipid (fat)		4.38	0		1		14.89	3.72		
Ash		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									
M: 1										
Minerals:	ma	16	0		1		54	14		
Calcium, Ca Iron, Fe	-	1.12	0		4		3.81	0.95		
Magnesium, Mg		27	0		4		92	23		
Phosphorus, P		134	0		1		456	114		
Potassium, K	•	396	0		4		1346	337		
Sodium, Na		60	0		4		204	51		
Zinc, Zn		3.01	0		4		10.23	2.56		
Copper, Cu		0.056	0		4		0.190	0.048		
Manganese, Mn										
Selenium, Se	mcg	13.0	0	BFYN	4		44.2	11.1		
Vitamina										
Vitamins:	ma	0.0	0	z	7		0.0	0.0		
Vitamin C, total ascorbic acid Thiamin		0.0		4	1		1.054	0.0		
Riboflavin		0.310			1		0.476	0.119		
Niacin		4.210			1		14.314	3.579		
Pantothenic acid		1.210	,		-		11.511	3.373		
Vitamin B-6		0.418	0		4		1.421	0.355		
Folate, total		6	0		4		20	5		
Folic acid		0	0	Z	7		0	0		
Folate, food	mcg	6	0		4		20	5		
Folate, DFE	mcg_DFE	6	0	NC	4		20	5		
Vitamin B-12		0.70	0		4		2.38	0.60		
Vitamin A, IU	IU	0	0		4		0	0		
Vitamin A, RAE	mcg_RAE	0	0	AS	1		0	0		
Retinol		0	0	NR	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.38	0	BFSN	4		1.31	0.33		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		1.4	0	BFSN	4		4.7	1.2		
vitamin K (phytioquillone)	Incg	1.4	U	BESN	7		4.7	1.2		
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.300	0		1		4.420	1.105		
4:0	-	0.000	0		1		0.000	0.000		
6:0	g	0.000	0		1		0.000	0.000		
8:0		0.000			1		0.000	0.000		
10:0	-	0.000			1		0.000	0.000		
12:0		0.000	0		1		0.000	0.000		
13:0	-				_					
14:0	-	0.050	0		1		0.170	0.043		
15:0	-	0 77			1		0.610	0.655		
16:0		0.770	0		1		2.618	0.655		
17:0		0.440	0		1		1 406	0 374		
18:0 20:0		0.440	, 0		1		1.496	0.374		
22:0	-									
44.U	9									

		<u>Aı</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	edg	1.710		0		1		5.814	1.454		
14:1	g										
15:1	g										
16:1 undifferentiated	-	0.220		0		1		0.748	0.187		
17:1	-										
18:1 undifferentiated	-	1.490		0		1		5.066	1.267		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.640		0		1		2.176	0.544		
18:2 undifferentiated		0.500		0		1		1.700	0.425		
18:3 undifferentiated	-	0.030		0		1		0.102	0.026		
18:4		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	a	0.380		0		1		1.292	0.323		
Threonine		1.331		0		1		4.525	1.131		
Isoleucine	-	1.367		0		1		4.648	1.162		
Leucine		2.300		0		1		7.820	1.955		
Lysine	-	2.789		0		1		9.483	2.371		
Methionine		0.697		0		1		2.370	0.592		
Cystine		0.367		0		1		1.248	0.312		
•		1.132		0		1		3.849	0.962		
Phenylalanine Tyrosine		1.010		0		1		3.434	0.962		
•	=	1.517		0		1		5.158	1.289		
Valine		1.965		0		1		6.681	1.289		
C	=	1.435		0		1		4.879	1.670		
Histidine		1.435		0		1		5.695	1.220		
Alanine		2.626		0		1		8.928			
Aspartic acid						1			2.232		
Glutamic acid	-	4.396		0 0				14.946	3.737		
Glycine		1.290				1		4.386	1.097		
Proline		1.073		0		1		3.648	0.912		
Serine		1.164		0		1		3.958	0.989		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	q	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:		-		-	=			-	-		
		_		_		_					
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

### **Common Measures:**

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

Measure 2 = 85g: 3 oz

Game meat, boar, wild, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	q	72.54		2		1		20.57	329.04	
Energy	-	122		0	NC	4		35	553	
Energy		510				4		145	2315	
Protein (N x 6.25)		21.51	2.6	41 3		1		6.10	97.57	
Total lipid (fat)		3.33		2		1		0.94	15.10	
Ash		0.97		1		1		0.27	4.40	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
	5									
Minerals:								_		
Calcium, Ca	_	12		1		1		3	54	
Iron, Fe	-									
Magnesium, Mg		120		1		1		34	544	
Phosphorus, P		120		1		1		34	544	
Potassium, K Sodium, Na	_									
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •									
Copper, Cu	_									
Manganese, Mn										
Selenium, Se		9.8		0	BFNN	4		2.8	44.5	
Scientifi, Sc										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.390		1		1		0.111	1.769	
Riboflavin	_	0.110		1		1		0.031	0.499	
Niacin		4.000	)	1		1		1.134	18.144	
Pantothenic acid										
Vitamin B-6	_									
Folate, totalFolate, DFE										
Vitamin B-12										
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mca RAF	0		0		4		0	0	
Vitamin E (alpha-tocopherol)		·		·		-		· ·	v	
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
	a	0.990	,	0		1		0.281	4.491	
Fatty acids, total saturated		0.990	•	U		_		0.281	4.491	
6:0										
8:0										
10:0										
12:0	-									
13:0										
14:0	g	0.040	)	3		1		0.011	0.181	
15:0										
16:0	g	0.580	)	3		1		0.164	2.631	
17:0	g									
18:0	g	0.330	)	3		1		0.094	1.497	
20:0	g									
22:0	g									
24:0	-									
Fatty acids, total monounsaturated		1.300	)	0		1		0.369	5.897	
14:1										
15:1	g									

		<u>Ar</u>	mount in 10		<u>n</u>	Amount in edible portion of common measures of food			
				Number	_		<u> </u>	easures or roou	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.170		3	1		0.048	0.771	
17:1	g								
18:1 undifferentiated	-	1.130		3	1		0.320	5.126	
20:1	-								
22:1 undifferentiated	-								
24:1 c	-								
Fatty acids, total polyunsaturated	-	0.480		0	1		0.136	2.177	
18:2 undifferentiated		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 Asida									
Amino Acids:	~	0.289		1			0.000	1 211	
Tryptophan	-			1	1 1		0.082	1.311	
Threonine		1.012		1	_		0.287	4.590	
Isoleucine		1.039		_	1		0.295	4.713	
Leucine		1.748		1	1		0.496	7.929	
Lysine		2.120		1	1		0.601	9.616	
Methionine	-	0.530		1	1		0.150	2.404	
Cystine	-	0.279		1	1		0.079	1.266	
Phenylalanine		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									

### **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

		<u>A</u> 1	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
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		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	-									
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	mg	15		0		1		51	13	
Iron, Fe.	-	2.12		0		1		7.21	1.80	
Magnesium, Mg	-	33		0		1		112	28	
Phosphorus, P		220		0		1		748	187	
Potassium, K	-	313		0		1		1064	266	
Sodium, Na	-	56		0		1		190	48	
Zinc, Zn	-	2.54		0		1		8.64	2.16	
Copper, Cu		0.178	3	0		1		0.605	0.151	
Manganese, Mn										
Selenium, Se		12.0		0	BFYN	4		40.8	10.2	
·										
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		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		9		0	NC	4		31	8	
Vitamin B-12		1.75		0		1		5.95	1.49	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
· ····································										
<u> </u>										
Fatty acids, total saturated	g	0.600	)	0		1		2.040	0.510	
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	-									
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		0.250	)	0		1		0.850	0.213	
20:0										
22:0	-									
24:0	-									

		<u>Ar</u>	nount in 100		of edible	portio	<u>on</u>	Amount in edible portion of common measures of food			
				lumber			Confidence	<u>x</u>	3434163 01 1004		
Nutrients and Units	i	Mean	Std. Error			ource Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	0.550		0		1		1.870	0.468		
14:1	g										
15:1											
16:1 undifferentiated	-	0.040		0		1		0.136	0.034		
17:1											
18:1 undifferentiated		0.490		0		1		1.666	0.417		
20:1	g										
22:1 undifferentiated	-										
24:1 c											
Fatty acids, total polyunsaturated		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											
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	-										
22:6 n-3	-										
Fatty acids, total trans											
Cholesterol	_	61		0		1		207	52		
Phytosterols	<sub>.</sub> mg										
Amino Acids:											
Tryptophan	q	0.327		0		1		1.112	0.278		
Threonine		1.284		0		1		4.366	1.091		
Isoleucine	_	1.346		0		1		4.576	1.144		
Leucine		2.309		0		1		7.851	1.963		
Lysine		2.118		0		1		7.201	1.800		
Methionine	-	0.672		0		1		2.285	0.571		
Cystine	-	0.429		0		1		1.459	0.365		
Phenylalanine		1.075		0		1		3.655	0.914		
Tyrosine		1.077		0		1		3.662	0.915		
Valine	_	1.427		0		1		4.852	1.213		
Arginine		1.681		0		1		5.715	1.429		
Histidine		0.888		0		1		3.019	0.755		
Alanine	•	2.300		-				2.020	,		
Aspartic acid	_	2.676		0		1		9.098	2.275		
Glutamic acid		3.890		0		1		13.226	3.307		
Glycine	-	1.046		0		1		3.556	0.889		
Proline		1.027		0		1		3.492	0.873		
Serine	_	1.151		0		1		3.913	0.978		
Hydroxyproline	-	1.131		J		-		3.913	3.570		
11yur0xypronne	9										

### **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. 17160 Game meat, buffalo, water, raw

Bubalus bubalis

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>		edible portion	
			Nu	ımber	•			<u>m</u>	easures of food	[
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	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		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									
Minanala										
Minerals: Calcium. Ca	ma	12	0.223	147		1		3	54	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.61	0.276	6		1		0.46	7.30	
Magnesium, Mg		32	0.326			1		9	145	
Phosphorus, P		197	0.982	137		1		56	894	
Potassium, K	_	297		128		1		84	1347	
Sodium, Na		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										
Selenium, Se	mcg	9.0		0	BFNN	4		2.6	40.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.040	0.009	6	_	1		0.011	0.181	
Riboflavin		0.200		51		1		0.057	0.907	
Niacin		5.970		51		1		1.692	27.080	
Pantothenic acid	_	0.160	0.007	45		1		0.045	0.726	
Vitamin B-6		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	
Vitamin B-12		1.66	0.112	45		1		0.47	7.53	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	=									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (priyrioquinone)	11109									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.460	)	0		1		0.130	2.087	
4:0										
6:0										
8:0										
10:0										
12:0 13:0										
14:0		0.010	)	2		1		0.003	0.045	
15:0		0.010	•	-		-		0.003	0.045	
16:0		0.250	)	2		1		0.071	1.134	
17:0		0.200		-		-		3.4.2		
18:0		0.190	)	2		1		0.054	0.862	
20:0										
22:0	-									
24:0	-									

	<u>An</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number			<u></u>	casares or roou		
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code	Confidence	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.420	0	1		0.119	1.905		
14:1g								
15:1g								
16:1 undifferentiatedg	0.030	2	1		0.009	0.136		
17:1g								
18:1 undifferentiatedg	0.370	2	1		0.105	1.678		
20:1g								
22:1 undifferentiatedg								
24:1 cg		=						
Fatty acids, total polyunsaturatedg	0.270	0	1		0.077	1.225		
18:2 undifferentiatedg	0.160	2	1		0.045	0.726		
18:3 undifferentiatedg	0.040	2	1		0.011	0.181		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg			_					
20:4 undifferentiatedg	0.070	2	1		0.020	0.318		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans	46	3.099 5	1		13	209		
Cholesterol mg	46	3.099 5	1		13	209		
Phytosterolsmg								
Amino Acids:								
Tryptophan	0.249	3	1		0.071	1.129		
Threonineg	0.976	5	1		0.277	4.427		
Isoleucineg	1.023	5	1		0.290	4.640		
Leucineg	1.755	5	1		0.498	7.961		
Lysineg	1.610	5	1		0.456	7.303		
Methionineg	0.511	5	1		0.145	2.318		
Cystineg	0.326	1	1		0.092	1.479		
Phenylalanineg	0.817	5	1		0.232	3.706		
Tyrosineg	0.818	5	1		0.232	3.710		
Valineg	1.084	5	1		0.307	4.917		
Arginineg	1.278	5	1		0.362	5.797		
Histidineg	0.675	5	1		0.191	3.062		
Alanineg								
Aspartic acidg	2.034	2	1		0.577	9.226		
Glutamic acidg	2.956	2	1		0.838	13.408		
Glycineg	0.795	2	1		0.225	3.606		
Prolineg	0.780	2	1		0.221	3.538		
Serineg	0.875	2	1		0.248	3.969		
Hydroxyprolineg								

### **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

		<u>A</u> 1	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	62.43		0		1		212.26	53.07	
Energy	kcal	167		0	NC	4		568	142	
Energy	kj	699				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										
Minerals:	ma.	0.0		•		_		7.5	10	
Calcium, Ca	-	22		0		1		75	19	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	6.17		0		1		20.98	5.24	
Magnesium, Mg		27		0		1		92	23	
Phosphorus, P	•	233		0		1		792	198	
Potassium, K		310		0		1		1054	264	
Sodium, Na	-	60		0		1		204	51	
Zinc, Zn		5.26		0		1		17.88	4.47	
Copper, Cu		0.263		0		1		0.894	0.224	
Manganese, Mn		0.087	1	0		1		0.296	0.074	
Selenium, Se	mcg	13.6		0	BFYN	4		46.2	11.6	
itamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		1		10.2	2.6	
Thiamin	-	0.250	)	0		1		0.850	0.213	
Riboflavin		0.900		0		1		3.060	0.765	
Niacin		5.790		0		1		19.686	4.922	
Pantothenic acid		2.680		0		1		9.112	2.278	
Vitamin B-6		0.320		0		1		1.088	0.272	
Folate, total	-	5		0		1		17	4	
Folic acid		0		0	z	7		0	0	
Folate, food		5		0		1		17	4	
Folate, DFE		5		0	NC	4		17	4	
Vitamin B-12		6.64		0	2.0	1		22.58	5.64	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		Ö		0	AS	1		0	0	
Retinol		0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)		0.40		0	BFSN	4		1.36	0.34	
Tocopherol, beta		0.40		·	21 511	-		1.50	0.54	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.4		0	BFSN	4		4.8	1.2	
<u> ipids:</u>										
Fatty acids, total saturated	g	1.700		0		1		5.780	1.445	
4:0		0.000		0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.000	)	0		1		0.000	0.000	
13:0										
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	q									

		<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	a	1.330		0		1		4.522	1.131	
Fatty acids, total monounsaturated	g	1.330		U		•		4.522	1.131	
15:1	g	0.110		0		1		0.374	0.094	
17:1		1.220		0		1		4.148	1.037	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated 24:1 c	•	0.000		0		1		0.000	0.000	
Fatty acids, total polyunsaturated		0.620		0		1		2.108	0.527	
18:2 undifferentiated		0.310		0		1		1.054	0.264	
18:3 undifferentiated		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	-									
20:4 undifferentiated	-	0.180		0		1		0.612	0.153	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3		0.030		0		1		0.102	0.026	
22:6 n-3	-	0.060		0		1		0.204	0.051	
Fatty acids, total trans		109		0		1		271	0.0	
Cholesterol		109		U		1		371	93	
Phytosterols	iiig									
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	-	2.457		0		1		8.354	2.088	
Lysine		2.697		0		1		9.170	2.292	
Methionine		0.665		0		1		2.261	0.565	
Cystine		0.214		0		1		0.728	0.182	
Phenylalanine		1.324		0		1		4.502	1.125	
Tyrosine	-	0.976		0		1		3.318	0.830	
Valine	-	1.399		0		1		4.757	1.189	
Arginine		1.771		0		1		6.021	1.505	
Histidine	-	1.179		0		1		4.009	1.002	
Alanine		1.593		0		1		5.416	1.354	
Aspartic acid		2.633		0		1		8.952	2.238	
Glutamic acid	-	4.673		0		1		15.888	3.972	
Glycine		1.249		0		1		4.247	1.062	
Proline	-	0.925		0		1		3.145	0.786	
Serine		1.047		0		1		3.560	0.890	
Hydroxyproline	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

### **Common Measures:**

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

Measure 2 = 85g: 3 oz

Game meat, caribou, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	mbei	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	71.45	0.504	45		1		20.26	324.10	
	_	127	0.304	0	NC	4		36	576	
Energy		531		U	NC	4		151	2410	
Energy	=		0.457	20		1				
Protein (N x 6.25)		22.63	0.457	30		_		6.42	102.65	
Total lipid (fat)		3.36	0.330	41		1		0.95	15.24	
Ash		1.14	0.055	40	_	1		0.32	5.17	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium. Ca	ma	17	2.026	11		1		5	77	
Iron, Fe		4.69	0.379	19		1		1.33	21.27	
Magnesium, Mg	-	26	1.686	9		1		7	118	
Phosphorus, P		208	21.426	8		1		, 59	943	
Potassium, K	-	295	22.093	10		1		84	1338	
Sodium, Na		57	2.469	9		1		16	259	
Zinc, Zn	-	4.00		2		1		1.13	18.14	
Copper, Cu		0.222	0.038	7		1		0.063	1.007	
Manganese, Mn		0.078		1		1		0.022	0.354	
Selenium, Se		10.2		0	BFNN	4		2.9	46.3	
· ·										
<u>Vitamins:</u>						_				
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.320		7		1		0.091	1.452	
Riboflavin		0.720		17		1		0.204	3.266	
Niacin	-	5.500		13		1		1.559	24.948	
Pantothenic acid		2.550		1		1		0.723	11.567	
Vitamin B-6	-	0.370	1	1		1		0.105	1.678	
Folate, total		4		1		1		1	18	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	4		1		1		1	18	
Folate, DFE		4		0	NC	4		1	18	
Vitamin B-12		6.31		1		1		1.79	28.62	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	1.290	)	0		1		0.366	5.851	
4:0										
6:0										
8:0	-									
10:0										
12:0										
13:0										
14:0		0.090	1	2		1		0.026	0.408	
15:0										
16:0		0.680	1	2		1		0.193	3.084	
17:0									- · · · -	
18:0	-	0.450	1	2		1		0.128	2.041	
20:0	-								· · · <del>-</del>	
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		1.010		0		1		0.286	4.581		
14:1	-										
15:1		0.000		2				0.000	0.000		
16:1 undifferentiated	-	0.080		2		1		0.023	0.363		
17:1		0.000		•							
18:1 undifferentiated	_	0.930		2		1		0.264	4.218		
20:1											
22:1 undifferentiated											
24:1 c		A 450		^		1		0.100	0.400		
Fatty acids, total polyunsaturated		0.470		0				0.133	2.132		
18:2 undifferentiated	•	0.230		2		1		0.065	1.043		
18:3 undifferentiated	_	0.030		2		1		0.009	0.136		
18:4											
20:2 n-6 c,c											
20:3 undifferentiated				_		_					
20:4 undifferentiated	-	0.140		2		1		0.040	0.635		
20:5 n-3				_		_					
22:5 n-3	_	0.020		2		1		0.006	0.091		
22:6 n-3		0.050		2		1		0.014	0.227		
Fatty acids, total trans											
Cholesterol	• • • • • • • • • • • • • • • • • • • •	83		1		1		24	376		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.348		2		1		0.099	1.579		
Threonine		0.967		5		1		0.274	4.386		
Isoleucine		1.024		5		1		0.290	4.645		
Leucine		1.867		5		1		0.529	8.469		
Lysine	-	2.049		5		1		0.581	9.294		
Methionine	-	0.506		5		1		0.143	2.295		
Cystine		0.163		1		1		0.046	0.739		
Phenylalanine	-	1.006		5		1		0.285	4.563		
Tyrosine		0.742		5		1		0.210	3.366		
Valine	-	1.063		5		1		0.301	4.822		
Arginine	-	1.346		5		1		0.382	6.105		
Histidine		0.896		5		1		0.254	4.064		
Alanine		1.211		5		1		0.343	5.493		
Aspartic acid	-	2.001		5		1		0.567	9.077		
Glutamic acid		3.551		5		1		1.007	16.107		
Glycine	•	0.949		5		1		0.269	4.305		
Proline		0.703		5		1		0.199	3.189		
Serine		0.795		5		1		0.225	3.606		
	-	0.795		J		1		0.223	3.000		
Hydroxyproline	y										

# **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

		<u>A</u>	mount in 100 gram	s of edil	Amount in	edible portion	of common		
			Numbe	r			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	а	65.23	0		1		221.78	55.45	
Energy		158	0	NC	4		537	134	
Energy		661	· ·	0	4		2248	562	
Protein (N x 6.25)		30.21	0		1		102.71	25.68	
Total lipid (fat)		3.19	0		1		10.85	2.71	
Ash		1.52	0		1		5.17	1.29	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total		0.0	· ·	-	,		0.0	0.0	
Starch									
Starcii	9								
Minerals:									
Calcium, Ca	_	7	0		1		24	6	
Iron, Fe		4.47	0		1		15.20	3.80	
Magnesium, Mg	mg	24	0		1		82	20	
Phosphorus, P	-	226	0		1		768	192	
Potassium, K		335	0		1		1139	285	
Sodium, Na		54	0		1		184	46	
Zinc, Zn		2.75	0		1		9.35	2.34	
Copper, Cu		0.300			1		1.020	0.255	
Manganese, Mn		0.046			1		0.156	0.039	
Selenium, Se	mcg	12.9	0	BFYN	4		43.9	11.0	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.180		_	1		0.612	0.153	
Riboflavin		0.600			1		2.040	0.510	
Niacin	_	6.710			1		22.814	5.704	
Pantothenic acid		0.,	,		_			0	
Vitamin B-6									
Folate, total	-								
Folate, DFE									
Vitamin B-12									
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE	mcg RAE	0	0		4		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma	-								
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Linide									
Lipids:	0	1 250	0		1		4 250	1 062	
Fatty acids, total saturated		1.250	, ,		1		4.250	1.063	
4:0 6:0									
8:0									
10:0	-	0.000	0		1		0.000	0.000	
12:0	_	0.000			1		0.000	0.000	
13:0	-	0.000	,		-		0.000	0.000	
14:0	_	0.030	0		1		0.102	0.026	
15:0		0.050	. •		-		3.102	0.020	
16:0	_	0.540	0		1		1.836	0.459	
17:0	-	0.04			-		2.000	003	
18:0	_	0.670	0		1		2.278	0.570	
20:0	_	0.07			-			0.570	
22:0	_								
24:0									
Fatty acids, total monounsaturated		0.880	0		1		2.992	0.748	
14:1		2.200			-		,,,_	0.740	
	g g								

Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Code   Code   Measure 1   Measure 2   Measure 1			<u>Ar</u>	nount in 100 grai	er	_		edible portion of easures of food		
17-1	Nutrients and U	nits	Mean					Measure 1	Measure 2	Measure 3
18:1 undifferentiated	16:1 undifferentiated	g	0.040	C		1		0.136	0.034	
20:1	17:1	g								
22:1 undifferentiated	18:1 undifferentiated	g	0.830	C		_		2.822	0.706	
24:1 c         9           Fatty acids, total polyunsaturated	20:1	g	0.000	C		1		0.000	0.000	
Fatty acids, total polyunsaturated	22:1 undifferentiated	g								
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         9         20.3 undifferentiated         g         0.130         0         1         0.442         0.111           20.5 undifferentiated         g         0         1         0.442         0.111           20.5 n-3         g         9         22.5 n-3         9         22.5 n-3         9           2.5 n-3         g         9         12         0         1         381         95           Phytosterols         mg         12         0         1         381         95           Phytosterols         mg         1         381         95         95           Amino Acides           Tryptophan         g         1         4.831         1.208           Thronine         g         1.421         0         1         4.831         1.208           Solution         g         2.566         0         1         8.724         2.181 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>										
18:3 undifferentiated.   g	Fatty acids, total polyunsaturated	g	0.620	C		1		2.108	0.527	
18.4			0.400	C		1		1.360	0.340	
202 n-6 c,c.   9   202 undifferentiated.   9   203 undifferentiated.   9   0.130   0   1   0.442   0.111   205 n-3   9   225 n-3   9   225 n-3   9   226 n-3   9   275 n	18:3 undifferentiated	g	0.090	C		1		0.306	0.077	
20-3 undifferentiated	18:4	g								
20.4 undifferentiated	20:2 n-6 c.c	g								
20:5 n-3.	20:3 undifferentiated	g								
20:5 n-3	20:4 undifferentiated	g	0.130	C		1		0.442	0.111	
22:5 n-3         9           22:6 n-3         9           Fatty acids, otal trans.         9           Cholesterol         mg         112         0         1         381         95           Phytosterols.           Namical Section 1           Xmino Acids:           Tryptophan         9         1         421         0         1         4.831         1.208           Threonine.         9         1.421         0         1         4.831         1.208           Isoleucine.         9         1.194         0         1         4.600         1.015           Leucine.         9         2.566         0         1         8.724         2.181           Lysine.         9         2.639         0         1         8.973         2.243           Methionine.         9         0.745         0         1         8.973         2.243           Methionine.         9         1.233         0         1         1.149         0.287           Phenylalanine.         9         1.269         0         1         4.192         1.048           Tyrosine.         9         <		-								
22:6 n-3         9           Fatty acids, total trans.         9           Cholesterol.         mg         112         0         1         381         95           Phytosterols.           Image: Reserve transport transpor		-								
Fatty acids, total trans		-								
Cholesterol.         mg         112         0         1         381         95           Phytosterols         mg         112         0         1         381         9           Amino Acids:           Tryptophan.         9         1.421         0         1         4.831         1.208           Isoleucine         9         1.194         0         1         4.831         1.208           Isoleucine         9         1.194         0         1         4.831         1.208           Isoleucine         9         1.194         0         1         4.060         1.015           Leucine         9         2.566         0         1         8.724         2.181           Lysine         9         0.745         0         1         8.973         2.243           Methionine         9         0.738         0         1         4.192         0.287           Phenylalanine         9         1.233         0         1         4.192         1.048           Tyrosine         9         1.412         0         1         4.801<										
Phytosterols   Mg   Phytosterols			112	C		1		381	95	
Amino Acids:  Tryptophan 9 Threonine 9 1.421 0 1 4.831 1.208 Isoleucine 9 1.194 0 1 8.724 2.181 Leucine 9 2.566 0 1 8.724 2.181 Lysine 9 2.639 0 1 8.8973 2.243 Methionine 9 0.338 0 1 2.533 0.633 Cystine 9 0.338 0 1 1.149 0.287 Phenylalanine 9 1.233 0 1 4.192 1.048 Tyrosine 9 1.069 0 1 3.635 0.909 Valine 9 1.069 0 1 3.635 0.909 Valine 9 1.412 0 1 4.801 1.200 Arginine 9 2.175 0 1 4.801 1.200 Arginine 9 1.494 0 1 5.080 1.270 Alanine 9 1.885 0 1 6.409 1.602 Aspartic acid 9 4.389 0 1 14.923 3.731 Glycine 9 1.546 0 1 5.256 1.314 Proline 9 1.557 0 1 5.294 1.323 Serine 9 1.557 0 1 5.294 1.323		-								
Tryptophan         9           Threonine         9         1.421         0         1         4.831         1.208           Isoleucine         9         1.194         0         1         4.060         1.015           Leucine         9         2.566         0         1         8.724         2.181           Lysine         9         2.639         0         1         8.973         2.243           Methionine         9         0.745         0         1         2.533         0.633           Cystine         9         0.338         0         1         1.149         0.287           Phenylalanine         9         1.233         0         1         4.192         1.048           Tyrosine         9         1.069         0         1         3.635         0.909           Valine         9         1.412         0         1         4.801         1.200           Arginine         9         1.494         0         1         5.080         1.270           Alanine         9         1.885         0         1         6.409         1.602           Aspartic acid         9         2.803	-	_								
Threonine         9         1.421         0         1         4.831         1.208           Isoleucine         9         1.194         0         1         4.060         1.015           Leucine         9         2.566         0         1         8.724         2.181           Lysine         9         2.639         0         1         8.973         2.243           Methionine         9         0.745         0         1         2.533         0.633           Cystine         9         0.338         0         1         1.149         0.287           Phenylalanine         9         1.233         0         1         4.192         1.048           Tyrosine         9         1.069         0         1         4.192         1.048           Tyrosine         9         1.069         0         1         4.801         1.200           Arginine         9         1.412         0         1         4.801         1.200           Arginine         9         1.494         0         1         5.080         1.270           Alanine         9         1.885         0         1         6.409         1.602 <td></td>										
Soleucine	71 1									
Leucine       9       2.566       0       1       8.724       2.181         Lysine       9       2.639       0       1       8.973       2.243         Methionine       9       0.745       0       1       2.533       0.633         Cystine       9       0.338       0       1       1.149       0.287         Phenylalanine       9       1.233       0       1       4.192       1.048         Tyrosine       9       1.069       0       1       3.635       0.909         Valine       9       1.412       0       1       4.801       1.200         Arginine       9       2.175       0       1       7.395       1.849         Histidine       9       1.494       0       1       5.080       1.270         Alanine       9       1.885       0       1       6.409       1.602         Aspartic acid       9       2.803       0       1       9.530       2.383         Glutamic acid       9       4.389       0       1       14.923       3.731         Glycine       9       1.546       0       1       5.256       1.3						_				
Lysine       9       2.639       0       1       8.973       2.243         Methionine       9       0.745       0       1       2.533       0.633         Cystine       9       0.338       0       1       1.149       0.287         Phenylalanine       9       1.233       0       1       4.192       1.048         Tyrosine       9       1.069       0       1       3.635       0.909         Valine       9       1.412       0       1       4.801       1.200         Arginine       9       2.175       0       1       7.395       1.849         Histidine       9       1.494       0       1       5.080       1.270         Alanine       9       1.885       0       1       6.409       1.602         Aspartic acid       9       2.803       0       1       9.530       2.383         Glutamic acid       9       4.389       0       1       14.923       3.731         Glycine       9       1.546       0       1       5.256       1.314         Proline       9       1.281       0       1       4.355       1.0		_		-		_				
Methionine         9         0.745         0         1         2.533         0.633           Cystine         9         0.338         0         1         1.149         0.287           Phenylalanine         9         1.233         0         1         4.192         1.048           Tyrosine         9         1.069         0         1         3.635         0.909           Valine         9         1.412         0         1         4.801         1.200           Arginine         9         2.175         0         1         7.395         1.849           Histidine         9         1.494         0         1         5.080         1.270           Alanine         9         1.885         0         1         6.409         1.602           Aspartic acid         9         2.803         0         1         9.530         2.383           Glutamic acid         9         4.389         0         1         14.923         3.731           Glycine         9         1.546         0         1         5.256         1.314           Proline         9         1.281         0         1         5.294						_				
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	Lysine	g		-		_			2.243	
Phenylalanine       9       1.233       0       1       4.192       1.048         Tyrosine       9       1.069       0       1       3.635       0.909         Valine       9       1.412       0       1       4.801       1.200         Arginine       9       2.175       0       1       7.395       1.849         Histidine       9       1.494       0       1       5.080       1.270         Alanine       9       1.885       0       1       6.409       1.602         Aspartic acid       9       2.803       0       1       9.530       2.383         Glutamic acid       9       4.389       0       1       14.923       3.731         Glycine       9       1.546       0       1       5.256       1.314         Proline       9       1.557       0       1       5.294       1.323         Serine       9       1.281       0       1       4.355       1.089	Methionine	g				_		2.533		
Tyrosine         9         1.069         0         1         3.635         0.909           Valine         9         1.412         0         1         4.801         1.200           Arginine         9         2.175         0         1         7.395         1.849           Histidine         9         1.494         0         1         5.080         1.270           Alanine         9         1.885         0         1         6.409         1.602           Aspartic acid         9         2.803         0         1         9.530         2.383           Glutamic acid         9         4.389         0         1         14.923         3.731           Glycine         9         1.546         0         1         5.256         1.314           Proline         9         1.557         0         1         5.294         1.323           Serine         9         1.281         0         1         4.355         1.089	Cystine	g				_		1.149	0.287	
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	Phenylalanine	g	1.233	C		1		4.192	1.048	
Arginine.       9       2.175       0       1       7.395       1.849         Histidine.       9       1.494       0       1       5.080       1.270         Alanine.       9       1.885       0       1       6.409       1.602         Aspartic acid.       9       2.803       0       1       9.530       2.383         Glutamic acid.       9       4.389       0       1       14.923       3.731         Glycine.       9       1.546       0       1       5.256       1.314         Proline.       9       1.557       0       1       5.294       1.323         Serine.       9       1.281       0       1       4.355       1.089	Tyrosine	g	1.069	C				3.635	0.909	
Histidine       9       1.494       0       1       5.080       1.270         Alanine       9       1.885       0       1       6.409       1.602         Aspartic acid       9       2.803       0       1       9.530       2.383         Glutamic acid       9       4.389       0       1       14.923       3.731         Glycine       9       1.546       0       1       5.256       1.314         Proline       9       1.557       0       1       5.294       1.323         Serine       9       1.281       0       1       4.355       1.089	Valine	g	1.412	C		1		4.801	1.200	
Alanine.	Arginine	g	2.175	C		1		7.395	1.849	
Aspartic acid.       9       2.803       0       1       9.530       2.383         Glutamic acid.       9       4.389       0       1       14.923       3.731         Glycine.       9       1.546       0       1       5.256       1.314         Proline.       9       1.557       0       1       5.294       1.323         Serine.       9       1.281       0       1       4.355       1.089	Histidine	g	1.494	C		1		5.080	1.270	
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	Alanine	g	1.885	C		1		6.409	1.602	
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	Aspartic acid	g	2.803	C		1		9.530	2.383	
Glycine     9     1.546     0     1     5.256     1.314       Proline     9     1.557     0     1     5.294     1.323       Serine     9     1.281     0     1     4.355     1.089	Glutamic acid	g	4.389	C		1		14.923	3.731	
Proline     g     1.557     0     1     5.294     1.323       Serine     g     1.281     0     1     4.355     1.089		_	1.546	C		1		5.256	1.314	
Serineg 1.281 0 1 4.355 1.089	-		1.557	C		1		5.294	1.323	
·			1.281	C		1		4.355	1.089	
		_								

### **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

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

Cervus elaphus, Dama dama

Venison Refuse: 0%

		<u>A</u>	mount in 100 g	ırams	s of edib	Amount in edible portion of common				
			Nu	ımbe	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	64.23	0.418	6	A	1		59.74	54.60	
Energy		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		1.07	0.042	6	A	1		0.99	0.91	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	-	0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
9 ,		0.00		U		,		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	ma	14	1.707	3	A	1		13	12	
Iron, Fe	_	3.35	0.053	6	A	1		3.12	2.85	
Magnesium, Mg	_	24	0.273	3	A	1		22	20	
Phosphorus, P		228	2.848	3	A	1		212	194	
1 ,	•	364	3.930	3	A	1		338	309	
Potassium, K										
Sodium, Na		78	2.074	3	A	1		73	66	
Zinc, Zn		5.20	0.121	3	A	1		4.84	4.42	
Copper, Cu		0.100		3	A	1		0.093	0.085	
Manganese, Mn	_	0.013		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	ma	0.0		0	z	7		0.0	0.0	
, and the second	_	0.503	0.172	3	A	1		0.468	0.428	
Thiamin										
Riboflavin	-	0.327		3	A	1		0.304	0.278	
Niacin		9.257		3	A	1		8.609	7.868	
Pantothenic acid		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		8		0	NC	4		8	7	
Vitamin B-12		2.32	0.519	3	A	1		2.16	1.97	
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE	mca RAF	0		0	AS	1		0	0	
Retinol		ō		1	A	1		0	0	
		0.68		1	A	1		0.63	0.58	
Vitamin E (alpha-tocopherol)		0.68		1	A	_		0.63	0.56	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	rncg	1.4		0	BFSN	4		1.3	1.2	
Lipids:										
Fatty acids, total saturated	a	3.993	ı.	0	NC	4		3.713	3.394	
3	-	0.000		0	Z	7		0.000	0.000	
4:0		0.000		0	Z	7				
6:0								0.000	0.000	
8:0	-	0.000		5	A	1		0.000	0.000	
10:0	-	0.000		5	A	1		0.000	0.000	
12:0	_	0.011	0.004	5	A	1		0.010	0.010	
13:0	_									
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		0.096	0.012	5	A	1		0.089	0.081	
18:0		1.691		5	A	1		1.572	1.437	
20:0	-	0.019		5	A	1		0.018	0.016	
22:0	-	0.002		5	A	1		0.010	0.002	
24:0	_	0.002	. 0.002	J	A	-		3.002	0.002	
Z4.U	9									

		<u>An</u>	Amount in 100 grams of edible portion  Number				<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	of Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	dg	1.939		0	NC	4		1.803	1.648		
14:1		0.064	0.028	5	A	1		0.060	0.055		
15:1		0.000	0.000	5	A	1		0.000	0.000		
16:1 undifferentiated		0.291	0.101	5	A	1		0.271	0.248		
17:1	-	0.031 1.545	0.002 0.084	5 5	A A	1 1		0.028	0.026		
18:1 undifferentiated 20:1		0.008	0.005	5	A	1		1.436 0.007	1.313 0.007		
22:1 undifferentiated		0.008	0.005	0	Z	7		0.007	0.007		
24:1 c	-	0.000		·	-	•		0.000	0.000		
Fatty acids, total polyunsaturated		0.444		0	NC	4		0.413	0.378		
18:2 undifferentiated		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-6 c,c,c	g	0.004	0.002	5	A	1		0.004	0.003		
18:3i	g										
18:4	_	0.000		0	Z	7		0.000	0.000		
20:2 n-6 c,c		0.000	0.000	5	A	1		0.000	0.000		
20:3 undifferentiated	-	0.000	0.000	5	A	1		0.000	0.000		
20:3 n-3											
20:3 n-6 20:4 undifferentiated		0.081	0.002	5	A	1		0.075	0.069		
20:4 n-3		0.081	0.002	J	Α.	-		0.073	0.009		
20:4 n-6											
20:5 n-3		0.000		0	z	7		0.000	0.000		
22:5 n-3		0.000		0	Z	7		0.000	0.000		
22:6 n-3		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		0.234		0	A	1		0.218	0.199		
Threonine	• • • • • • • • • • • • • • • • • • • •	0.998		0	A	1		0.928	0.848		
Isoleucine	-	1.133		0	A A	1 1		1.054 1.867	0.963		
Leucine Lysine	-	2.008 2.143		0	A A	1		1.867	1.706 1.822		
Methionine		0.616		0	A	1		0.573	0.523		
Cystine	-	0.246		0	A	1		0.229	0.209		
Phenylalanine		0.998		0	A	1		0.928	0.848		
Tyrosine		0.825		0	A	1		0.767	0.701		
Valine		1.281		0	A	1		1.191	1.089		
Arginine		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		3.744		0	A	1		3.482	3.182		
Glycine		1.441		0	A	1		1.340	1.225		
Proline		1.158		0	A	1		1.077	0.984		
Serine		0.911		0	A	1		0.848	0.775		
Hydroxyproline	g	0.382		0	BFPN	4		0.355	0.325		
Others:	_				_	_					
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0		
Caffeine		0		0	z z	7 7		0	0 0		
Theobromine	<u>III</u> I	0		0	z	,		U	U		
Carotenoids:				_	_	_			2 5		
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	z z	7 7		0.000	0.000		
Cryptoxanthin, beta		0		0	z z	7		0.000 0.000	0.000 0.000		
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000		
Luteni + zeaxantnin	iioA	J		U	4	′		0.000	0.000		

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

**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

Game meat, deer, ground, raw

Cervus elaphus, Dama dama

venison **Refuse:** 0%

		Amount in 100 grams of edible portion				<u>on</u>	Amount in edible portion of common			
		Number						me	easures of food	
					Deriv	Source	Confidence			
Nutrients and Ur	<b>Nutrients and Units</b>		Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	a	71.15	0.498	c	*	1				
Water			0.498	6 0	A	1 4				
Energy.		157 659		0	NC NC	4				
Energy		658	0 271		NC					
Protein (N x 6.25)		21.78 7.13	0.371 0.351	6 6	A A	1 1				
Total lipid (fat)				6	A	1				
Ash		0.88	0.065	0	A Z	7				
Carbohydrate, by difference		0.00 0.0		0	Z	7				
Fiber, total dietary					Z	7				
Sugars, total		0.00		0	z	/				
Starch	y									
Minerals:										
Calcium, Ca	mg	11	1.390	3	A	1				
Iron, Fe	mg	2.92	0.081	6	A	1				
Magnesium, Mg		21	0.393	3	A	1				
Phosphorus, P		201	3.930	3	A	1				
Potassium, K		330	5.696	3	A	1				
Sodium, Na		75	2.991	3	A	1				
Zinc, Zn	_	4.20	0.044	3	A	1				
Copper, Cu		0.140		3	A	1				
Manganese, Mn		0.014		3	A	1				
Selenium, Se	rncg	10.0	2.309	3	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7				
Thiamin	_	0.547	0.193	3	A	1				
Riboflavin		0.287	0.003	3	A	1				
Niacin		5.700	0.135	3	A	1				
Pantothenic acid		0.690	)	1	A	1				
Vitamin B-6	mg	0.464	0.023	3	A	1				
Folate, total		4		1	A	1				
Folic acid	-	0		0	Z	7				
Folate, food		4		1	A	1				
Folate, DFE		4		0	NC	4				
Vitamin B-12	mcg	1.87	0.235	3	A	1				
Vitamin A, IU	IU	0		1	A	1				
Vitamin A, RAE		0		0	AS	1				
Retinol		0		1	A	1				
Vitamin E (alpha-tocopherol)		0.45		1	A	1				
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		1.2		0	BFSN	4				
Vitamin K (phylloquinone)	nicy	1.2		U	DESN	4				
Lipids:										
Fatty acids, total saturated	g	3.361		0	NC	4				
4:0		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				
12:0	-	0.005	i	0	BFFN	4				
13:0	-									
14:0	g	0.215	i	0	BFFN	4				
15:0	g	0.088	3	0	BFFN	4				
16:0	g	1.326	5	0	BFFN	4				
17:0	g	0.096	5	0	BFFN	4				
18:0	-	1.610		0	BFFN	4				
20:0	g	0.019		0	BFFN	4				
22:0	-	0.003	3	0	BFFN	4				
24:0	g									

Nutrients and Units		<u>Aı</u>	Amount in 100 grams of edible portion  Number					Amount in edible portion of common measures of food			
141	Nutrients and Units	Mean	of Data	Deriv			Measure 1	Measure 2	Measure 3		
141											
15:1	Fatty acids, total monounsaturatedg	1.344	0	NC	4						
1-1		0.016		BFFN	4						
17-											
18.1 undifferentiated.   9											
22-1 undifferentiated. 9 0.000 0 RPTM 4 22-1 undifferentiated. 9 0.000 0 2 7 24-1 c. 9 1814y acids, total polyumaturated 9 0.394 0 NC 4 1813 and fifteentiated. 9 0.104 0 RPTM 4 1813 and fifteentiated. 9 0.104 0 RPTM 4 1813 and fifteentiated. 9 0.000 0 RPTM 4 203 undifferentiated. 9 0.000 0 RPTM 4 204 and fifteentiated. 9 0.000 0 RPTM 4 205 and fifteentiated. 9 0.000 0 RPTM 4 206 undifferentiated. 9 0.000 0 Z 7 205 and growth fifteentiated. 9 0.000 0 Z 7 205 and growth fifteentiated. 9 0.000 0 Z 7 225 and 9	<del>-</del>										
22-1   mdifferentiated. 9   0.000   0   E   7   23-1   C   9   18-3 undifferentiated. 9   0.394   0   NC   18-3 undifferentiated. 9   0.104   0   18-3 undifferentiated. 9   0.104   0   18-3 undifferentiated. 9   0.100   0   18-3 undifferentiated. 9   0.000   0   18-3 undifferentiated. 9   0.000   0   18-3 undifferentiated. 0   0.000   0   19-3 undifferentiated. 0   0.000   0   19-4 undifferentiated. 0   0.000   0   19-4 undifferentiated. 9   0.064   0   19-4 undifferentiated. 9   0.064   0   19-4 undifferentiated. 9   0.000   0   19-4 undifferentiated. 9   0	=										
Fathy secks, total polymantarized											
18.2 undifferentiated	24:1 cg										
183 modificentiated. 9 0.000 0 BFFN 4 183 1 9 184 9 0.000 0 BFFN 4 183 1 9 184 9 0.000 0 BFFN 4 183 1 9 184 9 0.000 0 BFFN 4 20.2 a back c. 9 0.000 0 BFFN 4 20.3 back c. 9 0.000 0 EFFN 4											
18.3											
18-3											
18.4		0.000	U	BFFN	4						
20.2 n-6 c		0.000	0	z	7						
203 n-3.   9	<del>-</del>			BFFN	4						
203 n-6.   9   0.064   0   BFFN   4	20:3 undifferentiatedg	0.000	0	BFFN	4						
204 undifferentiated   9											
204 n-3			_		_						
204 n-6	=	0.064	0	BFFN	4						
20.5 n 3											
22.5 n-3		0.000	0	z	7						
22.6 n 3.											
Cholesterol.   mg   Mg   Mg   Mg   Mg   Mg   Mg   Mg		0.000	0	Z	7						
Phytosterols	Fatty acids, total trans9										
Trytophan	=	80	0	BFYN	4						
Tryptophan. 9 0.192 0 A 1 Threonine. 9 0.818 0 A 1 Intronine. 9 0.829 0 A 1 Isoleucine. 9 0.929 0 A 1 Leucine. 9 1.645 0 A 1 Lysine 9 1.756 0 A 1 Methionine. 9 0.505 0 A 1 Cystine. 9 0.505 0 A 1 Cystine. 9 0.202 0 A 1 Phenylalarine. 9 0.818 0 A 1 Tyrosine. 9 0.818 0 A 1 Tyrosine. 9 0.676 0 A 1 Tyrosine. 9 1.050 0 A 1 Arginine. 9 1.292 0 A 1 Histdine. 9 1.292 0 A 1 Histdine. 9 0.646 0 A 1 Alanine. 9 1.262 0 A 1 Alanine. 9 0.646 0 A 1 Alanine. 9 0.646 0 A 1 Glutamic acid. 9 1.877 0 A 1 Glutamic acid. 9 3.069 0 A 1 Glycine. 9 1.181 0 A 1 Hydroxyproline 9 0.949 0 A 1 Hydroxyproline 9 0.949 0 A 1 Hydroxyproline 9 0.949 0 A 1 Tyrosine. 9 0.313 0 BFFN 4  Others:  Alcohol, ctyl. 9 0.0 0 Z 7 Theobromine. mg 0 0 Z 7 Carfeine. mg 0 0 Z 7 Carotene, ebta mcg 0 0 Z 7 Carotene, beta mcg 0 0 Z 7 Cryptoxanthin, beta mcg 0 0 Z 7	Phytosterolsmg										
Threonine	Amino Acids:										
Soleucine											
Leucine         9         1.645         0         A         1           Lysine         9         1.756         0         A         1           Methionine         9         0.5055         0         A         1           Cystine         9         0.202         0         A         1           Phenylalanine         9         0.818         0         A         1           Tyrosine         9         0.676         0         A         1           Valine         9         1.050         0         A         1           Arginine         9         1.292         0         A         1           Histidine         9         0.646         0         A         1           Alanine         9         1.262         0         A         1           Aspartic acid         9         1.877         0         A         1           Glutamic acid         9         3.069         0         A         1           Proline         9         0.181         0         A         1           Hydroxyroline         9         0.313         0         BFPN         4	<del>-</del>										
Lysine											
Methionine											
Cystine         9         0.202         0         A         1           Phenylalanine         9         0.818         0         A         1           Tyrosine         9         0.676         0         A         1           Valine         9         1.050         0         A         1           Valine         9         1.292         0         A         1           Histidine         9         0.646         0         A         1           Alanine         9         1.262         0         A         1           Alanine         9         1.272         0         A         1           Alanine         9         1.262         0         A         1           Alanine         9         1.272         0         A         1           Alanine         9         1.272         0         A         1           Glutamic acid         9         3.069         0         A         1           Florine         9         0.349         0         A         1           Proline         9         0.747         0         A         1           Hydroxyr			_								
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           Glutamic acid         g         1.877         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         0         z         7           Caffeine         mg         0         0         z         7           Carbota, eth	_			A	1						
Valine         9         1.050         0         A         1           Arginine         9         1.292         0         A         1           Histidine         9         0.646         0         A         1           Alanine         9         0.646         0         A         1           Alanine         9         1.262         0         A         1           Aspartic acid         9         1.877         0         A         1           Glutamic acid         9         3.069         0         A         1           Glycine         9         1.181         0         A         1           Proline         9         0.949         0         A         1           Serine         9         0.747         0         A         1           Hydroxyproline         9         0.313         0         BFFN         4           Others:           Alcohol, ethyl         9         0         0         z         7           Theobromine         mg         0         0         z         7           Theobromine         mg         0         0         z		0.818	0	A	1						
Arginine         9         1.292         0 A 1           Histidine         9         0.646         0 A 1           Alanine         9         1.262         0 A 1           Aspartic acid         9         1.877         0 A 1           Glutamic acid         9         3.069         0 A 1           Glycine         9         1.181         0 A 1           Proline         9         0.949         0 A 1           Serine         9         0.747         0 A 1           Hydroxyproline         9         0.313         0 BFFN         4           Others:           Alcohol, ethyl         9         0.0         0 Z 7         7           Caffeine         mg         0 0 Z 7         7           Theobromine         mg         0 Z 7         7           Carotene, beta         meg         0 Z 7         7           Carotene, alpha         meg         0 Z 7         7           Cryptoxanthin, beta         meg         0 Z 7         7           Lycopene         meg         0 Z 7         7	Tyrosineg	0.676	0	A	1						
Histidine         9         0.646         0         A         1           Alanine         9         1.262         0         A         1           Aspartic acid         9         1.877         0         A         1           Glutamic acid         9         3.069         0         A         1           Glycine         9         1.181         0         A         1           Proline         9         0.949         0         A         1           Serine         9         0.747         0         A         1           Hydroxyproline         9         0.313         0         BFFN         4           Others:           Alcohol, ethyl         9         0.0         2         7           Caffeine         mg         0         0         z         7           Theobromine         mg         0         0         z         7           Carotene, beta         mg         0         0         z         7           Carotene, glpha         mcg         0         0         z         7           Carotene, beta         mcg         0         0 <th< td=""><td>_</td><td></td><td>· ·</td><td></td><td></td><td></td><td></td><td></td><td></td></th<>	_		· ·								
Alanine       9       1.262       0       A       1         Aspartic acid       9       1.877       0       A       1         Glutamic acid       9       3.069       0       A       1         Glycine       9       1.181       0       A       1         Proline       9       0.949       0       A       1         Serine       9       0.747       0       A       1         Hydroxyproline       9       0.313       0       BFPN       4         Others:         Alcohol, ethyl       9       0.0       0       Z       7         Caffeine       mg       0       0       Z       7         Theobromine       mg       0       0       Z       7         Carotene, alpha       mcg       0       0       Z       7         Carotene, alpha       mcg       0       0       Z       7         Cryptoxanthin, beta       mcg       0       0       Z       7         Lycopene       mcg       0       0       Z       7	_										
Aspartic acid. 9 1.877 0 A 1 Glutamic acid. 9 3.069 0 A 1 Glycine. 9 1.181 0 A 1 Proline. 9 0.949 0 A 1 Serine. 9 0.747 0 A 1 Hydroxyproline. 9 0.313 0 BFPN 4  Others:  Alcohol, ethyl 9 0.0 0 Z 7 Caffeine mg 0 0 0 Z 7 Theobromine mg 0 0 Z 7  Carotene, beta mcg 0 0 Z 7 Carotene, elpha mcg 0 0 Z 7 Carotene, elpha mcg 0 0 Z 7 Cryptoxanthin, beta mcg 0 0 Z 7 Lycopene. mcg 0 0 Z 7 Lycopene. mcg 0 0 Z 7	<del>-</del>										
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           Caffeine         mg         0         0         z         7           Theobromine         mg         0         0         z         7           Carotenoids:           Carotene, beta         mcg         0         0         z         7           Carotene, alpha         mcg         0         0         z         7           Cryptoxanthin, beta         mcg         0         0         z         7           Lycopene         mcg         0         0         z         7	_										
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         Caffeine       mg       0       0       z       7         Theobromine       mg       0       0       z       7         Carotene, beta       mcg       0       0       z       7         Carotene, alpha       mcg       0       0       z       7         Cryptoxanthin, beta       mcg       0       0       z       7         Lycopene       mcg       0       0       z       7	•										
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           Caffeine         mg         0         0         z         7           Theobromine         mg         0         0         z         7           Carotene, beta         mcg         0         0         z         7           Carotene, alpha         mcg         0         0         z         7           Cryptoxanthin, beta         mcg         0         0         z         7           Lycopene         mcg         0         0         z         7											
Hydroxyproline         g         0.313         0         BFPN         4           Others:         Alcohol, ethyl         g         0.0         0         z         7           Caffeine         mg         0         0         z         7           Theobromine         mg         0         0         z         7           Carotenoids:         Carotene, beta         mcg         0         0         z         7           Carotene, alpha         mcg         0         0         z         7           Cryptoxanthin, beta         mcg         0         0         z         7           Lycopene         mcg         0         0         z         7				A	1						
Others:           Alcohol, ethyl.         9         0.0         0         z         7           Caffeine.         mg         0         0         z         7           Theobromine.         mg         0         0         z         7           Carotenoids:         Carotene, beta.         mcg         0         0         z         7           Carotene, alpha.         mcg         0         0         z         7           Cryptoxanthin, beta.         mcg         0         0         z         7           Lycopene.         mcg         0         0         z         7											
Alcohol, ethyl.       9       0.0       0       z       7         Caffeine.       mg       0       0       z       7         Theobromine.       mg       0       0       z       7         Carotenoids:       Carotene, beta.       mcg       0       0       z       7         Carotene, alpha.       mcg       0       0       z       7         Cryptoxanthin, beta.       mcg       0       0       z       7         Lycopene.       mcg       0       0       z       7	Hydroxyproline9	0.313	0	BFPN	4						
Caffeine	Others:										
Theobromine         mg         0         0         z         7           Carotenoids:         Carotene, beta         mcg         0         0         z         7           Carotene, alpha         mcg         0         0         z         7           Cryptoxanthin, beta         mcg         0         0         z         7           Lycopene         mcg         0         0         z         7	Alcohol, ethylg		0								
Carotenoids:           Carotene, beta											
Carotene, beta		0	0	Z	7						
Carotene, alpha.         mcg         0         0         z         7           Cryptoxanthin, beta.         mcg         0         0         z         7           Lycopene.         mcg         0         0         z         7	Carotenoids:										
Cryptoxanthin, beta											
Lycopene mcg 0 z 7	· ·	-	_								
-) p p p p p p p -	**										
LIBERT LAGRANIUM MOS V L I	Lutein + zeaxanthin mcg	0	0	Z	7						

NDB No. 17343 Game meat, deer, ground, raw 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 17 (2004)

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

Cervus elaphus, Dama dama

venison **Refuse:** 0%

		<u>A</u> 1	mount in 100 g	<u>rams</u> mbei		ole portic	<u>on</u>	_	edible portion of easures of food	
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		67.07	0.482	6	A	1		36.22	57.01	
Energy		150		0	NC	4		81	128	
Energy		629	0.000	0	NC	4		340	535	
Protein (N x 6.25)		30.20	0.200	6	A	1 1		16.31	25.67	
Total lipid (fat)	-	2.38 1.25	0.317 0.043	6 6	A A	1		1.29 0.68	2.03	
Ash			0.043	0	Z	7			1.06	
Carbohydrate, by difference		0.00		0	z Z	7		0.00 0.0	0.00	
Fiber, total dietary				0	Z	7			0.0	
Sugars, total		0.00		U	Z	,		0.00	0.00	
Starch	9									
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		30	0.433	3	A	1		16	25	
Phosphorus, P	-	277	7.234	3	A	1		150	235	
Potassium, K		398	11.319	3	A	1		215	338	
Sodium, Na		57	4.333	3	A	1		31	49	
Zinc, Zn		3.63	0.488	3	A	1		1.96	3.08	
Copper, Cu		0.227		3	A	1		0.122	0.193	
Manganese, Mn		0.029 13.3	0.003	3 3	A A	1 1		0.016 7.2	0.025 11.3	
Selenium, Se	Ilicg	13.3	2.333	3	A	1		1.2	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		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	-	0.756	0.063	3	A	1		0.408	0.642	
Folate, total		9		0	BFPN	4		5	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0	BFPN	4		5	8	
Folate, DFE		9		0	NC	4		5	8	
Vitamin B-12		1.83	0.278	3	A	1		0.99	1.56	
Vitamin A, IU		0		0	NC	4		0	0	
Vitamin A, RAE		0 0		0	NC	4		0	0	
Retinol		0.62		0	BFSN BFSN	4 4		0.34	0 0.53	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.62		U	DESN	4		0.34	0.55	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		1.2		0	BFSN	4		0.7	1.1	
<u>Lipids:</u>				_						
Fatty acids, total saturated		0.878		0	NC	4		0.474	0.747	
4:0		0.000		0	z	7 7		0.000	0.000	
6:0	_	0.000		0	Z	4		0.000	0.000	
8:0 10:0.		0.000		0	BFFN BFFN	4		0.000	0.000	
12:0		0.000		0	BFFN	4		0.000 0.001	0.000 0.001	
13:0	_	0.001	-	J	DEFIN	-		0.001	0.001	
14:0	_	0.056	;	0	BFFN	4		0.030	0.048	
15:0		0.033		0	BFFN	4		0.012	0.019	
16:0		0.025		0	BFFN	4		0.187	0.294	
17:0		0.025		0	BFFN	4		0.014	0.021	
18:0	-	0.421		0	BFFN	4		0.227	0.358	
20:0	_	0.005		0	BFFN	4		0.003	0.004	
22:0	_	0.001		0	BFFN	4		0.000	0.001	
24:0	-			•					- · · · <del>-</del>	

NDB No. 17345 Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled

	Ar	nount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion o	f common	
				Number				me	easures of food	
Nutrients and Ur	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	_	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated		0.028		0	BFFN	4		0.015	0.024	
17:1		0.006		0	BFFN	4		0.003	0.005	
18:1 undifferentiated		0.313 0.000		0 0	BFFN BFFN	4 4		0.169 0.000	0.266 0.000	
20:1 22:1 undifferentiated	-	0.000		0	BFFN Z	7		0.000	0.000	
24:1 c	-	0.000		Ū		,		0.000	0.000	
Fatty acids, total polyunsaturated		0.103		0	NC	4		0.056	0.087	
18:2 undifferentiated		0.059		0	BFFN	4		0.032	0.050	
18:3 undifferentiated		0.027		0	BFFN	4		0.015	0.023	
18:3 n-6 c,c,c		0.000		0	BFFN	4		0.000	0.000	
18:3i	g									
18:4		0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •	0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated	-	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3	-									
20:3 n-6 20:4 undifferentiated	-	0.017		0	BFFN	4		0.009	0.014	
20:4 undifferentiated	-	0.017		U	DEFN	4		0.009	0.014	
20:4 n-6										
20:5 n-3		0.000		0	z	7		0.000	0.000	
22:5 n-3		0.000		0	z	7		0.000	0.000	
22:6 n-3	-	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans										
Cholesterol	mg	79	1.4	90 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		2.467		0	A	1		1.332	2.097	
Methionine	-	0.709		0	A	1		0.383	0.603	
Cystine	-	0.284		0	A	1		0.153	0.241	
Phenylalanine		1.148		0 0	A A	1 1		0.620	0.976	
TyrosineValine	_	0.950 1. <b>4</b> 75		0	A	1		0.513 0.796	0.807 1.253	
Arginine	=	1.815		0	A	1		0.750	1.543	
Histidine		0.907		0	A	1		0.490	0.771	
Alanine	•	1.772		0	A	1		0.957	1.506	
Aspartic acid		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		0.0		0	z	7		0.0	0.0	
Caffeine	-	0		0 0	z z	7 7		0	0 0	
Theobromine	9	U		U	Z	,		U	U	
Carotenoids:		_		_	_	_				
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0 0	z z	7 7		0.000	0.000 0.000	
Cryptoxanthin, beta Lycopene		0		0	Z	7		0.000	0.000	
LycopeneLutein + zeaxanthin		0		0	Z	7		0.000	0.000	
Datem - Zeuzuhtilli								3.000	3.000	

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

**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 17 (2004)

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
_										
Proximates: Water	a	73.57	0.188	44		1		20.86	333.71	
Energy	-	120	0.100	0	NC	4		34	544	
0.		502		U	NC	4		142	2277	
Energy			0.063	22		1				
Protein (N x 6.25)		22.96	0.263	33		_		6.51	104.15	
Total lipid (fat)		2.42	0.211	50		1		0.69	10.98	
Ash		1.16	0.054	27	_	1		0.33	5.26	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	mg	5	0.470	20		1		1	23	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	3.40	0.221	20		1		0.96	15.42	
Magnesium, Mg	_	23	0.292	14		1		7	104	
Phosphorus, P		202	4.781	19		1		57	916	
Potassium, K	_	318	14.334	19		1		90	1442	
Sodium, Na		51	2.065	19		1		14	231	
Zinc, Zn		2.09	0.142	14		1		0.59	9.48	
Copper, Cu		0.253		19		1		0.072	1.148	
Manganese, Mn		0.041		13		1		0.012	0.186	
Selenium, Se		9.7		0	BFNN	4		2.7	44.0	
ŕ	-									
<u>Vitamins:</u>	<b></b>	0.0		•	_	-		0.0		
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.220		63		1		0.062	0.998	
Riboflavin		0.480		33		1		0.136	2.177	
Niacin		6.370	0.633	4		1		1.806	28.894	
Pantothenic acid										
Vitamin B-6		0.370	1	0		4		0.105	1.678	
Folate, total		4		0	_	4		1	18	
Folic acid		0		0	Z	7		0	0	
Folate, food		4		0		4		1	18	
Folate, DFE	mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12		6.31		0		4		1.79	28.62	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.20		0	NR	4		0.06	0.91	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		1 1		0	BFSN	4		0.3	5.1	
Vitamin K (phylloquinone)	nicg	1.1		0	BFSN	4		0.3	5.1	
<u>lipids:</u>										
Fatty acids, total saturated	g	0.950	)	0		1		0.269	4.309	
4:0	g	0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	g	0.000	)	16		1		0.000	0.000	
12:0	g	0.000	)	16		1		0.000	0.000	
13:0	g									
14:0	g	0.020	)	16		1		0.006	0.091	
15:0	g									
16:0		0.410	)	16		1		0.116	1.860	
17:0										
18:0		0.510	1	16		1		0.145	2.313	
20:0	g									
22:0	_									
24:0	_									

		<u>Aı</u>	mount in 10			ole portic	<u>on</u>		edible portion	
N				Of Data	Deriv	Source Code	Confidence Code		easures of food	•
Nutrients and	Units	Mean	Sta. Error	Politis	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	rated <b>Q</b>	0.670		0		1		0.190	3.039	
14:1	g									
15:1 16:1 undifferentiated		0.030		16		1		0.009	0.136	
17:1	_	0.000				-		0.005	0.1200	
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 polyunsatura	atedg	0.470		0		1		0.133	2.132	
18:2 undifferentiated		0.310		16		1		0.088	1.406	
18:3 undifferentiated		0.070		16		1		0.020	0.318	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	•••••••••••••••••••••••••••••••••••••••									
20:3 undifferentiated	_					_				
20:4 undifferentiated	_	0.100		16		1		0.028	0.454	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans		0.5						0.4	206	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	85	5.52	27 43		1		24	386	
Phytosterols	IIIg									
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	• • • • • • • • • • • • • • • • • • • •	1.653		13		1		0.469	7.498	
Histidine	-	1.135		13		1		0.322	5.148	
Alanine		1.433		13		1		0.406	6.500	
Aspartic acid		2.130		13		1		0.604	9.662	
Glutamic acid	g	3.336		13		1		0.946	15.132	
Glycine	=	1.175		13		1		0.333	5.330	
Proline	g	1.183		13		1		0.335	5.366	
Serine	-	0.974		13		1		0.276	4.418	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	-									
	mea	0		0	z	7		0.000	0.000	
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	z Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin				<u> </u>	- 4	'		3.000	0.000	

#### **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 17164 Game meat, deer, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

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

Cervus elaphus, Dama dama

venison **Refuse:** 0%

	<u>A</u> 1	mount in 100 g	rams	of edib	ele portic	o <u>n</u>		edible portion o	of common	
			Nu	mbe	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:				_						
Water	-	59.78	0.474	6	A	1		175.17	50.82	
Energy		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		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	-	0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch				-	_	-			0.00	
Starcii	9									
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		261	6.658	3	A	1		765	222	
Potassium, K	•	313	5.292	3	A	1		917	266	
Sodium, Na		52	1.114	3	A	1		153	44	
Zinc, Zn	_	8.64	0.712	3	A	1		25.32	7.35	
Copper, Cu		0.285		3	A	1		0.836	0.243	
Manganese, Mn		0.026		3	A	1		0.076	0.022	
Selenium, Se	_	17.7	2.963	3	A	1		51.8	15.0	
Scientum, Sc	9	_,,,	2.505	-		_		31.0	13.0	
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		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		1.025	;	0	BFPN	4		3.003	0.871	
Vitamin B-6		0.481	0.078	3	A	1		1.409	0.409	
Folate, total		11		0	BFPN	4		32	9	
Folic acid	-	0		0	Z	7		0	ő	
Folate, food	_	11		0	BFPN	4		32	9	
Folate, DFE		11		0	NC	4		32	9	
		3.06	0.014	3	A.	1		8.97	2.60	
Vitamin B-12	Ilicy	0	0.814	0	NC	4		8.97 0		
Vitamin A, IU									0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)		0.75		0	BFSN	4		2.21	0.64	
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	1.5		0	BFSN	4		4.5	1.3	
Lipids:										
	~	1 050		^	170			E 741	1.666	
Fatty acids, total saturated		1.959		0	NC	<b>4</b> 7		5.741		
4:0		0.000			z			0.000	0.000	
6:0	-	0.000		0	Z	7		0.000	0.000	
8:0	-	0.000		0	BFFN	4		0.000	0.000	
10:0	-	0.000		0	BFFN	4		0.000	0.000	
12:0		0.003	3	0	BFFN	4		0.009	0.003	
13:0	g									
14:0	g	0.125	5	0	BFFN	4		0.367	0.106	
15:0	g	0.051	-	0	BFFN	4		0.150	0.043	
16:0	g	0.773	3	0	BFFN	4		2.264	0.657	
17:0		0.056	5	0	BFFN	4		0.164	0.048	
18:0		0.939		0	BFFN	4		2.750	0.798	
20:0	-	0.011		0	BFFN	4		0.032	0.009	
22:0	-	0.002		0	BFFN	4		0.005	0.001	
24:0	_			-		-				
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NDB No. 17346
Game meat, deer, shoulder clod, separable lean only, 3-5 lb roast, cooked, braised

		<u>Ar</u>	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in	edible portion of	f common
				Number					easures of food	
						Source	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.783		0	NC	4		2.295	0.666	
14:1		0.009		0	BFFN	4		0.027	0.008	
15:1		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-6 c,c,c	g	0.000		0	BFFN	4		0.000	0.000	
18:3i	-									
18:4	-	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c		0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated	-	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3										
20:3 n-6				•						
20:4 undifferentiated	-	0.038		0	BFFN	4		0.110	0.032	
20:4 n-3										
20:4 n-6		0.000		0	z	7		0.000	0.000	
20:5 n-3		0.000		0	Z	7		0.000	0.000	
22:5 n-3		0.000		0	Z	7		0.000 0.000	0.000 0.000	
22:6 n-3 Fatty acids, total trans	-	0.000		U	4	,		0.000	0.000	
Cholesterol		113	2.1	13 6	A	1		331	96	
Phytosterols						_		331	30	
Amino Acids:										
Tryptophan	g	0.318		0	A	1		0.932	0.270	
Threonine		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		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		0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	_mcg	0		0	Z	7		0.000	0.000	

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

**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

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

Cervus elaphus, Dama dama

venison **Refuse:** 0%

		A	mount in 100 g	rams mbei		le portio	<u> </u>		edible portion of easures of food	
Nutrients and Un	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		67.20	0.600	6	A	1		135.74	57.12	
Energy		149		0	NC	4		301	127	
Energy		623	0 547	0 6	NC A	4 1		1258	529	
Protein (N x 6.25) Total lipid (fat)		29.90 2.35	0.547 0.306	6	A	1		60.40 4.75	25.42 2.00	
Ash	_	1.27	0.049	6	A	1		2.56	1.08	
Carbohydrate, by difference		0.00	0.043	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.00	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		·	_	•		0.00	0.00	
Minerals:										
Calcium, Ca	-	5	0.295	3	A	1		11	4	
Iron, Fe		4.25	0.075	6	A	1		8.57	3.61	
Magnesium, Mg		33	0.666	3 3	A	1 1		66	28	
Phosphorus, P Potassium, K	-	299 434	6.119 14.859	3	A A	1		605 877	254 369	
Sodium, Na		434 57	2.321	3	A	1		115	48	
Zine, Zn		3.99	0.485	3	A	1		8.06	3.39	
Copper, Cu		0.254		3	A	1		0.513	0.216	
Manganese, Mn		0.022		3	A	1		0.045	0.019	
Selenium, Se		11.0	0.577	3	A	1		22.2	9.4	
¥7*4										
Vitamins:	ma	0.0		^	-	7		0.0	0.0	
Vitamin C, total ascorbic acid	-	0.0	0.012	0 3	Z A	7 1		0.0 0.525	0.0 0.221	
ThiaminRiboflavin	-	0.260 0.563		3	A	1		1.138	0.221	
Niacin	-	8.780		3	A	1		17.736	7.463	
Pantothenic acid		0.856		0	BFPN	4		1.730	0.728	
Vitamin B-6		0.614		3	A	1		1.240	0.522	
Folate, total	-	9		0	BFPN	4		19	8	
Folic acid		0		0	Z	7		0	0	
Folate, food		9		0	BFPN	4		19	8	
Folate, DFE		9		0	NC	4		19	8	
Vitamin B-12		3.62	0.384	3	A	1		7.31	3.07	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)		0.62		0	BFSN	4		1.26	0.53	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (priyrioquinone)	g									
Lipids:										
Fatty acids, total saturated	g	1.142		0	NC	4		2.307	0.971	
4:0		0.000		0	Z	7		0.000	0.000	
6:0	-	0.000		0	Z	7		0.000	0.000	
8:0		0.000		0	BFFN	4		0.000	0.000	
10:0		0.000		0	BFFN BFFN	4 4		0.000	0.000	
12:0		0.003	1	U	DEFN	4		0.007	0.003	
13:0 14:0	-	0.092		0	BFFN	4		0.185	0.078	
15:0	-	0.032		0	BFFN	4		0.183	0.021	
16:0		0.506		0	BFFN	4		1.022	0.430	
17:0		0.027		0	BFFN	4		0.055	0.023	
18:0		0.484		0	BFFN	4		0.977	0.411	
20:0		0.005		0	BFFN	4		0.011	0.005	
22:0	-	0.001		0	BFFN	4		0.001	0.000	
24:0	-									

NDB No. 17347 Game meat, deer, tenderloin, separable lean only, 0.5-1 lb roast, cooked, broiled

		<u>Ar</u>	nount in 10	0 grams	of edib	le portio	<u>on</u>		edible portion o	f common
				Number				<u>m</u> e	easures of food	
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.554		0	NC	4		1.120	0.471	
14:1	g	0.018		0	BFFN	4		0.037	0.016	
15:1	_	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated		0.083		0	BFFN	4		0.168	0.071	
17:1		0.009		0	BFFN	4		0.018	0.007	
18:1 undifferentiated		0.442		0 0	BFFN BFFN	4 4		0.892	0.375	
20:1 22:1 undifferentiated	-	0.002		0	BFFN Z	7		0.004 0.000	0.002 0.000	
24:1 c	-	0.000		U	4	,		0.000	0.000	
Fatty acids, total polyunsaturated		0.127		0	NC	4		0.257	0.108	
18:2 undifferentiated		0.075		0	BFFN	4		0.151	0.064	
18:3 undifferentiated		0.028		0	BFFN	4		0.056	0.024	
18:3 n-6 c,c,c		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		0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated	-	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3	-									
20:3 n-6	-	0.000		•				0.047	0.000	
20:4 undifferentiated	-	0.023		0	BFFN	4		0.047	0.020	
20:4 n-3 20:4 n-6										
20:5 n-3		0.000		0	z	7		0.000	0.000	
20:5 n-3		0.000		0	z	7		0.000	0.000	
22:6 n-3	-	0.000		0	z	7		0.000	0.000	
Fatty acids, total trans										
Cholesterol		88	3.3	03 6	A	1		178	75	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.266		0	A	1		0.537	0.226	
Threonine		1.133		0	A	1		2.289	0.963	
Isoleucine	=	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	-	0.937		0	A	1		1.893	0.797	
Valine	=	1.455		0	A	1		2.939	1.237	
Arginine		1.791		0	A	1		3.617	1.522	
Histidine	•	0.895		0	A	1		1.809	0.761	
Alanine		1.749 2.602		0	A A	1 1		3.533 5.257	1.487 2.212	
Aspartic acidGlutamic acid	-	4.253		0	A	1		8.591	3.615	
Glycine	=	1.637		0	A	1		3.307	1.391	
Proline		1.315		0	A	1		2.657	1.118	
Serine	-	1.035		0	A	1		2.091	0.880	
Hydroxyproline		0.434		0	A	1		0.876	0.369	
, ,,	_									
Others: Alcohol, ethyl	a	0.0		0	Z	7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine	-	0		0	z	7		0	0	
Carotenoids:		-		•	-	•		-	-	
Carotene, beta	mca	0		0	z	7		0.000	0.000	
Carotene, alpha		ō		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

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

**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

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

Cervus elaphus, Dama dama

venison **Refuse:** 0%

	<u>A</u> 1	mount in 100 g	rams	s of edib	le portic	o <u>n</u>	Amount in edible portion of common measures of food		of common	
			Nu	mbei	r			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	66.10	0.254	6	A	1		67.42	56.19	
Energy		152		0	NC	4		155	129	
Energy		635		0	NC	4		647	539	
Protein (N x 6.25)	-	31.47	0.315	6	A	1		32.10	26.75	
Total lipid (fat)		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	-	4	0.237	3	A	1		5	4	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	4.23	0.233	6	A	1		4.31	3.59	
Magnesium, 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:										
	ma	0.0		^		7		0 0	0.0	
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.250		3	A	1		0.255	0.213	
Riboflavin	-	0.500		3	A	1		0.510	0.425	
Niacin		8.400		3	A	1		8.568	7.140	
Pantothenic acid		0.904		0	BFPN	4		0.922	0.769	
Vitamin B-6		0.710	0.031	3	A	1		0.724	0.603	
Folate, total	-	10		0	BFPN	4		10	8	
Folic acid	-	0		0	Z	7		0	0	
Folate, food		10		0	BFPN	4		10	8	
Folate, DFE		10		0	NC	4		10	8	
Vitamin B-12	mcg	2.27	0.492	3	A	1		2.32	1.93	
Vitamin A, IU	IU	0		0	NC	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFSN	4		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									
Tinia										
<u>Lipids:</u>	_									
Fatty acids, total saturated		1.030		0	NC	4		1.051	0.876	
4:0		0.000		0	Z	7		0.000	0.000	
6:0		0.000		0	Z	7		0.000	0.000	
8:0		0.000		0	BFFN	4		0.000	0.000	
10:0		0.000		0	BFFN	4		0.000	0.000	
12:0	-	0.002	!	0	BFFN	4		0.002	0.001	
13:0	_									
14:0	g	0.066	5	0	BFFN	4		0.067	0.056	
15:0	g	0.027	,	0	BFFN	4		0.027	0.023	
16:0	g	0.406	5	0	BFFN	4		0.414	0.345	
17:0	g	0.030	)	0	BFFN	4		0.030	0.025	
18:0	g	0.494	ļ	0	BFFN	4		0.503	0.420	
20:0		0.006	5	0	BFFN	4		0.006	0.005	
22:0	_	0.001	<u> </u>	0	BFFN	4		0.001	0.001	
24:0	g									

NDB No. 17348
Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled

	Ar	nount in 10	0 grams	of edib	le portic	<u>on</u>		edible portion o	f common	
				Number				me	easures of food	
Nutrients and U	nits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	dg	0.412		0	BFFN	4		0.420	0.350	
14:1	g	0.005		0	BFFN	4		0.005	0.004	
15:1	-	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	0.033		0	BFFN	4		0.033	0.028	
17:1	•	0.007		0	BFFN	4		0.008	0.006	
18:1 undifferentiated		0.367		0	BFFN	4		0.374	0.312	
20:1 22:1 undifferentiated	-	0.000 0.000		0	BFFN Z	4 7		0.000	0.000 0.000	
24:1 c	_	0.000		U	4	,		0.000	0.000	
Fatty acids, total polyunsaturated.		0.121		0	NC	4		0.123	0.103	
18:2 undifferentiated		0.069		0	BFFN	4		0.070	0.059	
18:3 undifferentiated		0.032		0	BFFN	4		0.033	0.027	
18:3 n-6 c,c,c		0.000		0	BFFN	4		0.000	0.000	
18:3i										
18:4	g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c		0.000		0	BFFN	4		0.000	0.000	
20:3 undifferentiated	_	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3	_									
20:3 n-6	-	0.000		•				0.000	0.017	
20:4 undifferentiated	_	0.020		0	BFFN	4		0.020	0.017	
20:4 n-3 20:4 n-6										
20:5 n-3		0.000		0	z	7		0.000	0.000	
22:5 n-3		0.000		0	z	7		0.000	0.000	
22:6 n-3	-	0.000		0	z	7		0.000	0.000	
Fatty acids, total trans				-	_	•				
Cholesterol		85	2.2	09 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		2.587		0	A	1		2.639	2.199	
Methionine		0.743		0	A	1		0.758	0.632	
Cystine	_	0.297		0	A	1		0.303	0.253	
Phenylalanine		1.204		0	A	1		1.228	1.024	
TyrosineValine	-	0.996 1.546		0 0	A A	1 1		1.016 1.577	0.847 1.314	
	<del>-</del>	1.903		0	A	1		1.941	1.314	
Arginine Histidine		0.951		0	A	1		0.971	0.809	
Alanine	•	1.858		0	A	1		1.896	1.580	
Aspartic acid		2.765		0	A	1		2.821	2.350	
Glutamic acid	-	4.520		0	A	1		4.610	3.842	
Glycine	_	1.739		0	A	1		1.774	1.479	
Proline		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	_	0.0		0	Z	7		0.0	0.0	
Caffeine	_	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:									_	
Carotene, beta		0		0	z	7		0.000	0.000	
Carotene, alpha		0		0 0	z z	7 7		0.000	0.000	
Cryptoxanthin, beta		0		0	z z	7		0.000	0.000 0.000	
LycopeneLutein + zeaxanthin		0		0	z Z	7		0.000	0.000	
Eutem + Zeazantinii		<u> </u>		•				0.000	0.000	

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

**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

Refuse: 0%

		<u>A</u>	mount in 10	0 grams	of edib	ole portio	<u>n</u>		edible portion	
				Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
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		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	_									
<u> Minerals:</u>										
Calcium, Ca	mg	5		0		1		17	4	
Iron, Fe	-	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	<u>mg</u>	3.16		0		1		10.74	2.69	
Copper, Cu	mg	0.142	2	0		1		0.483	0.121	
Manganese, Mn	<u>mg</u>	0.013	3	0		1		0.044	0.011	
Selenium, Se	mcg	13.0		0	BFYN	4		44.2	11.1	
7.4										
/itamins:					_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-									
Riboflavin										
Niacin										
Pantothenic acid										
Vitamin B-6									_	
Folate, total		9		0	BFPN	4		30	7	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	9		0	BFPN	4		30	7	
Folate, DFE		9		0	NC	4		30	7	
Vitamin B-12								_		
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>lipids:</u>										
Fatty acids, total saturated	a	0.700	)	0		1		2.380	0.595	
4:0		3.700	-			-		2.500	0.555	
6:0										
8:0										
10:0		0.000	)	0		1		0.000	0.000	
12:0		0.000		0		1		0.000	0.000	
13:0		3.000	-	3		_		0.000	0.000	
14:0		0.050	1	0		1		0.170	0.043	
		0.050	•	U		_		0.170	0.043	
15:0	-	0.460	1	0		1		1.564	0.391	
16:0	-	0.460	,	U		1		1.304	0.391	
17:0	-	0 100	,	^		1		0.646	0.160	
18:0	-	0.190	,	0		1		0.646	0.162	
20:0	-									
22:0	g									

	<u>A</u> 1	mount in 100 gran	Amount in edible portion of common					
		Numb	er			<u>m</u>	easures of food	
		of Dat	a Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	s Code	Code	Code	Measure 1	Measure 2	Measure 3
				_				
Fatty acids, total monounsaturated9	0.480	0		1		1.632	0.408	
14:1g								
15:1g	0.170	0		1		0.578	0.145	
16:1 undifferentiated	0.170	U		1		0.578	0.145	
17:1	0.300	0		1		1.020	0.255	
18:1 undifferentiated	0.000			1		0.000	0.255	
22:1 undifferentiatedg	0.000	U		_		0.000	0.000	
22:1 undifferentiatedg 24:1 cg								
Fatty acids, total polyunsaturatedg	0.400	0		1		1.360	0.340	
18:2 undifferentiatedg	0.230			1		0.782	0.340	
18:3 undifferentiated	0.060			1		0.782	0.190	
18:4g	0.000	·		-		0.204	0.031	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiated	0.110	0		1		0.374	0.094	
20:5 n-3g	***==*			_		0.07.	0.001	
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans9								
Cholesterol mg	73	0		1		248	62	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.545	0		1		1.853	0.463	
Threonineg	1.315	0		1		4.471	1.118	
Isoleucineg	0.973	0		1		3.308	0.827	
Leucineg	2.546	0		1		8.656	2.164	
Lysineg	2.803	0		1		9.530	2.383	
Methionineg	0.725	0		1		2.465	0.616	
Cystineg								
Phenylalanineg	1.198	0		1		4.073	1.018	
Tyrosineg	1.081	. 0		1		3.675	0.919	
Valineg	1.066	0		1		3.624	0.906	
Arginineg	2.073			1		7.048	1.762	
Histidineg	0.964			1		3.278	0.819	
Alanineg	1.896			1		6.446	1.612	
Aspartic acidg	2.962			1		10.071	2.518	
Glutamic acidg	4.804			1		16.334	4.083	
Glycineg	1.282			1		4.359	1.090	
Prolineg	1.306			1		4.440	1.110	
Serineg	1.318	0		1		4.481	1.120	
Hydroxyprolineg								

#### **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 17 (2004)

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

Cervus elaphus

Refuse: 0%

		A	mount in 100 gr			on .	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.14	0.825	5	A	1		60.93	54.52	
Energy		193		0	NC	4		183	164	
Energy		806		0	NC	4		765	685	
Protein (N x 6.25)		26.64	0.473	5	A	1		25.31	22.64	
Total lipid (fat)		8.74	0.816	5	A	1		8.30	7.43	
Ash		1.04	0.081	5	A -	1		0.99	0.88	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z z	7 7		0.0	0.0	
Sugars, total		0.00		U	Z	,		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca		10	1.235	3	A	1		9	8	
Iron, Fe		3.34	0.119	3	A	1		3.17	2.84	
Magnesium, Mg		24	0.467	3	A	1		23	20	
Phosphorus, P	•	221	3.756	3	A	1		210	188	
Potassium, K		354	2.906	3	A A	1 1		337 81	301	
Sodium, Na		85 6.56	4.697 0.207	3 3	A	1		6.23	73 5.58	
Zinc, Zn Copper, Cu		0.142		3	A	1		0.135	0.121	
Manganese, Mn		0.112		3	A	1		0.011	0.010	
Selenium, Se		9.0		2	A	1		8.6	7.7	
	•									
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	_	0.0		0	z	7		0.0	0.0	
ThiaminRiboflavin	-	0.125 0.320		2	A A	1 1		0.119 0.304	0.106 0.272	
Niacin	• • • • • • • • • • • • • • • • • • • •	5.320		2	A	1		5.054	4.522	
Pantothenic acid	-	1.050		1	A	1		0.998	0.893	
Vitamin B-6		0.420		2	A	1		0.399	0.357	
Folate, total		8		1	A	1		7	7	
Folic acid		0		0	z	7		0	0	
Folate, food		8		1	A	1		7	7	
Folate, DFE		8		0	NC	4		7	7	
Vitamin B-12	mcg	2.57		2	A	1		2.44	2.18	
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol		0		1	A	1		0	0	
Vitamin E (alpha-tocopherol)		0.57		1	A	1		0.54	0.48	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		4.002		0	NC -	4		3.802	3.402	
4:0		0.000		0	Z	7		0.000	0.000	
6:0	-	0.000		0 3	Z A	7 1		0.000	0.000	
8:0 10:0	_	0.003		3	A A	1		0.003 0.003	0.003 0.003	
12:0		0.003		3	A	1		0.003	0.003	
13:0		0.010	3.005	-		-		0.012	0.011	
14:0	-	0.395	0.061	3	A	1		0.375	0.336	
15:0	-	0.048		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		3	A	1		1.119	1.001	
20:0	-	0.006		3	A	1		0.006	0.005	
22:0	g	0.000	0.000	3	A	1		0.000	0.000	

	<u>Ar</u>	mount in 100 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common		
		Numbe				<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g	2.757	0	NC	4		2.620	2.344	
Fatty acids, total monounsaturatedg 14:1g	0.133		A.	1		0.126	0.113	
15:1	0.006		A	1		0.006	0.005	
16:1 undifferentiatedg	0.775		A	1		0.736	0.658	
17:1g	0.029		A	1		0.027	0.024	
18:1 undifferentiated	1.793	0.289 3	A	1		1.703	1.524	
20:1g	0.022	0.003 3	A	1		0.021	0.019	
22:1 undifferentiated								
24:1 cg								
Fatty acids, total polyunsaturated9	0.412		NC	4		0.391	0.350	
18:2 undifferentiated	0.252		A	1		0.239	0.214	
18:3 undifferentiatedg	0.070		A	1		0.067	0.060	
18:3 n-6 c,c,cg	0.003	0.003 3	A	1		0.003	0.003	
18:3ig								
18:4g 20:2 n-6 c,cg	0.003	0.003 3	A	1		0.003	0.003	
20:3 undifferentiatedg	0.003		A	1		0.003	0.003	
20:3 n-3g	0.003	0.003		-		0.005	0.005	
20:3 n-6g								
20:4 undifferentiated	0.080	0.006 3	A	1		0.076	0.068	
20:4 n-3g								
20:4 n-6g								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterol mg	78	2	A	1		74	66	
Phytosterolsmg								
Amino Acids:	0.030	2		1		0.226	0.202	
Tryptophang	0.238 1.070		A A	1 1		0.226 1.017	0.202 0.910	
Threonine	1.118		A	1		1.062	0.950	
Leucine	1.986		A	1		1.887	1.688	
Lysineg	2.176		A	1		2.068	1.850	
Methionine 9	0.654		A	1		0.621	0.556	
Cystine	0.262		A	1		0.249	0.222	
Phenylalanine	0.975	0	A	1		0.926	0.829	
Tyrosineg	0.833	0	A	1		0.791	0.708	
Valineg	1.237	0	A	1		1.175	1.051	
Arginineg	1.594	0	A	1		1.514	1.355	
Histidineg	0.821	0	A	1		0.780	0.698	
Alanineg	1.487	0	A	1		1.412	1.264	
Aspartic acidg	2.236		A	1		2.124	1.900	
Glutamic acidg	3.782		A	1		3.593	3.215	
Glycineg	1.356		A	1		1.288	1.152	
Prolineg	1.130		A	1		1.073	0.960	
Serineg	0.951		A	1		0.904	0.809	
Hydroxyproline	0.250	0	A	1		0.237	0.212	
Others:								
Alcohol, ethylg	0.0	0	Z	7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:						_		
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg Lycopene mcg	0	0	Z	7		0.000	0.000	

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

Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence Std. Error Points Code Code Code

Measure 1 Measure 2 Measure 3

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)

**Nutrients and Units** 

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Mean

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 0%

		<u>Aı</u>	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
			Num of D		Source	Confidence	<u>m</u>	easures of food	<u>.</u>	
Nutrients and Un	its	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	68.84	0.835	5 A	1					
Energy	-	172		0 NC	4					
Energy		722		0 NC	4					
Protein (N x 6.25)		21.76	0.333	5 A	1					
Total lipid (fat)		8.82	1.422	5 A	1					
Ash		1.04	0.081	5 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	ma	12	2.988	3 A	1					
Iron, Fe	-	2.75		3 A	1					
Magnesium, Mg		22		3 A	1					
Phosphorus, P		195	1.856	3 A	1					
Potassium, K		322	2.404	3 A	1					
Sodium, Na	mg	79		3 A	1					
Zine, Zn		5.40		3 A	1					
Copper, Cu		0.150		3 A	1					
Manganese, Mn		0.023		3 A	1					
Selenium, Se	mcg	8.0		2 A	1					
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0 <b>z</b>	7					
Thiamin	mg	0.125	;	2 A	1					
Riboflavin	mg	0.260		2 A	1					
Niacin	-	4.890		2 A	1					
Pantothenic acid	-	0.960		1 A	1					
Vitamin B-6	-	0.336		2 A	1					
Folate, total		7		1 A	1					
Folic acid		0 7		0 z	7 1					
Folate, foodFolate, DFE		7		1 A 0 NC	4					
Vitamin B-12		2.13		0 NC 2 A	1					
Vitamin A, IU		0		O AS	1					
Vitamin A, RAE		0		0 AS	1					
Retinol		0		1 A	1					
Vitamin E (alpha-tocopherol)		0.28		1 A	1					
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.469	)	0 NC	4					
4:0		0.000	1	0 z	7					
6:0	-	0.000	1	0 z	7					
8:0		0.005		0 BFF1						
10:0	-	0.005		0 BFF1						
12:0	-	0.009	1	0 BFF1	1 4					
13:0										
14:0		0.339		O BFF1						
15:0		0.043		O BFF1						
16:0		2.029		O BFF1						
17:0	-	0.053		0 BFF1 0 BFF1						
18:0	=	0.981 0.005		O BFF1						
20:0 22:0		0.005		O BFF1						
24:0		0.000	•	. DEFI						

		Ar	nount in 10	00 grams	of edib	<u>n</u>	Amount in edible portion of common			
				Number					easures of food	<u> </u>
						C	Confidence			
Nutrients and Units		Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.507		0	NC	4				
14:1	g	0.110		0	BFFN	4				
15:1	g	0.010		0	BFFN	4				
16:1 undifferentiated	g	0.678		0	BFFN	4				
17:1	g	0.029		0	BFFN	4				
18:1 undifferentiated	g	1.656		0	BFFN	4				
20:1	g	0.024		0	BFFN	4				
22:1 undifferentiated	g									
24:1 c	g									
Fatty acids, total polyunsaturated		0.415		0	NC	4				
18:2 undifferentiated		0.251		0	BFFN	4				
18:3 undifferentiated		0.072		0	BFFN	4				
18:3 n-6 c,c,c		0.005		0	BFFN	4				
18:3i										
18:4	-									
20:2 n-6 c,c		0.005		0	BFFN	4				
20:3 undifferentiated	-	0.005		0	BFFN	4				
20:3 n-3										
20:3 n-6	-									
20:4 undifferentiated		0.078		0	BFFN	4				
20:4 n-3	-									
20:4 n-6	-									
20:5 n-3	-									
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		66		0	BFYN	4				
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.194		0	A	1				
Threonine	g	0.874		0	A	1				
Isoleucine	g	0.913		0	A	1				
Leucine	g	1.622		0	A	1				
Lysine	-	1.778		0	A	1				
Methionine	g	0.534		0	A	1				
Cystine	g	0.214		0	A	1				
Phenylalanine	g	0.797		0	A	1				
Tyrosine	g	0.680		0	A	1				
Valine	g	1.010		0	A	1				
Arginine	g	1.302		0	A	1				
Histidine	g	0.670		0	A	1				
Alanine	g	1.214		0	A	1				
Aspartic acid	g	1.826		0	A	1				
Glutamic acid	g	3.089		0	A	1				
Glycine		1.107		0	A	1				
Proline		0.923		0	A	1				
Serine	g	0.777		0	A	1				
Hydroxyproline	g	0.204		0	A	1				
Others:										
Alcohol, ethyl	a	0.0		0	z	7				
Caffeine		0.0		0	Z	7				
Theobromine	-	0		0	Z	7				
Carotenoids:	9	U		Ū	4	,				
Carotene, beta	mca	0		0	z	7				
Carotene, alpha		0		0	Z	7				
· -		0		0	Z	7				
Cryptoxanthin, beta Lycopene		0		0	Z	7				
		0		0	Z	7				
Lutein + zeaxanthin	iiog	U		U	Z	,				

Game meat, elk, ground, raw

**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 17 (2004)

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

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

		<u>A</u> :	mount in 100 gr		of edib	le portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Num of D Std. Error Poi	Data	Deriv Code	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	Measure	
Proximates:				_							
Water	_	64.50	0.833	7	A	1		73.53	54.83		
Energy		167		0	NC	4		190	142		
Energy		699	0.440	0	NC	4		797	594		
Protein (N x 6.25)		31.00 3.84	0.443 0.893	7 7	A	1 1		35.34 4.38	26.35		
Total lipid (fat)		1.14	0.893	7	A A	1		1.30	3.27 0.97		
AshCarbohydrate, by difference		0.00	0.037	0	Z	7		0.00	0.00		
Fiber, total dietary		0.00		0	Z	7		0.00	0.00		
Sugars, total		0.00		0	Z	7		0.00	0.00		
Starch		0.00		•	_	•		0.00	0.00		
Starcii	9										
<u> Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	5		2	A	1		6	4		
Iron, Fe		3.96	0.381	3	A	1		4.51	3.37		
Magnesium, Mg		28		2	A	1 1		31	23		
Phosphorus, P		256 404		2	A A	1		291 461	217 343		
Potassium, K		404 54		2	A	1		62	343 46		
Zinc, Zn		5.10		2	A	1		5.81	4.33		
Copper, Cu		0.173	3	2	A	1		0.197	0.147		
Manganese, Mn		0.012		2	A	1		0.013	0.010		
Selenium, Se		10.5		0	BFNN	4		12.0	8.9		
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.160	)	1	A	1		0.182	0.136		
Riboflavin		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		9		0	BFPN	4		10	8		
Folic acid	-	0		0	Z	7		0	0		
Folate, food		9		0	BFPN	4		10	8		
Folate, DFE		9		0	NC	4		10	8		
Vitamin B-12		0.83		1 0	A	1 4		0.95 0	0.71		
Vitamin A, RAE		0		0	NC NC	4		0	0 0		
Retinol		0		0	BFSN	4		0	0		
Vitamin E (alpha-tocopherol)		0.56		0	BFSN	4		0.64	0.48		
Tocopherol, beta		0.50		-		-		0.04	0.40		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	g	1.511		0	NC	4		1.723	1.285		
4:0		0.000	)	0	Z	7		0.000	0.000		
6:0	-	0.000		0	Z	7		0.000	0.000		
8:0		0.002		0	BFFN	4		0.002	0.002		
10:0	-	0.002		0	BFFN	4		0.002	0.002		
12:0	_	0.004	Į.	0	BFFN	4		0.005	0.004		
13:0				•		_					
14:0		0.148		0	BFFN	4		0.169	0.126		
15:0		0.019		0	BFFN	4		0.021	0.016		
16:0		0.884		0	BFFN	4 4		1.008	0.751		
17:0	_	0.023 0.427		0	BFFN BFFN	4		0.026	0.020		
18:0	_	0.427		0	BFFN	4		0.487 0.002	0.363 0.002		
20:0 22:0		0.002		0	BFFN	4		0.002	0.002		
24:0	_	0.000	•	•	DEEM	-		0.000	0.000		

		<u>Aı</u>	mount in 10	0 grams	of edib	le portic	o <u>n</u>	Amount in edible portion of common		
				Number				<u>m</u> e	easures of food	
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.092		0	NC	4		1.245	0.928	
14:1		0.048		0	BFFN	4		0.055	0.041	
15:1		0.004		0	BFFN	4		0.005	0.004	
16:1 undifferentiated		0.295 0.013		0	BFFN BFFN	4 4		0.337 0.014	0.251 0.011	
17:1 18:1 undifferentiated	-	0.013		0	BFFN	4		0.014	0.613	
20:1	-	0.011		0	BFFN	4		0.012	0.009	
22:1 undifferentiated	-									
24:1 c	g									
Fatty acids, total polyunsaturated		0.181		0	NC	4		0.206	0.154	
18:2 undifferentiated		0.109		0	BFFN	4		0.125	0.093	
18:3 undifferentiated	-	0.032		0	BFFN BFFN	4 4		0.036 0.002	0.027 0.002	
18:3i		0.002		O	BEEN	-		0.002	0.002	
18:4	-									
20:2 n-6 c,c	-	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	-			_		_				
20:4 undifferentiated	-	0.034		0	BFFN	4		0.038	0.029	
20:4 n-3 20:4 n-6	-									
20:4 n-0 20:5 n-3	-									
22:5 n-3	-									
22:6 n-3	g									
Fatty acids, total trans	-									
Cholesterol		75	4.2	18 3	A	1		85	63	
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.277		0 0	A A	1 1		0.316 1.420	0.235	
Threonine Isoleucine		1.246		0	A	1		1.420	1.059 1.106	
Leucine		2.311		0	A	1		2.635	1.964	
Lysine		2.533		0	A	1		2.887	2.153	
Methionine		0.761		0	A	1		0.868	0.647	
Cystine	g	0.304		0	A	1		0.347	0.259	
Phenylalanine		1.135		0	A	1		1.294	0.965	
Tyrosine		0.969		0	A	1		1.104	0.823	
Valine	-	1.439		0	A	1		1.641	1.223	
Arginine Histidine		1.854 0.955		0 0	A A	1 1		2.114 1.089	1.576 0.812	
Alanine		1.730		0	A	1		1.972	1.470	
Aspartic acid	-	2.602		0	A	1		2.966	2.212	
Glutamic acid		4.401		0	A	1		5.017	3.741	
Glycine		1.578		0	A	1		1.799	1.341	
Proline	g	1.315		0	A	1		1.499	1.118	
Serine		1.107		0	A	1		1.262	0.941	
Hydroxyproline	9	0.291		0	A	1		0.331	0.247	
Others:	~	2 2		_	_	_		•	0.5	
Alcohol, ethyl Caffeine	-	0.0 0		0 0	z z	7 7		0.0	0.0 0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:	9	•		v	-	•		·	ū	
Carotene, beta	mcq	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	·tincd	0		0	Z	7		0.000	0.000	

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

**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

Refuse: 0%

		<u>Ar</u>	mount in 100 g		of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>me</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		74.38	0.204	30		1		21.09	337.39		
Energy	kcal	111		0	NC	4		31	503		
Energy		464				4		132	2107		
Protein (N x 6.25)		22.95	0.187	22		1		6.51	104.10		
Total lipid (fat)		1.45	0.160	30		1		0.41	6.58		
Ash		1.00	0.017	22		1		0.28	4.54		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	-										
Starch	g										
Ainerals:											
Calcium, Ca	mg	4	0.147	21		1		1	18		
Iron, Fe	-	2.76	0.099	23		1		0.78	12.52		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23	0.314	21		1		7	104		
Phosphorus, P		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		
/itamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin	_										
Riboflavin	_										
Niacin											
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12	mcg										
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0		4		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u> Lipids:</u>											
Fatty acids, total saturated	g	0.530		0		1		0.150	2.404		
4:0											
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											
14:0		0.030		3		1		0.009	0.136		
15:0				_		_		_			
16:0		0.350		3		1		0.099	1.588		
17:0				_		_					
18:0	-	0.140		3		1		0.040	0.635		
20:0											
22:0											
24:0		0 000		^		-		0.100	4 40-		
Fatty acids, total monounsaturated		0.360		0		1		0.102	1.633		
14:1	g g										

		<u>An</u>	nount in 100 grams Number of Data	r	on Confidence	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.130	3	1		0.037	0.590		
17:1	-								
18:1 undifferentiated	-	0.230	3	1		0.065	1.043		
20:1		0.000	3	1		0.000	0.000		
22:1 undifferentiated	-								
24:1 c	-	0 200	•						
Fatty acids, total polyunsaturated	-	0.300	0	1		0.085	1.361		
18:2 undifferentiated	-	0.170	3 3	1 1		0.048	0.771		
18:3 undifferentiated	_	0.040	3	1		0.011	0.181		
18:4	-								
20:2 n-6 c,c	-								
20:3 undifferentiated	-	0.090	3	1		0.026	0.408		
20:4 undifferentiated 20:5 n-3	-	0.090	3	_		0.020	0.408		
22:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol		55	3.264 29	1		16	249		
Phytosterols	-								
•									
Amino Acids:									
Tryptophan		0.414	1	1		0.117	1.878		
Threonine		0.999	1	1		0.283	4.531		
Isoleucine		0.740	1	1		0.210	3.357		
Leucine		1.935	1	1		0.549	8.777		
Lysine		2.131	1	1		0.604	9.666		
Methionine	-	0.551	1	1		0.156	2.499		
Cystine	-	0.010	1	1					
Phenylalanine		0.910	1	1		0.258	4.128		
Tyrosine	-	0.822				0.233	3.729		
Valine	-	0.810	1 1	1 1		0.230 0.447	3.674		
Arginine	-	1.575		1			7.144		
Histidine	-	0.733	1 1	1		0.208	3.325		
Alanine		1.441 2.251	1	1		0.409	6.536		
Aspartic acid		3.651	1	1		0.638 1.035	10.211 16.561		
Glutamic acid		0.974	1	1		0.276	4.418		
-		0.974	1	1		0.276	4.418		
Proline Serine	-	1.002	1	1		0.281	4.500		
Hydroxyproline	•	1.002	1	1		0.284	4.545		
пушохургонпе	y								

#### **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 17 (2004)

NDB No. 17341 Game meat, elk, round, separable lean only, cooked, broiled Cervus elaphus

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

		<u>A</u> :	mount in 100 gra		ble porti	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Num of Da Std. Error Poin	ita Deriv		Confidence Code	<u>m</u> Measure 1	Measure 2	<u>I</u> Measure	
Traditionito and on		····ouri	Ota. 2.101				mododio i		mododio	
Proximates:										
Water	g	65.43	0.596	3 A	1		115.15	55.61		
Energy	kcal	156		) NC			274	133		
Energy		652		) NC			1148	554		
Protein (N x 6.25)		30.94		3 A	1		54.45	26.30		
Total lipid (fat)		2.64		B A	1		4.64	2.24		
Ash		1.28		B A	1		2.24	1.08		
Carbohydrate, by difference		0.00		) z	7		0.00	0.00		
Fiber, total dietary		0.0		) z	7		0.0	0.0		
Sugars, total		0.00		) z	7		0.00	0.00		
Starch	9									
Minerals:										
Calcium, Ca	mg	5		2 A	1		9	4		
Iron, Fe	mg	4.08		B A	1		7.18	3.47		
Magnesium, Mg		28		2 A	1		50	24		
Phosphorus, P		266		2 A	1		468	226		
Potassium, K		392		2 A	1		690	333		
Sodium, Na		51		2 A	1		89	43		
Zinc, Zn		5.64		2 A 2 A	1 1		9.93	4.79		
Copper, Cu		0.221 0.015		2 A 2 A	1		0.388 0.026	0.187 0.013		
Manganese, Mn		10.6		) BFNI			18.7	9.0		
Selenium, Se	Tilog	10.0	,	) BENI			10.7	9.0		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		) z	7		0.0	0.0		
Thiamin		0.180		L A	1		0.317	0.153		
Riboflavin		0.460		L A	1		0.810	0.391		
Niacin		7.160		L A	1		12.602	6.086		
Pantothenic acid		1.219		) BFPI			2.146	1.036		
Vitamin B-6	-	0.466		L A	1		0.820	0.396		
Folate, total		9 0		) BFP1 ) Z	1 4 7		16 0	8		
Folic acid	_	9		) Z ) BFPI			16	0 8		
Folate, food		9		) NC	4		16	8		
Vitamin B-12		1.50		L A	1		2.64	1.28		
Vitamin A, IU		0		) NC	4		0	0		
Vitamin A, RAE		0		) NC	4		0	0		
Retinol		Ö		) BFSI			0	0		
Vitamin E (alpha-tocopherol)		0.54		) BFS1			0.96	0.46		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
lipids:										
Fatty acids, total saturated	а	1.037	,	) NC	4		1.826	0.882		
4:0		0.000		) z	7		0.000	0.000		
6:0		0.000	)	) z	7		0.000	0.000		
8:0	-	0.001		) BFF1	1 4		0.002	0.001		
10:0	g	0.001		) BFF1	1 4		0.002	0.001		
12:0	g	0.003	3	) BFF1	1 4		0.005	0.002		
13:0										
14:0	g	0.101		) BFF1			0.179	0.086		
15:0		0.013		) BFF1			0.023	0.011		
16:0		0.607		) BFF1			1.068	0.516		
17:0	-	0.016		) BFF1			0.028	0.013		
18:0	-	0.293		) BFF1			0.516	0.249		
20:0		0.001		) BFF1 ) BFF1			0.003	0.001		
22:0							0.000	0.000		

NDB No. 17341 Game meat, elk, round, separable lean only, cooked, broiled

		Ar	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
				Number				me	easures of food	
Nutrients and Uni	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.750		0	NC	4		1.319	0.637	
14:1	_	0.033		0 0	BFFN	4		0.058	0.028	
15:1	-	0.003 0.203		0	BFFN BFFN	4 4		0.005	0.002	
17:1	-	0.203		0	BFFN	4		0.357 0.015	0.172 0.007	
18:1 undifferentiated		0.495		0	BFFN	4		0.872	0.421	
20:1		0.007		0	BFFN	4		0.013	0.006	
22:1 undifferentiated										
24:1 c	_									
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	-	0.022		0	BFFN	4		0.038	0.018	
18:3 n-6 c,c,c		0.001		0	BFFN	4		0.003	0.001	
18:3i										
18:4	-	0.001		0	BFFN			0.003	0.001	
20:2 n-6 c,c 20:3 undifferentiated	_	0.001		0	BFFN	4 4		0.003	0.001	
20:3 tridifferentiated		0.001		U	DEFN	-		0.003	0.001	
20:3 n-6	-									
20:4 undifferentiated		0.023		0	BFFN	4		0.041	0.020	
20:4 n-3	_									
20:4 n-6	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	_	78	1.4	77 3	A	1		137	66	
Phytosterols	Ing									
Amino Acids:										
Tryptophan	g	0.276		0	A	1		0.486	0.235	
Threonine	-	1.243		0	A	1		2.188	1.057	
Isoleucine	_	1.298		0	A	1		2.285	1.104	
Leucine		2.307		0	A	1		4.059	1.961	
Lysine	_	2.527 0.760		0	A A	1 1		4.448 1.337	2.148 0.646	
Methionine	_	0.760		0	A	1		0.535	0.646	
Phenylalanine		1.133		0	A	1		1.993	0.238	
Tyrosine		0.967		0	A	1		1.702	0.822	
Valine		1.436		0	A	1		2.528	1.221	
Arginine		1.851		0	A	1		3.257	1.573	
Histidine		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		1.574		0	A	1		2.771	1.338	
Proline	-	1.312		0	A	1		2.309	1.115	
Serine		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	<u>mg</u>	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

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

**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

NDB No. 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled Cervus elaphus

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

.g ,kcal ,kj .g .g .g .g .g .g .g .mg .mg .mg	Mean  64.93 162 678 30.76 3.41 1.34 0.00 0.0 0.00			Deriv	Source Code  1 4 4 1 1 7 7 7	Confidence Code	59.73 149 624 28.30 3.14 1.23 0.00	55.19 138 577 26.15 2.90 1.14 0.00	Measure
kcal kj g g g g g g g g mg mg mg mg mg	64.93 162 678 30.76 3.41 1.34 0.00 0.0	0.308 0.520 0.326	8 0 0 8 8 8	A NC NC A A Z	4 4 1 1 7 7		59.73 149 624 28.30 3.14 1.23 0.00	55.19 138 577 26.15 2.90 1.14	incusure
kcal kj g g g g g g g g mg mg mg mg mg	162 678 30.76 3.41 1.34 0.00 0.0 0.00	0.520 0.326	0 0 8 8 8 0 0	NC A A A Z	4 4 1 1 7 7		149 624 28.30 3.14 1.23 0.00	138 577 26.15 2.90 1.14	
kcal kj g g g g g g g g mg mg mg mg mg	162 678 30.76 3.41 1.34 0.00 0.0 0.00	0.520 0.326	0 0 8 8 8 0 0	NC A A A Z	4 4 1 1 7 7		149 624 28.30 3.14 1.23 0.00	138 577 26.15 2.90 1.14	
.kj .g .g .g .g .g .g .mg .mg .mg	678 30.76 3.41 1.34 0.00 0.0 0.00	0.326	0 8 8 8 0 0	NC A A Z Z	4 1 1 7 7		624 28.30 3.14 1.23 0.00	577 26.15 2.90 1.14	
.g .g .g .g .g .g .mg .mg .mg .mg	30.76 3.41 1.34 0.00 0.0 0.00	0.326	8 8 8 0	A A A Z Z	1 1 7 7		28.30 3.14 1.23 0.00	26.15 2.90 1.14	
.g .g .g .g .g .mg .mg .mg .mg	3.41 1.34 0.00 0.0 0.00	0.326	8 8 0 0	A A Z Z	1 1 7 7		3.14 1.23 0.00	2.90 1.14	
.g .g .g .g .g .mg .mg .mg .mg	1.34 0.00 0.0 0.00		0	A Z Z	1 7 7		1.23 0.00	1.14	
.g .g .g .g .mg .mg .mg .mg	0.00 0.0 0.00 5 4.07	0.060	0	z z	7 7		0.00		
.g .g .g .mg .mg .mg .mg	0.0 0.00 5 4.07		0	z	7			0 00	
.g .g .mg .mg .mg .mg	0.00 5 4.07								
.mg .mg .mg .mg .mg	5 4.07		0	Z	7		0.0	0.0	
.mg .mg .mg .mg .mg	4.07						0.00	0.00	
.mg .mg .mg .mg	4.07								
.mg .mg .mg .mg	4.07								
.mg .mg .mg			2	A	1		5	4	
.mg .mg		0.156	3	A	1		3.74	3.46	
mg	29		2	A	1		27	25	
	285		2	A	1		262	242	
ing	392		2	A	1		361	333	
ma	50		2	A A	1 1		46	42	
.mg	4.12 0.349		2	A	1		3.79 0.321	3.50 0.296	
.mg .mg	0.019		2	A	1		0.017	0.016	
.mcg	10.5		0	BFNN	4		9.7	8.9	
5									
ma	0.0		0	7	7		0.0	0.0	
.mg				Z					
-									
mcg									
.mcg									
	9		0	NC	4		8	8	
mcg	2.96		0	BFPN	4		2.72	2.52	
.IU	0		0	BFSN	4		0	0	
mcg_RAE	0		0	NC	4		0	0	
mcg	0		0	BFSN	4		0	0	
mg	0.55		0	BFSN	4		0.51	0.47	
mg									
.mg									
.mg									
.IU									
mcg									
.g	1.342		0	NC	4		1.235	1.141	
.g	0.000		0	Z	7		0.000	0.000	
.g	0.000		0	Z	7		0.000	0.000	
.g	0.002		0	BFFN	4		0.002	0.002	
.g			0	BFFN	4		0.002	0.002	
.g	0.004		0	BFFN	4		0.003	0.003	
.g									
.g			0	BFFN	4		0.121	0.112	
.g			0	BFFN	4		0.015	0.014	
.g			0	BFFN	4		0.722	0.667	
.g			0	BFFN	4		0.019	0.017	
.g			0	BFFN	4		0.349	0.322	
.g			0	BFFN	4		0.002	0.002	
.g	0.000		0	BFFN	4		0.000	0.000	
	ncg ncg_DFE ncg U ncg_RAE ncg ng ng ng ng ng sig	ng 0.370 ng 6.143 ng 1.212 ng 0.485 ncg 9 ncg 0 ncg 9 ncg 0 ncg 9 ncg 2.96 U 0 ncg_RAE 0 ncg 0 ng 0.55 ng ng 0.55 ng ng 0.600	mg 0.370 mg 6.143 mg 1.212 mg 0.485 mcg 9 mcg 0 mcg 9 mcg 0 mcg 9 mcg 2.96 U 0 mcg_RAE 0 mcg 0 mg 0.55 mg mg 0.55 mg mg 0.000 g 0.000 g 0.000 g 0.002 g 0.002 g 0.004 g 0.785 g 0.21 g 0.379 g 0.002 g 0.379 g 0.002	ng 0.370 0 ng 6.143 0 ng 6.143 0 ng 1.212 0 ng 0.485 0 ncg 9 0 ncg 0 0 ncg 9 0 ncg 0 0	mg         0.370         0         BFPN           mg         6.143         0         BFPN           mg         1.212         0         BFPN           mg         0.485         0         BFPN           mcg         9         0         BFPN           mcg         9         0         BFPN           mcg         9         0         BFPN           mcg         2.96         0         BFPN           mcg         2.96         0         BFSN           mcg         0         0         BFSN           mcg         0         0         BFSN           mcg         0         0         BFSN           mg         0         0.55         0         BFSN           mg         0         0         z         0         0         z           0         0         0         0         z         0         0         z         0         0         z         0         0         z         0         0         z         0         0         z         0         0         z         0         0         z         0         0 <td< td=""><td>ng 0.370 0 BFPN 4 ng 6.143 0 BFPN 4 ng 6.143 0 BFPN 4 ng 1.212 0 BFPN 4 ng 0.485 0 BFPN 4 ng 0.485 0 BFPN 4 ng 0 0 BFPN 4 ng 0 0 Z 7 ng 0 BFPN 4 ng 0 0 D Z 7 ng 0 D BFPN 4 ng 0 0 D D D D D D D D D D D D D D D D D</td><td>ng 0.370 0 BFPN 4 ng 6.143 0 BFPN 4 ng 6.143 0 BFPN 4 ng 1.212 0 BFPN 4 nng 0.485 0 BFPN 4 nncg 9 0 BFPN 4 nncg 2.96 0 BFPN 4 nncg 2.96 0 BFPN 4 nncg 0 0 NC 4 nncg 0 0 BFSN 4 nncg 0 0 BFFN 4</td><td>mg         0.370         0         BFPN         4         0.340           mg         6.143         0         BFPN         4         5.652           mg         1.212         0         BFPN         4         0.446           mg         0.485         0         BFPN         4         0.446           mcg         9         0         BFPN         4         8           mcg         96         0         BFPN         4         8           mcg         2.96         0         BFPN         4         0           mcg         0         0         BFSN         4         0           mcg         0         0         BFSN         4         0           mcg         0         0         BFSN         4         0         0.51           mg         0         0         0         0         0         0         0         0         0<!--</td--><td>mg         0.370         0         BFFN         4         0.340         0.314           mg         6.143         0         BFFN         4         5.652         5.222           mg         1.212         0         BFFN         4         1.115         1.031           mg         0.485         0         BFFN         4         8         8           mcg         9         0         BFFN         4         8         8           mcg         2.96         0         BFFN         4         2.72         2.52           U         0         0         BFSN         4         0         0           mcg         0.55         0         BFSN         4         0.51         0.47           mcg         0.55         0         BFFN         4         0.00         0         0         0         0         0         0         0</td></td></td<>	ng 0.370 0 BFPN 4 ng 6.143 0 BFPN 4 ng 6.143 0 BFPN 4 ng 1.212 0 BFPN 4 ng 0.485 0 BFPN 4 ng 0.485 0 BFPN 4 ng 0 0 BFPN 4 ng 0 0 Z 7 ng 0 BFPN 4 ng 0 0 D Z 7 ng 0 D BFPN 4 ng 0 0 D D D D D D D D D D D D D D D D D	ng 0.370 0 BFPN 4 ng 6.143 0 BFPN 4 ng 6.143 0 BFPN 4 ng 1.212 0 BFPN 4 nng 0.485 0 BFPN 4 nncg 9 0 BFPN 4 nncg 2.96 0 BFPN 4 nncg 2.96 0 BFPN 4 nncg 0 0 NC 4 nncg 0 0 BFSN 4 nncg 0 0 BFFN 4	mg         0.370         0         BFPN         4         0.340           mg         6.143         0         BFPN         4         5.652           mg         1.212         0         BFPN         4         0.446           mg         0.485         0         BFPN         4         0.446           mcg         9         0         BFPN         4         8           mcg         96         0         BFPN         4         8           mcg         2.96         0         BFPN         4         0           mcg         0         0         BFSN         4         0           mcg         0         0         BFSN         4         0           mcg         0         0         BFSN         4         0         0.51           mg         0         0         0         0         0         0         0         0         0 </td <td>mg         0.370         0         BFFN         4         0.340         0.314           mg         6.143         0         BFFN         4         5.652         5.222           mg         1.212         0         BFFN         4         1.115         1.031           mg         0.485         0         BFFN         4         8         8           mcg         9         0         BFFN         4         8         8           mcg         2.96         0         BFFN         4         2.72         2.52           U         0         0         BFSN         4         0         0           mcg         0.55         0         BFSN         4         0.51         0.47           mcg         0.55         0         BFFN         4         0.00         0         0         0         0         0         0         0</td>	mg         0.370         0         BFFN         4         0.340         0.314           mg         6.143         0         BFFN         4         5.652         5.222           mg         1.212         0         BFFN         4         1.115         1.031           mg         0.485         0         BFFN         4         8         8           mcg         9         0         BFFN         4         8         8           mcg         2.96         0         BFFN         4         2.72         2.52           U         0         0         BFSN         4         0         0           mcg         0.55         0         BFSN         4         0.51         0.47           mcg         0.55         0         BFFN         4         0.00         0         0         0         0         0         0         0

NDB No. 17342 Game meat, elk, tenderloin, separable lean only, cooked, broiled

		Ar	nount in 10	0 grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
				Number				me	easures of food	
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		0.970		0	NC	4		0.892	0.824	
14:1	_	0.043		0 0	BFFN BFFN	4 4		0.039	0.036	
15:1	-	0.004 0.262		0	BFFN	4		0.003 0.241	0.003 0.223	
17:1	-	0.202		0	BFFN	4		0.241	0.223	
18:1 undifferentiated		0.641		0	BFFN	4		0.590	0.545	
20:1		0.009		0	BFFN	4		0.009	0.008	
22:1 undifferentiated	-									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.161		0	NC	4		0.148	0.137	
18:2 undifferentiated	_	0.097		0	BFFN	4		0.089	0.083	
18:3 undifferentiated	-	0.028		0	BFFN	4		0.026	0.024	
18:3 n-6 c,c,c		0.002		0	BFFN	4		0.002	0.002	
18:3i										
18:4 20:2 n-6 c.c	-	0.002		0	BFFN	4		0.002	0.002	
20:3 undifferentiated	_	0.002		0	BFFN	4		0.002	0.002	
20:3 thdifferentiated		0.002		v	DIII	-		0.002	0.002	
20:3 n-6	-									
20:4 undifferentiated		0.030		0	BFFN	4		0.028	0.025	
20:4 n-3	g									
20:4 n-6	g									
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	_									
Fatty acids, total trans		=-		_	_	_				
Cholesterol	_	72		1	A	1		66	61	
Phytosterols	III9									
Amino Acids:										
Tryptophan		0.275		0	A	1		0.253	0.233	
Threonine	-	1.236		0	A	1		1.137	1.051	
Isoleucine	-	1.291		0	A	1		1.188	1.097	
Leucine	-	2.293 2.513		0 0	A A	1 1		2.110 2.312	1.949	
Lysine Methionine		0.755		0	A	1		0.695	2.136 0.642	
Cystine	_	0.733		0	A	1		0.093	0.842	
Phenylalanine		1.126		0	A	1		1.036	0.957	
Tyrosine		0.961		0	A	1		0.884	0.817	
Valine		1.428		0	A	1		1.314	1.214	
Arginine		1.840		0	A	1		1.693	1.564	
Histidine		0.948		0	A	1		0.872	0.805	
Alanine	g	1.717		0	A	1		1.579	1.459	
Aspartic acid		2.582		0	A	1		2.375	2.195	
Glutamic acid		4.367		0	A	1		4.018	3.712	
Glycine		1.566		0	A	1		1.440	1.331	
Proline	-	1.305		0	A	1		1.200	1.109	
Serine		1.099		0	A	1		1.011	0.934	
Hydroxyproline	9	0.288		0	A	1		0.265	0.245	
Others:										
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	
Caffeine	_	0		0 0	z z	7 7		0	0 0	
Theobromine	y	U		U	Z	,		U	U	
Carotenoids:									_	
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0 0	z z	7 7		0.000 0.000	0.000 0.000	
Lycopene Lutein + zeaxanthin		0		0	z Z	7		0.000	0.000	
Lutem - Zeazantiiii	y	•						0.000	0.000	

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

**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

Refuse: 0%

		Amount in 100 grams of edible portion						Amount in edible portion of common		
		Number						measures of food		
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	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				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		1.46		0		1		4.96	1.24	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	17		0		1		58	14	
Iron. Fe.	-	3.73		0		1		12.68	3.17	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	0		0		1		0	0	
Phosphorus, P		201		0		1		683	171	
Potassium, K	-	405		0		1		1377	344	
Sodium, Na		86		0		1		292	73	
Zinc, Zn	mg	5.27		0		1		17.92	4.48	
Copper, Cu	mg	0.303	3	0		1		1.030	0.258	
Manganese, Mn		0.042	2	0		1		0.143	0.036	
Selenium, Se	mcg	11.8		0	BFYN	4		40.1	10.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.090	)	0	_	1		0.306	0.077	
Riboflavin	-	0.610		0		1		2.074	0.519	
Niacin	=	3.950		0		1		13.430	3.358	
Pantothenic acid	-									
Vitamin B-6	-	0.000	)	0		1		0.000	0.000	
Folate, total	-	5		0		1		17	4	
Folic acid		0		0	Z	7		0	0	
Folate, food		5		0		1		17	4	
Folate, DFE		5		0	NC	4		17	4	
Vitamin B-12		1.19		0		1		4.05	1.01	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.34		0	BFSN	4		1.15	0.29	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		1.0		•				4.1	1.0	
Vitamin K (phylloquinone)	rricg	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	
12:0	-	0.000	)	0		1		0.000	0.000	
13:0										
14:0		0.040	)	0		1		0.136	0.034	
15:0										
16:0		0.430	)	0		1		1.462	0.366	
17:0										
18:0		0.430	)	0		1		1.462	0.366	
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 100 gra	ams of ed	ible portic	<u>on</u>	Amount in edible portion of common			
		Num	ber			<u>m</u>	easures of food	_	
		of D	ata Deriv	Source	Confidence				
Nutrients and Units	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.360		0	1		4.624	1.156		
15:1g									
16:1 undifferentiated	0.060		0	1		0.204	0.051		
17:1g									
18:1 undifferentiatedg	1.240		0	1		4.216	1.054		
20:1g	0.000		0	1		0.000	0.000		
22:1 undifferentiatedg	0.000		0	1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturated	0.230		0	1		0.782	0.196		
18:2 undifferentiatedg	0.130		0	1		0.442	0.111		
18:3 undifferentiatedg	0.020		0	1		0.068	0.017		
18:4g	0.000		0	1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.080		0	1		0.272	0.068		
20:5 n-3g	0.000		0	1		0.000	0.000		
22:5 n-3g	0.000		0	1		0.000	0.000		
22:6 n-3g	0.000		0	1		0.000	0.000		
Fatty acids, total trans9									
Cholesterol mg	75		0	1		255	64		
Phytosterols mg									
•									
Amino Acids:									
Tryptophang	0.403		0	1		1.370	0.343		
Threonineg	1.290		0	1		4.386	1.097		
Isoleucineg	1.371		0	1		4.661	1.165		
Leucineg	2.258		0	1		7.677	1.919		
Lysineg	2.016		0	1		6.854	1.714		
Methionineg	0.726		0	1		2.468	0.617		
Cystineg	0.323		0	1		1.098	0.275		
Phenylalanineg	0.941		0	1		3.199	0.800		
Tyrosineg	0.833		0	1		2.832	0.708		
Valineg	1.452		0	1		4.937	1.234		
Arginineg	1.989		0	1		6.763	1.691		
Histidineg	0.565		0	1		1.921	0.480		
Alanineg									
Aspartic acidg									
Glutamic acidg									
Glycineg									
Prolineg									
Serineg									
Hydroxyprolineg									
Others:									
Alcohol, ethylg.	0.0		0	7		0.0	0.0		
Caffeine mg	0.0		0 z	7		0.0	0.0		
Theobromine mg	0		0 Z	7		0	0		
_	U			,		Ū	3		
<u>Carotenoids:</u>									
Carotene, beta mcg	0		0 z	7		0.000	0.000		
Carotene, alphamcg	0		0 z	7		0.000	0.000		
Cryptoxanthin, betamcg	0		0 <b>z</b>	7		0.000	0.000		
Lycopenemcg	0		0 <b>z</b>	7		0.000	0.000		
Lutein + zeaxanthin mcg	0		0 Z	7		0.000	0.000		

# **Common Measures:**

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

Measure 2 = 85g: 3 oz

NDB No. 17169

Game meat, goat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u> ı	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numbe	er			<u>m</u>	easures of food	<u>l</u>	
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	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:	mc	•	•		4		0.7	7		
Calcium, Ca	_	8 5.03	0		1 1		27 17.10	7 4.28		
Iron, Fe		25	0		1		17.10 85	4.28 21		
Phosphorus, P		25 247	0		1		85 840	210		
Potassium, K	_	379	0		1		1289	322		
Sodium, Na		55	0		1		187	47		
Zinc, Zn	-	3.82	0		1		12.99	3.25		
Copper, Cu		0.171			1		0.581	0.145		
Manganese, Mn	-	0.022			1		0.075	0.019		
Selenium, Se		13.5	0	BFYN	4		45.9	11.5		
Vitamins:										
Vitamin C, total ascorbic acid	ma	2.0	0		1		6.8	1.7		
Thiamin		0.100			1		0.340	0.085		
Riboflavin		0.120			1		0.408	0.102		
Niacin		4.840			1		16.456	4.114		
Pantothenic acid			·		_		201.100			
Vitamin B-6		0.330	0		1		1.122	0.281		
Folate, total										
Folate, DFE										
Vitamin B-12		3.16	0		1		10.74	2.69		
Vitamin A, IU	IU	0	0		4		0	0		
Vitamin A, RAE	mcg_RAE	0	0		4		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.900	0		1		6.460	1.615		
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.010	0		1		0.034	0.009		
13:0	-									
14:0		0.220	0		1		0.748	0.187		
15:0	-									
16:0	-	1.410	0		1		4.794	1.199		
17:0	-									
18:0	-	0.200	0		1		0.680	0.170		
20:0										
22:0										
24:0					_			<u> </u>		
Fatty acids, total monounsaturated		2.120	0		1		7.208	1.802		
14:1	q									

		<u>Ar</u>		0 grams Number of Data		<u>n</u> Confidence	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Std. Error		Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.410		0	1		1.394	0.349	
17:1	-	1.710		0	1		5.814	1.454	
18:1 undifferentiated 20:1		1.710		U	1		5.614	1.454	
22:1 undifferentiated	_								
24:1 c	_								
Fatty acids, total polyunsaturated		0.850		0	1		2.890	0.723	
18:2 undifferentiated	_	0.380		0	1		1.292	0.323	
18:3 undifferentiated		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									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	68		0	1		231	58	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.349		0	1		1.187	0.297	
Threonine		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	-	4.101		0	1		13.943	3.486	
Glycine		1.359		0	1		4.621	1.155	
Proline		1.307		0	1		4.444	1.111	
Serine	_	1.074		0	1		3.652	0.913	
Hydroxyproline	g								

## **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

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Durationators											
Proximates: Water	a	72.63	0.341	139		1		20.59	329.45		
Energy	-	133		0	NC	4		38	603		
Energy		556				4		158	2524		
Protein (N x 6.25)	=	21.39	0.230	123		1		6.06	97.03		
Total lipid (fat)		4.60	0.394	119		1		1.30	20.87		
Ash		0.99	0.014	69		1		0.28	4.49		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch	g										
3.6.											
Minerals:	ma	6	0.030	25		1		2	27		
Calcium, Ca	_	6 3.82	0.238 0.339	25 21		1		1.08	27 17.33		
Iron, Fe	-	24	0.339	46		1		1.08 7	17.33		
Phosphorus, P		221	9.668	23		1		63	1002		
Potassium, K	_	360	6.714	45		1		102	1633		
Sodium, Na		53	1.638	36		1		15	240		
Zinc, Zn	-	2.90	0.479	16		1		0.82	13.15		
Copper, Cu		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	ma	1.0		1		1		0.3	4.5		
Thiamin		0.130	ı	1		1		0.037	0.590		
Riboflavin		0.100		1		1		0.028	0.454		
Niacin		4.600	1	1		1		1.304	20.866		
Pantothenic acid											
Vitamin B-6	mg	0.380	0.067	6		1		0.108	1.724		
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12		3.00		1		1		0.85	13.61		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	-										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
vitanini K (phynoquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		1.440		0		1		0.408	6.532		
4:0											
6:0	-										
8:0											
10:0		0.010		21		1		0.003	0.045		
12:0 13:0		0.010		21		1		0.003	0.045		
14:0	-	0.170	ı	21		1		0.048	0.771		
15:0	-	0.170				-		3.040	0.771		
16:0	-	1.080	1	21		1		0.306	4.899		
17:0	-										
18:0	-	0.160	ı	21		1		0.045	0.726		
20:0	-										
22:0											
24:0											
Fatty acids, total monounsaturated	g	1.610		0		1		0.456	7.303		
14:1	~										

		<u>An</u>	nount in 100 grams Number of Data		on Confidence	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated		0.310	21	1		0.088	1.406		
17:1 18:1 undifferentiated	_	1.300	21	1		0.369	5.897		
20:1 22:1 undifferentiated	g	1.300		-		0.303	3.037		
24:1 c			_						
Fatty acids, total polyunsaturated.		0.650	0	1		0.184	2.948		
18:2 undifferentiated		0.290 0.360	21 21	1 1		0.082 0.102	1.315 1.633		
18:3 undifferentiated	g	0.360	21	1		0.102	1.633		
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3									
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans									
Cholesterol	mg	52	2.516 13	1		15	236		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.265	72	1		0.075	1.202		
Threonine		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		2.104	27	1		0.596	9.544		
Glutamic acid	-	3.116	27	1		0.883	14.134		
Glycine		1.033	27	1		0.293	4.686		
Proline		0.994	27	1		0.282	4.509		
Serine	-	0.817	27	1		0.232	3.706		
Hydroxyproline	g								

## **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

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	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				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										
Minovolse											
Minerals:	ma	6		0		1		20	5		
Calcium, Ca	-	4.22		0		1		20 14.35	3.59		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24		0		1		14.35 82	20		
Phosphorus, P		176		0		1		598	150		
Potassium, K	•	334		0		1		1136	284		
Sodium, Na		69		0		1		235	59		
Zinc, Zn	-	3.68		0		1		12.51	3.13		
Copper, Cu		0.079	<b>,</b>	0		1		0.269	0.067		
Manganese, Mn		0.009		0		1		0.031	0.008		
Selenium, Se		12.8		0	BFYN	4		43.5	10.9		
ŕ											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	5.0		0		1		17.0	4.3		
Thiamin	-	0.050		0		1		0.170	0.043		
Riboflavin	=	0.340		0		1		1.156	0.289		
Niacin	-	5.260	)	0		1		17.884	4.471		
Pantothenic acid	-										
Vitamin B-6	-	0.370	)	0		4		1.258	0.315		
Folate, total		4		0		4		14	3		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		0		4		14	3		
Folate, DFE		4		0	NC	4		14	3		
Vitamin B-12		6.31		0		4		21.45	5.36		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.20		U	NR	4		0.68	0.17		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)		1.2		0	BFSN	4		4.1	1.0		
	g			·	22 011	-					
<u>Lipids:</u>											
Fatty acids, total saturated	g	0.290	)	0		1		0.986	0.247		
4:0		0.000		0		1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0	-	0.000		0		1		0.000	0.000		
12:0	-	0.000	)	0		1		0.000	0.000		
13:0		<u>.</u>		_		_					
14:0		0.000	)	0		1		0.000	0.000		
15:0				_		_					
16:0		0.120	J	0		1		0.408	0.102		
17:0				_		_					
18:0		0.170	J	0		1		0.578	0.145		
20:0	-										
22:0	-										
24:0	g										

		<u>A</u>	mount in 100 g	rams of	edible porti	<u>on</u>	Amount in edible portion of common			
			Nu	mber			<u>m</u>	easures of food		
					riv Source	Confidence				
Nutrients and L	Jnits	Mean	Std. Error Po				Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate		0.200	1	0	1		0.680	0.170		
15:1	g									
16:1 undifferentiated	g	0.010	1	0	1		0.034	0.009		
17:1	g									
18:1 undifferentiated	-	0.180		0	1		0.612	0.153		
20:1	-	0.000		0	1		0.000	0.000		
22:1 undifferentiated	•	0.000	)	0	1		0.000	0.000		
24:1 c										
Fatty acids, total polyunsaturated		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	-	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		0.000	1	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:										
	0									
TryptophanThreonine		1.344		0	1		4.570	1.142		
Isoleucine		1.405		0	1		4.777	1.142		
Leucine	_	2.576		0	1		8.758	2.190		
Lysine	_	2.655		0	1		9.027	2.257		
Methionine		0.749		0	1		2.547	0.637		
	_	0.743	,	U	-		2.547	0.037		
Cystine		1.264		0	1		4.298	1.074		
Phenylalanine		1.077		0	1		3.662			
Tyrosine				0	1			0.915		
Valine		1.592		0	1		5.413 6.433	1.353		
Arginine	_	1.892 0.983		0	1			1.608		
Histidine		1.686		0	1		3.342	0.836		
Alanine		2.749					5.732	1.433		
Aspartic acid				0	1		9.347	2.337		
Glutamic acid		4.739		0	1		16.113	4.028		
Glycine		1.278		0	1		4.345	1.086		
Proline	_	1.189		0	1		4.043	1.011		
Serine		1.049	1	0	1		3.567	0.892		
Hydroxyproline	g									
Others:										
Alcohol, ethyl	а	0.0		0	7		0.0	0.0		
Caffeine		0			z 7		0	0		
Theobromine	-	0			z 7		0	0		
Carotenoids:								·		
	mc~	^		0			0 000	0 000		
Carotene, beta		0		0	z 7 z 7		0.000	0.000		
Carotene, alpha		0					0.000	0.000		
Cryptoxanthin, beta		0			z 7 z 7		0.000	0.000		
Lycopene							0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	z 7		0.000	0.000		

## **Common Measures:**

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

Measure 2 = 85g: 3 oz

NDB No. 17173

Game meat, moose, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Alces alces

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mbei	r			<u>m</u> :	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Duovimatas										
Proximates: Water	q	75.55	0.348	36		1		21.42	342.69	
Energy		102		0	NC	4		29	463	
Energy		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		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	ma	5	0.546	29		1		1	23	
Iron, Fe	-	3.21	0.167	29		1		0.91	14.56	
Magnesium, Mg		23	0.376	27		1		7	104	
Phosphorus, P		158	4.278	30		1		45	717	
Potassium, K	-	317	3.438	27		1		90	1438	
Sodium, Na		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		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		0.060	0.021	3		1		0.017	0.272	
Riboflavin		0.270	ı	2		1		0.077	1.225	
Niacin		5.000	1	1		1		1.418	22.680	
Pantothenic acid	mg									
Vitamin B-6	-									
Folate, total										
Folate, DFE										
Vitamin B-12		•		•				•	•	
Vitamin A, IU		0		0		4 4		0	0 0	
Vitamin A, RAE		U		U		4		U	U	
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
Linida										
Lipids:	0	0.220		0		1		0.062	0.998	
Fatty acids, total saturated4:0		0.220		U		-		0.002	0.996	
6:0										
8:0										
10:0	-									
12:0	-									
13:0	g									
14:0	_	0.000	1	1		1		0.000	0.000	
15:0	_									
16:0	_	0.090		1		1		0.026	0.408	
17:0	_			_		_				
18:0		0.130		1		1		0.037	0.590	
20:0	_									
22:0	_									
24:0Fatty acids, total monounsaturated	-	0.150	ı	0		1		0.043	0.680	
14:1		0.150		J		1		0.043	0.660	
15:1										

		<u>Am</u>	ount in 100 grams  Number  of Data	•	on Confidence	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.010	1	1		0.003	0.045	
17:1	-		_	_				
18:1 undifferentiated	-	0.140	1	1		0.040	0.635	
20:1 22:1 undifferentiated								
24:1 c	-							
Fatty acids, total polyunsaturated		0.240	0	1		0.068	1.089	
18:2 undifferentiated	-	0.140	1	1		0.040	0.635	
18:3 undifferentiated		0.030	1	1		0.009	0.136	
18:4	-							
20:2 n-6 c,c								
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	-	59	3.253 33	1		17	268	
Phytosterols	mg							
Amino Acids:								
Tryptophan	q							
Threonine		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	_	2.018	1	1		0.572	9.154	
Methionine		0.569	1	1		0.161	2.581	
Cystine								
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	_	3.602	1	1		1.021	16.339	
Glycine	g	0.972	1	1		0.276	4.409	
Proline		0.904	1	1		0.256	4.101	
Serine		0.797	1	1		0.226	3.615	
Hydroxyproline	g							

# **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

		<u>A</u> :	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number	•			<u>m</u> e	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	•	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		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:	ma	36		^		4		112	21		
Calcium, Ca	_	36 7.10		0		1 1		113 22.22	31 6.04		
Iron, Fe		26		0		1					
Magnesium, Mg		26 271		0		1		81 848	22		
Phosphorus, P	•	320		0		1		848 1002	230 272		
Potassium, K Sodium, Na		320 95		0		1		297	272 81		
Zinc, Zn	_	2.27		0		1		7.11	1.93		
Copper, Cu	_	0.189		0		1		0.592	0.161		
Manganese, Mn		0.183		0		1		0.100	0.027		
Selenium, Se		14.8	-	0	BFYN	4		46.3	12.6		
Scienium, Se	filog	14.0		Ū	Brin	-		40.5	12.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg	7.0		0		1		21.9	6.0		
Thiamin		0.080	)	0		1		0.250	0.068		
Riboflavin	mg	0.710	)	0		1		2.222	0.604		
Niacin	<u>.</u> mg	7.190	)	0		1		22.505	6.112		
Pantothenic acid	<sub>.</sub> 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		11		0		1		34	9		
Folate, DFE	mcg_DFE	11		0	NC	4		34	9		
Vitamin B-12		8.30		0		1		25.98	7.06		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0		4		0	0		
Retinol	mcg	0		0		4		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a										
Fatty acids, total monounsaturated	-										
Fatty acids, total polyunsaturated											
Fatty acids, total trans											
Cholesterol	mg	121		0		1		379	103		
Phytosterols											
Amino Acids:											
Tryptophan											
Threonine		1.237		0		1		3.872	1.051		
Isoleucine		1.146		0		1		3.587	0.974		
Leucine	-	2.373		0		1		7.427	2.017		
Lysine		2.359		0		1		7.384	2.005		
Methionine	g	0.501	=	0		1		1.568	0.426		
Cystine	g										

	Amou	nt in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common			
			Deriv Source					
Nutrients and Units	Mean Std	l. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
Phenylalanineg	1.242	0	1		3.887	1.056		
Tyrosineg	0.823	0	1		2.576	0.700		
Valineg	1.338	0	1		4.188	1.137		
Arginine9	1.444	0	1		4.520	1.227		
Histidineg	0.895	0	1		2.801	0.761		
Alanineg	1.589	0	1		4.974	1.351		
Aspartic acidg	2.600	0	1		8.138	2.210		
Glutamic acidg	3.832	0	1		11.994	3.257		
Glycineg	1.468	0	1		4.595	1.248		
Prolineg	1.203	0	1		3.765	1.023		
Serineg	1.078	0	1		3.374	0.916		
Hydroxyprolineg								

#### **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

		<u>Aı</u>	mount in 100 g	rams (	ot eair	ne portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				me	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure :	
Proximates:	<b>a</b>	69.35	1 500			1		10.66	214 57		
Water	-		1.502	4	***	1		19.66	314.57		
Energy		162		0	NC	4		46	735		
Energy		678		_		4		192	3075		
Protein (N x 6.25)		20.76	0.507	5		1		5.89	94.17		
Total lipid (fat)		8.10	2.454	4		1		2.30	36.74		
Ash		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		25		1		1		7	113		
Iron, Fe	_										
Magnesium, Mg		22		1		1		6	100		
Phosphorus, P		220		1		1		62	998		
Potassium, K	•	276		1		1		78	1252		
Sodium, Na		82		1		1		23	372		
Zinc, Zn	mg										
Copper, Cu											
Manganese, Mn											
Selenium, Se	mcg	9.1		0	BFNN	4		2.6	41.3		
Vitamins:											
Vitamin C, total ascorbic acid		5.0		1		1		1.4	22.7		
Thiamin		0.090		2		1		0.026	0.408		
Riboflavin		0.520		2		1		0.147	2.359		
Niacin		6.200		1		1		1.758	28.123		
Pantothenic acid											
Vitamin B-6											
Folate, total											
Folate, DFE											
Vitamin B-12		_		_				_	_		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
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		0.996		1		1		0.282	4.518		
Histidine		0.618		1		1		0.175	2.803		
Alanine		1.096		1		1		0.311	4.971		
Aspartic acid		1.794		1		1		0.509	8.138		
Glutamic acid		2.644		1		1		0.750	11.993		
Glycine		1.013		1		1		0.287	4.595		
Proline		0.830		1		1		0.235	3.765		
Serine	-	0.744		1		1		0.211	3.375		

NDB No. 17174 Game meat, muskrat, raw

#### Amount in 100 grams of edible portion

Amount in edible portion of common measures of food

Number

of Data Deriv Source Confidence

Nutrients and Units Mean Std. Error Points Code Code Code Measure 1 Measure 2 Measure 3

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

#### **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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

		<u>A</u>	mount in 100	grams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			N	lumber				<u>m</u>	easures of food	
			o	of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	58.30		1		1		232.62	49.56	
Energy	_	221		0	NC	4		882	188	
Energy		925				4		3689	786	
Protein (N x 6.25)		30.20		1		1		120.50	25.67	
Total lipid (fat)	-	10.20		1		1		40.70	8.67	
Ash		2.30		1		1		9.18	1.96	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_	0.00		•	_	•		0.00	0.00	
	9									
Minerals:		1.7		•				60	1.4	
Calcium, Ca		17 4.64		0		4 4		68 18.51	14 3.94	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	34		0		4			29	
Magnesium, Mg Phosphorus, P		34 278		0		4		136 1109	29 236	
Potassium, K	-	438		0		4		1748	372	
Sodium, Na	-	58		0		4		231	49	
Zine, Zn	-	2.28		0		4		9.10	1.94	
Copper, Cu		0.189	9	0		4		0.754	0.161	
Manganese, Mn										
Selenium, Se		18.2		0	BFNN	4		72.6	15.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.100	1	1	-	1		0.399	0.085	
Riboflavin		0.370		1		1		1.476	0.315	
Niacin	-	8.430		0		4		33.636	7.166	
Pantothenic acid						_				
Vitamin B-6		0.470	)	0		4		1.875	0.400	
Folate, total		10		0		4		40	9	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		40	9	
Folate, DFE	mcg_DFE	10		0	NC	4		40	9	
Vitamin B-12		8.30		0		4		33.12	7.06	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.44		0	BFSN	4		1.77	0.38	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		1.0		•				6.3	1 2	
Vitamin K (phylloquinone)	fricg	1.6		0	BFSN	4		6.3	1.3	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.206	5	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	_	0.000		0		4		0.000	0.000	
10:0	_	0.000		0		4		0.000	0.000	
12:0	_	0.000	)	0		4		0.000	0.000	
13:0								_		
14:0		0.044	1	0		4		0.176	0.037	
15:0			_	_		_		_		
16:0		0.965	5	0		4		3.850	0.820	
17:0			_	_		_		_		
18:0		0.176	5	0		4		0.702	0.150	
20:0	_									
22:0	a									

	<u>An</u>	nount in 100 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.773	0		4		15.054	3.207	
14:1g	3.773	v		-		13.034	3.207	
15:1								
16:1 undifferentiated	0.307	0		4		1.225	0.261	
17:1g								
18:1 undifferentiated 9	3.444	0		4		13.742	2.927	
20:1g	0.000	0		4		0.000	0.000	
22:1 undifferentiatedg	0.000	0		4		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	2.983	0		4		11.902	2.536	
18:2 undifferentiatedg	2.939	0		4		11.727	2.498	
18:3 undifferentiatedg	0.066	0		4		0.263	0.056	
18:4g	0.000	0		4		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000	0		4		0.000	0.000	
20:5 n-3g	0.000	0		4		0.000	0.000	
22:5 n-3g	0.000	0		4		0.000	0.000	
22:6 n-3g	0.000	0		4		0.000	0.000	
Fatty acids, total trans								
Cholesterolmg	129	0		4		515	110	
Phytosterolsmg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	Z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

## **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

NDB No. 17178

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

Refuse: 0%

		<u>A</u>	mount in 100 gran	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	a	60.61	0		1		189.71	51.52	
Energy	_	197	0	NC	4		617	167	
Energy		824	v	NC	4		2580	701	
Protein (N x 6.25)	·=	29.06	0		1		90.96	24.70	
Total lipid (fat)		8.05	0		1		25.20	6.84	
Ash		1.04	0		1		3.26	0.88	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.00	0	Z	7		0.0	0.00	
Sugars, total		0.0	· ·	2	,		0.0	0.0	
Starch	_								
Starcn	9								
<u> Minerals:</u>									
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	_	263	0		1		823	224	
Potassium, K	mg	383	0		1		1199	326	
Sodium, Na	mg	47	0		1		147	40	
Zinc, Zn		2.27	0		1		7.11	1.93	
Copper, Cu		0.189			1		0.592	0.161	
Manganese, Mn	mg	0.032			1		0.100	0.027	
Selenium, Se	mcg	38.5	0	BFYN	4		120.5	32.7	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.090		_	1		0.282	0.077	
Riboflavin		0.210			1		0.657	0.179	
Niacin		8.430			1		26.386	7.166	
Pantothenic acid		0.930			1		2.911	0.791	
Vitamin B-6		0.470			1		1.471	0.400	
Folate, total	_	11	0		1		34	9	
Folic acid		0	0	z	7		0	0	
Folate, food		11	0	_	1		34	9	
Folate, DFE	mca DFE	11	0	NC	4		34	9	
Vitamin B-12		8.30	0		1		25.98	7.06	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0		4		0	0	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)		· ·	·		-		·	v	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:	_				_				
Fatty acids, total saturated		2.400	0		1		7.512	2.040	
4:0									
6:0									
8:0									
10:0									
12:0									
13:0		0.210	0		1		0.657	0.179	
14:0		0.210	, 0		1		0.657	0.179	
15:0		1 017	0		1		F 665	1 500	
16:0		1.810	, 0		1		5.665	1.539	
17:0	_	0.300			1		1 100	0 202	
18:0	_	0.380	0		T		1.189	0.323	
20:0	_								
22:0	~								

	<u>Aı</u>	mount in 10			<u>n</u>	Amount in edible portion of common			
			Number				<u>me</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.170		0		1		6.792	1.845	
14:1g									
15:1g									
16:1 undifferentiatedg	0.260		0		1		0.814	0.221	
17:1g									
18:1 undifferentiatedg	1.860		0		1		5.822	1.581	
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	1.560		0		1		4.883	1.326	
18:2 undifferentiatedg	1.240		0		1		3.881	1.054	
18:3 undifferentiated	0.320		0		1		1.002	0.272	
18:4g									
20:2 n-6 c.c									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3									
22:5 n-3									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	82		0		1		257	70	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.384		0		1		1.202	0.326	
Threonineg	1.300		0		1		4.069	1.105	
Isoleucineg	1.379		0		1		4.316	1.172	
Leucineg	2.264		0		1		7.086	1.924	
Lysineg	2.544		0		1		7.963	2.162	
Methionineg	0.727		0		1		2.276	0.618	
Cystineg	0.365		0		1		1.142	0.310	
Phenylalanineg	1.193		0		1		3.734	1.014	
Tyrosineg	1.035		0		1		3.240	0.880	
Valineg	1.477		0		1		4.623	1.255	
Arginine	1.795		0		1		5.618	1.526	
Histidine	0.815		0		1		2.551	0.693	
Alanineg	1.753		0		1		5.487	1.490	
Aspartic acidg	2.839		0		1		8.886	2.413	
Glutamic acid	4.662		0		1		14.592	3.963	
Glycineg	1.578		0		1		4.939	1.341	
Prolineg	1.420		0		1		4.445	1.207	
Serineg	1.288		0		1		4.031	1.095	
Hydroxyproline	200		-		-				

## **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. 17179
Game meat, rabbit, domesticated, composite of cuts, cooked, stewed

		<u>A</u> 1	mount in 100 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
			Number	r			m	easures of food	
					Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	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		862			4		2577	733	
Protein (N x 6.25)		30.38	0		1		90.84	25.82	
Total lipid (fat)		8.41	0		1		25.15	7.15	
Ash		1.09	0		1		3.26	0.93	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch									
Minerals:					_				
Calcium, Ca	-	20	0		1		60	17	
Iron, Fe		2.37	0		1		7.09	2.01	
Magnesium, Mg		20 226	0		1 1		60 676	17 192	
Phosphorus, P	-	226 300	0		1		676 897	192 255	
Potassium, K		300 37	0		1		897 111	255 31	
Sodium, Na Zinc, Zn		2.37	0		1		7.09	2.01	
Copper, Cu		0.176			1		0.526	0.150	
Manganese, Mn		0.170			1		0.096	0.027	
Selenium, Se		38.5	. 0	BFYN	4		115.1	32.7	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.060			1		0.179	0.051	
Riboflavin		0.170			1		0.508	0.145	
Niacin	-	7.160			1		21.408	6.086	
Pantothenic acid		0.670			1		2.003	0.570	
Vitamin B-6	-	0.340			1		1.017	0.289	
Folate, total		9	0		1		27	8	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	9	0		1		27	8	
Folate, DFE		9	0	NC	4		27	8	
Vitamin B-12		6.51	0		1		19.46	5.53	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0	AS	1		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.44	U	BFSN	4		1.31	0.37	
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		1.6	0	BFSN	4		4.7	1.3	
<u>Lipids:</u>									
Fatty acids, total saturated		2.510			1		7.505	2.134	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0	-	0.000			1		0.000	0.000	
10:0	_	0.000			1		0.000	0.000	
12:0	-	0.000	0		1		0.000	0.000	
13:0	-				_				
14:0		0.220	0		1		0.658	0.187	
15:0	_				_				
16:0		1.890	0		1		5.651	1.607	
17:0	_	0.000	,		-			0 000	
10.0		0.390	) 0		1		1.166	0.332	
18:0	_	0.550							
18:0	9	0.330							

	<u>Aı</u>	mount in 100 grams	of edibl	e portio	<u>n</u>	Amount in edible portion of common measures of food		
		Number	r			<u>m</u>	easures of food	
				Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Estimated and management of the control of the cont	2.270	0		1		6 707	1 020	
Fatty acids, total monounsaturatedg 14:1g 15:1	2.270	· ·		1		6.787	1.930	
16:1 undifferentiated	0.280	0		1		0.837	0.238	
18:1 undifferentiatedg	1.940	0		1		5.801	1.649	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturated	1.630			1		4.874	1.386	
18:2 undifferentiatedg	1.300			1		3.887	1.105	
18:3 undifferentiatedg	0.340			1		1.017	0.289	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.000			1		0.000	0.000	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans9				_				
Cholesterol mg	86	0		1		257	73	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.401	. 0		1		1.199	0.341	
Threonineg	1.359	0		1		4.063	1.155	
Isoleucineg	1.441	. 0		1		4.309	1.225	
Leucineg	2.367	0		1		7.077	2.012	
Lysineg	2.660	0		1		7.953	2.261	
Methionineg	0.760	0		1		2.272	0.646	
Cystineg	0.382	0		1		1.142	0.325	
Phenylalanineg	1.247	0		1		3.729	1.060	
Tyrosineg	1.082	0		1		3.235	0.920	
Valineg	1.544	0		1		4.617	1.312	
Arginineg	1.877	0		1		5.612	1.595	
Histidineg	0.852	0		1		2.547	0.724	
Alanineg	1.833	0		1		5.481	1.558	
Aspartic acidg	2.968	0		1		8.874	2.523	
Glutamic acidg	4.874	0		1		14.573	4.143	
Glycine9	1.649	0		1		4.931	1.402	
Prolineg	1.485	0		1		4.440	1.262	
Serineg	1.346	0		1		4.025	1.144	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:	v	· ·	4	•		J	3	
Carotene, beta mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

#### **Common Measures:**

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

Measure 2 = 85g: 3 oz

NDB No. 17179

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

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

		<u>Aı</u>	mount in 100 g	<u>ırams</u>	of ear	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber	•			measures of food			
					Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	72.82	0.271	87		1		20.64	330.31		
Energy	kcal	136		0	NC	4		39	617		
Energy		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:											
Vilnerals: Calcium, Ca	ma	13	0.712	23		1		4	59		
Iron, Fe	-	1.57	0.712	3		1		0.45	7.12		
Magnesium, Mg		19	1.697	26		1		5	86		
Phosphorus, P		213	12.018	3		1		60	966		
Potassium, K	_	330	25.166	3		1		94	1497		
Sodium, Na		41	1.529	21		1		12	186		
Zinc, Zn		1.57	0.088	3		1		0.45	7.12		
Copper, Cu	mg	0.145	i	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	ma	0.0		1		1		0.0	0.0		
Thiamin		0.100	1	1		1		0.028	0.454		
Riboflavin		0.150		2		1		0.043	0.680		
Niacin		7.270	1	2		1		2.061	32.977		
Pantothenic acid		0.800	1	1		1		0.227	3.629		
Vitamin B-6		0.500	1	1		1		0.142	2.268		
Folate, total	mcg	8		2		1		2	36		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	8		2		1		2	36		
Folate, DFE	mcg_DFE	8		0	NC	4		2	36		
Vitamin B-12		7.16		2		1		2.03	32.48		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0		4		0	0		
Vitamin E (alpha-tocopherol)	=										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	1.660	)	0		1		0.471	7.530		
4:0											
6:0											
8:0	g										
10:0											
12:0											
13:0											
14:0		0.150	1	21		1		0.043	0.680		
15:0		_				_					
16:0		1.250	1	21		1		0.354	5.670		
17:0	-			0-		_					
18:0	-	0.260	1	21		1		0.074	1.179		
20:0	-										
22:0	y										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Numbei			m	easures of 1000	
Nutrients and Units	Mean	of Data Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.500	0	1		0.425	6.804	
14:1g							
15:1g							
16:1 undifferentiatedg	0.180	21	1		0.051	0.816	
17:1g							
18:1 undifferentiatedg	1.280	21	1		0.363	5.806	
20:1g							
22:1 undifferentiatedg							
24:1 c	1.080	0	1		0.306	4.899	
Fatty acids, total polyunsaturatedg 18:2 undifferentiatedg	0.860	21	1		0.306	4.899 3.901	
18:3 undifferentiated	0.220	21	1		0.244	0.998	
18:4g	0.220	21	_		0.062	0.996	
20:2 n-6 c.c							
20:3 undifferentiatedg							
20:4 undifferentiated							
20:5 n-3							
22:5 n-3							
22:6 n-3g							
Fatty acids, total trans							
Cholesterol mg	57	1.976 77	1		16	259	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.265	2	1		0.075	1.202	
Threonineg	0.897	8	1		0.254	4.069	
Isoleucine	0.951	8	1		0.270	4.314	
Leucineg	1.562	8	1		0.443	7.085	
Lysineg	1.756	8	1		0.498	7.965	
Methionineg	0.502	8	1		0.142	2.277	
Cystineg	0.252	2	1		0.071	1.143	
Phenylalanine9	0.823	8	1		0.233	3.733	
Tyrosineg	0.714	4	1		0.202	3.239	
Valineg	1.019	8	1		0.289	4.622	
Arginineg	1.239	8	1		0.351	5.620	
Histidineg	0.562	8	1		0.159	2.549	
Alanineg	1.210	4	1		0.343	5.489	
Aspartic acidg	1.959	4	1		0.555	8.886	
Glutamic acidg	3.217	4	1		0.912	14.592	
Glycineg	1.089	4	1		0.309	4.940	
Prolineg	0.980	4	1		0.278	4.445	
Serineg	0.889	4	1		0.252	4.033	
Hydroxyprolineg							

## **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

		<u>A</u> :	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			N	lumber				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	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				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		1.70		0		1		5.08	1.45	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	ma	18		0		1		54	15	
Iron. Fe.	_	4.85		0		1		14.50	4.12	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	31		0		1		93	26	
Phosphorus, P		240		0		1		718	204	
Potassium, K	•	343		Ō		1		1026	292	
Sodium, Na		45		0		1		135	38	
Zinc, Zn	mg	2.38		0		4		7.12	2.02	
Copper, Cu	mg	0.176	5	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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.020	1	0	_	1		0.060	0.017	
Riboflavin	-	0.020		0		1		0.209	0.060	
Niacin	=	6.400		0		1		19.136	5.440	
Pantothenic acid	-	0.100		·		_		25.250	0.110	
Vitamin B-6	-	0.340	)	0		4		1.017	0.289	
Folate, total		8		0		4		24	7	
Folic acid		0		0	z	7		0	0	
Folate, food	-	8		0		4		24	7	
Folate, DFE	mcg_DFE	8		0	NC	4		24	7	
Vitamin B-12		6.51		0		4		19.46	5.53	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.41		0	BFSN	4		1.23	0.35	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D				•						
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		0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0		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										
14:0	g	0.090	)	0		1		0.269	0.077	
15:0										
16:0		0.790	)	0		1		2.362	0.672	
17:0										
18:0		0.160	)	0		1		0.478	0.136	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	nount in 10			ole portio	o <u>n</u>		edible portion of easures of food	
Nutrients and U	Inits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	edg	0.950		0		1		2.841	0.808	
14:1	-									
15:1	_					_				
16:1 undifferentiated	_	0.120		0		1		0.359	0.102	
17:1 18:1 undifferentiated	_	0.810		0		1		2.422	0.689	
20:1	-	0.000		0		1		0.000	0.689	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	
24:1 c	•	0.000		U		1		0.000	0.000	
Fatty acids, total polyunsaturated		0.680		0		1		2.033	0.578	
18:2 undifferentiated		0.540		0		1		1.615	0.459	
18:3 undifferentiated		0.140		0		1		0.419	0.119	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c.c		0.000		·		-		3.000	0.000	
20:3 undifferentiated	-									
20:4 undifferentiated		0.000		0		1		0.000	0.000	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans				_		_		0.000	0.000	
Cholesterol		123		0		1		368	105	
Phytosterols	-			·		_				
1 Hytosterois										
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		1.463		0		1		4.374	1.244	
Hydroxyproline	g									
Others:										
	a	0.0		0		7		0.0	0.0	
Alcohol, ethyl		0.0		0	z	7		0.0	0.0	
Caffeine Theobromine		0		0	Z	7		0	0	
		U		U	4	,		U	U	
<u>Carotenoids:</u>										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

#### **Common Measures:**

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

Measure 2 = 85g: 3 oz

NDB No. 17181

Game meat, rabbit, wild, cooked, stewed

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

		<u>Aı</u>	mount in 100 g	rams	of ear	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Durationatory										
Proximates: Water	a	74.51	0.412	31		1		21.12	337.98	
Energy	-	114		0	NC	4		32	517	
Energy		477				4		135	2164	
Protein (N x 6.25)		21.79	0.183	32		1		6.18	98.84	
Total lipid (fat)		2.32	0.396	30		1		0.66	10.52	
Ash		1.12	0.017	28		1		0.32	5.08	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium, Ca	ma	12		1		1		3	54	
Iron, Fe		3.20		1		1		0.91	14.52	
Magnesium, Mg		29		1		1		8	132	
Phosphorus, P		226		1		1		64	1025	
Potassium, K	-	378	6.305	98		1		107	1715	
Sodium, Na		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	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.030	1	1		1		0.009	0.136	
Riboflavin		0.060	1	1		1		0.017	0.272	
Niacin	mg	6.500	)	1		1		1.843	29.484	
Pantothenic acid	<u>.</u> mg									
Vitamin B-6										
Folate, total										
Folate, DFE										
Vitamin B-12				_				_	_	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)										
Lipids:	~	0.600		0				0.106	2 120	
Fatty acids, total saturated		0.690		U		1		0.196	3.130	
4:0 6:0										
8:0	_									
10:0	_									
12:0	_									
13:0	_									
14:0	g	0.060	1	21		1		0.017	0.272	
15:0	_									
16:0	_	0.520	1	21		1		0.147	2.359	
17:0		_				_				
18:0		0.110	1	21		1		0.031	0.499	
20:0	_									
22:0	_									
24:0	_	0.630		0		1		0.179	2.858	
Fatty acids, total monounsaturated		0.630	•	U		1		0.179	2.838	
15:1	_									

		<u>An</u>	nount in 100 grams Number of Data	,	on Confidence		edible portion of easures of food	
Nutrients and Unit	ts	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.080	21	1		0.023	0.363	
17:1	-	0.540	21	1		0.153	2.449	
18:1 undifferentiated 20:1	-	0.540	21	1		0.153	2.449	
22:1 undifferentiated	-							
24:1 c	-							
Fatty acids, total polyunsaturated		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								
20:3 undifferentiated								
20:4 undifferentiated								
20:5 n-3								
22:5 n-3								
22:6 n-3								
Fatty acids, total trans		81	1.603 40	1		23	267	
Cholesterol	• • • • • • • • • • • • • • • • • • • •	91	1.603 40	1		23	367	
Phytosterols								
Amino Acids:								
Tryptophan		0.288	2	1		0.082	1.306	
Threonine		0.975	8	1		0.276	4.423	
Isoleucine		1.034	8	1		0.293	4.690	
Leucine		1.698	8	1		0.481	7.702	
Lysine		1.908	8	1		0.541	8.655	
Methionine	_	0.545	8	1		0.155	2.472	
Cystine		0.274	2	1		0.078	1.243	
Phenylalanine		0.895	8	1		0.254	4.060	
Tyrosine		0.776	4	1 1		0.220	3.520	
Valine	_	1.108	8	<del>-</del>		0.314	5.026	
Arginine		1.346 0.611	8	1 1		0.382 0.173	6.105	
Histidine	-	1.315	8	1		0.173	2.771	
		2.129	4	1		0.373	5.965 9.657	
Aspartic acidGlutamic acid		3.496	4	1		0.604	15.858	
Glycine	-	1.183	4	1		0.335	5.366	
Proline		1.065	4	1		0.302	4.831	
Serine		0.966	4	1		0.274	4.382	
Hydroxyproline	-	3.300	•	-		0.2/4	1.302	

## **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

Procyon lotor

		<u>A</u>	mount in 100 gram	Amount in edible portion of common					
			Numbe	r			m	easures of food	<u>.</u>
					Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	54.30	1		1		216.66	46.16	
Energy	kcal	255	0	NC	4		1017	217	
Energy		1067			4		4257	907	
Protein (N x 6.25)	g	29.20	1		1		116.51	24.82	
Total lipid (fat)		14.50	1		1		57.86	12.33	
Ash		1.50	1		1		5.99	1.28	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch									
	······································								
Minerals:									
Calcium, Ca	-	14	0		4		56	12	
Iron, Fe		7.10 30	0		4		28.33	6.04	
Magnesium, Mg					4		120	26	
Phosphorus, P.	•	261 398	0		4 4		1041 1588	222 338	
Potassium, K		398 79	0		4		1588 315	338 67	
Sodium, NaZinc, Zn		2.27	0		4		9.06	1.93	
Copper, Cu		0.189			4		0.754	0.161	
Manganese, Mn		0.103	,		-		0.754	0.101	
Selenium, Se		18.0	0	BFNN	4		71.8	15.3	
· ·	9								
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.590			1		2.354	0.502	
Riboflavin		0.520			1		2.075	0.442	
Niacin		4.680	0		4		18.673	3.978	
Pantothenic acid							4 075		
Vitamin B-6		0.470			4		1.875	0.400	
Foliate, total		11 0	0	z	4 7		44 0	9 0	
Folic acid	-	11	0	Z	4		44	9	
Folate, foodFolate, DFE	mcg DEE	11	0	NC	4		44	9	
Vitamin B-12		8.30	0	NC	4		33.12	7.06	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE	mca RAF	0	0	AS	1		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.49	0	BFSN	4		1.94	0.41	
Tocopherol, beta		0.15	· ·	22.01.	-			0.11	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		1.7	0	BFSN	4		6.9	1.5	
<u>Lipids:</u>	~	4 050					16 000		
Fatty acids, total saturated		4.070			4		16.239	3.460	
4:0	-	0.000			1		0.000	0.000	
6:0	-	0.000			1 1		0.000	0.000	
8:0		0.000					0.000	0.000	
10:0 12:0.	-	0.000			1 1		0.000 0.000	0.000 0.000	
13:0		0.000	, 0		_		0.000	0.000	
14:0	-	0.552	2 0		1		2.202	0.469	
15:0		0.352	. 0		-		2.202	0.409	
16:0	-	2.285	5 0		1		9.117	1.942	
17:0		2.20			-		9.111	1.342	
18:0		1.131	. 0		1		4.513	0.961	
20:0		1.131	. 0		-		4.313	0.901	
22:0	-								
44.V	9								

	<u>Aı</u>	mount in 10	Number	Amount in edible portion of common measures of food					
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	5.010		•						
Fatty acids, total monounsaturated9	5.210		0		4		20.788	4.429	
14:1g 15:1g									
16:1 undifferentiated	0.961		0		1		3.834	0.817	
17:1g	0.901		U		_		3.034	0.817	
18:1 undifferentiatedg	4.079		0		1		16.275	3.467	
20:1g	0.056		0		1		0.223	0.048	
22:1 undifferentiatedg	0.000		0		1		0.000	0.000	
24:1 cg	0.000		·		_		0.000	0.000	
Fatty acids, total polyunsaturatedg	2.090		0		4		8.339	1.777	
18:2 undifferentiated	1.281		0		1		5.111	1.089	
18:3 undifferentiatedg	0.063		0		1		0.251	0.054	
18:4g	0.000		0		1		0.000	0.000	
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.371		0		1		1.480	0.315	
20:5 n-3g	0.051		0		1		0.203	0.043	
22:5 n-3g	0.100		0		1		0.399	0.085	
22:6 n-3g	0.032		0		1		0.128	0.027	
Fatty acids, total transg									
Cholesterolmg	97		0		4		387	82	
Phytosterolsmg									
Others:									
Alcohol, ethylg	0.0		0		7		0.0	0.0	
Caffeinemg	0		0	Z	7		0	0	
Theobromine mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, betamcg	0		0	z	7		0.000	0.000	
Carotene, alphamcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, betamcg	0		0	Z	7		0.000	0.000	
Lycopenemcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0		0	Z	7		0.000	0.000	

## **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

		<u>A</u> :	mount in 100	<u>0 grams</u>		edible portion				
			I	Number	•			<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	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				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										
Minerals:		_		_		_		•	•	
Calcium, Ca	-	3		0		1		9	3	
Iron, Fe.	-	6.81		0		1		21.32	5.79	
Magnesium, Mg		28		0		1		88	24	
Phosphorus, P	•	211		0		1		660	179	
Potassium, K	-	352 110		0		1 1		1102 372	299	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	119 1.78		0		4			101	
Zinc, Zn	-	0.148	,	0		4		5.57 0.463	1.51 0.126	
Copper, Cu		0.148		0		1		0.463	0.126	
Manganese, Mn Selenium, Se		15.1	<u>-</u>	0	BFYN	4		47.3	12.8	
Seienium, Se	nicg	15.1		U	Drin	4		47.3	12.0	
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	<u>mg</u>	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		9		0		4		28	8	
Folate, DFE		9		0	NC	4		28	8	
Vitamin B-12		6.51		0		4		20.38	5.53	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	AS	1		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.40		0	BFSN	4		1.26	0.34	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
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		0.000	)	0		4		0.000	0.000	
6:0		0.000	)	0		4		0.000	0.000	
8:0	g	0.000	)	0		4		0.000	0.000	
10:0	-	0.000		0		4		0.000	0.000	
12:0	g	0.000	)	0		4		0.000	0.000	
13:0										
14:0		0.020	)	0		1		0.063	0.017	
15:0										
16:0		0.440	)	0		1		1.377	0.374	
17:0	g									
18:0	_	0.080	)	0		1		0.250	0.068	
20:0	g									
22:0	g									
24:0	a									

	<u>A</u>	mount in 100 grams	Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv Sour	ce Confidence e Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.330	0	4		4.163	1.131	
14:1							
15:1	0 140	0	1		0.438	0.119	
16:1 undifferentiated	0.140	U	1		0.438	0.119	
18:1 undifferentiated	1.570	0	1		4.914	1.335	
20:1g	0.076		4		0.238	0.065	
22:1 undifferentiatedg	0.000		4		0.000	0.000	
24:1 cg		-	_				
Fatty acids, total polyunsaturated9	1.460	0	4		4.570	1.241	
18:2 undifferentiatedg	1.340	0	1		4.194	1.139	
18:3 undifferentiatedg	0.030	0	1		0.094	0.026	
18:4g	0.000	0	4		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.189		4		0.592	0.161	
20:5 n-3g	0.006		4		0.019	0.005	
22:5 n-3g	0.015		4		0.047	0.013	
22:6 n-3g	0.103	0	4		0.322	0.088	
Fatty acids, total trans	101	•			270	100	
Cholesterol mg	121	0	1		379	103	
Phytosterolsmg							
Amino Acids:							
Tryptophang							
Threonineg	1.172		1		3.668	0.996	
Isoleucineg	1.172		1		3.668	0.996	
Leucineg	2.211		1		6.920	1.879	
Lysineg	2.225		1		6.964	1.891	
Methionineg	0.675	0	1		2.113	0.574	
Cystine	1.191	. 0	1		2 700	1 010	
Phenylalanine	0.921		1		3.728 2.883	1.012 0.783	
Tyrosine	1.216		1		3.806	1.034	
Arginine	1.605		1		5.024	1.364	
Histidine 9	0.803		1		2.513	0.683	
Alanineg	1.457		1		4.560	1.238	
Aspartic acid	2.447		1		7.659	2.080	
Glutamic acidg	4.160		1		13.021	3.536	
Glycineg	1.334		1		4.175	1.134	
Prolineg	1.147	0	1		3.590	0.975	
Serine9	1.009	0	1		3.158	0.858	
Hydroxyprolineg							
Others							
Others: Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg	0.0	0	z 7		0.0	0.0	
Theobromine mg	0	0	z 7		0	0	
Carotenoids:	Ŭ	v	- '		J	•	
·	_	_	_ =				
Carotene, beta mcg	0	0	z 7		0.000	0.000	
Carotene, alpha mcg	0	0	z 7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	z 7 z 7		0.000	0.000 0.000	
Lycopene mcg	0	0	z 7		0.000 0.000	0.000	
Lutein + zeaxanthinmcg	U	U	4 /		0.000	0.000	

## **Common Measures:**

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

Measure 2 = 85g: 3 oz

NDB No. 17184

Game meat, squirrel, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

		<u>A</u>	mount in 100	Amount in edible portion of common						
			N	lumbe	measures of food					
			c	of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
n : .										
Proximates: Water	q	73.83	0.507	7 17		1		20.93	334.89	
Energy	-	120		0	NC	4		34	544	
Energy		502				4		142	2277	
Protein (N x 6.25)	· -	21.23	0.194	1 17		1		6.02	96.30	
Total lipid (fat)		3.21	0.563			1		0.91	14.56	
Ash		1.16	0.047	7 16		1		0.33	5.26	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca		2		1		1		1	9	
Iron, Fe	-	4.70		1		1		1.33	21.32	
Magnesium, Mg		24		1		1		7	109	
Phosphorus, P		172		2		1		49	780	
Potassium, K	-	304		1		1		86	1379	
Sodium, Na	_	103		1		1		29	467	
Zinc, Zn	-									
Copper, Cu Manganese, Mn										
Selenium, Se		9.3		0	BFNN	4		2.6	42.2	
Selemun, Se	nog	9.3		U	DENN	-		2.0	42.2	
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.070	)	1		1		0.020	0.318	
Riboflavin	mg	0.210	)	1		1		0.060	0.953	
Niacin		4.000	)	1		1		1.134	18.144	
Pantothenic acid										
Vitamin B-6										
Folate, total	mcg									
Folate, DFE										
Vitamin B-12		_						_	_	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitanim K (phynoquinone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.380	)	0		1		0.108	1.724	
4:0	g									
6:0										
8:0										
10:0										
12:0										
13:0	-			_						
14:0		0.020	)	5		1		0.006	0.091	
15:0				_		_				
16:0		0.300	,	5		1		0.085	1.361	
17:0	-	0.05	,	-						
18:0	_	0.050	J	5		1		0.014	0.227	
20:0	-									
22:0	-									
24:0	-	1 100	,	^		4		0 335	E 3E0	
Fatty acids, total monounsaturated.		1.180	,	0		1		0.335	5.352	
14:1	-									
15:1	y									

		<u>Am</u>	ount in 100	Amount in edible portion of common measures of food						
Nutrients and Un	its	Mean S	-	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.100		5		1		0.028	0.454	
17:1	g									
18:1 undifferentiated	-	1.080		5		1		0.306	4.899	
20:1										
22:1 undifferentiated	g									
24:1 c										
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										
Cholesterol	mg	83	5.06	9 15		1		24	376	
Phytosterols	mg									
Amino Acids:										
Tryptophan				_						
Threonine		0.809		1		1		0.229	3.670	
Isoleucine		0.809		1		1		0.229	3.670	
Leucine	-	1.525		1		1		0.432	6.917	
Lysine		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	-	0.921		1		1		0.261	4.178	
Proline		0.792		1		1		0.225	3.593	
Serine	-	0.696		1		1		0.197	3.157	
Hydroxyproline										

# **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

Refuse: 0%

		<u>Ar</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber	•			<u>m</u> e	easures of food	_	
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
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										
M:											
Minerals: Calcium, Ca	ma	13	1.366	14		1		4	59		
Iron, Fe	_	2.83	0.207	52		1		0.80	12.84		
Magnesium, Mg	-	2.03	0.207	JZ		1		0.80	12.04		
Phosphorus, P		180	11.701	14		1		51	816		
Potassium, K		385	8.520	7		1		109	1746		
Sodium, Na	_	82	5.598	7		1		23	372		
Zine, Zn		4.00	0.088	47		1		1.13	18.14		
Copper, Cu		0.256		46		1		0.073	1.161		
Manganese, Mn		0.038		46		1		0.011	0.172		
Selenium, Se		8.8		0	BFNN	4		2.5	39.9		
•											
Vitamins:											
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0		
Thiamin		0.110		6		1		0.031	0.499		
Riboflavin		0.490		6		1		0.139	2.223		
Niacin		3.750	0.190	9		1		1.063	17.010		
Pantothenic acid	-										
Vitamin B-6		-									
Folate, total		5 0		1 0	Z	1 7		1 0	23 0		
Folic acid	-	5		1	Z	1		1	23		
Folate, food		5 5		0	NC	4		1	23		
Folate, DFE		1.13		1	NC	1		0.32	5.13		
Vitamin B-12	111Cg	0		0		4		0.32	0		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAERetinol		0		0		4		0	0		
		U		U		4		U	U		
Vitamin E (alpha-tocopherol) Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
4 , 1 ,											
Lipids:	_			_		_					
Fatty acids, total saturated		0.710		0		1		0.201	3.221		
4:0											
6:0	_										
8:0	-	0 000		1 2		1		0 000	0 000		
10:0		0.000		13 13		1		0.000 0.000	0.000 0.000		
12:0 13:0		0.000		13		1		0.000	0.000		
14:0		0.030		13		1		0 000	0.136		
		0.030		13		1		0.009	0.136		
15:0		0.330		12		1		0.004	1 407		
16:0		0.330		13		T		0.094	1.497		
17:0	_	0 300		12		1		0.004	1 405		
18:0	_	0.330		13		T		0.094	1.497		
20:0	_										
22:0	g g										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number	r Deriv Source	Canfidanaa	<u></u>	<u>easures or 100a</u>		
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.030	0	1		0.292	4.672		
14:1g								
15:1g								
16:1 undifferentiatedg	0.040	13	1		0.011	0.181		
17:1g								
18:1 undifferentiatedg	0.940	13	1		0.266	4.264		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.170	0	1		0.048	0.771		
18:2 undifferentiatedg	0.100	13	1		0.028	0.454		
18:3 undifferentiatedg	0.020	13	1		0.006	0.091		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.060	13	1		0.017	0.272		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	57	1.792 7	1		16	259		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.306	1	1		0.087	1.388		
Threonine	0.981	1	1		0.278	4.450		
Isoleucine	1.042	1	1		0.295	4.727		
Leucine 9	1.716	1	1		0.486	7.784		
Lysineg	1.532	1	1		0.434	6.949		
Methionineg	0.552	1	1		0.156	2.504		
Cystineg	0.245	1	1		0.069	1.111		
Phenylalanineg	0.715	1	1		0.203	3.243		
Tyrosineg	0.633	1	1		0.179	2.871		
Valineg	1.103	1	1		0.313	5.003		
Arginine	1.512	1	1		0.429	6.858		
Histidineg	0.429	1	1		0.122	1.946		
Alanineg		-	_			=		
Aspartic acid								
Glutamic acid								
Glycineg								
Prolineg								
Serineg								
Hydroxyproline								

# 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. 17281 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

Refuse: 22% Bone

		<u>A</u>	mount in 100	0 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common		
				Number	•			m	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	58.71		0	PAK	1		158.52	49.90	
Energy	_	256		0	MC	9		691	218	
Energy		1071		-		9		2892	910	
Protein (N x 6.25)		24.52		0	PAK	1		66.20	20.84	
Total lipid (fat)	-	16.82		0	PAK	1		45.41	14.30	
Ash		0.98		0	PAK	1		2.65	0.83	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary									0.00	
Sugars, total										
Starch	_									
Staren	9									
Minerals:										
Calcium, Ca	-	17		0	PAK	1		46	14	
Iron, Fe	-	1.93		0	PAK	1		5.21	1.64	
Magnesium, Mg		22		0	PAK	1		59	19	
Phosphorus, P	-	195		0	PAK	1		527	166	
Potassium, K		301		0	PAK	1		813	256	
Sodium, Na	-	76		0	PAK	1		205	65	
Zinc, Zn		4.68	_	0	PAK	1		12.64	3.98	
Copper, Cu		0.142		0	PAK	1 1		0.383	0.121 0.011	
Manganese, Mn Selenium, Se		0.013 10.1	•	0	PAK BFYN	4		0.035 27.3	8.6	
Seienium, Se	Ilicg	10.1		U	Drin	4		27.3	0.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.123	3	0	PAK	1		0.332	0.105	
Riboflavin	mg	0.332	2	0	PAK	1		0.896	0.282	
Niacin	<u>mg</u>	5.441	L	0	PAK	1		14.691	4.625	
Pantothenic acid		0.816	6	0	PAK	1		2.203	0.694	
Vitamin B-6	mg	0.366	6	0	PAK	1		0.988	0.311	
Folate, total										
Folate, DFE										
Vitamin B-12		2.87		0	PAK	1		7.75	2.44	
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (pilynoquinone)										
Lipids:										
Fatty acids, total saturated	g	7.940	)	0	MC	9		21.438	6.749	
4:0	g									
6:0										
8:0	-									
10:0		0.027		0	PAK	1		0.073	0.023	
12:0	-	0.049	9	0	PAK	1		0.132	0.042	
13:0			_							
14:0		0.633		0	PAK	1		1.709	0.538	
15:0	_	0.097		0	PAK	1		0.262	0.082	
16:0	_	3.721		0	PAK	1		10.047	3.163	
17:0	_	0.251		0	PAK	1		0.678	0.213	
18:0	-	3.129		0	PAK	1		8.448	2.660	
20:0	_	0.032	2	0	PAK	1		0.086	0.027	
22:0	_									
24:0	-		•	^	***	^		10 100	F 704	
Fatty acids, total monounsaturated		6.711		0	MC	9		18.120	5.704	
14:1		0.028	5	0	PAK	1		0.076	0.024	
15:1	g									

NDB No. 17281 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

		<u>Ar</u>	nount in 100 grams	r	_	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean	Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
464									
16:1 undifferentiated		0.307	0	PAK	1		0.829	0.261	
17:1	-	6.195	0	PAK	1		16.727	5.266	
20:1		0.059	0	PAK	1		0.159	0.050	
22:1 undifferentiated	-	0.059	U	PAR	_		0.159	0.050	
24:1 c									
Fatty acids, total polyunsaturated		0.660	0	MC	9		1.782	0.561	
18:2 undifferentiated		0.410	0	PAK	1		1.782	0.349	
18:3 undifferentiated	-	0.410	0	PAK	1		0.529	0.167	
18:4		0.190	· ·	FAIC	_		0.529	0.167	
20:2 n-6 c.c	-								
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.041	0	PAK	1		0.111	0.035	
20:5 n-3		0.041	v	PAIC	-		0.111	0.033	
22:5 n-3	-								
22:6 n-3	-								
Fatty acids, total trans									
Cholesterol	-	87	0	PAK	1		235	74	
Phytosterols	-								
Amino Acids:									
Tryptophan	ď	0.286	0		1		0.772	0.243	
Threonine		1.048	0		1		2.830	0.891	
Isoleucine		1.185	0		1		3.200	1.007	
Leucine		1.907	0		1		5.149	1.621	
Lysine	-	2.166	0		1		5.848	1.841	
Methionine		0.628	0		1		1.696	0.534	
Cystine	-	0.294	0		1		0.794	0.250	
Phenylalanine	-	0.997	0		1		2.692	0.847	
Tyrosine		0.824	0		1		2.225	0.700	
Valine	-	1.322	0		1		3.569	1.124	
Arginine		1.456	0		1		3.931	1.238	
Histidine	-	0.777	0		1		2.098	0.660	
Alanine	-	1.475	0		1		3.983	1.254	
Aspartic acid		2.158	0		1		5.827	1.834	
Glutamic acid		3.558	0		1		9.607	3.024	
Glycine	-	1.197	0		1		3.232	1.017	
Proline		1.028	0		1		2.776	0.874	
Serine	•	0.910	0		1		2.457	0.774	
Hydroxyproline	-							- · · · -	

## **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

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

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	-	64.93		0	PAK	1		18.41	294.52	55.19
Energy		229		0	MC	9		65	1039	195
Energy		958				9		272	4346	814
Protein (N x 6.25)		17.84		0	PAK	1		5.06	80.92	15.16
Total lipid (fat)		16.97		0	PAK	1		4.81	76.98	14.42
Ash		0.88		0	PAK	1		0.25	3.99	0.75
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0	PAK	1		4	59	11
Iron, Fe	-	1.43		0	PAK	1		0.41	6.49	1.22
Magnesium, 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		3.67		0	PAK	1		1.04	16.65	3.12
Copper, Cu	-	0.145		0	PAK	1		0.041	0.658	0.123
Manganese, Mn		0.011	L	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	3	0	PAK	1		0.038	0.603	0.113
Riboflavin	mg	0.261	L	0	PAK	1		0.074	1.184	0.222
Niacin	mg	4.934	l	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										
Vitamin B-12		2.47		0	PAK	1		0.70	11.20	2.10
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Illog									
<u>Lipids:</u>										
Fatty acids, total saturated		8.189	•	0	MC	9		2.322	37.145	6.961
4:0										
6:0										
8:0										
10:0	-	0.029		0	PAK	1		0.008	0.132	0.025
12:0		0.053	3	0	PAK	1		0.015	0.240	0.045
13:0	-			•		_				
14:0	-	0.662		0	PAK	1		0.188	3.003	0.563
15:0	-	0.104		0 0	PAK	1		0.029	0.472	0.088
16:0	-	3.863		-	PAK	1		1.095	17.523	3.284
17:0		0.255		0	PAK	1		0.072	1.157	0.217
18:0	-	3.195		0	PAK	1		0.906	14.493	2.716
20:0	_	0.029	,	0	PAK	1		0.008	0.132	0.025
22:0	_									
24:0	-	6 010	1	0	MC	0		1 050	31.344	5.874
Fatty acids, total monounsaturated.		6.910 0.026		0	MC PAK	9 1		1.959 0.007	31.344 0.118	0.022

NDB No. 17280 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw

		<u>Ar</u>	nount in 100 gram	r	•	_	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	of Data Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	a	0.326	0	PAK	1		0.092	1.479	0.277	
17:1	_									
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										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	66	0	PAK	1		19	299	56	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.208	0		1		0.059	0.943	0.177	
Threonine	-	0.762	0		1		0.216	3.456	0.648	
Isoleucine		0.862	0		1		0.244	3.910	0.733	
Leucine	-	1.387	0		1		0.393	6.291	1.179	
Lysine		1.576	0		1		0.447	7.149	1.340	
Methionine		0.457	0		1		0.130	2.073	0.388	
Cystine		0.214	0		1		0.061	0.971	0.182	
Phenylalanine		0.725	0		1		0.206	3.289	0.616	
Tyrosine		0.599			1		0.170	2.717	0.509	
Valine	-	0.962	0		1		0.273	4.364	0.818	
Arginine	_	1.059	0		1		0.300	4.804	0.900	
Histidine		0.565			1		0.160	2.563	0.480	
Alanine	•	1.073	0		1		0.304	4.867	0.912	
Aspartic acid		1.570	0		1		0.445	7.122	1.335	
Glutamic acid	-	2.589	0		1		0.734	11.744	2.201	
Glycine	_	0.871	0		1		0.247	3.951	0.740	
Proline	-	0.748	0		1		0.212	3.393	0.636	
Serine	•	0.662	0		1		0.188	3.003	0.563	
Hydroxyproline	-									

## **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

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%

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food 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									
Minarals										
Minerals: Calcium, Ca	ma	16		0	PAK	1		38	14	
Iron, Fe	_	2.05		0	PAK	1		4.84	1.74	
Magnesium, Mg	_	24		0	PAK	1		57	20	
Phosphorus, P		207		0	PAK	1		489	176	
Potassium, K	_	318		0	PAK	1		750	270	
Sodium, Na		80		0	PAK	1		189	68	
Zine, Zn		5.14		0	PAK	1		12.13	4.37	
Copper, Cu		0.153	3	0	PAK	1		0.361	0.130	
Manganese, Mn		0.014	l	0	PAK	1		0.033	0.012	
Selenium, Se	mcg	11.0		0	BFYN	4		26.0	9.4	
¥7:4										
<u>Vitamins:</u>	ma ar									
Vitamin C, total ascorbic acid	-	0 121		•	D312	1		0.200	0 111	
Thiamin	-	0.131		0	PAK	1		0.309	0.111	
Riboflavin		0.360 5.812		0	PAK PAK	1 1		0.850 13.716	0.306	
Niacin		0.876		0	PAK	1		2.067	4.940 0.745	
Pantothenic acid Vitamin B-6		0.876		0	PAK	1		0.930	0.745	
Folate, total		0.35	•	U	FAIX	_		0.930	0.333	
Folate, DFE										
Vitamin B-12		3.01		0	PAK	1		7.10	2.56	
Vitamin A, IU		3.01		·		-		7.10	2.50	
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Limida										
Lipids:	<b>a</b>	4 046	,	0	PAK	1		9.553	2 441	
Fatty acids, total saturated	-	4.048	3	U	PAK	1		9.553	3.441	
4:0 6:0	-									
8:0	-									
10:0	-	0.009	<b>,</b>	0	PAK	1		0.021	0.008	
12:0	-	0.023		0	PAK	1		0.054	0.020	
13:0	_	0.02	•	·		-		0.034	0.020	
14:0	-	0.303	3	0	PAK	1		0.715	0.258	
15:0	-	0.044		0	PAK	1		0.104	0.037	
16:0	-	2.031		0	PAK	1		4.793	1.726	
17:0		0.119		0	PAK	1		0.281	0.101	
18:0		1.501		0	PAK	1		3.542	1.276	
20:0	-	0.018		0	PAK	1		0.042	0.015	
22:0	_	0.010		ū		-		3.042	0.013	
24:0										
Fatty acids, total monounsaturated		3.857	,	0	PAK	1		9.103	3.278	
14:1		0.014		0	PAK	1		0.033	0.012	
15:1				-		=		2.000	···	
- v · * · · · · · · · · · · · · · · · · ·										

NDB No. 17283 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked

		<u>Aı</u>	_	Number	•	on Confidence	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error	of Data Points		Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.174		0	PAK	1		0.411	0.148	
17:1	-									
18:1 undifferentiated		3.567		0	PAK	1		8.418	3.032	
20:1		0.030		0	PAK	1		0.071	0.026	
22:1 undifferentiated	_									
24:1 c		0.410		•						
Fatty acids, total polyunsaturated	_	0.418		0	PAK	1		0.986	0.355	
18:2 undifferentiated	_	0.249		0	PAK	1		0.588	0.212	
18:3 undifferentiated		0.116		0	PAK	1		0.274	0.099	
18:4	_									
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.038		0	PAK	1		0.090	0.032	
20:4 undifferentiated 20:5 n-3		0.036		U	PAR	1		0.090	0.032	
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		87		0	PAK	1		205	74	
Phytosterols	-									
-	_									
Amino Acids:				_						
Tryptophan		0.312		0		1		0.736	0.265	
Threonine	-	1.141		0		1		2.693	0.970	
Isoleucine		1.291		0		1		3.047	1.097	
Leucine		2.077		0		1 1		4.902	1.765	
Lysine		2.359		-		1		5.567	2.005	
Methionine	_	0.684 0.321		0		1		1.614	0.581	
Cystine	_	1.086		0		1		0.758 2.563	0.273	
Phenylalanine						1			0.923	
Tyrosine	-	0.898		0		1		2.119	0.763	
Valine		1.440 1.586		0		1		3.398 3.743	1.224 1.348	
Arginine	-			0		1				
Histidine	•	0.846 1.607		0		1		1.997 3.793	0.719 1.366	
Alanine		2.351		0		1		5.793	1.366	
Aspartic acid		3.877		0		1		5.548 9.150	1.998 3.295	
Glutamic acid	-	1.304		0		1		3.077	1.108	
Proline		1.304		0		1		2.643	0.952	
Serine	•	0.992		0		1		2.643	0.952	
Hydroxyproline	_	0.992		U		-		2.341	0.043	
пушохургонпе	9									

## **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. 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%

		<u>A</u> 1	mount in 10			le portio	o <u>n</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		73.22		0	PAK	1		20.76	332.13	62.24
Energy		142		0	MC	9		40	644	121
Energy	kj	594				9		168	2695	505
Protein (N x 6.25)		20.25		0	PAK	1		5.74	91.85	17.21
Total lipid (fat)	_	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									
Minopole										
Minerals: Calcium, Ca	ma	12		0	PAK	1		3	54	10
Iron, Fe	_	1.59		0	PAK	1		0.45	7.21	1.35
Magnesium, Mg	_	22		0	PAK	1		6	100	1.33
Phosphorus, P		188		0	PAK	1		53	853	160
Potassium, K		320		0	PAK	1		91	1452	272
Sodium, Na		83		0	PAK	1		24	376	71
Zine, Zn		4.21		0	PAK	1		1.19	19.10	3.58
Copper, Cu		0.165	i	0	PAK	1		0.047	0.748	0.140
Manganese, Mn		0.013		0	PAK	1		0.004	0.059	0.011
Selenium, Se		8.6		0	BFNN	4		2.4	39.0	7.3
Scientini, Sc										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-									
Thiamin	_	0.149		0	PAK	1		0.042	0.676	0.127
Riboflavin	_	0.293		0	PAK	1		0.083	1.329	0.249
Niacin		5.595		0	PAK	1		1.586	25.379	4.756
Pantothenic acid	_	0.618		0	PAK	1		0.175	2.803	0.525
Vitamin B-6	mg	0.386	i	0	PAK	1		0.109	1.751	0.328
Folate, total										
Folate, DFE										
Vitamin B-12		2.77		0	PAK	1		0.79	12.56	2.35
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Tileg									
Lipids:										
Fatty acids, total saturated	g	2.540	1	0	PAK	1		0.720	11.521	2.159
4:0										
6:0	g									
8:0	g									
10:0	g	0.006	i	0	PAK	1		0.002	0.027	0.005
12:0	g	0.013	1	0	PAK	1		0.004	0.059	0.011
13:0										
14:0	g	0.188	:	0	PAK	1		0.053	0.853	0.160
15:0	g	0.027	,	0	PAK	1		0.008	0.122	0.023
16:0	g	1.297	•	0	PAK	1		0.368	5.883	1.102
17:0	g	0.071		0	PAK	1		0.020	0.322	0.060
18:0	g	0.929	)	0	PAK	1		0.263	4.214	0.790
20:0	g	0.008	:	0	PAK	1		0.002	0.036	0.007
22:0	g									
24:0										
Fatty acids, total monounsaturated.	g	2.530	)	0	PAK	1		0.717	11.476	2.151
14:1		0.007	,	0	PAK	1		0.002	0.032	0.006
15:1										

NDB No. 17282 Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw

		<u>Ar</u>	nount in 100 gra	er		_	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	of Da Std. Error Poin	ta Deriv ts Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.116	(	) PAK	1		0.033	0.526	0.099
17:1		0.110	`	, IAI	-		0.033	0.320	0.033
18:1 undifferentiated	-	2.338	(	PAK	1		0.663	10.605	1.987
20:1		0.024	(	PAK	1		0.007	0.109	0.020
22:1 undifferentiated	_								
24:1 c	_								
Fatty acids, total polyunsaturated		0.276	(	PAK	1		0.078	1.252	0.235
18:2 undifferentiated		0.167	(	PAK	1		0.047	0.758	0.142
18:3 undifferentiated	_	0.078	(	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	(	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									
Cholesterol	mg	64	(	PAK	1		18	290	54
Phytosterols	<u>mg</u>								
Amino Acids:									
Tryptophan	q	0.236	(	)	1		0.067	1.070	0.201
Threonine		0.865	(	)	1		0.245	3.924	0.735
Isoleucine	g	0.978	(	)	1		0.277	4.436	0.831
Leucine	_	1.574	(	)	1		0.446	7.140	1.338
Lysine	_	1.788	(	)	1		0.507	8.110	1.520
Methionine		0.518	(	)	1		0.147	2.350	0.440
Cystine	g	0.243	(	)	1		0.069	1.102	0.207
Phenylalanine	g	0.823	(	)	1		0.233	3.733	0.700
Tyrosine		0.680	(	)	1		0.193	3.084	0.578
Valine	-	1.092	(	)	1		0.310	4.953	0.928
Arginine	g	1.202	(	)	1		0.341	5.452	1.022
Histidine	-	0.641	(	)	1		0.182	2.908	0.545
Alanine		1.218	(	)	1		0.345	5.525	1.035
Aspartic acid		1.782	(	)	1		0.505	8.083	1.515
Glutamic acid		2.938	(	)	1		0.833	13.327	2.497
Glycine	_	0.988	(	)	1		0.280	4.482	0.840
Proline		0.849	(	)	1		0.241	3.851	0.722
Serine	•	0.752	(	)	1		0.213	3.411	0.639
Hydroxyproline	_								

## **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

NDB No. 17287 Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Refuse: 45% Bone

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>on</u>	Amount in edible portion of common		
			N	umber				<u>m</u>	easures of food	
			О	f Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P	oints	Code	Code	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		987				9		2083	839	
Protein (N x 6.25)		24.78		0	PAK	1		52.29	21.06	
Total lipid (fat)	_	14.44		0	PAK	1		30.47	12.27	
Ash		0.78		0	PAK	1		1.65	0.66	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:				_	_	_				
Calcium, Ca	_	16		0	PAK	1		34	14	
Iron, Fe	-	1.79		0	PAK	1		3.78	1.52	
Magnesium, Mg		21		0	PAK	1		44	18	
Phosphorus, P	-	167		0	PAK	1 1		352	142	
Potassium, K		244 93		0	PAK	1		515 196	207 79	
Sodium, Na		93 6.96		0	PAK PAK	1		14.69	79 5.92	
Zinc, Zn Copper, Cu		0.116	•	0	PAK	1		0.245	0.099	
Manganese, Mn		0.110		0	PAK	1		0.023	0.009	
Selenium, Se		8.3	-	0	PAK	1		17.5	7.1	
Scientini, Sc	9	0.0		·		-		27.0		
Vitamins:										
Vitamin C, total ascorbic acid										
Thiamin	mg	0.086	5	0	PAK	1		0.181	0.073	
Riboflavin	-	0.262		0	PAK	1		0.553	0.223	
Niacin		5.013		0	PAK	1		10.577	4.261	
Pantothenic acid		0.618		0	PAK	1		1.304	0.525	
Vitamin B-6	-	0.244	1	0	PAK	1		0.515	0.207	
Folate, total										
Folate, DFE				_		_				
Vitamin B-12		3.00		0	PAK	1		6.33	2.55	
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D	-									
Vitamin K (phylloquinone)										
viamini it (phylioquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		6.794	1	0	MC	9		14.335	5.775	
4:0										
6:0	-									
8:0										
10:0	-	0.045		0	PAK	1		0 005	0.000	
12:0		0.045	•	U	PAK	_		0.095	0.038	
13:0		0.562	,	0	PAK	1		1.186	0.478	
14:0 15:0		0.088		0	PAK	1		0.186	0.478	
16:0		3.186		0	PAK	1		6.722	2.708	
17:0	-	0.219		0	PAK	1		0.462	0.186	
18:0	-	2.694		0	PAK	1		5.684	2.290	
20:0	-	2.034	•	U	FAIL	1		J. 004	2.290	
22:0	-									
24:0										
Fatty acids, total monounsaturated	-	5.959	9	0	MC	9		12.573	5.065	
14:1		0.027		0	PAK	1		0.057	0.023	
	g	0.02	•	v		-		3.037	0.023	

NDB No. 17287 Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

		<u>Ar</u>	nount in 100 grams	r	_	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_		•		_				
16:1 undifferentiated		0.289	0	PAK	1		0.610	0.246	
17:1 18:1 undifferentiated	-	5.474	0	PAK	1		11.550	4.653	
20:1		0.055	0	PAK	1		0.116	0.047	
22:1 undifferentiated	-	0.055	U	PAR	_		0.116	0.047	
24:1 c									
Fatty acids, total polyunsaturated		0.601	0	MC	9		1.268	0.511	
18:2 undifferentiated		0.801	0	PAK	1		0.791	0.311	
18:3 undifferentiated	-	0.373	0	PAK	1		0.791	0.151	
18:4		0.170	v	PAIC	-		0.370	0.131	
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated	-	0.040	0	PAK	1		0.084	0.034	
20:5 n-3			-		_				
22:5 n-3	-								
22:6 n-3	-								
Fatty acids, total trans									
Cholesterol	-	91	0	PAK	1		192	77	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.289	0		1		0.610	0.246	
Threonine		1.058	0		1		2.232	0.899	
Isoleucine		1.197	0		1		2.526	1.017	
Leucine		1.927	0		1		4.066	1.638	
Lysine	_	2.188	0		1		4.617	1.860	
Methionine		0.634	0		1		1.338	0.539	
Cystine	-	0.297	0		1		0.627	0.252	
Phenylalanine	_	1.007	0		1		2.125	0.856	
Tyrosine		0.832	0		1		1.756	0.707	
Valine	-	1.336	0		1		2.819	1.136	
Arginine		1.471	0		1		3.104	1.250	
Histidine	-	0.785	0		1		1.656	0.667	
Alanine	-	1.491	0		1		3.146	1.267	
Aspartic acid		2.180	0		1		4.600	1.853	
Glutamic acid		3.595	0		1		7.585	3.056	
Glycine	_	1.209	0		1		2.551	1.028	
Proline		1.039	0		1		2.192	0.883	
Serine	•	0.920	0		1		1.941	0.782	
Hydroxyproline	-								

## **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

NDB No. 17286 Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 42% Bone

		<u>A</u>	mount in 10			ole portio	on		edible portion of easures of food	of common
Nutrients and Units	5	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		68.31		0	PAK	1		19.37	309.85	58.06
Energy		195		0	MC	9 9		55 231	885	166 693
Energy		816 18.85		0	D312	1		5.34	3701	16.02
Protein (N x 6.25) Total lipid (fat)		12.68		0	PAK PAK	1		3.59	85.50 57.52	10.78
Ash	-	0.85		0	PAK	1		0.24	3.86	0.72
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	-	0.00		·	_	•		0.00	0.00	0.00
Sugars, total										
Starch										
	0									
Minerals:		10		•				2	F.4	10
Calcium, Ca	-	12 1.38		0 0	PAK PAK	1 1		3 0.39	54 6.26	10 1.17
Iron, FeMagnesium, Mg		1.38		0	PAK	1		0.39 5	6.26 86	1.17
Phosphorus, P		158		0	PAK	1		5 45	86 717	16 134
Potassium, K	-	270		0	PAK	1		77	1225	230
Sodium, Na	-	96		0	PAK	1		27	435	82
Zinc, Zn		5.40		0	PAK	1		1.53	24.49	4.59
Copper, Cu	mg	0.092	<u> </u>	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	ma									
Thiamin	-	0.094	ļ	0	PAK	1		0.027	0.426	0.080
Riboflavin	-	0.219	)	0	PAK	1		0.062	0.993	0.186
Niacin	mg	5.265	5	0	PAK	1		1.493	23.882	4.475
Pantothenic acid	mg	0.623	3	0	PAK	1		0.177	2.826	0.530
Vitamin B-6		0.264	Į.	0	PAK	1		0.075	1.198	0.224
Folate, total										
Folate, DFE				_		_				
Vitamin B-12		2.48		0	PAK	1		0.70	11.25	2.11
Vitamin A, IU	IU									
Vitamin A, RAEVitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
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										
6:0	g									
8:0	g									
10:0		0.022		0	PAK	1		0.006	0.100	0.019
12:0		0.039	)	0	PAK	1		0.011	0.177	0.033
13:0				•		_				
14:0	_	0.489		0	PAK	1		0.139	2.218	0.416
15:0 16:0	-	0.077 2.844		0	PAK PAK	1 1		0.022 0.806	0.349 12.900	0.065 2.417
17:0		0.188		0	PAK	1		0.806	0.853	0.160
18:0		2.298		0	PAK	1		0.651	10.424	1.953
20:0.		0.024		0	PAK	1		0.007	0.109	0.020
22:0				-		•				- · · - ·
24:0	-									
Fatty acids, total monounsaturated	_	5.293	3	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									

NDB No. 17286 Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw

		<u>Ar</u>	nount in 100 gran	er	Amount in edible portion of common measures of food				
Nutrients and U	nits	Mean	of Da Std. Error Point	ta Deriv s Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.258	0	PAK	1		0.073	1.170	0.219
17:1		0.230	v	FAIN	-		0.073	1.170	0.215
18:1 undifferentiated	-	4.870	0	PAK	1		1.381	22.090	4.140
20:1		0.045	0	PAK	1		0.013	0.204	0.038
22:1 undifferentiated	_								
24:1 c	-								
Fatty acids, total polyunsaturated		0.596	0	MC	9		0.169	2.703	0.507
18:2 undifferentiated		0.349	0	PAK	1		0.099	1.583	0.297
18:3 undifferentiated	-	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	q	0.220	0		1		0.062	0.998	0.187
Threonine		0.805	0		1		0.228	3.651	0.684
Isoleucine	g	0.911	0		1		0.258	4.132	0.774
Leucine	-	1.466	0		1		0.416	6.650	1.246
Lysine	_	1.665	0		1		0.472	7.552	1.415
Methionine		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		0.633	0		1		0.179	2.871	0.538
Valine	_	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		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		2.735	0		1		0.775	12.406	2.325
Glycine	g	0.920	0		1		0.261	4.173	0.782
Proline		0.790	0		1		0.224	3.583	0.672
Serine	g	0.700	0		1		0.198	3.175	0.595
Hydroxyproline	g								

## **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

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%

		<u>A</u> 1	mount in 100 gra		dible port	tion		edible portion	
Nutrients and Uni	its	Mean	Num of D Std. Error Poin	ata Der		ce Confidence Code	<u>m</u> Measure 1	Measure 2	Measure 3
<b>D</b> • • •									
Proximates: Water	a	66.93	0.809	3	A 1		120.47	56.89	
Energy		165			IC 9		297	140	
Energy		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	ma	14	2.838	3 2	. 1		25	12	
Iron, Fe	-	1.91	0.034	3 2			3.44	1.62	
Magnesium, Mg	-	22	0.034	3 2			40	19	
Phosphorus, P		177	4.667	3 2			319	150	
Potassium, K	-	255	9.528	3			459	217	
Sodium, Na		100	4.583	3 2	. 1		180	85	
Zinc, Zn		7.93	0.049	3 2	. 1		14.27	6.74	
Copper, Cu	mg	0.125	0.006	3 2	1		0.225	0.106	
Manganese, Mn	<u>mg</u>	0.011	0.001	3 2	. 1		0.020	0.009	
Selenium, Se	mcg	9.0		2	1		16.2	7.7	
Vitamins:									
Vitamin C, total ascorbic acid	ma								
Thiamin	_	0.090	0.006	3 2	. 1		0.162	0.077	
Riboflavin	_	0.283		3			0.509	0.241	
Niacin		5.390		3 2			9.702	4.582	
Pantothenic acid		0.657	0.027	3 2	. 1		1.183	0.558	
Vitamin B-6		0.257	0.031	3 2	1		0.463	0.218	
Folate, total									
Folate, DFE	mcg_DFE								
Vitamin B-12		3.20	0.270	3 2	1		5.76	2.72	
Vitamin A, IU	IU								
Vitamin A, RAE	mcg_RAE								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini K (phynoquinone)	inog								
Lipids:									
Fatty acids, total saturated		1.884	1.400	3	1		3.391	1.601	
4:0	-								
6:0	-								
8:0	-								
10:0	-	0.011		2 2	. 1		0.000	0.000	
12:0	_	0.011	•	2 1			0.020	0.009	
13:0 14:0.	-	0.145	0.167	3 2	. 1		0.261	0.123	
15:0		0.143			1		0.038	0.123	
16:0	_	1.025			. 1		1.845	0.871	
17:0	-	0.052			. 1		0.094	0.044	
18:0		0.628		3 2			1.130	0.534	
20:0	_			-	-				
22:0	_								
24:0									
Fatty acids, total monounsaturated	-	2.338	1.301	3 2	1		4.208	1.987	
14:1	g	0.009	)	2 2	1		0.016	0.008	
15:1	g								

NDB No. 17289 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised

		<u>Am</u>		mber		_	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	а	0.123	0.176	3	A	1		0.221	0.105	
17:1				-		_		0.222	0.200	
18:1 undifferentiated	-	2.135	0.561	3	A	1		3.843	1.815	
20:1	• • • • • • • • • • • • • • • • • • • •	0.020		2	A	1		0.036	0.017	
22:1 undifferentiated	_									
24:1 c	-									
Fatty acids, total polyunsaturated		0.294	0.577	3	A	1		0.529	0.250	
18:2 undifferentiated		0.172	0.145	3	A	1		0.310	0.146	
18:3 undifferentiated	-	0.076	0.058	3	A	1		0.137	0.065	
18:4	_									
20:2 n-6 c.c.	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.036	0.100	3	A	1		0.065	0.031	
20:5 n-3										
22:5 n-3	-									
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol	mg	92	4.271	3	A	1		166	78	
Phytosterols	mg									
Amino Acids:										
Tryptophan	α	0.321		0		1		0.578	0.273	
Threonine		1.175		0		1		2.115	0.999	
Isoleucine		1.329		0		1		2.392	1.130	
Leucine		2.138		0		1		3.848	1.817	
Lysine	_	2.429		0		1		4.372	2.065	
Methionine		0.704		0		1		1.267	0.598	
Cystine	-	0.330		0		1		0.594	0.281	
Phenylalanine	_	1.118		0		1		2.012	0.950	
Tyrosine		0.924		0		1		1.663	0.785	
Valine	-	1.483		0		1		2.669	1.261	
Arginine		1.632		0		1		2.938	1.387	
Histidine	-	0.871		0		1		1.568	0.740	
Alanine	-	1.654		0		1		2.977	1.406	
Aspartic acid		2.420		0		1		4.356	2.057	
Glutamic acid		3.991		0		1		7.184	3.392	
Glycine	_	1.342		0		1		2.416	1.141	
Proline		1.153		0		1		2.075	0.980	
Serine	•	1.021		0		1		1.838	0.868	
Hydroxyproline	_	1.021		v		-		1.030	0.000	
11ydroxypronne	9									

#### **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

NDB No. 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw

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

		<u>A</u>	mount in 100 gran	ns of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
			of Da	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	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	-	1.50	0.037 3	A	1		0.43	6.80	1.28
Magnesium, 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		106	7.034 3	A	1		30	481	90
Zinc, Zn		6.08	0.032 3	A	1		1.72	27.58	5.17
Copper, Cu		0.099		A	1		0.028	0.449	0.084
Manganese, Mn		0.010		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		A	1		0.028	0.454	0.085
Riboflavin	_	0.237		A	1		0.067	1.075	0.201
Niacin		5.820		A	1		1.650	26.400	4.947
Pantothenic acid		0.680		A	1		0.193	3.084	0.578
Vitamin B-6	<u>-</u>	0.288	0.015 3	A	1		0.082	1.306	0.245
Folate, total									
Folate, DFEVitamin B-12		2.71	0.233 3	A	1		0.77	12.29	2.30
Vitamin A, IU		2.71	0.233 3	n	-		0.77	12.29	2.30
Vitamin A, RAE	mca RAE								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
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	-								
10:0		0.003		A	1		0.001	0.014	0.003
12:0		0.008	0.033 3	A	1		0.002	0.036	0.007
13:0	-			_	_				
14:0	-	0.102		A A	1 1		0.029	0.463	0.087
15:0 16:0		0.015 0.735		A A	1		0.004 0.208	0.068 3.334	0.013 0.625
17:0		0.738		A	1		0.208	0.172	0.625
18:0		0.436		A	1		0.124	1.978	0.032
20:0	-	0.007		A	1		0.002	0.032	0.006
22:0	-		_	==	-		3.00=	0.002	2.200
24:0	-								
Fatty acids, total monounsaturated	-	1.712	0.755 3	A	1		0.485	7.766	1.455
14:1		0.007	2	A	1		0.002	0.032	0.006
1 1.1									

NDB No. 17288 Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw

		<u>Am</u>		nber	_	Amount in edible portion of common measures of food				
Nutrients and U	Inits	Mean	Std. Error Po	Data Deints Co		Code	Confidence Code	Measure 1	Measure 2	Measure 3
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										
Fatty acids, total polyunsaturated	lg	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										
Fatty acids, total trans										
Cholesterol		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		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		3.023		0		1		0.857	13.712	2.570
Glycine	g	1.017		0		1		0.288	4.613	0.864
Proline		0.873		0		1		0.247	3.960	0.742
Serine	g	0.773		0		1		0.219	3.506	0.657
Hydroxyproline	g									

## **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

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

		<u>A</u> 1	mount in 100	) grams	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
			ı	Number	,			<u>m</u>	easures of food	<u>l</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	_	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		14		0	PAK	1		12		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.38		0	PAK	1		2.02		
Magnesium, Mg		25		0	PAK	1		21		
Phosphorus, P		228		0	PAK	1		194		
Potassium, K	-	342		0	PAK	1		291		
Sodium, Na	-	65		0	PAK	1		55		
Zinc, Zn	-	4.95		0	PAK	1		4.21		
Copper, Cu	mg	0.165	5	0	PAK	1		0.140		
Manganese, Mn		0.015	5	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	7	0	PAK	1		4.698		
Pantothenic acid	mg	0.949	9	0	PAK	1		0.807		
Vitamin B-6	mg	0.440	)	0	PAK	1		0.374		
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12		3.10		0	PAK	1		2.64		
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	5.320	)	0	MC	9		4.522		
4:0						-				
6:0										
8:0										
10:0	_	0.016	5	0	PAK	1		0.014		
12:0		0.037		0	PAK	1		0.031		
13:0	_	0.00,		•		_		3.00-		
14:0		0.431	L	0	PAK	1		0.366		
15:0	_	0.065		0	PAK	1		0.055		
16:0	_	2.565		0	PAK	1		2.180		
17:0	_	0.163		0	PAK	1		0.139		
18:0	_	2.032		0	PAK	1		1.727		
20:0	-	0.015		0	PAK	1		0.013		
22:0	_	0.010	-	3		-		0.013		
24:0										
Fatty acids, total monounsaturated		4.755	5	0	MC	9		4.042		
14:1		0.015		0	PAK	1		0.013		
14.1	9	0.015	•	U	E MI	_		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

		Amount in 100 grams of edible portion  Number  of Data Deriv Source Confidence						Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.225		0	PAK	1		0.191		
17:1	-									
18:1 undifferentiated	-	4.386		0	PAK	1		3.728		
20:1		0.036		0	PAK	1		0.031		
22:1 undifferentiated	-									
24:1 c	-			•						
Fatty acids, total polyunsaturated	-	0.526		0	MC	9		0.447		
18:2 undifferentiated	-	0.320		0	PAK	1		0.272		
18:3 undifferentiated	-	0.153		0	PAK	1		0.130		
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.043		0	PAK	1		0.037		
20:4 undifferentiated 20:5 n-3		0.043		U	PAR	1		0.037		
20:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		85		0	PAK	1		72		
Phytosterols	_					_				
,										
Amino Acids:										
Tryptophan		0.298		0		1		0.253		
Threonine		1.091		0		1		0.927		
Isoleucine		1.234		0		1		1.049		
Leucine		1.986		0		1		1.688		
Lysine		2.255		0		1		1.917		
Methionine	_	0.654		0		1 1		0.556		
Cystine	_	0.306		0		_		0.260		
Phenylalanine		1.038		0		1		0.882		
Tyrosine	_	0.858		0 0		1 1		0.729		
Valine		1.377		-		1		1.170		
Arginine		1.516		0 0		1		1.289		
Histidine	•	0.809		0		1		0.688		
Alanine		1.536		0		1		1.306		
Aspartic acid		2.247 3.706		0		1		1.910 3.150		
Glutamic acid	_	1.246		0		1		1.059		
Glycine				0		1				
Proline	•	1.071 0.948		0		1		0.910 0.806		
Serine	_	0.948		U		1		0.606		
Hydroxyproline	9									

## **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portic	<u>on</u>	Amount in edible portion of common			
				Number				m	easures of food		
						Source	Confidence				
Nutrients and Un	its	Mean	Std. Error			Code	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)	q	19.17		0	PAK	1		5.43			
Total lipid (fat)		12.56		0	PAK	1		3.56			
Ash		0.98		0	PAK	1		0.28			
Carbohydrate, by difference		0.00		0	Z	7		0.00			
Fiber, total dietary		0.00		·	_	•		0.00			
Sugars, total	-										
Starch	9										
Minerals:											
Calcium, Ca	ma	10		0	PAK	1		3			
Iron. Fe.	-	1.81		0	PAK	1		0.51			
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23		0	PAK	1		7			
Phosphorus, P		199		0	PAK	1		56			
Potassium, K		318		0	PAK	1		90			
Sodium, Na	-	61		0	PAK	1		17			
Zinc, Zn	-	3.32		0	PAK	1		0.94			
Copper, Cu	-	0.144	•	0	PAK	1		0.041			
11 /	-	0.144		0	PAK	1		0.004			
Manganese, Mn Selenium, Se		7.4	,	0	PAK	1		2.1			
Selenium, Se	nicg	7.4		U	PAR			2.1			
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin		0.145	5	0	PAK	1		0.041			
Riboflavin	-	0.298	3	0	PAK	1		0.084			
Niacin	-	5.167		0	PAK	1		1.465			
Pantothenic acid		0.502		0	PAK	1		0.142			
Vitamin B-6	-	0.375		0	PAK	1		0.106			
Folate, total	-	0.575	,	·		-		0.100			
Folate, DFE											
Vitamin B-12		2.81		0	PAK	1		0.80			
		2.01		U	FAIX	_		0.80			
Vitamin A, IU	IU										
Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	nicg										
Lipids:											
Fatty acids, total saturated	а	5.813	3	0	MC	9		1.648			
4:0						-					
6:0											
8:0	-										
10:0		0.022	<u> </u>	0	PAK	1		0.006			
		0.022		0	PAK	1		0.010			
12:0		0.03	•	U	FAIL	1		3.010			
13:0		0.466		0	PAK	1		0 130			
14:0		0.466		0	PAK	1		0.132 0.020			
15:0	-										
16:0	-	2.810		0	PAK	1		0.797			
17:0	-	0.175		0	PAK	1		0.050			
18:0	-	2.212		0	PAK	1		0.627			
20:0	-	0.021	L	0	PAK	1		0.006			
22:0											
24:0											
Fatty acids, total monounsaturated		5.146		0	MC	9		1.459			
14:1	g	0.022	2	0	PAK	1		0.006			
15:1	g										

NDB No. 17306 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw

		<u>Aı</u>	nount in 100 gr	nber		Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	of E Std. Error Poi	oata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.244		0 PAI	: 1		0.069		
17:1	_	0.244		•			0.005		
18:1 undifferentiated		4.744		0 PAI	. 1		1.345		
20:1		0.044		0 PAI	1		0.012		
22:1 undifferentiated	_								
24:1 c									
Fatty acids, total polyunsaturated	-	0.591		0 MC	9		0.168		
18:2 undifferentiated		0.342		0 PAI			0.097		
18:3 undifferentiated	•	0.162		0 PAI	. 1		0.046		
18:4	_								
20:2 n-6 c.c									
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.063		0 PAI	1		0.018		
20:5 n-3	-								
22:5 n-3									
22:6 n-3									
Fatty acids, total trans									
Cholesterol	mg	65		0 PAR	1		18		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.224		0	1		0.064		
Threonine	_	0.224		0	1		0.232		
Isoleucine		0.926		0	1		0.232		
	_	1.490		0	1		0.422		
Leucine		1.490		0	1		0.422		
Lysine		0.491		0	1		0.139		
Methionine		0.491		0	1		0.139		
Cystine		0.230		0	1		0.065		
Phenylalanine				0	1				
Tyrosine		0.644 1.033		0	1		0.183 0.293		
Valine	-			0	1				
Arginine		1.138		0	1		0.323		
Histidine	•	0.607		0	1		0.172 0.327		
Alanine	-	1.153		0	1		0.327		
Aspartic acid	_	1.687 2.781		0	1		0.478		
Glutamic acid	-			0	1				
Glycine	_	0.935		-	_		0.265		
Proline	•	0.803		0	1 1		0.228		
Serine	-	0.711		U	1		0.202		
Hydroxyproline	g								

# **Common Measures:**

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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%

		<u>Aı</u>	mount in 100 gr		of edib	ole portio	<u>on</u>		edible portion	
				nber	_	_		<u>m</u>	easures of food	<u>!</u>
				Data [			Confidence			
Nutrients and Un	nits	Mean	Std. Error Poi	nts (	code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		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)		26.75	0.939	4	A	1		22.74		
Total lipid (fat)		7.68	0.601	4	A	1		6.53		
Ash		1.08	0.063	4	A	1		0.92		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	13	1.147	3	A	1		11		
Iron, Fe	_	2.48	0.188	3	A	1		2.11		
Magnesium, Mg		26	0.612	3	A	1		22		
Phosphorus, P	_	237	5.457	3	A	1		201		
Potassium, K		35 <b>4</b> 66	5.365 4.495	3 3	A A	1 1		301 56		
Sodium, NaZinc, Zn		5.21	0.248	3	A	1		4.43		
Copper, Cu		0.173		3	A	1		0.147		
Manganese, Mn		0.015		3	A	1		0.013		
Selenium, Se		14.2		0	BFYN	4		12.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	_	0.135		2	A	1		0.115		
Riboflavin		0.420		2	A	1		0.357		
Niacin		5.725		2	A	1		4.866		
Pantothenic acid		0.990		2	A	1		0.842		
Vitamin B-6		0.460	1	2	A	1		0.391		
Folate, totalFolate, DFE										
Vitamin B-12		3.19		2	A	1		2.71		
Vitamin A, IU		3.13		-		•		2.72		
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q	3.111	1.364	3	A	1		2.644		
4:0	-									
6:0	-									
8:0	g									
10:0	g	0.007		2	A	1		0.006		
12:0	-	0.022	0.033	3	A	1		0.019		
13:0	-									
14:0	_	0.245		3	A	1		0.208		
15:0	-	0.035		3	A	1		0.030		
16:0	-	1.602		3	A	1		1.362		
17:0	_	0.088		3	A	1		0.075		
18:0 20:0	_	1.106 0.007		3 1	A A	1 1		0.940 0.006		
22:0	-	0.007		-	•	-		0.006		
24:0										
Fatty acids, total monounsaturated.		3.129	0.896	3	A	1		2.660		
14:1		0.007		2	A	1		0.006		
15:1										

NDB No. 17309 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled

		<u>Am</u>		mbe	r		Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	а	0.150	0.203	3	A	1		0.128		
17:1				-		_		0.120		
18:1 undifferentiated		2.889	0.851	3	A	1		2.456		
20:1		0.020		1	A	1		0.017		
22:1 undifferentiated	-									
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										
Cholesterol	mg	85	3.431	3	A	1		72		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.312		0		1		0.265		
Threonine	_	1.143		0		1		0.972		
Isoleucine		1.293		0		1		1.099		
Leucine	_	2.080		0		1		1.768		
Lysine		2.363		0		1		2.009		
Methionine		0.685		0		1		0.582		
Cystine		0.321		0		1		0.273		
Phenylalanine		1.087		0		1		0.924		
Tyrosine		0.899		0		1		0.764		
Valine		1.442		0		1		1.226		
Arginine		1.588		0		1		1.350		
Histidine		0.847		0		1		0.720		
Alanine	•	1.609		0		1		1.368		
Aspartic acid	-	2.354		0		1		2.001		
Glutamic acid	_	3.882		0		1		3.300		
Glycine	-	1.305		0		1		1.109		
Proline	_	1.121		0		1		0.953		
Serine	•	0.993		0		1		0.844		
Hydroxyproline	-			-						
11, 610A, promite										

# **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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%

		<u>A</u> 1	mount in 100 gra		ble portio	<u>on</u>		edible portion	
			Num				<u>m</u>	easures of food	<u>1</u>
Nutrients and Un	iits	Mean	of Da Std. Error Poin	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:		72.45	0 510	4 2	•		20.02		
Water		73.45 143		4 A 0 MC	1 9		20.82 41		
Energy		598		U MC	9		170		
Energy		20.65	0.378	4 A	1		5.85		
Protein (N x 6.25) Total lipid (fat)		6.08		4 A	1		1.72		
Ash		1.05		4 A	1		0.30		
Carbohydrate, by difference		0.00		0 Z	7		0.00		
Fiber, total dietary		0.00			,		0.00		
Sugars, total									
Starch									
Starcn	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		3 A	1		97		
Sodium, Na	mg	64		3 A	1		18		
Zinc, Zn		3.58		3 A	1		1.01		
Copper, Cu		0.156		3 A	1		0.044		
Manganese, Mn		0.016		3 A	1		0.005		
Selenium, Se	mcg	8.0	:	2 A	1		2.3		
Vitamins:									
Vitamin C, total ascorbic acid	mg								
Thiamin	<u>mg</u>	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	5	2 A	1		0.115		
Folate, total									
Folate, DFE	mcg_DFE								
Vitamin B-12		3.01	;	2 A	1		0.85		
Vitamin A, IU									
Vitamin A, RAE									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	nicg								
<u>Lipids:</u>									
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	_	0.008		2 A	1		0.002		
12:0	-	0.014	0.033	3 A	1		0.004		
13:0	-								
14:0	_	0.181		3 A	1		0.051		
15:0	-	0.023		3 A	1		0.007		
16:0	=	1.269		3 A	1		0.360		
17:0	_	0.065		3 A	1		0.018		
18:0	_	0.846		3 A	1		0.240		
20:0	=	0.008	3	2 A	1		0.002		
22:0									
24:0					_				
Fatty acids, total monounsaturated.		2.519		3 A	1		0.714		
14:1		0.010	:	2 A	1		0.003		
15:1	g								

NDB No. 17308 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw

		<u>Am</u>		mbe		<u>n</u> Confidence	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.119	0.203	3	A	1		0.034		
17:1	_			_						
18:1 undifferentiated	_	2.324	0.895	3	A	1		0.659		
20:1		0.021		1	A	1		0.006		
22:1 undifferentiated	_									
24:1 c	_	0 221	0.726	_	_					
Fatty acids, total polyunsaturated	_	0.331	0.736	3 3	A	1 1		0.094		
18:2 undifferentiated	_	0.192	0.371		A	1		0.054		
18:3 undifferentiated	_	0.089	0.153	3	A	1		0.025		
18:4										
20:2 n-6 c,c	_									
20:3 undifferentiated 20:4 undifferentiated	_	0.040	0.120	3	A	1		0.011		
20:5 n-3		0.040	0.120	,	A	_		0.011		
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		64	1.212	3	A	1		18		
Phytosterols	-									
,										
Amino Acids:										
Tryptophan		0.241		0		1		0.068		
Threonine		0.882		0		1		0.250		
Isoleucine		0.998		0		1		0.283		
Leucine		1.606		0		1		0.455		
Lysine		1.824		0		1		0.517		
Methionine	_	0.529		0		1 1		0.150		
Cystine	_	0.248		0		_		0.070		
Phenylalanine		0.839		0		1		0.238		
Tyrosine	-	0.694		0		1 1		0.197		
Valine		1.113		-		1		0.316		
Arginine		1.226		0		1		0.348		
Histidine	•	0.654		0		1		0.185		
Alanine		1.242		0		1		0.352		
Aspartic acid		1.817		0		1		0.515 0.850		
Glutamic acid	-	2.997 1.008		0		1		0.850		
Glycine				0		1				
Proline	•	0.866 0.767		0		1		0.246 0.217		
Serine	_	0.767		U		1		0.217		
Hydroxyproline	y									

# **Common Measures:**

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17295 Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 20% Bone

		<u>A</u>	mount in 100	) grams	of edib	<u>on</u>	Amount in edible portion of common			
			ı	Number					easures of food	
						Source	Confidence			
Nutrients and Un	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	q	60.82		0	PAK	1		168.47	51.70	
Energy		231		0	MC	9		640	196	
Energy		967				9		2677	822	
Protein (N x 6.25)		25.25		0	PAK	1		69.94	21.46	
Total lipid (fat)	-	13.69		0	PAK	1		37.92	11.64	
Ash		1.03		0	PAK	1		2.85	0.88	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:	m~	10		^		-		22	•	
Calcium, Ca	_	10		0	PAK	1		28	9	
Iron, Fe	-	2.01 23		0	PAK PAK	1 1		5.57 64	1.71 20	
Magnesium, Mg		203		0	PAK	1		562	173	
Phosphorus, P Potassium, K	-	313		0	PAK	1		867	266	
Sodium, Na		67		0	PAK	1		186	57	
Zinc, Zn	_	4.49		0	PAK	1		12.44	3.82	
Copper, Cu		0.138	3	0	PAK	1		0.382	0.117	
Manganese, Mn		0.013		0	PAK	1		0.036	0.011	
Selenium, Se	_	10.6		0	BFYN	4		29.4	9.0	
ŕ										
Vitamins:										
Vitamin C, total ascorbic acid Thiamin		0.127	,	0	PAK	1		0.352	0.108	
Riboflavin	_	0.12		0	PAK	1		1.080	0.108	
Niacin	_	5.418		0	PAK	1		15.008	4.605	
Pantothenic acid		0.926		0	PAK	1		2.565	0.787	
Vitamin B-6		0.429		0	PAK	1		1.188	0.365	
Folate, total	<u>-</u>							2.200	0.000	
Folate, DFE										
Vitamin B-12		3.04		0	PAK	1		8.42	2.58	
Vitamin A, IU										
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.341	L	0	MC	9		17.565	5.390	
4:0	g									
6:0	g									
8:0										
10:0	-									
12:0		0.036	5	0	PAK	1		0.100	0.031	
13:0			_			_				
14:0		0.503		0	PAK	1 1		1.393	0.428	
15:0	_	0.078			PAK			0.216	0.066	
16:0	-	3.023 0.207		0	PAK PAK	1 1		8.374	2.570	
17:0 18:0	-	2.494		0	PAK	1		0.573 6.908	0.176 2.120	
20:0	-	2.494	•	U	PMI	_		0.908	2.120	
22:0	-									
24:0										
Fatty acids, total monounsaturated	-	5.554	1	0	MC	9		15.385	4.721	
14:1		0.025		0	PAK	1		0.069	0.021	
15:1				-		_		3.000	0.022	

NDB No. 17295 Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

		<u>Aı</u>	nount in 100 gra	er	_	Amount in edible portion of common measures of food			
Nutrients and l	Units	Mean	Std. Error Poin	ta Deriv s Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	q	0.256	(	PAK	1		0.709	0.218	
17:1									
18:1 undifferentiated	g	5.117	(	PAK	1		14.174	4.349	
20:1	g	0.050	(	PAK	1		0.139	0.043	
22:1 undifferentiated	g								
24:1 c	g								
Fatty acids, total polyunsaturate	dg	0.563	(	MC	9		1.560	0.479	
18:2 undifferentiated		0.349	(	PAK	1		0.967	0.297	
18:3 undifferentiated	g	0.165	(	PAK	1		0.457	0.140	
18:4	g								
20:2 n-6 c.c									
20:3 undifferentiated	-								
20:4 undifferentiated	g	0.038	(	PAK	1		0.105	0.032	
20:5 n-3									
22:5 n-3	g								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	83	(	PAK	1		230	71	
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.295	(		1		0.817	0.251	
Threonine		1.079	(		1		2.989	0.917	
Isoleucine	_	1.220	(		1		3.379	1.037	
Leucine	• • • • • • • • • • • • • • • • • • • •	1.963	(		1		5.438	1.669	
Lysine		2.230	(		1		6.177	1.896	
Methionine	_	0.646	(		1		1.789	0.549	
Cystine		0.303	(		1		0.839	0.258	
Phenylalanine		1.026	(		1		2.842	0.872	
Tyrosine		0.848	(		1		2.349	0.721	
Valine		1.361	(		1		3.770	1.157	
Arginine		1.499	(		1		4.152	1.274	
Histidine		0.800	(		1		2.216	0.680	
Alanine	•	1.519	(		1		4.208	1.291	
Aspartic acid	_	2.222	(		1		6.155	1.889	
Glutamic acid		3.664			1		10.149	3.114	
Glycine	_	1.232			1		3.413	1.047	
Proline	-	1.058			1		2.931	0.899	
Serine	•	0.937	Č		1		2.595	0.796	
Hydroxyproline		0.557	`		-			0.750	

#### **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

NDB No. 17294 Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 17% Bone

		<u>A</u>	mount in 100			ole portic	<u></u>	Amount in edible portion of common measures of food			
Nutrients and Units	5	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		67.64		0	PAK	1		19.18	306.82	57.49	
Energy		201		0	MC	9		57	912	171	
Energy		841		0	D312	9 1		238 5.27	3815	715	
Protein (N x 6.25) Total lipid (fat)		18.59 13.48		0	PAK PAK	1		3.82	84.32 61.15	15.80 11.46	
Ash		0.98		0	PAK	1		0.28	4.45	0.83	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00	
Fiber, total dietary	-	0.00		·	_	•		0.00	0.00	0.00	
Sugars, total											
Starch											
	0										
Minerals:	ma	^		^	<b></b>			2	41	•	
Calcium, CaIron. Fe.	-	9 1.48		0 0	PAK PAK	1 1		3 0.42	<b>41</b> 6.71	8 1.26	
Magnesium, Mg		20		0	PAK	1		0.42 6	6.71 91	1.26 17	
Phosphorus, P		176		0	PAK	1		50	798	150	
Potassium, K	-	301		0	PAK	1		85	1365	256	
Sodium, Na		75		0	PAK	1		21	340	64	
Zinc, Zn		4.04		0	PAK	1		1.15	18.33	3.43	
Copper, Cu	mg	0.181	L	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	-	0.142	2	0	PAK	1		0.040	0.644	0.121	
Riboflavin	mg	0.292	2	0	PAK	1		0.083	1.325	0.248	
Niacin		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		0.367	7	0	PAK	1		0.104	1.665	0.312	
Folate, total											
Folate, DFE		0.75		0	DAW			0.70	10.47	0.24	
Vitamin B-12 Vitamin A, IU		2.75		U	PAK	1		0.78	12.47	2.34	
Vitamin A, IU Vitamin A, RAE											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
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	_										
10:0		0.022		0	PAK	1		0.006	0.100	0.019	
12:0		0.041	L	0	PAK	1		0.012	0.186	0.035	
13:0 14:0		0.516	:	0	PAK	1		0.146	2.341	0.439	
15:0	_	0.079		0	PAK	1		0.146	0.358	0.439	
16:0	-	3.053		0	PAK	1		0.866	13.848	2.595	
17:0		0.203		0	PAK	1		0.058	0.921	0.173	
18:0		2.450		0	PAK	1		0.695	11.113	2.083	
20:0		0.025		0	PAK	1		0.007	0.113	0.021	
22:0	g										
24:0	g										
Fatty acids, total monounsaturated		5.549		0	MC	9		1.573	25.170	4.717	
14:1		0.023	3	0	PAK	1		0.007	0.104	0.020	
15:1	g										

NDB No. 17294 Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw

		<u>Ar</u>	nount in 100 gram	er	Amount in edible portion of common measures of food				
Nutrients and U	nits	Mean	Std. Error Points	a Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.269	0	PAK	1		0.076	1.220	0.229
17:1		0.209	· ·	FAIX	-		0.076	1.220	0.229
18:1 undifferentiated	-	5.109	0	PAK	1		1.448	23.174	4.343
20:1		0.048	0	PAK	1		0.014	0.218	0.041
22:1 undifferentiated	_								
24:1 c	_								
Fatty acids, total polyunsaturated		0.570	0	MC	9		0.162	2.586	0.485
18:2 undifferentiated		0.347	0	PAK	1		0.098	1.574	0.295
18:3 undifferentiated	_	0.164	0	PAK	1		0.046	0.744	0.139
18:4	_								
20:2 n-6 c.c	_								
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	а	0.217	0		1		0.062	0.984	0.184
Threonine		0.794	0		1		0.225	3.602	0.675
Isoleucine		0.898	0		1		0.255	4.073	0.763
Leucine	_	1.445	0		1		0.410	6.555	1.228
Lysine	_	1.642	0		1		0.466	7.448	1.396
Methionine		0.476	0		1		0.135	2.159	0.405
Cystine	-	0.223	0		1		0.063	1.012	0.190
Phenylalanine	_	0.755	0		1		0.214	3.425	0.642
Tyrosine		0.625	0		1		0.177	2.835	0.531
Valine	-	1.002	0		1		0.284	4.545	0.852
Arginine		1.103	0		1		0.313	5.003	0.938
Histidine	-	0.589	0		1		0.167	2.672	0.501
Alanine		1.118	0		1		0.317	5.071	0.950
Aspartic acid		1.636	0		1		0.464	7.421	1.391
Glutamic acid		2.697	0		1		0.765	12.234	2.292
Glycine	_	0.907	0		1		0.257	4.114	0.771
Proline		0.779	0		1		0.221	3.534	0.662
Serine	•	0.690	0		1		0.196	3.130	0.587
Hydroxyproline	_								

## **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

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%

				Amount in edible portion of common					
		Nun	nber						
				Deriv	Source	Confidence			
	Mean				Code	Code	Measure 1	Measure 2	Measure 3
g	65.30	0.720	4	A	1		160.64	55.51	
-	182		0	MC	9		448	155	
	761				9		1873	647	
	27.18	0.444	4	A	1		66.86	23.10	
	7.27	0.480	4	A	1		17.88	6.18	
	1.10	0.041	4	A	1		2.71	0.94	
	0.00		0	z	7		0.00	0.00	
	_		_		_			_	
_									
-									
-									
-									
			·		-		20.0	3.0	
_									
-									
_	0.460		2	A	1		1.132	0.391	
	2 10		•	_			7.05	0.51	
	3.19		2	A	1		7.85	2.71	
IU									
0									
	2.918		2	A	1		7.178	2.480	
	0.013		2	20.	1		0 033	0 011	
	0.013	'	_	A	_		0.032	0.011	
	0 210	1	2	Δ	1		0 517	0 179	
_									
_			2						
_	2.002		_		-			0.054	
-									
g	3.021		2	A	1		7.432	2.568	
9	3.021		_		_				
	gkjgggggggmgggggggg	g 65.30kcal 182kj 761g 27.18g 7.27g 1.10g 0.00g 0.00g 0.00g 213mg 25mg 213mg 25mg 213mg 0.147mg 0.147mg 0.144mcg 11.5mg 0.147mg 0.420mg 0.420mg 0.420mg 0.90mg 0.460mg 0.900mg 0.460mg 0.900mg 0.900	Mean Std. Error Poi  Poi  Poi  Mean Std. Error Poi  Poi  Poi  Mean Std. Error Poi  Poi  Note: The Po	Mean Std. Error Points	Mean Std. Error Points Code    G	Mean Std. Error Points Code Code    Mean   Std. Error Points   Code Code	Mean   Std. Error   Points   Code   Code   Code	Mean   Std. Error   Points   Code   Code   Code   Code   Measure 1	

NDB No. 17297 Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted

		<u>Ar</u>	nount in 100 gra	ber	Amount in edible portion of common measures of food				
Nutrients and U	nits	Mean	of D Std. Error Poir	ata Deriv nts Code		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.138		2 A	1		0.339	0.117	
17:1		0.136		2 A	1		0.339	0.117	
18:1 undifferentiated	-	2.783		2 A	1		6.846	2.366	
20:1		0.025		2 A	1		0.062	0.021	
22:1 undifferentiated	-	0.023			-		0.002	0.021	
24:1 c	_								
Fatty acids, total polyunsaturated.		0.348		2 A	1		0.856	0.296	
18:2 undifferentiated		0.207		2 A	1		0.509	0.176	
18:3 undifferentiated	_	0.207		2 A	1		0.231	0.080	
18:4	-	0.031		_ ••	_		0.231	0.000	
20:2 n-6 c.c.	_								
20:3 undifferentiated	_								
20:4 undifferentiated	_	0.034		2 A	1		0.084	0.029	
20:5 n-3					_			****	
22:5 n-3	_								
22:6 n-3									
Fatty acids, total trans									
Cholesterol	mg	83		2 A	1		204	71	
Phytosterols	mg								
Amino Acids:									
Tryptophan	α	0.317		0	1		0.780	0.269	
Threonine		1.161		0	1		2.856	0.987	
Isoleucine		1.313		0	1		3.230	1.116	
Leucine	-	2.113		0	1		5.198	1.796	
Lysine	-	2.400		0	1		5.904	2.040	
Methionine		0.696		0	1		1.712	0.592	
Cystine	_	0.326		0	1		0.802	0.277	
Phenylalanine	-	1.104		0	1		2.716	0.938	
Tyrosine		0.913		0	1		2.246	0.776	
Valine	_	1.465		0	1		3.604	1.245	
Arginine		1.613		0	1		3.968	1.371	
Histidine	_	0.861		0	1		2.118	0.732	
Alanine	_	1.635		0	1		4.022	1.390	
Aspartic acid		2.391		0	1		5.882	2.032	
Glutamic acid		3.944		0	1		9.702	3.352	
Glycine	-	1.326		0	1		3.262	1.127	
Proline		1.139		0	1		2.802	0.968	
Serine	•	1.009		0	1		2.482	0.858	
Hydroxyproline	-								

## **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

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%

		<u>Aı</u>	mount in 100 gram Numbe		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		74.08	0.587 4	A	1		21.00	336.03	62.97
Energy		133	0	MC	9		38	603	113
Energy		556			9		158	2524	473
Protein (N x 6.25)		20.45	0.233 4	A	1		5.80	92.76	17.38
Total lipid (fat)		5.10	0.234 4	A	1		1.45	23.13	4.34
Ash		1.08	0.048 4	A -	1		0.31	4.90	0.92
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	0.00
Fiber, total dietary									
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	7	2	A	1		2	32	6
Iron, Fe	-	1.61	2	A	1		0.46	7.30	1.37
Magnesium, 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	<u>mg</u>	4.50	2	A	1		1.28	20.41	3.83
Copper, Cu		0.202		A	1		0.057	0.916	0.172
Manganese, Mn	<u>mg</u>	0.012		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	ma								
Thiamin	_	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								
Vitamin B-12		3.01	2	A	1		0.85	13.65	2.56
Vitamin A, IU									
Vitamin A, RAE	mcg_RAE								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	inog								
<u>Lipids:</u>									
Fatty acids, total saturated	g	2.008	2	A	1		0.569	9.108	1.707
4:0	g								
6:0	_								
8:0	_								
10:0	-	0.004		A	1		0.001	0.018	0.003
12:0	-	0.011	. 2	A	1		0.003	0.050	0.009
13:0				_	_			:	
14:0		0.149		A	1		0.042	0.676	0.127
15:0	_	0.020		A	1		0.006	0.091	0.017
16:0	_	1.064		A	1		0.302	4.826	0.904
17:0	-	0.061		A	1		0.017	0.277	0.052
18:0		0.689		A	1		0.195	3.125	0.586
20:0		0.009	1	A	1		0.003	0.041	0.008
22:0	-								
24:0				_	_				
Fatty acids, total monounsaturated	g	2.157		A A	1		0.612	9.784	1.833
14:1	~	0.009	1		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

		<u>Ar</u>	nount in 100 gra	ber	Amount in edible portion of common measures of food				
Nutrients and U	Inits	Mean	Std. Error Poi	ata Deriv nts Code		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.108		2 A	1		0.031	0.490	0.092
17:1		0.100			-		0.031	0.490	0.032
18:1 undifferentiated	_	1.984		2 A	1		0.562	8.999	1.686
20:1		0.018		1 A	1		0.005	0.082	0.015
22:1 undifferentiated	-								
24:1 c	-								
Fatty acids, total polyunsaturated		0.246		2 A	1		0.070	1.116	0.209
18:2 undifferentiated		0.149		2 A	1		0.042	0.676	0.127
18:3 undifferentiated	-	0.068		2 A	1		0.019	0.308	0.058
18:4	-								
20:2 n-6 c.c	-								
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	q	0.239		0	1		0.068	1.084	0.203
Threonine		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		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		0.687		0	1		0.195	3.116	0.584
Valine	-	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		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								

## **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

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

		<u>A</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>		edible portion	
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
D										
Proximates: Water	а	59.95		0	PAK	1		50.96		
Energy		235		0	MC	9		200		
Energy		983		·		9		836		
Protein (N x 6.25)		25.75		0	PAK	1		21.89		
Total lipid (fat)		13.83		0	PAK	1		11.76		
Ash		0.99		0	PAK	1		0.84		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary		0.00		·	_	•		0.00		
Sugars, total										
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	mg	14		0	PAK	1		12		
Iron, Fe	mg	2.34		0	PAK	1		1.99		
Magnesium, Mg		25		0	PAK	1		21		
Phosphorus, P	mg	224		0	PAK	1		190		
Potassium, K	mg	336		0	PAK	1		286		
Sodium, Na		64		0	PAK	1		54		
Zinc, Zn		4.83		0	PAK	1		4.11		
Copper, Cu		0.162		0	PAK	1		0.138		
Manganese, Mn		0.015	5	0	PAK	1		0.013		
Selenium, Se	mcg	10.1		0	BFNN	4		8.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	-	0.128	3	0	PAK	1		0.109		
Riboflavin	-	0.391		0	PAK	1		0.332		
Niacin		5.433		0	PAK	1		4.618		
Pantothenic acid		0.929	)	0	PAK	1		0.790		
Vitamin B-6		0.430	)	0	PAK	1		0.366		
Folate, total										
Folate, DFE										
Vitamin B-12		3.05		0	PAK	1		2.59		
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	6.414	ı	0	MC	9		5.452		
4:0	-	0.41	-	·	110	•		3.432		
6:0										
8:0	_									
10:0	_	0.021	L	0	PAK	1		0.018		
12:0	-	0.044		0	PAK	1		0.037		
13:0	_									
14:0	_	0.523	3	0	PAK	1		0.445		
15:0	-	0.080		0	PAK	1		0.068		
16:0	-	3.042		0	PAK	1		2.586		
17:0	-	0.200		0	PAK	1		0.170		
18:0	-	2.485		0	PAK	1		2.112		
20:0	-	0.019		0	PAK	1		0.016		
22:0	-							, <u>-</u> ,		
24:0										
Fatty acids, total monounsaturated.		5.567	,	0	MC	9		4.732		
14:1		0.019		0	PAK	1		0.016		
15:1										
- V · * · · · · · · · · · · · · · · · · ·										

NDB No. 17303 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

		<u>Aı</u>	Amount in 100 grams of edible portion  Number  of Data Deriv Source Confidence						Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.263		0	PAK	1		0.224			
17:1	-										
18:1 undifferentiated	-	5.134		0	PAK	1		4.364			
20:1		0.044		0	PAK	1		0.037			
22:1 undifferentiated	-										
24:1 c	-	0 505		•		•					
Fatty acids, total polyunsaturated	-	0.595		0	MC	9		0.506			
18:2 undifferentiated	-	0.366		0	PAK	1 1		0.311			
18:3 undifferentiated	-	0.175		U	PAK	1		0.149			
18:4											
20:2 n-6 c,c	-										
20:3 undifferentiated	-	0.045		0	PAK	1		0.038			
20:4 undifferentiated 20:5 n-3		0.043		U	FAI	_		0.038			
22:5 n-3											
22:6 n-3											
Fatty acids, total trans											
Cholesterol		85		0	PAK	1		72			
Phytosterols	_										
,	······································										
Amino Acids:											
Tryptophan		0.301		0		1		0.256			
Threonine		1.100		0		1		0.935			
Isoleucine		1.244		0		1		1.057			
Leucine		2.002		0		1		1.702			
Lysine		2.274		0		1		1.933			
Methionine	_	0.659		0		1 1		0.560			
Cystine	_	0.309		0		_		0.263			
Phenylalanine		1.046		0		1		0.889			
Tyrosine	_	0.865		0		1 1		0.735			
Valine		1.388		0		1		1.180			
Arginine		1.528		0		1		1.299			
Histidine	•	0.816		0		1		0.694			
Alanine	_	1.549		0		1		1.317			
Aspartic acid		2.266 3.737		0		1		1.926 3.176			
Glutamic acid	_	1.257		0		1		1.068			
Glycine				0		1					
Proline	•	1.079 0.956		0		1		0.917 0.813			
Serine	_	0.956		U		1		0.613			
Hydroxyproline	y										

# **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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

		<u>A</u>	mount in 100	<u>0 grams</u>	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number				<u>m</u>	easures of food	<u>[</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	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										
Starch										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11		0	PAK	1		3		
Iron, Fe	-	1.75		0	PAK	1		0.50		
Magnesium, Mg		22		0	PAK	1		6		
Phosphorus, P		192		0	PAK	1		54		
Potassium, K	-	308		0	PAK	1		87		
Sodium, Na	-	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		0.014	l	0	PAK	1		0.004		
Selenium, Se	mcg	7.1		0	PAK	1		2.0		
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin		0.140	)	0	PAK	1		0.040		
Riboflavin	-	0.288		0	PAK	1		0.082		
Niacin	-	4.996		0	PAK	1		1.416		
Pantothenic acid		0.490		0	PAK	1		0.139		
Vitamin B-6	_	0.362		0	PAK	1		0.103		
Folate, total	_	0.502	-	·		-		0.103		
Folate, DFE										
Vitamin B-12		2.72		0	PAK	1		0.77		
Vitamin A, IU				·		-		• • • • • • • • • • • • • • • • • • • •		
Vitamin A, RAE	mca RAF									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		6.898	3	0	MC	9		1.956		
4:0										
6:0										
8:0			_	.=		_		_		
10:0		0.026		0	PAK	1		0.007		
12:0		0.045	5	0	PAK	1		0.013		
13:0	-			_	_	_		_		
14:0		0.561		0	PAK	1		0.159		
15:0	-	0.085		0	PAK	1		0.024		
16:0	-	3.273		0	PAK	1		0.928		
17:0	g	0.213	3	0	PAK	1		0.060		
18:0	-	2.669		0	PAK	1		0.757		
20:0	-	0.025	5	0	PAK	1		0.007		
22:0	g									
24:0										
Fatty acids, total monounsaturated	g	5.878	3	0	MC	9		1.666		
14:1	g	0.025	5	0	PAK	1		0.007		
15:1	g									

NDB No. 17302 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw

		Amount in 100 grams of edible portion  Number  of Data Deriv Source Confidence  Mean Std. Error Points Code Code Code						Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
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	lg	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	q	0.214		0		1		0.061			
Threonine		0.783		0		1		0.222			
Isoleucine	-	0.886		0		1		0.251			
Leucine	-	1.425		0		1		0.404			
Lysine		1.619		0		1		0.459			
Methionine	-	0.469		0		1		0.133			
Cystine		0.220		0		1		0.062			
Phenylalanine		0.745		0		1		0.211			
Tyrosine		0.616		0		1		0.175			
Valine		0.988		0		1		0.280			
Arginine	_	1.088		0		1		0.308			
Histidine		0.581		0		1		0.165			
Alanine	•	1.103		0		1		0.313			
Aspartic acid		1.613		0		1		0.457			
Glutamic acid		2.660		0		1		0.754			
Glycine	-	0.894		0		1		0.253			
Proline	-	0.768		0		1		0.218			
Serine	•	0.680		0		1		0.193			
Hydroxyproline	-	2.300		•		_		3.200			

# **Common Measures:**

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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%

		<u>A</u>	mount in 100 g	rams	s of edib	le portic	o <u>n</u>	Amount in	edible portion of	of common
			Ni		_				easures of food	
				mbe		_		<u></u>	0000100 011000	
Nutrients and Un	iits	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
n										
Proximates: Water	a	64.08	0.605	4	A	1		54.47		
Energy	-	188	0.005	0	MC	9		160		
Energy		787		U	MC	9		669		
23		27.63	0.633	4	A	1		23.49		
Protein (N x 6.25)		7.80	0.564	4	A	1		6.63		
Total lipid (fat)		1.05	0.087	4	A	1		0.89		
Ash			0.087	0	Z	7				
Carbohydrate, by difference		0.00		U	Z	,		0.00		
Fiber, total dietary										
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	13	1.147	3	A	1		11		
Iron, Fe	-	2.48	0.188	3	A	1		2.11		
Magnesium, 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	<u>mg</u>	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	ma									
Thiamin	-	0.135	5	2	A	1		0.115		
Riboflavin		0.420	)	2	A	1		0.357		
Niacin		5.725	5	2	A	1		4.866		
Pantothenic acid		0.990	)	2	A	1		0.842		
Vitamin B-6		0.460	)	2	A	1		0.391		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12		3.19		2	A	1		2.71		
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.159	1.364	3	A	1		2.685		
4:0										
6:0										
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	-	0.007	7	1	A	1		0.006		
22:0										
24:0				-		_				
Fatty acids, total monounsaturated.		3.177		3	A	1		2.700		
14:1		0.007	•	2	A	1		0.006		
15:1	g									

NDB No. 17305 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled

	Amount in 100 grams of edible portion  Number  of Data Deriy Source Confidence						Amount in edible portion of common measures of food			
Nutrients and Units	Mean Si	of td. Error Po			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiatedg	0.152	0.203	3	A	1		0.129			
17:1g	0.101	0.200	•		-		0.123			
18:1 undifferentiated	2.933	0.851	3	A	1		2.493			
20:1g	0.020		1	A	1		0.017			
22:1 undifferentiatedg										
24:1 cg										
Fatty acids, total polyunsaturated	0.396	0.603	3	A	1		0.337			
18:2 undifferentiatedg	0.234	0.296	3	A	1		0.199			
18:3 undifferentiatedg	0.110	0.145	3	A	1		0.094			
18:4g										
20:2 n-6 c.cg										
20:3 undifferentiatedg										
20:4 undifferentiatedg	0.043	0.120	3	A	1		0.037			
20:5 n-3g										
22:5 n-3g										
22:6 n-3g										
Fatty acids, total trans										
Cholesterolmg	85	3.431	3	A	1		72			
Phytosterols mg										
Amino Acids:										
Tryptophang	0.323		0		1		0.275			
Threonine 9	1.180		0		1		1.003			
Isoleucine	1.335		0		1		1.135			
Leucine	2.148		0		1		1.826			
Lysineg	2.440		0		1		2.074			
Methionine	0.707		0		1		0.601			
Cystine	0.332		0		1		0.282			
Phenylalanine	1.123		0		1		0.955			
Tyrosine	0.928		0		1		0.789			
Valine	1.490		0		1		1.267			
Arginine	1.640		0		1		1.394			
Histidineg	0.875		0		1		0.744			
Alanineg	1.662		0		1		1.413			
Aspartic acid	2.431		0		1		2.066			
Glutamic acid	4.009		0		1		3.408			
Glycine	1.348		0		1		1.146			
Prolineg	1.158		0		1		0.984			
Serine	1.025		0		1		0.871			
Hydroxyproline										

# **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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%

		<u>A</u>	mount in 100 gr	ams	of edik	ole portic	<u>on</u>	Amount in	edible portion of	of common
			Nur	nber				<u>m</u>	easures of food	
					Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.13	0.685	4	A	1		21.02		
Energy		132		0	MC	9		37		
Energy		552				9		157		
Protein (N x 6.25)		20.43	0.193	4	A	1		5.79		
Total lipid (fat)		4.91	0.573	4	A	1		1.39		
Ash		0.95	0.050	4	A	1		0.27		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	_	9	0.558	3	A	1		3		
Iron, Fe	_	1.94	0.158	3	A	1		0.55		
Magnesium, Mg	_	25	0.404	3	A	1		7		
Phosphorus, P		214	4.485	3	A	1		61		
Potassium, K	_	342	4.667	3	A	1		97		
Sodium, Na	_	64 3.58	4.590 0.067	3	A	1 1		18 1.01		
Zinc, Zn	_			3 3	A A	1		0.044		
Copper, Cu		0.156		3	A	1		0.044		
Manganese, Mn Selenium, Se	_	8.0	0.002	2	A	1		2.3		
Selenium, Se	1110g	8.0		_	•	_		2.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.155	5	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	5	2	A	1		0.115		
Folate, total										
Folate, DFE										
Vitamin B-12		3.01		2	A	1		0.85		
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
Lipids:										
Fatty acids, total saturated	g	1.948	1.617	3	A	1		0.552		
4:0										
6:0	g									
8:0	g									
10:0	g	0.006	5	2	A	1		0.002		
12:0	g	0.011	0.033	3	A	1		0.003		
13:0	g									
14:0	_	0.146	0.348	3	A	1		0.041		
15:0	-	0.018	0.033	3	A	1		0.005		
16:0	_	1.025		3	A	1		0.291		
17:0	-	0.052	0.033	3	A	1		0.015		
18:0	g	0.683	1.367	3	A	1		0.194		
20:0	-	0.006	5	2	A	1		0.002		
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.034	0.895	3	A	1		0.577		
14:1	g	0.008	3	2	A	1		0.002		
	g									

NDB No. 17304 Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw

		<u>Am</u>		mber		_	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.096	0.203	3	A	1		0.027		
17:1		0.030	0.203	,		-		0.027		
18:1 undifferentiated	-	1.877	0.895	3	A	1		0.532		
20:1		0.017	0.000	1	A	1		0.005		
22:1 undifferentiated	_			_		_		0.000		
24:1 c	-									
Fatty acids, total polyunsaturated		0.267	0.736	3	A	1		0.076		
18:2 undifferentiated		0.155	0.371	3	A	1		0.044		
18:3 undifferentiated	-	0.072	0.153	3	A	1		0.020		
18:4	_									
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	_	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	а	0.239		0		1		0.068		
Threonine		0.873		0		1		0.247		
Isoleucine		0.987		0		1		0.280		
Leucine	-	1.588		0		1		0.450		
Lysine	_	1.804		0		1		0.511		
Methionine		0.523		0		1		0.148		
Cystine	-	0.245		0		1		0.069		
Phenylalanine	_	0.830		0		1		0.235		
Tyrosine		0.686		0		1		0.194		
Valine	-	1.101		0		1		0.312		
Arginine		1.212		0		1		0.344		
Histidine	-	0.647		0		1		0.183		
Alanine	-	1.229		0		1		0.348		
Aspartic acid		1.797		0		1		0.509		
Glutamic acid		2.964		0		1		0.840		
Glycine	_	0.997		0		1		0.283		
Proline		0.856		0		1		0.243		
Serine	•	0.758		0		1		0.215		
Hydroxyproline	_									

# **Common Measures:**

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion	
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Proximates: Water	a	56.20		0	PAK	1		171.97	47.77	
Energy		281		0	MC	9		860	239	
Energy		1176		Ū	М	9		3598	999	
Protein (N x 6.25)	=	24.88		0	PAK	1		76.13	21.15	
Total lipid (fat)		19.38		0	PAK	1		59.30	16.47	
Ash		0.96		0	PAK	1		2.94	0.82	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.00		· ·	_	,		0.00	0.00	
Sugars, total										
· .										
Starch	9									
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	3	0	PAK	1		0.529	0.147	
Manganese, Mn	mg	0.016	5	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	ma									
Thiamin	-	0.124	1	0	PAK	1		0.379	0.105	
Riboflavin	-	0.376		0	PAK	1		1.151	0.320	
Niacin		5.281		0	PAK	1		16.160	4.489	
Pantothenic acid		0.898		0	PAK	1		2.748	0.763	
Vitamin B-6		0.415		0	PAK	1		1.270	0.353	
Folate, total										
Folate, DFE										
Vitamin B-12		2.98		0	PAK	1		9.12	2.53	
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	9.245	5	0	MC	9		28.290	7.858	
4:0		3.21		·		•				
6:0	-									
8:0										
10:0	-	0.035	5	0	PAK	1		0.107	0.030	
12:0.		0.056		0	PAK	1		0.171	0.048	
13:0		0.050	-	v		-		J.1.1	0.040	
14:0	-	0.742	2	0	PAK	1		2.271	0.631	
15:0		0.111		0	PAK	1		0.340	0.094	
16:0	-	4.279		0	PAK	1		13.094	3.637	
17:0		0.298		0	PAK	1		0.912	0.253	
18:0		3.689		0	PAK	1		11.288	3.136	
20:0	-	0.035		0	PAK	1		0.107	0.030	
22:0	-	0.03	-	Ü	ZAK	-		0.107	0.030	
24:0										
Fatty acids, total monounsaturated.		7.658	3	0	MC	9		23.433	6.509	
14:1		0.031		0	PAK	1		0.095	0.026	
15:1		0.03	_	Ü		-		0.093	0.020	
1.7.1	9									

NDB No. 17299 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

		<u>Ar</u>		mber		<u>n</u> Confidence	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.350		0	PAK	1		1.071	0.298	
17:1	-									
18:1 undifferentiated		7.066		0	PAK	1		21.622	6.006	
20:1		0.071		U	PAK	1		0.217	0.060	
22:1 undifferentiated	_									
24:1 cFatty acids, total polyunsaturated		0.771		0	MC	9		2.359	0.655	
, , ,	-	0.482		0	PAK	1		1.475	0.410	
18:2 undifferentiated 18:3 undifferentiated	_	0.482		0	PAK	1		0.701	0.410	
18:4		0.229		U	FAIX	_		0.701	0.195	
20:2 n-6 c.c	-									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.045		0	PAK	1		0.138	0.038	
20:5 n-3		0.010		·		-		0.150	0.000	
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		102		0	PAK	1		312	87	
Phytosterols	mg									
A A										
Amino Acids:	~	0.001		^				0.000	0.047	
Tryptophan		0.291		0		1 1		0.890	0.247	
Threonine	_	1.063 1.202		0		1		3.253 3.678	0.904 1.022	
Isoleucine		1.202		0		1		5.921	1.022	
Leucine		2.197		0		1		6.723	1.845	
Lysine		0.637		0		1		1.949	0.541	
Methionine	_	0.037		0		1		0.915	0.254	
Phenylalanine	_	1.011		0		1		3.094	0.859	
Tyrosine		0.836		0		1		2.558	0.833	
Valine	_	1.341		0		1		4.103	1.140	
Arginine		1.477		0		1		4.520	1.255	
Histidine	_	0.788		0		1		2.411	0.670	
Alanine	•	1.497		0		1		4.581	1.272	
Aspartic acid		2.189		0		1		6.698	1.861	
Glutamic acid		3.610		0		1		11.047	3.069	
Glycine	_	1.214		0		1		3.715	1.032	
Proline		1.043		0		1		3.192	0.887	
Serine	•	0.923		0		1		2.824	0.785	
Hydroxyproline	_									

## **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

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

		Aı	mount in 100 g		of edib	ole portic	on		edible portion of easures of food	of common
Nutrients and Units	;	Mean			Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		62.63		0	PAK	1		17.76	284.09	53.24
Energy		25 <b>4</b> 1063		0	MC	9 9		72 301	1152 4821	216 903
Energy Protein (N x 6.25)		17.25		0	PAK	1		4.89	4821 78.25	14.66
Total lipid (fat)		20.00		0	PAK	1		5.67	90.72	17.00
Ash		0.87		0	PAK	1		0.25	3.95	0.74
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00
Fiber, total dietary	-									
Sugars, total										
Starch										
M: 1										
Minerals: Calcium. Ca	ma	12		0	PAK	1		3	54	10
Iron. Fe.		1.50		0	PAK	1		0.43	6.80	1.28
Magnesium, Mg		20		0	PAK	1		6	91	17
Phosphorus, P	_	167		0	PAK	1		47	758	142
Potassium, K	_	279		0	PAK	1		79	1266	237
Sodium, Na	mg	70		0	PAK	1		20	318	60
Zinc, Zn	<sub>.</sub> mg	2.95		0	PAK	1		0.84	13.38	2.51
Copper, Cu		0.148		0	PAK	1		0.042	0.671	0.126
Manganese, Mn		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	1	0	PAK	1		0.038	0.603	0.113
Riboflavin	_	0.272		0	PAK	1		0.077	1.234	0.231
Niacin		4.695		0	PAK	1		1.331	21.297	3.991
Pantothenic acid		0.469		0	PAK	1		0.133	2.127	0.399
Vitamin B-6		0.339		0	PAK	1		0.096	1.538	0.288
Folate, totalFolate, DFE		==								
Vitamin B-12		2.57		0	PAK	1		0.73	11.66	2.18
Vitamin A, IU				-		_				0
Vitamin A, RAE	mcg R/	ΑE								
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	iiicg									
Lipids:										
Fatty acids, total saturated	-	9.754		0	MC	9		2.765	44.244	8.291
4:0	_									
6:0	_									
8:0 10:0										
12:0		0.062		0	PAK	1		0.018	0.281	0.053
13:0	_	0.002		ŭ		-		0.010	0.201	0.055
14:0		0.794		0	PAK	1		0.225	3.602	0.675
15:0	-	0.126		0	PAK	1		0.036	0.572	0.107
16:0	g	4.596	i	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	-	3.865	i	0	PAK	1		1.096	17.532	3.285
20:0										
22:0										
24:0Fatty acids, total monounsaturated		8.101		0	MC	9		2.297	36.746	6.886
14:1	_	6.101		J	МС	9		2.231	30.740	0.000
15:1										
10.1										

NDB No. 17298 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw

		Amount in 100 grams of edible portion  Number  of Data Deriv Source Confidence						Amount in edible portion of common measures of food			
Nutrients and l	Units	Mean	Std. Error F			Code	Confidence	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated	g	0.389		0	PAK	1		0.110	1.765	0.331	
17:1											
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 polyunsaturate	:dg	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											
20:4 undifferentiated		0.082		0	PAK	1		0.023	0.372	0.070	
20:5 n-3											
22:5 n-3	_										
22:6 n-3											
Fatty acids, total trans											
Cholesterol		66		0	PAK	1		19	299	56	
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.201		0		1		0.057	0.912	0.171	
Threonine		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		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		0.701		0		1		0.199	3.180	0.596	
Tyrosine		0.579		0		1		0.164	2.626	0.492	
Valine		0.930		0		1		0.264	4.218	0.791	
Arginine	g	1.024		0		1		0.290	4.645	0.870	
Histidine		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		2.503		0		1		0.710	11.354	2.128	
Glycine	_	0.842		0		1		0.239	3.819	0.716	
Proline	-	0.723		0		1		0.205	3.280	0.615	
Serine	•	0.640		0		1		0.181	2.903	0.544	
Hydroxyproline	_										

## **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

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%

		<u>A</u>	mount in 100 gra	ams	of edib	le portic	o <u>n</u>		edible portion of	of common
			Nun	nber				<u>m</u>	easures of food	
Nutrients and Uni	its	Mean	of D Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_	60.10			_					
Water	-	62.18	0.472	4	A	1		161.05	52.85	
Energy		215		0	MC	9		557	183	
Energy		900			_	9		2330	765	
Protein (N x 6.25)		27.75	0.210	4	A	1		71.87	23.59	
Total lipid (fat)		10.65	0.693	4	A	1		27.58	9.05	
Ash		1.05	0.029	4	A -	1		2.72	0.89	
Carbohydrate, by difference	-	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	13		2	A	1		34	11	
Iron, Fe	_	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	l	2	A	1		0.502	0.165	
Manganese, Mn	mg	0.017	1	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	ma									
Thiamin	_	0.135	5	2	A	1		0.350	0.115	
Riboflavin	-	0.420		2	A	1		1.088	0.357	
Niacin		5.725		2	A	1		14.828	4.866	
Pantothenic acid		0.990	)	2	A	1		2.564	0.842	
Vitamin B-6		0.460	)	2	A	1		1.191	0.391	
Folate, total										
Folate, DFE	mcg_DFE									
Vitamin B-12		3.19		2	A	1		8.26	2.71	
Vitamin A, IU										
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.508	3	2	A	1		11.676	3.832	
4:0										
6:0	g									
8:0	g									
10:0	g	0.014	Į.	2	A	1		0.036	0.012	
12:0	g	0.023	3	2	A	1		0.060	0.020	
13:0	g									
14:0	g	0.339	)	2	A	1		0.878	0.288	
15:0	-	0.046	5	2	A	1		0.119	0.039	
16:0		2.220		2	A	1		5.750	1.887	
17:0	g	0.138	3	2	A	1		0.357	0.117	
18:0	g	1.711	L	2	A	1		4.431	1.454	
20:0	-	0.018	3	2	A	1		0.047	0.015	
22:0	g									
24:0										
Fatty acids, total monounsaturated		4.182		2	A	1		10.831	3.555	
14:1		0.014	l	2	A	1		0.036	0.012	
15:1	g									

NDB No. 17301 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted

		<u>Ar</u>		Number	•	_	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.188		2	A	1		0.487	0.160	
17:1										
18:1 undifferentiated		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	lg	0.482		2	A	1		1.248	0.410	
18:2 undifferentiated		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	q	0.324		0		1		0.839	0.275	
Threonine		1.185		0		1		3.069	1.007	
Isoleucine	_	1.341		0		1		3.473	1.140	
Leucine	_	2.158		0		1		5.589	1.834	
Lysine		2.451		0		1		6.348	2.083	
Methionine	_	0.710		0		1		1.839	0.604	
Cystine	g	0.333		0		1		0.862	0.283	
Phenylalanine		1.128		0		1		2.922	0.959	
Tyrosine		0.932		0		1		2.414	0.792	
Valine		1.496		0		1		3.875	1.272	
Arginine		1.647		0		1		4.266	1.400	
Histidine		0.879		0		1		2.277	0.747	
Alanine	•	1.669		0		1		4.323	1.419	
Aspartic acid	_	2.442		0		1		6.325	2.076	
Glutamic acid		4.027		0		1		10.430	3.423	
Glycine	_	1.354		0		1		3.507	1.151	
Proline	-	1.163		0		1		3.012	0.989	
Serine	•	1.030		0		1		2.668	0.876	
Hydroxyproline										

## **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

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%

		<u>Aı</u>	mount in 100 gra Numl		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	<b>.</b>	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		73.68	0.538		1		20.89	334.21	62.63
Energy		138	(	MC	9		39	626	117
Energy		577			9		164	2619	491
Protein (N x 6.25)		20.48	0.210		1		5.81	92.90	17.41
Total lipid (fat)		5.64	0.368		1		1.60	25.58	4.79
Ash		1.03	0.025		1		0.29	4.67	0.88
Carbohydrate, by difference		0.00	(	Z	7		0.00	0.00	0.00
Fiber, total dietary									
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	10	2	A	1		3	45	9
Iron, Fe	-	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		0.179			1		0.051	0.812	0.152
Manganese, Mn	<sub>.</sub> mg	0.017			1		0.005	0.077	0.014
Selenium, Se	mcg	9.8	(	BFNN	4		2.8	44.5	8.3
Vitamins:									
Vitamin C, total ascorbic acid	ma								
Thiamin	-	0.155	; 2	A	1		0.044	0.703	0.132
Riboflavin	-	0.320		A	1		0.091	1.452	0.272
Niacin	-	5.560	) 2	A	1		1.576	25.220	4.726
Pantothenic acid		0.530	) 2	A	1		0.150	2.404	0.451
Vitamin B-6		0.406	5 2	A	1		0.115	1.842	0.345
Folate, total	mcg								
Folate, DFE	mcg_DFE								
Vitamin B-12		3.01	2	A	1		0.85	13.65	2.56
Vitamin A, IU	IU								
Vitamin A, RAE	mcg_RAE								
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	Incg								
Lipids:									
Fatty acids, total saturated	g	2.308		A	1		0.654	10.469	1.962
4:0	g								
6:0	g								
8:0	g								
10:0	g								
12:0	-	0.010	) 2	A	1		0.003	0.045	0.009
13:0									
14:0		0.163			1		0.046	0.739	0.139
15:0	-	0.024			1		0.007	0.109	0.020
16:0		1.184			1		0.336	5.371	1.006
17:0	_	0.068			1		0.019	0.308	0.058
18:0	-	0.859	2	A	1		0.244	3.896	0.730
20:0									
22:0									
24:0				_	_			40 40-	
Fatty acids, total monounsaturated	-	2.293	1	A	1		0.650	10.401	1.949
	u								

NDB No. 17300 Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw

100 grams o	Amount in 100	of edil	ble portic	<u>on</u>	Amount in edible portion of common			
Number of Data I			Source	Confidence	<u>m</u>	easures of food		
	Std. Error F		Code	Code	Measure 1	Measure 2	Measure 3	
2	.2	A	1		0.030	0.500	0.09	
2	.2	A	1		0.032	0.508	0.09	
2	4	A	1		0.599	9.589	1.79	
1	24	A	1		0.007	0.109	0.02	
_	· <del>-</del>		-		0.007	0.103	0.02	
2	57	A	1		0.076	1.211	0.22	
2	53	A	1		0.046	0.739	0.13	
2	15	A	1		0.021	0.340	0.06	
					0.022	0.010		
2	29	A	1		0.008	0.132	0.02	
2		A	1		18	286	54	
0	39		1		0.068	1.084	0.20	
0	15		1		0.248	3.969	0.74	
0	39		1		0.280	4.486	0.84	
0	92		1		0.451	7.221	1.35	
0	8		1		0.513	8.201	1.53	
0	24		1		0.149	2.377	0.44	
0	16		1		0.070	1.116	0.20	
0	32		1		0.236	3.774	0.70	
0	88		1		0.195	3.121	0.58	
0	)4		1		0.313	5.008	0.93	
0	.5		1		0.344	5.511	1.03	
0	19		1		0.184	2.944	0.5	
0	32		1		0.349	5.588	1.04	
0	)2		1		0.511	8.174	1.53	
0	11		1		0.842	13.476	2.52	
0	9		1		0.283	4.531	0.84	
0	8		1		0.243	3.892	0.72	
0	50		1		0.215	3.447	0.64	
	9 58	0	0	0 1 0 1	0 1 0 1	0 1 0.283 0 1 0.243	0 1 0.283 4.531 0 1 0.243 3.892	

# **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

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

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure 3	
Proximates:	a	59.65		0	PAK	1		169.41	50.70		
Water		244		0	MC	9		693	207		
Energy		1021		U	MC	9		2899	868		
63	<del>-</del>	25.16		0	PAK	1		71.45	21.39		
Protein (N x 6.25)		15.13		0	PAK	1		42.97	12.86		
Total lipid (fat)		1.01		0	PAK	1		2.87	0.86		
		0.00		0	Z	7		0.00	0.00		
Carbohydrate, by difference		0.00		U	2	,		0.00	0.00		
Fiber, total dietary											
Sugars, total											
Starch	y										
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	1	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	5	0	PAK	1		0.358	0.107		
Riboflavin	mg	0.386	5	0	PAK	1		1.096	0.328		
Niacin	mg	5.383	3	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	5	0	PAK	1		1.207	0.361		
Folate, total	mcg										
Folate, DFE	mcg_DFE										
Vitamin B-12	mcg	3.03		0	PAK	1		8.61	2.58		
Vitamin A, IU											
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated		7.091	L	0	MC	9		20.138	6.027		
4:0	-										
6:0											
8:0	-					_					
10:0	_	0.018		0	PAK	1		0.051	0.015		
12:0	-	0.041	L	0	PAK	1		0.116	0.035		
13:0	-	0.50		^	P			1			
14:0	_	0.563		0	PAK	1		1.599	0.479		
15:0	-	0.087		0	PAK	1		0.247	0.074		
16:0		3.341		0	PAK	1		9.488	2.840		
17:0	_	0.230		0	PAK	1		0.653	0.196		
18:0	_	2.796		0	PAK	1		7.941	2.377		
20:0	-	0.015	•	0	PAK	1		0.043	0.013		
22:0											
24:0		_	_			_			_		
Fatty acids, total monounsaturated.		6.087		0	MC	9		17.287	5.174		
14:1		0.027	1	0	PAK	1		0.077	0.023		
15:1	g										

NDB No. 17291 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted

		<u>Aı</u>	_	Number	,		<u>n</u> Confidence		edible portion o	of common
Nutrients and U	Inits	Mean	Std. Error	of Data Points		Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.279		0	PAK	1		0.792	0.237	
17:1	_									
18:1 undifferentiated		5.610		0	PAK	1		15.932	4.769	
20:1		0.055		0	PAK	1		0.156	0.047	
22:1 undifferentiated	-									
24:1 c		0.615		•		•			0 500	
Fatty acids, total polyunsaturated	-	0.615		0	MC	9		1.747	0.523	
18:2 undifferentiated	-	0.382		0	PAK	1 1		1.085	0.325	
18:3 undifferentiated		0.181		U	PAK	1		0.514	0.154	
18:4	-									
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.039		0	PAK	1		0.111	0.033	
20:4 undifferentiated 20:5 n-3		0.039		U	PAR	1		0.111	0.033	
20.5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		88		0	PAK	1		250	75	
Phytosterols	_									
-										
Amino Acids:										
Tryptophan		0.294		0		1		0.835	0.250	
Threonine	-	1.075		0		1		3.053	0.914	
Isoleucine		1.216		0		1		3.453	1.034	
Leucine		1.956		0		1		5.555	1.663	
Lysine		2.222		0		1		6.310	1.889	
Methionine	-	0.644		0		1 1		1.829	0.547	
Cystine	-	0.302		0		_		0.858	0.257	
Phenylalanine		1.022		0		1		2.902	0.869	
Tyrosine	-	0.845		0		1		2.400	0.718	
Valine		1.356		0		1		3.851	1.153	
Arginine	-	1.493		0		1		4.240	1.269	
Histidine	•	0.797		0		1		2.263	0.677	
Alanine		1.513		0		1		4.297	1.286	
Aspartic acid		2.214		0		1 1		6.288	1.882	
Glutamic acid	-	3.651		-		_		10.369	3.103	
Glycine		1.228		0		1		3.488	1.044	
Proline	•	1.055		0		1 1		2.996	0.897	
Serine	-	0.934		U		1		2.653	0.794	
Hydroxyproline	9									

## **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. 17290 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 14% Bone

		<u>A</u>	mount in 100			le portio	on .		edible portion of easures of food	of common
Nutrients and Unit	s	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		66.33		0	PAK	1		18.80	300.87	56.38
Energy		215 900		0	MC	9 9		61 255	975	183 765
Energy		18.24		0	מאם	1		255 5.17	4080 82.74	765 15.50
Protein (N x 6.25) Total lipid (fat)		15.19		0	PAK PAK	1		4.31	82.74 68.90	12.91
Ash		0.95		0	PAK	1		0.27	4.31	0.81
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	-	0.00		ŭ	-	•		0.00	0.00	0.00
Sugars, total										
Starch										
	0									
Minerals:		10		•				2	45	•
Calcium, CaIron. Fe.	-	10 1.48		0 0	PAK PAK	1 1		3 0.42	<b>4</b> 5 6.71	9 1.26
Magnesium, Mg		20		0	PAK	1		0.42 6	6.71 91	1.26
Phosphorus, P		173		0	PAK	1		49	785	147
Potassium, K	-	295		0	PAK	1		84	1338	251
Sodium, Na		73		0	PAK	1		21	331	62
Zinc, Zn		3.75		0	PAK	1		1.06	17.01	3.19
Copper, Cu	mg	0.173	3	0	PAK	1		0.049	0.785	0.147
Manganese, Mn	mg	0.011	L	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	-	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	Į.	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		0.359	•	0	PAK	1		0.102	1.628	0.305
Folate, total										
Folate, DFE		0.70		0				0.77	10.05	
Vitamin B-12		2.70		U	PAK	1		0.77	12.25	2.30
Vitamin A, IU Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.288	3	0	MC	9		2.066	33.058	6.195
4:0										
6:0	g									
8:0	-									
10:0		0.025		0	PAK	1		0.007	0.113	0.021
12:0		0.047	1	0	PAK	1		0.013	0.213	0.040
13:0		0 500	<u> </u>	0	D# 72	1		0 167	0.070	0 501
14:0 15:0	-	0.589 0.091		0	PAK PAK	1 1		0.167 0.026	2.672 0.413	0.501 0.077
16:0	-	3.458		0	PAK	1		0.026	15.685	2.939
17:0		0.231		0	PAK	1		0.980	1.048	0.196
18:0.		2.821		0	PAK	1		0.800	12.796	2.398
20:0		0.026		0	PAK	1		0.007	0.118	0.022
22:0										
24:0	-									
Fatty acids, total monounsaturated		6.226		0	MC	9		1.765	28.241	5.292
14:1		0.024	l	0	PAK	1		0.007	0.109	0.020
15:1	g									

NDB No. 17290 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

	<u>A</u> 1	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Number		Source	Confidence	<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
464			•							
16:1 undifferentiatedg	0.300	1	0	PAK	1		0.085	1.361	0.2	
17:1	5.734		0	PAK	1		1.626	26.009	4.8	
18:1 undifferentiated	0.055		0	PAK	1		0.016	0.249	0.0	
20:1g 22:1 undifferentiatedg	0.055	•	U	PAR	_		0.016	0.249	0.0	
22:1 undifferentiated										
Fatty acids, total polyunsaturated	0.657	,	0	MC	9		0.186	2.980	0.5	
18:2 undifferentiatedg	0.387		0	PAK	1		0.186	1.755	0.3	
18:3 undifferentiated	0.184		0	PAK	1		0.110	0.835	0.3	
18:4g	0.104	•	Ū	IM	-		0.032	0.833	0.1	
20:2 n-6 c.c										
20:3 undifferentiated										
20:4 undifferentiated	0.065		0	PAK	1		0.018	0.295	0.0	
20:5 n-3	0.000	•	·		-		0.010	0.233	0.0	
22:5 n-3g										
22:6 n-3										
Fatty acids, total trans										
Cholesterolmg	66		0	PAK	1		19	299	56	
Phytosterols mg										
mino Acids:										
ryptophang	0.213	1	0		1		0.060	0.966	0.1	
Threonine	0.779	)	0		1		0.221	3.534	0.6	
soleucineg	0.881		0		1		0.250	3.996	0.7	
eucineg	1.418	1	0		1		0.402	6.432	1.2	
ysineg	1.611		0		1		0.457	7.307	1.3	
Methionine	0.467	,	0		1		0.132	2.118	0.3	
Cystineg	0.219	)	0		1		0.062	0.993	0.1	
Phenylalanine	0.741		0		1		0.210	3.361	0.6	
vrosineg	0.613	1	0		1		0.174	2.781	0.5	
Valine 9	0.983	1	0		1		0.279	4.459	0.8	
Arginine	1.082	!	0		1		0.307	4.908	0.9	
listidineg	0.578	:	0		1		0.164	2.622	0.4	
Alanineg	1.097	,	0		1		0.311	4.976	0.9	
Aspartic acidg	1.605	i	0		1		0.455	7.280	1.3	
Glutamic acid	2.646	i	0		1		0.750	12.002	2.2	
Glycineg	0.890	1	0		1		0.252	4.037	0.7	
Proline	0.764		0		1		0.217	3.466	0.6	
Serine	0.677	,	0		1		0.192	3.071	0.5	
Hydroxyproline										

## **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

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%

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	lumber				m	easures of food		
						Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure :	
Proximates: Water	q	64.54		0	PAK	1		162.00	54.86		
Energy	_	190		0	MC	9		477	162		
Energy		795				9		1995	676		
Protein (N x 6.25)		27.31		0	PAK	1		68.55	23.21		
Total lipid (fat)	-	8.10		0	PAK	1		20.33	6.89		
Ash		1.09		0	PAK	1		2.74	0.93		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary											
Sugars, total											
Starch	_										
Minerals:											
Calcium, Ca	_	9		0	PAK	1		23	8		
Iron, Fe	-	2.15		0	PAK	1		5.40	1.83		
Magnesium, Mg		25		0	PAK	1		63	21		
Phosphorus, P	_	214		0	PAK	1		537	182		
Potassium, K	• • • • • • • • • • • • • • • • • • • •	326		0	PAK	1		818	277		
Sodium, Na	_	72		0	PAK	1		181	61		
Zinc, Zn		4.83	,	0	PAK	1 1		12.12 0.397	4.11		
Copper, Cu		0.158		0	PAK PAK	1		0.397	0.134 0.012		
Manganese, Mn Selenium, Se	_	5.9	_	0	BFYN	4		14.8	5.0		
Seienium, Se	They	5.9		U	DEIN	4		14.0	5.0		
Vitamins:											
Vitamin C, total ascorbic acid	mg										
Thiamin	<u>mg</u>	0.135	5	0	PAK	1		0.339	0.115		
Riboflavin	mg	0.420	)	0	PAK	1		1.054	0.357		
Niacin	<u>mg</u>	5.725	5	0	PAK	1		14.370	4.866		
Pantothenic acid	<u>mg</u>	0.990	)	0	PAK	1		2.485	0.842		
Vitamin B-6	mg	0.460	)	0	PAK	1		1.155	0.391		
Folate, total											
Folate, DFE	mcg_DFE										
Vitamin B-12		3.19		0	PAK	1		8.01	2.71		
Vitamin A, IU	IU										
Vitamin A, RAE	mcg_RAE										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	3.297	7	0	PAK	1		8.275	2.802		
4:0											
6:0											
8:0	g										
10:0	g										
12:0	g	0.015	5	0	PAK	1		0.038	0.013		
13:0	g										
14:0	g	0.241	L	0	PAK	1		0.605	0.205		
15:0	g	0.035	5	0	PAK	1		0.088	0.030		
16:0	g	1.691		0	PAK	1		4.244	1.437		
17:0	g	0.102	2	0	PAK	1		0.256	0.087		
18:0	g	1.212	2	0	PAK	1		3.042	1.030		
20:0											
22:0	g										
24:0	g										
Fatty acids, total monounsaturated	g	3.304	l	0	PAK	1		8.293	2.808		
14:1	a	0.013	}	0	PAK	1		0.033	0.011		

NDB No. 17293 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted

		<u>Ar</u>		0 grams Number of Data	•		o <u>n</u> Confidence	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.150		0	PAK	1		0.377	0.128	
17:1	-									
18:1 undifferentiated		3.047		0	PAK	1		7.648	2.590	
20:1		0.028		0	PAK	1		0.070	0.024	
22:1 undifferentiated	_									
24:1 c						_				
Fatty acids, total polyunsaturated	_	0.380		0	PAK	1		0.954	0.323	
18:2 undifferentiated	_	0.227		0	PAK	1		0.570	0.193	
18:3 undifferentiated		0.103		0	PAK	1		0.259	0.088	
18:4	_									
20:2 n-6 c,c	_									
20:3 undifferentiated	_	0.036		0	PAK	1		0.090	0.031	
20:4 undifferentiated		0.036		U	PAR	1		0.090	0.031	
20:5 n-322:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		89		0	PAK	1		223	76	
Phytosterols	-									
-	•									
Amino Acids:				_						
Tryptophan		0.319		0		1		0.801	0.271	
Threonine	-	1.167		0		1		2.929	0.992	
Isoleucine		1.320		0		1		3.313	1.122	
Leucine		2.124		0		1 1		5.331	1.805	
Lysine		2.412		0		1		6.054	2.050	
Methionine	_	0.699 0.328		0		1		1.754	0.594	
Cystine	_	1.110		0		1		0.823 2.786	0.279	
Phenylalanine						1			0.944	
Tyrosine	-	0.918 1.473		0		1		2.304 3.697	0.780 1.252	
Valine		1.473		0		1		4.069	1.252	
Arginine	-	0.865		0		1		2.171	0.735	
Histidine	•			0		1		4.124		
Alanine		1.643 2.404		0		1		6.034	1.397 2.043	
Aspartic acidGlutamic acid		3.964		0		1		9.950	3.369	
Glycine	-	1.333		0		1		3.346	1.133	
Proline		1.145		0		1		2.874	0.973	
Serine	•	1.145		0		1		2.545	0.973	
Hydroxyproline	_	1.014		Ū		-		2.545	0.002	
rryuroxypronne	9									

## **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. 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%

		<u>A</u>	mount in 10	00 grams	of edib	le portic	on_	Amount in	edible portion o	of common
				Number				m	easures of food	<u> </u>
				of Data		Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	a	73.98		0	PAK	1		20.97	335.57	62.88
Energy	-	135		0	MC	9		38	612	115
Energy		565				9		160	2562	480
Protein (N x 6.25)		20.46		0	PAK	1		5.80	92.81	17.39
Total lipid (fat)		5.23		0	PAK	1		1.48	23.72	4.45
Ash		1.06		0	PAK	1		0.30	4.81	0.90
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00
Fiber, total dietary	-									
Sugars, total										
Starch										
Surviv										
Minerals:										
Calcium, Ca	-	8		0	PAK	1		2	36	7
Iron, Fe		1.64		0	PAK	1		0.46	7.44	1.39
Magnesium, Mg		23		0	PAK	1		7	104	20
Phosphorus, P		192		0	PAK	1		54	871	163
Potassium, K		329		0	PAK	1		93	1492	280
Sodium, Na		81		0 0	PAK	1		23	367	69
Zinc, Zn		4.25 0.196		0	PAK PAK	1 1		1.20 0.056	19.28 0.889	3.61 0.167
Copper, Cu		0.190		0	PAK	1		0.036	0.889	0.167
Manganese, Mn Selenium, Se		4.6	•	0	BFNN	4		1.3	20.9	3.9
Scienium, Se	nicg	4.0		U	DEMM	•		1.3	20.9	3.9
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.155	5	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	5	0	PAK	1		0.115	1.842	0.345
Folate, total										
Folate, DFE										
Vitamin B-12		3.01		0	PAK	1		0.85	13.65	2.56
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
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	3	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	-									
14:0		0.152	2	0	PAK	1		0.043	0.689	0.129
15:0	-	0.021		0	PAK	1		0.006	0.095	0.018
16:0		1.093		0	PAK	1		0.310	4.958	0.929
17:0	-	0.063		0	PAK	1		0.018	0.286	0.054
18:0		0.730		0	PAK	1		0.207	3.311	0.621
20:0	-	0.007	1	0	PAK	1		0.002	0.032	0.006
22:0										
24:0										
Fatty acids, total monounsaturated		2.190		0	PAK	1		0.621	9.934	1.862
14:1		0.007	'	0	PAK	1		0.002	0.032	0.006
15:1	g									

NDB No. 17292 Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw

		<u>Ar</u>	nount in 100 gr	nber	_	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Poi	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.109		0 PAK	1		0.031	0.494	0.093
17:1		0.109		U FAIN			0.031	0.494	0.093
18:1 undifferentiated	-	2.015		0 PAK	1		0.571	9.140	1.713
20:1	• • • • • • • • • • • • • • • • • • • •	0.019		0 PAK			0.005	0.086	0.016
22:1 undifferentiated	_	******			<del>-</del>		0.000	0.000	****
24:1 c	-								
Fatty acids, total polyunsaturated		0.251		0 PAK	1		0.071	1.139	0.213
18:2 undifferentiated		0.152		0 PAK	1		0.043	0.689	0.129
18:3 undifferentiated	-	0.070		0 PAK	1		0.020	0.318	0.060
18:4	_								
20:2 n-6 c.c	-								
20:3 undifferentiated	-								
20:4 undifferentiated	_	0.029		0 PAK	1		0.008	0.132	0.025
20:5 n-3	-								
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	а	0.239		0	1		0.068	1.084	0.203
Threonine		0.874		0	1		0.248	3.964	0.743
Isoleucine		0.988		0	1		0.280	4.482	0.840
Leucine	_	1.591		0	1		0.451	7.217	1.352
Lysine	_	1.807		0	1		0.512	8.197	1.536
Methionine		0.524		0	1		0.149	2.377	0.445
Cystine	-	0.245		0	1		0.069	1.111	0.208
Phenylalanine	_	0.831		0	1		0.236	3.769	0.706
Tyrosine		0.687		0	1		0.195	3.116	0.584
Valine	-	1.103		0	1		0.313	5.003	0.938
Arginine		1.214		0	1		0.344	5.507	1.032
Histidine	-	0.648		0	1		0.184	2.939	0.551
Alanine	-	1.231		0	1		0.349	5.584	1.046
Aspartic acid		1.800		0	1		0.510	8.165	1.530
Glutamic acid		2.969		0	1		0.842	13.467	2.524
Glycine	_	0.998		0	1		0.283	4.527	0.848
Proline		0.858		0	1		0.243	3.892	0.729
Serine	•	0.759		0	1		0.215	3.443	0.645
Hydroxyproline	_								

# **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

NDB No. 17311 Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 26% Bone

		<u>A</u> 1	mount in 10			ele portic	<u>on</u>		edible portion o	of common
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	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)	-	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									
Minorals										
Minerals: Calcium, Ca	ma	21		0	PAK	1		18		
Iron. Fe.	-	2.12		0	PAK	1		1.80		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	25		0	PAK	1		21		
Phosphorus, P	_	214		0	PAK	1		182		
Potassium, K		331		0	PAK	1		281		
Sodium, Na		78		0	PAK	1		66		
Zinc, Zn		3.36		0	PAK	1		2.86		
Copper, Cu		0.150	)	0	PAK	1		0.128		
Manganese, Mn		0.013	3	0	PAK	1		0.011		
Selenium, Se		9.6		0	PAK	1		8.2		
¥7:4										
<u>Vitamins:</u>	ma									
Vitamin C, total ascorbic acid	-	0.173	,	0	PAK	1		0.147		
Thiamin	_	0.173		0		1		0.147		
Riboflavin Niacin	-	7.831		0	PAK PAK	1		6.656		
Pantothenic acid		0.813		0	PAK	1		0.691		
Vitamin B-6		0.493		0	PAK	1		0.419		
Folate, total		0.430	,	Ū	IM	-		0.419		
Folate, DFE										
Vitamin B-12		2.00		0	PAK	1		1.70		
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	5.572	•	0	MC	9		4.736		
4:0		3.372	<u>-</u>	·	110	,		1.750		
6:0										
8:0	_									
10:0		0.020	)	0	PAK	1		0.017		
12:0	-	0.034		0	PAK	1		0.029		
13:0										
14:0		0.434	ŀ	0	PAK	1		0.369		
15:0		0.064	ŀ	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	5	0	PAK	1		1.816		
20:0	g	0.015	5	0	PAK	1		0.013		
22:0	g									
24:0	g									
Fatty acids, total monounsaturated.	g	4.888	3	0	MC	9		4.155		
14:1	g	0.015	5	0	PAK	1		0.013		
15:1	g									

NDB No. 17311 Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

		<u>Ar</u>	nount in 10	00 grams Number		ole portio	<u>on</u>		edible portion of	
Nutrients and Un	iits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		0.303		0	PAK	1		0.258		
18:3 undifferentiated	g	0.146		0	PAK	1		0.124		
18:4	_									
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated		0.037		0	PAK	1		0.031		
20:5 n-3	-									
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol		82		0	PAK	1		70		
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.298		0		1		0.253		
Threonine		1.089		0		1		0.926		
Isoleucine	-	1.232		0		1		1.047		
Leucine	-	1.982		0		1		1.685		
Lysine		2.252		0		1		1.914		
Methionine	-	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		3.700		0		1		3.145		
Glycine	g	1.244		0		1		1.057		
Proline		1.069		0		1		0.909		
Serine	g	0.946		0		1		0.804		
Hydroxyproline	-									

# **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17310 Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 28% Bone

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food 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									
Minarals										
Minerals: Calcium, Ca	ma	15		0	PAK	1		4	13	
Iron, Fe	-	1.66		0	PAK	1		0.47	1.41	
Magnesium, Mg	-	22		0	PAK	1		6	19	
Phosphorus, P		185		0	PAK	1		52	157	
Potassium, K	-	302		0	PAK	1		86	257	
Sodium, Na		70		0	PAK	1		20	60	
Zinc, Zn		2.50		0	PAK	1		0.71	2.13	
Copper, Cu		0.130	)	0	PAK	1		0.037	0.111	
Manganese, Mn		0.013	3	0	PAK	1		0.004	0.011	
Selenium, Se	mcg	8.2		0	PAK	1		2.3	7.0	
Vitamins										
Vitamins:	ma									
Vitamin C, total ascorbic acid Thiamin	_	0.169	2	0	PAK	1		0.048	0.144	
Riboflavin	_	0.10		0	PAK	1		0.048	0.144	
Niacin		6.652		0	PAK	1		1.886	5.654	
Pantothenic acid		0.615		0	PAK	1		0.174	0.523	
Vitamin B-6		0.445		0	PAK	1		0.126	0.378	
Folate, total				•		_		0.120	0.570	
Folate, DFE										
Vitamin B-12		1.76		0	PAK	1		0.50	1.50	
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	6.401	L	0	MC	9		1.815	5.441	
4:0	_									
6:0	-									
8:0	-									
10:0	g	0.026	5	0	PAK	1		0.007	0.022	
12:0	g	0.041	L	0	PAK	1		0.012	0.035	
13:0	g									
14:0	g	0.512	2	0	PAK	1		0.145	0.435	
15:0	g	0.081	L	0	PAK	1		0.023	0.069	
16:0	g	3.036	5	0	PAK	1		0.861	2.581	
17:0	g	0.193	3	0	PAK	1		0.055	0.164	
18:0	g	2.493	3	0	PAK	1		0.707	2.119	
20:0	g	0.020	)	0	PAK	1		0.006	0.017	
22:0	g									
24:0										
Fatty acids, total monounsaturated	g	5.374		0	MC	9		1.524	4.568	
14:1		0.023	3	0	PAK	1		0.007	0.020	
15:1	g									

NDB No. 17310 Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw

		Amount in 100 grams of edible portion  Number  of Data Deriv Source Confidence						Amount in edible portion of common measures of food		
Nutrients and l	Jnits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.245		0	PAK	1		0.069	0.208	
17:1										
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	dg	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										
Cholesterol	mg	66		0	PAK	1		19	56	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.226		0		1		0.064	0.192	
Threonine		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		1.706		0		1		0.484	1.450	
Methionine	-	0.495		0		1		0.140	0.421	
Cystine	g	0.232		0		1		0.066	0.197	
Phenylalanine		0.785		0		1		0.223	0.667	
Tyrosine		0.649		0		1		0.184	0.552	
Valine		1.042		0		1		0.295	0.886	
Arginine	g	1.147		0		1		0.325	0.975	
Histidine		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		2.804		0		1		0.795	2.383	
Glycine	-	0.943		0		1		0.267	0.802	
Proline	_	0.810		0		1		0.230	0.689	
Serine	•	0.717		0		1		0.203	0.609	
Hydroxyproline	-									

# **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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%

		<u>Aı</u>	mount in 100 gr		of edit	ole portio	<u>on</u>		edible portion	
				nber				<u>m</u>	easures of food	<u>l</u>
Nodel and a soul He	14 -		of E Std. Error Poi	Data [		Source Code	Confidence Code			
Nutrients and Un	iits	Mean	Sta. Error For	iits (	coue	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.45	0.312	6	A	1		54.78		
Energy		192		0	MC	9		163		
Energy		803				9		683		
Protein (N x 6.25)	-	26.53	0.378	6	A	1		22.55		
Total lipid (fat)		8.75	0.490	6	A	1		7.44		
Ash		1.07	0.062	6	A	1		0.91		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary										
Sugars, total										
Starch	9									
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	_	340	3.222	6	A	1		289		
Sodium, Na		80	1.541	6	A	1		68		
Zinc, Zn		3.48	0.082	6	A	1		2.96		
Copper, Cu		0.156		6	A	1		0.133		
Manganese, Mn		0.014		6	A	1		0.012		
Selenium, Se	nicg	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		0.333	0.033	3	A	1		0.283		
Niacin		8.150		3	A	1		6.928		
Pantothenic acid		0.840		3	A	1		0.714		
Vitamin B-6		0.514	0.056	3	A	1		0.437		
Folate, total										
Folate, DFE		0.01	0.070	_				1 71		
Vitamin B-12		2.01	0.278	3	A	1		1.71		
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	2 607	0.604	_				2 124		
Fatty acids, total saturated	_	3.687	0.624	6	A	1		3.134		
4:0 6:0	-									
8:0										
10:0	_	0.012	0.040	5	A	1		0.010		
12:0	_	0.021		6	A	1		0.018		
13:0		J.J.	0.002	-		-		3.020		
14:0	_	0.274	0.105	6	A	1		0.233		
15:0	-	0.038		6	A	1		0.032		
16:0	_	1.891		6	A	1		1.607		
17:0	-	0.095	0.042	6	A	1		0.081		
18:0	g	1.348	0.792	6	A	1		1.146		
20:0	g	0.008		4	A	1		0.007		
22:0	g									
24:0	g									
Fatty acids, total monounsaturated.	g	3.499		6	A	1		2.974		
14:1	g	0.008		4	A	1		0.007		
15:1	g									

NDB No. 17313 Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled

		<u>Am</u>		mbe		<u>n</u> Confidence	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.154	0.129	6	A	1		0.131		
17:1	-									
18:1 undifferentiated		3.254	0.295	6	A	1		2.766		
20:1		0.026	0.051	5	A	1		0.022		
22:1 undifferentiated	-									
24:1 c	-			_	_	_				
Fatty acids, total polyunsaturated	-	0.367	0.292	6	A	1		0.312		
18:2 undifferentiated	-	0.225	0.142	6	A	1		0.191		
18:3 undifferentiated	-	0.107	0.070	6	A	1		0.091		
18:4										
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.035	0.049	6	A	1		0.030		
20:4 undifferentiated		0.035	0.049	0	A	1		0.030		
20:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		81	0.940	6	A	1		69		
Phytosterols	_									
-										
Amino Acids:										
Tryptophan		0.310		0		1		0.264		
Threonine		1.134		0		1		0.964		
Isoleucine		1.282		0		1		1.090		
Leucine		2.063		0		1		1.754		
Lysine		2.343		0		1		1.992		
Methionine	-	0.679		0		1		0.577		
Cystine	-	0.318		0		1		0.270		
Phenylalanine		1.078		0		1		0.916		
Tyrosine	_	0.892		0		1		0.758		
Valine		1.431		0		1		1.216		
Arginine		1.575		0		1		1.339		
Histidine	•	0.841		0		1		0.715		
Alanine		1.596		0		1		1.357		
Aspartic acid		2.335		0		1 1		1.985		
Glutamic acid	_	3.851		0		1		3.273		
Glycine		1.295						1.101		
Proline	•	1.112		0		1 1		0.945		
Serine	-	0.985		U		1		0.837		
Hydroxyproline	y									

# **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17312 Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw

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

		_	mount in 100 gra		Amount in edible portion of common				
			Num	ber			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poin			Code	Measure 1	Measure 2	Measure 3
Proximates:	<b>a</b>	72.17	0.494	6 A	1		20.46	C1 24	
Water	_			6 A 0 MC			41	61.34	
Energy		146		U MC	9		173	124	
Energy		611	0.160					519	
Protein (N x 6.25)	_	21.00		6 A	1		5.95	17.85	
Total lipid (fat)		6.24		6 A	1		1.77	5.30	
Ash		0.95		6 A	1		0.27	0.81	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary									
Sugars, total									
Starch	9								
Minerals:									
Calcium, Ca	mg	15	1.190	6 A	1		4	13	
Iron, Fe.	_	1.79		6 A	1		0.51	1.52	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24		6 A	1		7	20	
Phosphorus, P	-	199	3.500	6 A	1		56	169	
Potassium, K	_	327	1.376	6 A	1		93	278	
Sodium, Na		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	ma								
Thiamin		0.183	0.024	3 A	1		0.052	0.156	
Riboflavin		0.103		3 A	1		0.032	0.156	
Niacin	-	7.283		3 A	1		2.065	6.191	
Pantothenic acid		0.660		3 A	1		0.187	0.561	
Vitamin B-6		0.488		3 A	1		0.138	0.415	
Folate, total	_	0.400	0.030	, ,	-		0.136	0.415	
Folate, DFE									
Vitamin B-12		1.85	0.157	3 A	1		0.52	1.57	
Vitamin A, IU		1.00	0.137		-		0.52	1.57	
Vitamin A, RAE	mca RAF								
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	-								
Vitamin K (phylloquinone)									
<u>Lipids:</u>				_					
Fatty acids, total saturated		2.673	1.147	6 A	1		0.758	2.272	
4:0									
6:0	_								
8:0	-	0 011		4 A			0.000	0.000	
10:0		0.011		4 A 6 A	1 1		0.003	0.009	
12:0		0.015	0.031	o A	T		0.004	0.013	
13:0		0.199	0.211	6 A	1		0.056	0 160	
14:0 15:0	-	0.199		6 A	1		0.056 0.009	0.169 0.026	
16:0	_	1.340		6 A	1		0.380	1.139	
17:0	_	0.072		6 A	1				
	_			6 A	1		0.020	0.061	
18:0	_	1.000		b A l A	1		0.284	0.850	
20:0	_	0.005		ı A	1		0.001	0.004	
22:0	_								
24:0	9								
	~	0 400	0 020						
Fatty acids, total monounsaturated		2.463 0.011		6 A 2 A	1 1		0.698 0.003	2.094 0.009	

NDB No. 17312 Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw

		<u>Am</u>		mbe	r	_	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.105	0.148	6	A	1		0.030	0.089	
17:1	_			_	_	_				
18:1 undifferentiated		2.289	0.848	6	A	1		0.649	1.946	
20:1		0.020	0.033	3	A	1		0.006	0.017	
22:1 undifferentiated	-									
24:1 c		0.261	0.391	6		1		0.074	0.000	
Fatty acids, total polyunsaturated	-	0.261	0.391	6	A A	1		0.074	0.222 0.133	
18:2 undifferentiated	-		0.191	6	A A	1				
18:3 undifferentiated		0.076	0.079	0	A	1		0.022	0.065	
	-									
20:2 n-6 c,c 20:3 undifferentiated	-									
20:4 undifferentiated	-	0.028	0.037	5	A	1		0.008	0.024	
20:5 n-3		0.020	0.037	,	A	-		0.000	0.024	
22:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol		64	0.767	6	A	1		18	54	
Phytosterols	_									
Amino Acids:				_		_				
Tryptophan		0.245		0		1		0.069	0.208	
Threonine	-	0.897		0		1		0.254	0.762	
Isoleucine		1.015		0		1		0.288	0.863	
Leucine		1.633		0		1 1		0.463	1.388	
Lysine		1.855		0		1		0.526	1.577	
Methionine	-	0.538 0.252		0		1		0.153	0.457	
Cystine	-	0.252		0		1		0.071 0.242	0.214	
Phenylalanine									0.725	
Tyrosine	-	0.706		0		1 1		0.200	0.600	
Valine		1.132		0		1		0.321	0.962	
Arginine	-	1.247 0.665		0		1		0.354 0.189	1.060 0.565	
Histidine	•	1.263		0		1		0.189		
Alanine		1.263		0		1		0.338	1.074 1.571	
Aspartic acidGlutamic acid		3.048		0		1		0.524	2.591	
Glycine	-	1.025		0		1		0.864	2.591 0.871	
Proline		0.880		0		1		0.291	0.871	
Serine	•	0.880		0		1		0.249	0.748	
Hydroxyproline	-	0.780		U		1		0.221	0.003	
пушохургонпе	9									

# **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17315 Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 23% Bone

						Amount in edible portion of common				
			N	lumber				<u>m</u>	easures of food	
			c	of Data	Deriv	Source	Confidence			
Nutrients and U	nits	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D : 4										
Proximates: Water	q	57.53		0	PAK	1		164.54	48.90	
Energy	-	277		0	MC	9		792	235	
Energy		1159				9		3315	985	
Protein (N x 6.25)		22.24		0	PAK	1		63.61	18.90	
Total lipid (fat)	_	20.21		0	PAK	1		57.80	17.18	
Ash		0.89		0	PAK	1		2.55	0.76	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary										
Sugars, total										
Starch										
Minerals:	<b>~~</b>	1.77		•		-		40	4.4	
Calcium, Ca	_	17		0	PAK	1		49	14	
Iron, Fe	_	1.67 21		0	PAK PAK	1 1		4.78 60	1.42 18	
Magnesium, Mg		182		0	PAK	1		521	155	
Phosphorus, P Potassium, K	_	282		0	PAK	1		807	240	
Sodium, Na		77		0	PAK	1		220	65	
Zine, Zn		3.35		0	PAK	1		9.58	2.85	
Copper, Cu		0.131	L	0	PAK	1		0.375	0.111	
Manganese, Mn		0.012	2	0	PAK	1		0.034	0.010	
Selenium, Se		9.1		0	PAK	1		26.0	7.7	
¥7:4										
Vitamins:	ma									
Vitamin C, total ascorbic acid Thiamin		0.131		0	PAK	1		0.375	0.111	
Riboflavin	_	0.13		0	PAK	1		0.778	0.231	
Niacin	-	5.559		0	PAK	1		15.899	4.725	
Pantothenic acid		0.647		0	PAK	1		1.850	0.550	
Vitamin B-6		0.382		0	PAK	1		1.093	0.325	
Folate, total	<del>-</del>									
Folate, DFE										
Vitamin B-12		1.94		0	PAK	1		5.55	1.65	
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	Ilicy									
Lipids:										
Fatty acids, total saturated	g	9.734	1	0	MC	9		27.839	8.274	
4:0										
6:0	-									
8:0	-		-			_				
10:0		0.036		0	PAK PAK	1		0.103	0.031	
12:0	-	0.063	•	U	PAK	1		0.180	0.054	
14:0		0.778	2	0	PAK	1		2.225	0.661	
15:0	<u>-</u>	0.119		0	PAK	1		0.340	0.101	
16:0	_	4.498		0	PAK	1		12.864	3.823	
17:0	_	0.303		0	PAK	1		0.867	0.258	
18:0	_	3.901		0	PAK	1		11.157	3.316	
20:0	-	0.035		Ö	PAK	1		0.100	0.030	
22:0	_									
24:0	_									
Fatty acids, total monounsaturated	-	7.940	)	0	MC	9		22.708	6.749	
14:1		0.033	3	0	PAK	1		0.094	0.028	
15:1	q									

NDB No. 17315 Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

		<u>Aı</u>	nount in 100 gran	er	_	Amount in edible portion of common measures of food e			
Nutrients and l	Units	Mean	Std. Error Point	ta Deriv s Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.361	0	PAK	1		1.032	0.307	
17:1									
18:1 undifferentiated		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 polyunsaturate	dg	0.728	0	MC	9		2.082	0.619	
18:2 undifferentiated		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	q	0.260	0		1		0.744	0.221	
Threonine		0.950	0		1		2.717	0.808	
Isoleucine	_	1.075	0		1		3.075	0.914	
Leucine	_	1.730	0		1		4.948	1.471	
Lysine		1.964	0		1		5.617	1.669	
Methionine	g	0.569	0		1		1.627	0.484	
Cystine	• • • • • • • • • • • • • • • • • • • •	0.267	0		1		0.764	0.227	
Phenylalanine		0.904	0		1		2.585	0.768	
Tyrosine		0.747	0		1		2.136	0.635	
Valine		1.199	0		1		3.429	1.019	
Arginine		1.320	0		1		3.775	1.122	
Histidine		0.705	0		1		2.016	0.599	
Alanine	•	1.338	0		1		3.827	1.137	
Aspartic acid	_	1.957	0		1		5.597	1.663	
Glutamic acid		3.228	0		1		9.232	2.744	
Glycine	_	1.085	0		1		3.103	0.922	
Proline	-	0.932	0		1		2.666	0.792	
Serine	•	0.826	0		1		2.362	0.702	
Hydroxyproline									

### **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. 17314 Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 26% Bone

		A	mount in 100			ole portic	on		edible portion of easures of food	
Nutrients and Units	S	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		59.01		0	PAK	1		16.73	267.67	50.16
Energy		289		0	MC	9		82 343	1311	246
Energy		1209 16.46		0	D312	9 1		4.67	5485 74.66	1028 13.99
Protein (N x 6.25) Total lipid (fat)		24.20		0	PAK PAK	1		4.67 6.86	74.66 109.77	20.57
Ash		0.75		0	PAK	1		0.30	3.40	0.64
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	_	0.00		·	_	•		0.00	0.00	0.00
Sugars, total										
Starch										
	0									
Minerals:		10		•					50	
Calcium, Ca	-	13 1.34		0 0	PAK PAK	1 1		4 0.38	59 6.08	11 1.14
Iron, FeMagnesium, Mg		1.34		0	PAK	1		0.38 5	6.08 82	1.14 15
Phosphorus, P		156		0	PAK	1		44	708	133
Potassium, K	-	254		0	PAK	1		72	1152	216
Sodium, Na		68		0	PAK	1		19	308	58
Zinc, Zn		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	ma									
Thiamin	-	0.145	5	0	PAK	1		0.041	0.658	0.123
Riboflavin	mg	0.232	2	0	PAK	1		0.066	1.052	0.197
Niacin	mg	5.103	3	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		0.347	,	0	PAK	1		0.098	1.574	0.295
Folate, total										
Folate, DFE				_		_				
Vitamin B-12		1.62		0	PAK	1		0.46	7.35	1.38
Vitamin A, IU										
Vitamin A, RAEVitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.925	<b>i</b>	0	MC	9		3.381	54.092	10.136
4:0										
6:0	g									
8:0	g									
10:0		0.047		0	PAK	1		0.013	0.213	0.040
12:0		0.076	5	0	PAK	1		0.022	0.345	0.065
13:0						_				
14:0	-	0.965		0	PAK	1		0.274	4.377	0.820
15:0 16:0		0.153 5.561		0	PAK PAK	1 1		0.043 1.577	0.694 25.225	0.130 4.727
17:0		0.370		0	PAK	1		0.105	1.678	0.315
18:0		4.712		0	PAK	1		1.336	21.374	4.005
20:0		0.042		0	PAK	1		0.012	0.191	0.036
22:0		, <u> </u>		-		•				
24:0	-									
Fatty acids, total monounsaturated	-	9.765	<b>i</b>	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									

NDB No. 17314 Lamb, Australian, imported, fresh, rib, separable lean and fat, trimmed to 1/8" fat, raw

		<u>Ar</u>	nount in 100 gran	er	_	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Point	ta Deriv s Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.452	0	PAK	1		0.128	2.050	0.384
17:1		0.432	O	FAIX	-		0.128	2.030	0.304
18:1 undifferentiated	-	9.017	0	PAK	1		2.556	40.901	7.664
20:1		0.088	0	PAK	1		0.025	0.399	0.075
22:1 undifferentiated	_								
24:1 c	_								
Fatty acids, total polyunsaturated		0.985	0	MC	9		0.279	4.468	0.837
18:2 undifferentiated		0.578	0	PAK	1		0.164	2.622	0.491
18:3 undifferentiated	_	0.280	0	PAK	1		0.079	1.270	0.238
18:4	_								
20:2 n-6 c.c	_								
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	а	0.192	0		1		0.054	0.871	0.163
Threonine		0.703	0		1		0.199	3.189	0.598
Isoleucine		0.796	0		1		0.226	3.611	0.677
Leucine	_	1.280	0		1		0.363	5.806	1.088
Lysine	_	1.454	0		1		0.412	6.595	1.236
Methionine		0.421	0		1		0.119	1.910	0.358
Cystine	-	0.198	0		1		0.056	0.898	0.168
Phenylalanine	_	0.669	0		1		0.190	3.035	0.569
Tyrosine		0.553	0		1		0.157	2.508	0.470
Valine	-	0.888	0		1		0.252	4.028	0.755
Arginine		0.977	0		1		0.277	4.432	0.830
Histidine	-	0.522	0		1		0.148	2.368	0.444
Alanine		0.990	0		1		0.281	4.491	0.842
Aspartic acid		1.449	0		1		0.411	6.573	1.232
Glutamic acid		2.389	0		1		0.677	10.837	2.031
Glycine	_	0.803	0		1		0.228	3.642	0.683
Proline		0.690	0		1		0.196	3.130	0.587
Serine	•	0.611	0		1		0.173	2.771	0.519
Hydroxyproline	_							·· <b>-</b>	

## **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

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%

		<u>A</u>	mount in 100 gra		ible portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	! Measure 3
Proximates:	_	<b>20</b> = 2	0.515		-		150 51		
Water		63.78	0.748	6 A	1		153.71	54.21	
Energy		210		0 MC	9		506	179	
Energy		879	0.070				2118	747	
Protein (N x 6.25)	-	24.63	0.272	6 A	1		59.36	20.94	
Total lipid (fat)	-	11.60	0.967	6 A	1		27.96	9.86	
Ash		0.97	0.056	6 A	1		2.34	0.82	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary									
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	15	1.573	6 A	1		36	13	
Iron, Fe	_	1.78	0.100	6 A	1		4.29	1.51	
Magnesium, Mg	_	23	0.271	6 A	1		55	20	
Phosphorus, P		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		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	ma								
Thiamin	-	0.143	0.024	3 A	1		0.345	0.122	
Riboflavin	-	0.297		3 A	1		0.716	0.252	
Niacin		6.057		3 A	1		14.597	5.148	
Pantothenic acid		0.693		3 A	1		1.670	0.589	
Vitamin B-6		0.421		3 A	1		1.015	0.358	
Folate, total									
Folate, DFE									
Vitamin B-12		1.96	0.034	3 A	1		4.72	1.67	
Vitamin A, IU	IU -								
Vitamin A, RAE									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	5.072	0.959	6 A	1		12.224	4.311	
4:0		0.0.2	0.555		_				
6:0	-								
8:0									
10:0	-	0.015	0.022	6 A	1		0.036	0.013	
12:0		0.032	0.017	6 A	1		0.077	0.027	
13:0									
14:0	-	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	-	2.473		6 A	1		5.960	2.102	
17:0		0.143		6 A	1		0.345	0.122	
18:0	-	1.955		6 A	1		4.712	1.662	
20:0	-	0.018		6 A	1		0.043	0.015	
22:0	-							<del>-</del>	
24:0									
Fatty acids, total monounsaturated		4.503	0.725	6 A	1		10.852	3.828	
14:1		0.015		6 A	1		0.036	0.013	
15:1									

NDB No. 17317 Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, cooked, roasted

		<u>Am</u>		mbe		<u>n</u> Confidence	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.200	0.113	6	A	1		0.482	0.170	
17:1	-			_	_			10.000	0	
18:1 undifferentiated 20:1		4.178 0.034	0.570 0.040	6 5	A A	1 1		10.069 0.082	3.551 0.029	
22:1 undifferentiated	-	0.034	0.040	5	A	-		0.082	0.029	
24:1 c	-									
Fatty acids, total polyunsaturated.	-	0.429	0.295	6	A	1		1.034	0.365	
18:2 undifferentiated	-	0.265	0.154	6	A	1		0.639	0.225	
18:3 undifferentiated	-	0.125	0.096	6	A	1		0.301	0.106	
18:4	-									
20:2 n-6 c.c										
20:3 undifferentiated	-									
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	a	0.288		0		1		0.694	0.245	
Threonine		1.052		0		1		2.535	0.894	
Isoleucine		1.190		0		1		2.868	1.012	
Leucine		1.915		0		1		4.615	1.628	
Lysine		2.176		0		1		5.244	1.850	
Methionine		0.631		0		1		1.521	0.536	
Cystine	-	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									

### **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

NDB No. 17316 Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw

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

		<u>A</u> 1	mount in 100 gr		of edib	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean		nber Data E nts C		Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:	n	71.17	0.611	6	A	1		20.18	322.83	60.49
Energy		160	0.011	0	MC	9		45	726	136
Energy		669		-		9		190	3037	569
Protein (N x 6.25)		20.12	0.233	6	A	1		5.70	91.26	17.10
Total lipid (fat)		8.20	0.757	6	A	1		2.32	37.20	6.97
Ash		0.90	0.068	6	A	1		0.26	4.08	0.77
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00
Fiber, total dietary				-	_	-			0.00	
Sugars, total										
Starch										
Staren	9									
Minerals:										
Calcium, Ca	-	10	1.181	6	A	1		3	45	9
Iron, Fe	-	1.59	0.074	6	A	1		0.45	7.21	1.35
Magnesium, 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		81	3.314	6	A	1		23	367	69
Zinc, Zn	_	3.03	0.061	6	A	1		0.86	13.74	2.58
Copper, Cu		0.147		6	A	1		0.042	0.667	0.125
Manganese, Mn		0.012		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	ma									
Thiamin	_	0.177	0.020	3	A	1		0.050	0.803	0.150
Riboflavin	_	0.277		3	A	1		0.079	1.256	0.235
Niacin		6.303		3	A	1		1.787	28.590	5.358
Pantothenic acid		0.587		3	A	1		0.166	2.663	0.499
Vitamin B-6		0.432		3	A	1		0.122	1.960	0.367
Folate, total								V	2.500	0.507
Folate, DFE										
Vitamin B-12		1.82	0.110	3	A	1		0.52	8.26	1.55
Vitamin A, IU									0.20	2.00
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Tinia.										
Lipids:	~	2 522	1 000	_	_			1 000	16.006	2 002
Fatty acids, total saturated		3.533	1.086	6	A	1		1.002	16.026	3.003
4:0										
6:0										
8:0		0.010	0.005		_				2 254	0.010
10:0		0.012		4	A	1		0.003	0.054	0.010
12:0	-	0.018	0.034	6	A	1		0.005	0.082	0.015
13:0 14:0.	-	0.050	0 171	6	7	1		0.070	1 101	0.010
		0.256		6	A	1		0.073	1.161	0.218
15:0	-	0.039		6	A	1		0.011	0.177	0.033
16:0		1.750		6	A	1		0.496	7.938	1.488
17:0		0.095		6	A	1		0.027	0.431	0.081
18:0	_	1.354		6	A	1		0.384	6.142	1.151
20:0	_	0.009	0.033	3	A	1		0.003	0.041	0.008
22:0										
24:0	-			_	_	_			4. 50-	
Fatty acids, total monounsaturated		3.242		6	A	1		0.919	14.706	2.756
14:1		0.007	,	3	A	1		0.002	0.032	0.006
15:1	g									

NDB No. 17316 Lamb, Australian, imported, fresh, rib, separable lean only, trimmed to 1/8" fat, raw

		Amo		mbe		<u>n</u> Confidence	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean S	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.135	0.147	6	A	1		0.038	0.612	0.115
17:1	_			_		_				
18:1 undifferentiated	-	3.016	0.801	6 2	A A	1 1		0.855	13.681	2.564
20:1		0.032		2	A	1		0.009	0.145	0.027
22:1 undifferentiated 24:1 c	_									
Fatty acids, total polyunsaturated	_	0.320	0.215	6	A	1		0.091	1.452	0.272
18:2 undifferentiated	_	0.194	0.141	6	A	1		0.055	0.880	0.165
18:3 undifferentiated	_	0.094	0.042	6	A	1		0.027	0.426	0.080
18:4	-							0.02.	0.120	
20:2 n-6 c.c	_									
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.025	0.043	6	A	1		0.007	0.113	0.021
20:5 n-3										
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	а	0.235		0		1		0.067	1.066	0.200
Threonine		0.859		0		1		0.244	3.896	0.730
Isoleucine		0.972		0		1		0.276	4.409	0.826
Leucine		1.564		0		1		0.443	7.094	1.329
Lysine		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	-	2.919		0		1		0.828	13.241	2.481
Glycine	g	0.982		0		1		0.278	4.454	0.835
Proline	•	0.843		0		1		0.239	3.824	0.717
Serine	_	0.747		0		1		0.212	3.388	0.635
Hydroxyproline	g									

## **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

NDB No. 17285 Lamb, Australian, imported, fresh, separable fat, cooked

Refuse: 0%

		<u>Aı</u>	mount in 100 gr	ams of e	lible porti	<u>on</u>	Amount in	edible portion	of common
			Nun	nber			<u>m</u>	easures of food	<u>l</u>
					v Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	24.00	1.099	6 2	. 1		59.52	20.40	
Energy		639		0 M			1585	543	
Energy		2674			9		6630	2273	
Protein (N x 6.25)		9.42	0.259	6 2			23.36	8.01	
		66.40	1.283	6 2			164.67	56.44	
Total lipid (fat)		0.45	0.062	6 2			1.12	0.38	
Ash			0.062	0 2					
Carbohydrate, by difference		0.00		0 2	, ,		0.00	0.00	
Fiber, total dietary									
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	27	1.436	6 A	1		67	23	
Iron, Fe	_	1.11	0.048	6 A			2.75	0.94	
Magnesium, Mg		12	0.419	6 A			30	10	
Phosphorus, P		114	2.738	6 A			283	97	
Potassium, K	-	179	6.416	6 A			444	152	
Sodium, Na		51	2.512	6 A			126	43	
Zinc, Zn		1.48	0.095	6 A			3.67	1.26	
Copper, Cu		0.065		6 A			0.161	0.055	
Manganese, Mn		0.010		2 A			0.025	0.009	
Selenium, Se		5.8		2 A			14.4	4.9	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid									
Thiamin		0.063		3 A			0.156	0.054	
Riboflavin	_	0.140		3 A			0.347	0.119	
Niacin		2.890		3 A			7.167	2.457	
Pantothenic acid		0.400		3 A			0.992	0.340	
Vitamin B-6		0.171	0.023	3 A	1		0.424	0.145	
Folate, total									
Folate, DFE									
Vitamin B-12		1.84	0.019	3 A	1		4.56	1.56	
Vitamin A, IU	IU								
Vitamin A, RAE									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	q	34.751	0.687	6 M	. 9		86.182	29.538	
4:0									
6:0									
8:0									
10:0	-	0.148	0.021	6 A	1		0.367	0.126	
12:0	_	0.232		6 A			0.575	0.197	
13:0	-								
14:0		2.911	0.121	6 A	1		7.219	2.474	
15:0		0.464		6 A			1.151	0.394	
16:0	_	15.366		6 A			38.108	13.061	
17:0	_	1.160		6 A			2.877	0.986	
18:0	-	14.343		6 A			35.571	12.192	
20:0	_	0.127		6 A			0.315	0.108	
22:0		0.12/	0.000	, ,	-		0.515	0.100	
24:0									
Fatty acids, total monounsaturated		26.377	0.621	6 M	. 9		65.415	22.420	
14:1		0.127		6 A			0.315	0.108	
15:1		J.12/	0.000		-		0.515	0.100	

		<u>Aı</u>	nount in 100	grams umbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	1.223	0.115	6	A	1		3.033	1.040	
17:1										
18:1 undifferentiated	••••••	24.299	0.528		A	1		60.262	20.654	
20:1	-	0.253	0.041	4	A	1		0.627	0.215	
22:1 undifferentiated	-									
24:1 c	_	2.331	0.153	6	MC	9		5.781	1.981	
Fatty acids, total polyunsaturated 18:2 undifferentiated		1.519			A.	1		3.767	1.291	
18:3 undifferentiated	•	0.749			A	1		1.858	0.637	
18:4	-	0.743	0.034	Ü	n	-		1.030	0.037	
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	_	0.063		1	A	1		0.156	0.054	
20:5 n-3										
22:5 n-3	_									
22:6 n-3										
Fatty acids, total trans	g									
Cholesterol	mg	83	3.557	6	A	1		206	71	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.110		0		1		0.273	0.094	
Threonine		0.402		Ö		1		0.997	0.342	
Isoleucine	_	0.455		0		1		1.128	0.387	
Leucine	-	0.732		0		1		1.815	0.622	
Lysine		0.832		0		1		2.063	0.707	
Methionine	-	0.241		0		1		0.598	0.205	
Cystine	g	0.113		0		1		0.280	0.096	
Phenylalanine	-	0.383		0		1		0.950	0.326	
Tyrosine		0.316		0		1		0.784	0.269	
Valine		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									

# **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. 17284 Lamb, Australian, imported, fresh, separable fat, raw

Refuse: 0%

		<u>A</u> 1	mount in 100 g	rams	of ear	ole portio	<u>on</u>	Amount in	edible portion	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>[</u>			
			of	Data	Deriv	Source	Confidence						
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3			
Proximates:													
Water	q	25.08	1.200	6	A	1		7.11	113.76	21.32			
Energy	_	648		0	MC	9		184	2939	551			
Energy		2711				9		769	12298	2305			
Protein (N x 6.25)		6.27	0.418	6	A	1		1.78	28.44	5.33			
Total lipid (fat)		68.87	1.254	6	A	1		19.52	312.39	58.54			
Ash		0.35	0.081	6	A	1		0.10	1.59	0.30			
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00			
Fiber, total dietary													
Sugars, total													
Starch													
Staron													
Minerals:													
Calcium, Ca		19	2.840	6	A	1		5	86	16			
Iron, Fe	-	0.63	0.025	6	A	1		0.18	2.86	0.54			
Magnesium, Mg		7	0.345	6	A	1		2	32	6			
Phosphorus, P	-	71	3.167	6	A	1		20	322	60			
Potassium, K		112	4.053	6	A	1		32	508	95			
Sodium, Na		33	1.758	6	A	1		9	150	28			
Zinc, Zn		1.06	0.074	6	A	1		0.30	4.81	0.90			
Copper, Cu		0.046	0.006	6	A	1		0.013	0.209	0.03			
Manganese, Mn				_	_	_							
Selenium, Se	mcg	4.0	0.483	3	A	1		1.1	18.1	3.4			
Vitamins:													
Vitamin C, total ascorbic acid	mg												
Thiamin		0.057	0.009	3	A	1		0.016	0.259	0.04			
Riboflavin		0.107	0.017	3	A	1		0.030	0.485	0.09			
Niacin		1.753		3	A	1		0.497	7.952	1.49			
Pantothenic acid		0.263		3	A	1		0.075	1.193	0.22			
Vitamin B-6		0.111		3	A	1		0.031	0.503	0.09			
Folate, total													
Folate, DFE													
Vitamin B-12		1.06	0.107	3	A	1		0.30	4.81	0.90			
Vitamin A, IU	-												
Vitamin A, RAE													
Vitamin E (alpha-tocopherol)													
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta													
Vitamin D	IU												
Vitamin K (phylloquinone)													
Linida													
Lipids:	<b>a</b>	25 252	1 206	_	140	•		10 000	1.00 2.01	20.05			
Fatty acids, total saturated		35.353	1.326	6	MC	9		10.023	160.361	30.05			
4:0													
6:0													
8:0	-	0 143	0.017	6	A	1		0.040	0.644	0.12			
10:0	_	0.142		6	A	1		0.040	0.644				
12:0 13:0	-	0.241	0.021	0	А	1		0.068	1.093	0.20			
14:0	-	2 042	0 222	6	A	1		0.034	12 245	2 50			
15:0		2.942 0.470		6	A	1		0.834 0.133	13.345 2.132	2.50 0.40			
16:0	-			6	A	1				13.77			
	_	16.200			A	1		4.593	73.483				
17:0 18:0	_	1.138 14.089		6 6	A A	1		0.323 3.994	5.162	0.96 11.97			
	•								63.908				
20:0		0.131	0.000	6	A	1		0.037	0.594	0.11			
22:0	-												
24:0		07 075	1 150	6	140	•		7 021	126 005	00 77			
Fatty acids, total monounsaturated		27.975		6	MC	9		7.931	126.895	23.77			
14:1	g g	0.120	0.017	6	A	1		0.034	0.544	0.10			

		<u>An</u>		mber	,	_	Amount in edible portion of common measures of food			
Nutrients and U	Inits	Mean	of Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	q	1.334	0.112	6	A	1		0.378	6.051	1.134
17:1										
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										
Fatty acids, total polyunsaturated	lg	2.844	0.250	6	MC	9		0.806	12.900	2.417
18:2 undifferentiated		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										
Cholesterol		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		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		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		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									

## **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

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%

		<u>A</u> 1	mount in 100 gr		of edib	ole portio	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean				Source Code	Confidence Code	m Measure 1	Measure 2	Measure 3
Proximates: Water	а	62.25	0.454	6	A	1		145.04	52.91	
Energy	-	231	0.101	0	MC	9		538	196	
Energy		967				9		2252	822	
Protein (N x 6.25)		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		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	28	1.923	3	A	1		65	24	
Iron, Fe	-	1.67	0.101	3	A	1		3.89	1.42	
Magnesium, Mg	-	21	0.333	3	A	1		49	18	
Phosphorus, P		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		3	A	1		0.305	0.111	
Manganese, Mn	-	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		4.695	5	2	A	1		10.939	3.991	
Pantothenic acid		0.775		2	A	1		1.806	0.659	
Vitamin B-6		0.211	•	2	A	1		0.492	0.179	
Folate, total										
Folate, DFE		2.56		•	_			0.00		
Vitamin B-12		3.56		2	A	1		8.29	3.03	
Vitamin A, IU										
Vitamin A, RAEVitamin E (alpha-tocopherol)										
Tocopherol, beta	-									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	а	6.334	0.907	3	A	1		14.758	5.384	
4:0										
6:0	-									
8:0										
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	-									
14:0		0.487		3	A	1		1.135	0.414	
15:0	-	0.070		3	A	1		0.163	0.060	
16:0		3.075		3	A	1		7.165	2.614	
17:0	_	0.186		3	A	1		0.433	0.158	
18:0	_	2.386		3	A	1		5.559	2.028	
20:0	-	0.070	0.367	3	A	1		0.163	0.060	
22:0										
24:0		5.589	0.876	3	7.	1		12 000	4.751	
Fatty acids, total monounsaturated 14:1		0.021		3 3	A A	1 1		13.022 0.049	4.751 0.018	
15:1		0.021	. 0.055	-	A	-		0.049	0.018	
1 J. 1	ອ									

NDB No. 17329 Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled

		<u>Am</u>		mber	,	_	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	of Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.248	0.173	3	A	1		0.578	0.211	
17:1		0.240	0.173	3	•	_		0.578	0.211	
18:1 undifferentiated		5.181	0.817	3	A	1		12.072	4.404	
20:1		0.041	0.088	3	A	1		0.096	0.035	
22:1 undifferentiated.	-	****		-		_		0.020	0.000	
24:1 c										
Fatty acids, total polyunsaturated	-	0.559	0.145	3	A	1		1.302	0.475	
18:2 undifferentiated		0.324	0.067	3	A	1		0.755	0.275	
18:3 undifferentiated	•	0.157	0.033	3	A	1		0.366	0.133	
18:4	-									
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	а	0.278		0		1		0.648	0.236	
Threonine		1.018		0		1		2.372	0.865	
Isoleucine		1.152		0		1		2.684	0.979	
Leucine	-	1.853		0		1		4.317	1.575	
Lysine		2.105		0		1		4.905	1.789	
Methionine		0.610		0		1		1.421	0.519	
Cystine		0.286		0		1		0.666	0.243	
Phenylalanine		0.969		0		1		2.258	0.824	
Tyrosine		0.801		0		1		1.866	0.681	
Valine		1.285		0		1		2.994	1.092	
Arginine		1.415		0		1		3.297	1.203	
Histidine		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	-	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									

#### **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. 17323 Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Refuse: 13% Bone

		<u>A</u>	mount in 10	<u>0 grams</u>	of edib	le portic	<u>on</u>	Amount in	edible portion	of common
				Number				m	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error			Code	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		0.93		0	PAK	1		0.79		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary										
Sugars, total										
Starch	-									
Staron										
Minerals:										
Calcium, Ca	mg	27		0	PAK	1		23		
Iron, Fe	-	2.42		0	PAK	1		2.06		
Magnesium, 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	<u>mg</u>	6.64		0	PAK	1		5.64		
Copper, Cu	mg	0.188	3	0	PAK	1		0.160		
Manganese, Mn	mg	0.018	3	0	PAK	1		0.015		
Selenium, Se	mcg	9.2		0	BFNN	4		7.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin		0.093	3	0	PAK	1		0.079		
Riboflavin	mg	0.263	3	0	PAK	1		0.224		
Niacin	-	4.369	)	0	PAK	1		3.714		
Pantothenic acid		0.707	7	0	PAK	1		0.601		
Vitamin B-6	mg	0.203	3	0	PAK	1		0.173		
Folate, total	mcg									
Folate, DFE										
Vitamin B-12		3.25		0	PAK	1		2.76		
Vitamin A, IU										
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	а	9.696	5	0	MC	9		8.242		
4:0										
6:0										
8:0										
10:0	-	0.041	L	0	PAK	1		0.035		
12:0	-	0.064		0	PAK	1		0.054		
13:0										
14:0		0.788	3	0	PAK	1		0.670		
15:0		0.127	7	0	PAK	1		0.108		
16:0	-	4.482		0	PAK	1		3.810		
17:0	-	0.311	L	0	PAK	1		0.264		
18:0		3.852		0	PAK	1		3.274		
20:0	_	0.032		0	PAK	1		0.027		
22:0	-									
24:0										
Fatty acids, total monounsaturated		8.173	3	0	MC	9		6.947		
14:1		0.034		0	PAK	1		0.029		
15:1										

NDB No. 17323 Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised

		<u>Ar</u>	nount in 100 gr	ber		Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error Poi	ata Deri		Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.373		0 PA	K 1		0.317		
17:1	-	0.373		U FAI	. 1		0.317		
18:1 undifferentiated.		7.541		0 PAI	K 1		6.410		
20:1		0.072		0 PAI			0.061		
22:1 undifferentiated.	-								
24:1 c									
Fatty acids, total polyunsaturated	_	0.830		0 MC	9		0.706		
18:2 undifferentiated		0.517		0 PAI	K 1		0.439		
18:3 undifferentiated	g	0.246		0 PAI	K 1		0.209		
18:4	g								
20:2 n-6 c,c	g								
20:3 undifferentiated	g								
20:4 undifferentiated	g	0.060		0 PAI	K 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 PAI	K 1		90		
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.347		0	1		0.295		
Threonine	_	1.269		0	1		1.079		
Isoleucine		1.435		0	1		1.220		
Leucine	_	2.309		0	1		1.963		
Lysine		2.623		0	1		2.230		
Methionine		0.760		0	1		0.646		
Cystine		0.356		0	1		0.303		
Phenylalanine		1.207		0	1		1.026		
Tyrosine		0.998		0	1		0.848		
Valine		1.601		0	1		1.361		
Arginine	-	1.763		0	1		1.499		
Histidine		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	_	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								

## **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17322 Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 9% Bone

		<u>A</u>	mount in 100	<u>0 grams</u>	of edit	le portio	<u>on</u>	Amount in	edible portion o	f common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.82		0	PAK	1		18.09	54.25	
Energy	kcal	243		0	MC	9		69	207	
Energy	kj	1017				9		288	864	
Protein (N x 6.25)	g	17.06		0	PAK	1		4.84	14.50	
Total lipid (fat)	g	18.89		0	PAK	1		5.36	16.06	
Ash	g	0.83		0	PAK	1		0.24	0.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	16		0	PAK	1		5	14	
Iron, Fe.	-	1.35		0	PAK	1		0.38	1.15	
Magnesium, Mg	-	19		0	PAK	1		5	16	
Phosphorus, P		168		0	PAK	1		48	143	
Potassium, K	-	281		0	PAK	1		80	239	
Sodium, Na	mg	72		0	PAK	1		20	61	
Zinc, Zn	<sub>.</sub> mg	3.52		0	PAK	1		1.00	2.99	
Copper, Cu	mg	0.120	)	0	PAK	1		0.034	0.102	
Manganese, Mn		0.012	2	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		0.107	7	0	PAK	1		0.030	0.091	
Riboflavin	-	0.212	2	0	PAK	1		0.060	0.180	
Niacin	mg	3.994	l	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										
Folate, DFE										
Vitamin B-12		2.60		0	PAK	1		0.74	2.21	
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_					•				
Fatty acids, total saturated		9.125	)	0	MC	9		2.587	7.756	
4:0 6:0										
8:0										
10:0										
12:0		0.060	)	0	PAK	1		0.017	0.051	
13:0										
14:0	-	0.752	2	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	7	0	PAK	1		1.020	3.057	
20:0	-									
22:0										
24:0			_	_		_				
		7.697	7	0	MC	9		2.182	6.542	
Fatty acids, total monounsaturated		7.09	'	·		•			0.012	

NDB No. 17322 Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw

		<u>Aı</u>	mount in 10	00 grams Number	•	on Confidence				
Nutrients and U	nits	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated		0.363		0	PAK	1		0.103	0.309	
17:1	-					_				
18:1 undifferentiated		7.122 0.071		0	PAK	1 1		2.019	6.054	
20:1 22:1 undifferentiated		0.071		U	PAK	1		0.020	0.060	
24:1 undifferentiated	-									
Fatty acids, total polyunsaturated.	_	0.777		0	мс	9		0.220	0.660	
18:2 undifferentiated	-	0.469		0	PAK	1		0.133	0.399	
18:3 undifferentiated	_	0.228		0	PAK	1		0.065	0.194	
18:4	-	0.220		·		_		0.003	0.154	
20:2 n-6 c.c										
20:3 undifferentiated	_									
20:4 undifferentiated	_	0.080		0	PAK	1		0.023	0.068	
20:5 n-3										
22:5 n-3										
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	65		0	PAK	1		18	55	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.199		0		1		0.056	0.169	
Threonine		0.729		0		1		0.207	0.620	
Isoleucine		0.824		0		1		0.234	0.700	
Leucine		1.327		0		1		0.376	1.128	
Lysine		1.507		0		1		0.427	1.281	
Methionine		0.437		0		1		0.124	0.371	
Cystine	_	0.205		0		1		0.058	0.174	
Phenylalanine	_	0.693		0		1		0.196	0.589	
Tyrosine		0.573		0		1		0.162	0.487	
Valine	_	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									

## **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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%

		<u>A</u>	mount in 100 g	ıramı	s of edib	ole portic	on_	Amount in edible portion of common		
			No	mbe	_			m	easures of food	
						0	Cantidanaa			
Nutrients and Un	its	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.98	0.940	6	A	1		48.43		
Energy		238		0	MC	9		202		
Energy		996				9		846		
Protein (N x 6.25)		34.17	0.407	6	A	1		29.04		
Total lipid (fat)		10.23	0.656	6	A	1		8.70		
Ash		1.03	0.084	6	A	1		0.88		
Carbohydrate, by difference		0.00		0	z	7		0.00		
Fiber, total dietary		0.00		•	_	•		0.00		
Sugars, total										
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	27	1.684	3	A	1		23		
Iron, Fe	-	2.71	0.206	3	A	1		2.30		
Magnesium, Mg	-	25	0.467	3	A	1		21		
Phosphorus, P		221	1.764	3	A	1		188		
Potassium, K	-	287	0.882	3	A	1		244		
Sodium, Na	-	78	0.769	3	A	1		66		
Zinc, Zn	-	7.78	0.102	3	A	1		6.61		
Copper, Cu		0.215		3	A	1		0.183		
Manganese, Mn	-	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	5	2	A	1		3.991		
Pantothenic acid	mg	0.775	5	2	A	1		0.659		
Vitamin B-6	mg	0.211	L	2	A	1		0.179		
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	3.56		2	A	1		3.03		
Vitamin A, IU										
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	4.173	1.009	3	A	1		3.547		
4:0										
6:0	-									
8:0	-									
10:0	g	0.018	3	1	A	1		0.015		
12:0	g	0.026	0.058	3	A	1		0.022		
13:0	g									
14:0	-	0.320	0.240	3	A	1		0.272		
15:0	g	0.053	0.000	3	A	1		0.045		
16:0	g	2.082	0.240	3	A	1		1.770		
17:0	g	0.123	0.000	3	A	1		0.105		
18:0	g	1.539	1.040	3	A	1		1.308		
20:0	g	0.012	0.033	3	A	1		0.010		
22:0	g									
24:0										
Fatty acids, total monounsaturated.		4.160	0.939	3	A	1		3.536		
14:1	g	0.013	3	2	A	1		0.011		
15:1	g									

NDB No. 17325 Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised

		Amo	ount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
				mbei Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean S	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated 17:1	-	0.185	0.231	3	A	1		0.157		
18:1 undifferentiated		3.847	0.617	3	A	1		3.270		
20:1	• • • • • • • • • • • • • • • • • • • •	0.032	0.033	3	A	1		0.027		
22:1 undifferentiated	-			_		_		0.02.		
24:1 c	• • • • • • • • • • • • • • • • • • • •									
Fatty acids, total polyunsaturate	-	0.499	0.433	3	A	1		0.424		
18:2 undifferentiated		0.297	0.260	3	A	1		0.252		
18:3 undifferentiated	-	0.135	0.088	3	A	1		0.115		
18:4	-	55		-		-		0.220		
20:2 n-6 c.c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.059	0.120	3	A	1		0.050		
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans										
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		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	-	2.028		0		1		1.724		
Histidine	•	1.082		0		1		0.920		
Alanine	-	2.055		0		1		1.747		
Aspartic acid		3.007		0		1		2.556		
Glutamic acid		4.958		0		1		4.214		
Glycine	-	1.667		0		1		1.417		
Proline	•	1.432		0		1		1.217		
Serine	-	1.268		0		1		1.078		
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

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%

		<u>Aı</u>	mount in 100 gra	ms of ed	ible porti	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poir			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 <b>M</b> C	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	ma	15	1.489	3 A	1		4	13	
Iron. Fe.	-	1.54		3 A	1		0.44	1.31	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	22		3 A	1		6	19	
Phosphorus, P	_	193		3 A	1		55	164	
Potassium, K	-	325	2.603	3 A	1		92	276	
Sodium, Na		83	0.731	3 A	1		24	71	
Zinc, Zn	mg	4.16	0.187	3 A	1		1.18	3.54	
Copper, Cu		0.139		3 A	1		0.039	0.118	
Manganese, Mn		0.015		3 A	1		0.004	0.013	
Selenium, Se	mcg	7.7		0 BFN	N 4		2.2	6.5	
Vitamins:									
Vitamin C, total ascorbic acid	mg								
Thiamin		0.120	1	2 A	1		0.034	0.102	
Riboflavin		0.240	1	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	1	2 A	1		0.085	0.254	
Folate, total									
Folate, DFE									
Vitamin B-12		3.01		2 A	1		0.85	2.56	
Vitamin A, IU	IU								
Vitamin A, RAE									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma Tocopherol, delta									
Vitamin D	-								
Vitamin K (phylloquinone)									
	-								
Lipids:	~	0 225	1 072				0.660	1 005	
Fatty acids, total saturated		2.335	1.073	3 A	1		0.662	1.985	
4:0 6:0									
8:0									
10:0									
12:0		0.013	0.067	3 A	1		0.004	0.011	
13:0									
14:0		0.178	0.260	3 A	1		0.050	0.151	
15:0		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	-								
22:0									
24:0				_	_				
Fatty acids, total monounsaturated		2.424	0.854	3 A	1		0.687	2.060	
14:1									
15:1	g								

NDB No. 17324 Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw

		<u>Am</u>		mbe		<u>n</u> Confidence	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	g	0.108	0.291	3	A	1		0.031	0.092	
17:1	_									
18:1 undifferentiated		2.243	0.393	3 1	A A	1 1		0.636	1.907	
20:1		0.025		1	A	1		0.007	0.021	
22:1 undifferentiated	-									
24:1 cFatty acids, total polyunsaturated.	-	0.270	0.240	3	A	1		0.077	0.230	
18:2 undifferentiated	-	0.160	0.153	3	A	1		0.045	0.136	
18:3 undifferentiated	-	0.078	0.153	3	A	1		0.022	0.066	
18:4	-							0.022	0.000	
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.032	0.033	3	A	1		0.009	0.027	
20:5 n-3										
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	a	0.232		0		1		0.066	0.197	
Threonine		0.849		0		1		0.241	0.722	
Isoleucine		0.961		0		1		0.272	0.817	
Leucine		1.546		0		1		0.438	1.314	
Lysine		1.756		0		1		0.498	1.493	
Methionine		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		1.750		0		1		0.496	1.488	
Glutamic acid	-	2.885		0		1		0.818	2.452	
Glycine		0.970		0		1		0.275	0.825	
Proline	•	0.834		0		1		0.236	0.709	
Serine	-	0.738		0		1		0.209	0.627	
Hydroxyproline	g									

## **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17327 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 25% Bone

		<u>A</u> 1	mount in 100			<u>on</u>		edible portion of easures of food		
Nutrients and Unit	ts	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Duovimetee										
Proximates: Water	а	56.63		0	PAK	1		154.60	48.14	
Energy		291		0	MC	9		794	247	
Energy		1218				9		3324	1035	
Protein (N x 6.25)		21.71		0	PAK	1		59.27	18.45	
Total lipid (fat)		22.03		0	PAK	1		60.14	18.73	
Ash		0.98		0	PAK	1		2.68	0.83	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary										
Sugars, total										
Starch										
Staron	9									
Minerals:										
Calcium, Ca	_	28		0	PAK	1		76	24	
Iron, Fe	_	1.58		0	PAK	1		4.31	1.34	
Magnesium, Mg		20		0	PAK	1		55	17	
Phosphorus, P		177		0	PAK	1		483	150	
Potassium, K		295		0	PAK	1		805	251	
Sodium, Na		88		0	PAK	1		240 15.32	75 <b>4</b> .77	
Zinc, Zn	_	5.61 0.121		0	PAK PAK	1 1		0.330	0.103	
Copper, Cu		0.121		0	PAK	1		0.033	0.103	
Manganese, Mn Selenium, Se		8.2	-	0	BFYN	4		22.4	7.0	
Selenium, Se	IIIO9	0.2		·	DEIN	-		22.4	7.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg									
Thiamin	mg	0.095	5	0	PAK	1		0.259	0.081	
Riboflavin	-	0.268	3	0	PAK	1		0.732	0.228	
Niacin	mg	4.430	)	0	PAK	1		12.094	3.766	
Pantothenic acid	-	0.720		0	PAK	1		1.966	0.612	
Vitamin B-6	mg	0.205	5	0	PAK	1		0.560	0.174	
Folate, total										
Folate, DFE										
Vitamin B-12		3.30		0	PAK	1		9.01	2.81	
Vitamin A, IU	IU									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitanini k (phynoquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		10.510	)	0	MC	9		28.692	8.934	
4:0	-									
6:0	-									
8:0	-			_	_	_				
10:0	-	0.038		0	PAK	1		0.104	0.032	
12:0		0.069	,	0	PAK	1		0.188	0.059	
13:0				_		_				
14:0		0.843		0	PAK	1		2.301	0.717	
15:0	-	0.128		0	PAK	1		0.349	0.109	
16:0	_	4.881		0	PAK	1		13.325	4.149	
17:0	-	0.329		0	PAK	1		0.898	0.280	
18:0		4.143		0	PAK	1		11.310	3.522	
20:0		0.078	•	0	PAK	1		0.213	0.066	
22:0	-									
24:0	-	0.644		^	140	^		22 500	7 247	
Fatty acids, total monounsaturated		8.644		0	MC	9		23.598	7.347	
14:1	~	0.040			PAK	1		0.109	0.034	

NDB No. 17327 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

		<u>Aı</u>	mount in 100 gra	ber	_	Amount in edible portion of common measures of food			
Nutrients and l	Units	Mean	Std. Error Poin	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.391		0 PAK	1		1.067	0.332	
17:1									
18:1 undifferentiated		7.990		0 PAK	1		21.813	6.792	
20:1	g	0.072		0 PAK	1		0.197	0.061	
22:1 undifferentiated	_								
24:1 c	g								
Fatty acids, total polyunsaturate	_	0.820		0 MC	9		2.239	0.697	
18:2 undifferentiated		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									
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		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		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		0.882		0	1		2.408	0.750	
Tyrosine		0.730		0	1		1.993	0.621	
Valine		1.171		0	1		3.197	0.995	
Arginine		1.289		0	1		3.519	1.096	
Histidine		0.688		0	1		1.878	0.585	
Alanine	•	1.306		0	1		3.565	1.110	
Aspartic acid	_	1.911		0	1		5.217	1.624	
Glutamic acid		3.151		0	1		8.602	2.678	
Glycine	_	1.060		0	1		2.894	0.901	
Proline	-	0.910		0	1		2.484	0.774	
Serine	•	0.806		0	1		2.200	0.685	
Hydroxyproline									

### **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

NDB No. 17326 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 28% Bone

		<u>A</u>	mount in 100			<u> </u>		edible portion of easures of food	of common	
Nutrients and Units	5	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		62.13		0	PAK	1		17.61	281.82	52.81
Energy		262		0	MC	9		74	1188	223
Energy		1096		•		9 1		311	4972	932
Protein (N x 6.25) Total lipid (fat)		16.48 21.28		0	PAK PAK	1		4.67 6.03	74.75 96.53	14.01 18.09
Ash		0.76		0	PAK	1		0.03	3.45	0.65
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	_	0.00		ŭ	-	•		0.00	0.00	0.00
Sugars, total										
Starch										
	0									
Minerals:		10		•				-	0.6	1.6
Calcium, CaIron. Fe	-	19 1.21		0	PAK PAK	1 1		5 0.34	86 5.49	16 1.03
Magnesium, Mg		1.21		0	PAK	1		0.34 5	5.49 77	1.03 14
Phosphorus, P		150		0	PAK	1		43	680	128
Potassium, K	-	260		0	PAK	1		74	1179	221
Sodium, Na		78		0	PAK	1		22	354	66
Zinc, Zn		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	<u>mg</u>	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	-	0.107	•	0	PAK	1		0.030	0.485	0.091
Riboflavin	mg	0.213	3	0	PAK	1		0.060	0.966	0.181
Niacin		4.004	Į.	0	PAK	1		1.135	18.162	3.403
Pantothenic acid		0.679		0	PAK	1		0.192	3.080	0.577
Vitamin B-6		0.261	-	0	PAK	1		0.074	1.184	0.222
Folate, total										
Folate, DFE		2.61		0	PAK	1		0.74	11 04	2.22
Vitamin B-12 Vitamin A, IU		2.61		U	PAK	1		0.74	11.84	2.22
Vitamin A, IU Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
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	-									
6:0										
8:0		_				_				_
10:0		0.038		0	PAK	1		0.011	0.172	0.032
12:0		0.066	•	0	PAK	1		0.019	0.299	0.056
13:0 14:0		0.833	1	0	PAK	1		0.236	3.778	0.708
15:0	-	0.833		0	PAK	1		0.236	0.594	0.708
16:0	-	4.824		0	PAK	1		1.368	21.882	4.100
17:0		0.309		0	PAK	1		0.088	1.402	0.263
18:0		4.061		0	PAK	1		1.151	18.421	3.452
20:0		0.039		0	PAK	1		0.011	0.177	0.033
22:0	g									
24:0	-									
Fatty acids, total monounsaturated		8.579		0	MC	9		2.432	38.914	7.292
14:1		0.031	-	0	PAK	1		0.009	0.141	0.026
15:1	9									

NDB No. 17326 Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw

		<u>Ar</u>	nount in 100 gram	er	_	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Points	a Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.393	0	PAK	1		0.111	1.783	0.334
17:1		0.333	Ů	- III	-		0.111	1.765	0.554
18:1 undifferentiated	-	7.922	0	PAK	1		2.246	35.934	6.734
20:1		0.081	0	PAK	1		0.023	0.367	0.069
22:1 undifferentiated	_								
24:1 c	_								
Fatty acids, total polyunsaturated		0.864	0	MC	9		0.245	3.919	0.734
18:2 undifferentiated		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									
Cholesterol	mg	67	0	PAK	1		19	304	57
Phytosterols	<u>mg</u>								
Amino Acids:									
Tryptophan	q	0.193	0		1		0.055	0.875	0.164
Threonine		0.704	0		1		0.200	3.193	0.598
Isoleucine		0.796	0		1		0.226	3.611	0.677
Leucine	_	1.282	0		1		0.363	5.815	1.090
Lysine	_	1.456	0		1		0.413	6.604	1.238
Methionine		0.422	0		1		0.120	1.914	0.359
Cystine	-	0.198	0		1		0.056	0.898	0.168
Phenylalanine	_	0.670	0		1		0.190	3.039	0.570
Tyrosine		0.554	0		1		0.157	2.513	0.471
Valine	-	0.889	0		1		0.252	4.033	0.756
Arginine		0.978	0		1		0.277	4.436	0.831
Histidine	-	0.522	0		1		0.148	2.368	0.444
Alanine		0.992	0		1		0.281	4.500	0.843
Aspartic acid		1.451	0		1		0.411	6.582	1.233
Glutamic acid		2.392	0		1		0.678	10.850	2.033
Glycine	_	0.804	0		1		0.228	3.647	0.683
Proline		0.691	0		1		0.196	3.134	0.587
Serine	•	0.612	0		1		0.174	2.776	0.520
Hydroxyproline	_							•	

### **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

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%

		<u>A</u>	mount in 100 gr	ams	of edib	o <u>n</u>	Amount in edible portion of common measures of food			
			Nur	nber	r			<u>m</u>	easures of food	
Nutrients and Un	its	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	71.62	0.507	6	A	1		20.30	324.87	60.88
Energy	-	164	0.307	0	MC	9		46	744	139
Energy		686		U	MC	9		195	744 3112	583
		19.10	0.211	6	A	1		5.41	86.64	16.24
Protein (N x 6.25)		9.09	0.583	6	A	1		2.58	41.23	7.73
Total lipid (fat)		0.87	0.056	6	A	1		0.25	3.95	0.74
Carbohydrate, by difference		0.00	0.030	0	Z	7		0.00	0.00	0.00
Fiber, total dietary	=	0.00		U	4	,		0.00	0.00	0.00
Sugars, total										
Starch										
Starcn	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		170	2.404	3	A	1		48	771	145
Potassium, K	mg	298	2.906	3	A	1		84	1352	253
Sodium, Na		90	1.808	3	A	1		26	408	77
Zinc, Zn		5.22	0.123	3	A	1		1.48	23.68	4.44
Copper, Cu		0.126		3	A	1		0.036	0.572	0.107
Manganese, Mn		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	<b>i</b>	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										
Folate, DFE										
Vitamin B-12		3.01		2	A	1		0.85	13.65	2.56
Vitamin A, IU										
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.883	1.375	3	A	1		1.101	17.613	3.301
4:0	_									
6:0	g									
8:0										
10:0		0.012		2	A	1		0.003	0.054	0.010
12:0		0.021	0.067	3	A	1		0.006	0.095	0.018
13:0	-									
14:0	-	0.292		3	A	1		0.083	1.325	0.248
15:0	_	0.044		3	A -	1		0.012	0.200	0.037
16:0		1.910		3	A	1		0.541	8.664	1.624
17:0	-	0.097		3	A	1		0.027	0.440	0.082
18:0	-	1.492		3	A	1		0.423	6.768	1.268
20:0	-	0.016	Ď	2	A	1		0.005	0.073	0.014
22:0										
24:0				_		_				
Fatty acids, total monounsaturated		3.611		3	A -	1		1.024	16.379	3.069
14:1		0.008	5	2	A	1		0.002	0.036	0.007
15:1	g									

NDB No. 17328 Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw

		<u>An</u>		mber	•	_	Amount in edible portion of common measures of food			
Nutrients and U	nits	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
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										
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	-									
20:3 undifferentiated	g									
20:4 undifferentiated	-	0.031	0.058	3	A	1		0.009	0.141	0.026
20:5 n-3	-									
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans										
Cholesterol		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		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		2.772		0		1		0.786	12.574	2.356
Glycine	g	0.932		0		1		0.264	4.228	0.792
Proline		0.801		0		1		0.227	3.633	0.681
Serine	g	0.709		0		1		0.201	3.216	0.603
Hydroxyproline	-									

### **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

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

		A	mount in 100			on		edible portion of easures of food	of common	
Nutrients and Units	;	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		55.31		0	PAK	1		144.91	47.01	
Energy		296		0	MC	9		776	252	
Energy		1238		•		9 1		3245	1053	
Protein (N x 6.25) Total lipid (fat)		23.58 21.65		0	PAK PAK	1		61.78 56.72	20.04 18.40	
Ash		0.96		0	PAK	1		2.52	0.82	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	-	0.00		·	-	•		0.00	0.00	
Sugars, total										
Starch										
	0									
Minerals:	ma	22		^		-		72	24	
Calcium, CaIron. Fe.		28 1.78		0	PAK PAK	1 1		73 4.66	24 1.51	
Magnesium, Mg		21		0	PAK	1		4.66 55	1.51	
Phosphorus, P		183		0	PAK	1		479	156	
Potassium, K	-	288		0	PAK	1		755	245	
Sodium, Na		85		0	PAK	1		223	72	
Zinc, Zn		5.85		0	PAK	1		15.33	4.97	
Copper, Cu	mg	0.137	,	0	PAK	1		0.359	0.116	
Manganese, Mn		0.014	ļ	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	ļ	0	PAK	1		0.246	0.080	
Riboflavin	mg	0.267	,	0	PAK	1		0.700	0.227	
Niacin		4.415	5	0	PAK	1		11.567	3.753	
Pantothenic acid		0.717		0	PAK	1		1.879	0.609	
Vitamin B-6		0.204		0	PAK	1		0.534	0.173	
Folate, total										
Folate, DFEVitamin B-12		3.29		0	PAK	1		8.62	2.80	
Vitamin A, IU		3.29		U	FAIX	-		8.02	2.80	
Vitamin A, RAE	mca RAE									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	_	10.324	ļ	0	MC	9		27.049	8.775	
4:0	_									
6:0										
8:0		0.038	•	0	PAK	1		0.100	0.032	
10:0 12:0	_	0.038		0	PAK	1		0.100	0.032	
13:0		0.000	,	Ū	IM	-		0.170	0.050	
14:0		0.831	-	0	PAK	1		2.177	0.706	
15:0	_	0.128		0	PAK	1		0.335	0.109	
16:0	_	4.790	)	0	PAK	1		12.550	4.072	
17:0	g	0.325	<b>i</b>	0	PAK	1		0.852	0.276	
18:0		4.077		0	PAK	1		10.682	3.465	
20:0	_	0.068	3	0	PAK	1		0.178	0.058	
22:0	_									
24:0	_	0 535	,	0	MC	9		22 267	7 256	
Fatty acids, total monounsaturated		8.537 0.036		0	MC PAK	9 1		22.367 0.094	7.256 0.031	
		0.036						0.034		

NDB No. 17319
Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked

		<u>Ar</u>		ımber	•	_	Amount in edible portion of common measures of food			
Nutrients and l	Units	Mean	Std. Error Po		Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated	a	0.387		0	PAK	1		1.014	0.329	
17:1									0.025	
18:1 undifferentiated		7.888		0	PAK	1		20.667	6.705	
20:1	g	0.072		0	PAK	1		0.189	0.061	
22:1 undifferentiated	_									
24:1 c	g									
Fatty acids, total polyunsaturate	-	0.822		0	MC	9		2.154	0.699	
18:2 undifferentiated		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										
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		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		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		0.958		0		1		2.510	0.814	
Tyrosine		0.792		0		1		2.075	0.673	
Valine		1.272		0		1		3.333	1.081	
Arginine		1.400		0		1		3.668	1.190	
Histidine		0.747		0		1		1.957	0.635	
Alanine	g	1.419		0		1		3.718	1.206	
Aspartic acid	_	2.075		0		1		5.437	1.764	
Glutamic acid		3.422		0		1		8.966	2.909	
Glycine	_	1.151		0		1		3.016	0.978	
Proline	-	0.989		0		1		2.591	0.841	
Serine	•	0.875		0		1		2.293	0.744	
Hydroxyproline										

### **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. 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			A	mount in 100			le portio	<u></u>	Amount in edible portion of common measures of food		
Water	Nutrients and Units	<b>S</b>	Mean		of Data	Deriv					Measure 3
Energy											
Finespook   St											
Protein (N × 6.25)					0	MC					
Trout lipid fagh					0	D317					
Ash. 9 0.78 0 PAN 1 0.22 3.54 0.66 Carbohydrate, by difference 9 0.00 0 Z 7 0.00 0.00 0.00 Piber, total dictary 9 Sagars, total 0.65 Carbohydrate, by difference 9 0.00 0 Z 7 0.00 0.00 0.00 Piber, total dictary 9 Sagars, total 9 Sagars, to											
Curbolydrate, by difference   9											
Fiber, total dietary   9   9   8   9   9   9   9   9   9   9											
Sugars, 10x1	, , ,	-	0.00		·	-	•		0.00	0.00	0.00
Sum											
Minerals:   Calcium, Ca.	e ,										
Table   Tabl		0									
Incomp.   Inco			10		•				-	20	1.5
Magnesium Mg.		-									
Phosphorus P.	. ,										
Polascium K.											
Sodium Na.	• '	-									
Zim. C.n.					0				22		
Manganese, Mn.			4.09		0	PAK	1		1.16	18.55	3.48
Scientium, Sc.	Copper, Cu	mg	0.113	3	0	PAK	1		0.032	0.513	0.096
Vitamins   Columbia	Manganese, Mn	mg	0.010	)		PAK				0.045	0.009
Vitamin C. total ascorbic acid	Selenium, Se	mcg	3.3		0	PIE	4		0.9	15.0	2.8
Vitamin C. total ascorbic acid	Vitamins:										
Riboral Nation		mg									
Niacin	Thiamin	mg	0.107	1	0	PAK	1		0.030	0.485	0.091
Pantothenic acid	Riboflavin	mg	0.213	3	0	PAK	1		0.060	0.966	0.181
Vitamin B-6	Niacin	mg	4.001	=		PAK			1.134		3.401
Folate, total											0.576
Folder DFE			0.261	•	0	PAK	1		0.074	1.184	0.222
Vitamin A   12											
Vitamin A, RAE			2 61		0	DAK	1		0.74	11 04	2 22
Vitamin E (alpha-tocopherol)   mg			2.01		U	FAIX	-		0.74	11.04	2.22
Vitamin E (alpha-tocopherol)mg Tocopherol, beta											
Tocopherol, beta											
Tocopherol, delta											
Vitamin D.         IU           Vitamin K (phylloquinone).         meg           Expirate Mix (phylloquinone).         meg           Expirate Mix (phylloquinone).         Text (phylloquinone).         Section of the property	Tocopherol, gamma	mg									
Vitamin K (phylloquinone)       Lipids:       Fatty acids, total saturated     9     9.907     0     MC     9     2.809     44.938     8.42       4:0     9     8:0     9     44.938     8.42       6:0     9     8:0     9     8.284     1     0.008     0.132     0.02       8:0     9     0.064     0     PAK     1     0.018     0.290     0.05       12:0     9     0.064     0     PAK     1     0.018     0.290     0.05       13:0     9     0.805     0     PAK     1     0.228     3.651     0.66       15:0     9     0.127     0     PAK     1     0.036     0.576     0.10       16:0     9     4.650     0     PAK     1     0.036     0.576     0.10       18:0     9     3.904     0     PAK     1     0.086     1.370     0.22       18:0     9     0.027     0     PAK     1     0.008     0.122     0.02       2:0     9     0.027     0     PAK     1     0.008     0.122     0.02       2:0     9     0.025     0 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>											
Cipids:   Cipi											
Fatty acids, total saturated	Vitamin K (phylloquinone)	mcg									
4:0	Lipids:										
6:0       9         8:0       9         10:0       9       0.029       0 PAK 1       0.008       0.132       0.02         12:0       9       0.064       0 PAK 1       0.018       0.290       0.05         13:0       9       0.805       0 PAK 1       0.228       3.651       0.66         15:0       9       0.127       0 PAK 1       0.036       0.576       0.10         16:0       9       4.650       0 PAK 1       1.318       21.092       3.95         17:0       9       0.302       0 PAK 1       0.086       1.370       0.25         18:0       9       3.904       0 PAK 1       1.107       17.709       3.33         20:0       9       0.027       0 PAK 1       0.008       0.122       0.02         22:0       9       0.027       0 PAK 1       0.008       0.122       0.02         22:0       9       0.025       0 MC 9       2.349       37.576       7.04         14:1       9       0.025       0 PAK 1       0.007       0.113       0.02	Fatty acids, total saturated	g	9.907	1	0	MC	9		2.809	44.938	8.421
8:0		-									
10:0       9       0.029       0 PAK       1       0.008       0.132       0.02         12:0       9       0.064       0 PAK       1       0.018       0.290       0.05         13:0       9         14:0       9       0.805       0 PAK       1       0.228       3.651       0.66         15:0       9       0.127       0 PAK       1       0.036       0.576       0.10         16:0       9       4.650       0 PAK       1       1.318       21.092       3.95         17:0       9       0.302       0 PAK       1       0.086       1.370       0.25         18:0       9       3.904       0 PAK       1       0.086       1.370       0.25         20:0       9       0.027       0 PAK       1       0.008       0.122       0.02         22:0       9       0.027       0 PAK       1       0.008       0.122       0.02         24:0       9       2.349       37.576       7.04         14:1       9       0.025       0 PAK       1       0.007       0.113       0.02											
12:0			0.000		•						0.005
13:0											0.025
14:0			0.064	•	U	PAK	1		0.018	0.290	0.054
15:0			0.805	5	0	PAK	1		0.228	3 . 651	0.684
16:0		-									0.108
17:0		-									3.953
18:0					0	PAK	1				0.257
22:0	18:0	g	3.904	Į.	0	PAK	1				3.318
24:0	20:0	g	0.027	•	0	PAK	1		0.008	0.122	0.023
Fatty acids, total monounsaturated		_									
14:1g 0.025 0 PAK 1 0.007 0.113 0.02		-	_				_				_
											7.041
15:1g			0.025	)	U	PAK	1		0.007	0.113	0.021

NDB No. 17318 Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw

		<u>A</u> ı	mount in 100 gra	ms of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Num of D	ber ata Deriv	Source	Confidence	<u>m</u>	easures of food		
Nutrients and	Units	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3	
16:1 undifferentiated		0.382		0 PAK	1		0.108	1.733	0.325	
18:1 undifferentiated		7.651		0 PAK	1		2.169	34.705	6.503	
20:1		0.078		0 PAK	1		0.022	0.354	0.066	
22:1 undifferentiated	-									
24:1 c	• • • • • • • • • • • • • • • • • • • •									
Fatty acids, total polyunsaturat	-	0.840		0 MC	9		0.238	3.810	0.714	
18:2 undifferentiated		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										
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		1.473		0	1		0.418	6.682	1.252	
Methionine	g	0.427		0	1		0.121	1.937	0.363	
Cystine	-	0.200		0	1		0.057	0.907	0.170	
Phenylalanine		0.678		0	1		0.192	3.075	0.576	
Tyrosine	-	0.560		0	1		0.159	2.540	0.476	
Valine	-	0.899		0	1		0.255	4.078	0.764	
Arginine	-	0.990		0	1		0.281	4.491	0.842	
Histidine	•	0.528		0	1		0.150	2.395	0.449	
Alanine	-	1.003		0	1		0.284	4.550	0.853	
Aspartic acid	-	1.468		0	1		0.416	6.659	1.248	
Glutamic acid		2.420		0	1		0.686	10.977	2.057	
Glycine	-	0.814		0	1		0.231	3.692	0.692	
Proline	•	0.699		0	1		0.198	3.171	0.594	
Serine	-	0.619		0	1		0.175	2.808	0.526	
Hydroxyproline	g									

### **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

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%

		<u>A</u>	mount in 100	grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
			N	lumber	•			<u>m</u>	easures of food	_	
			(	of Data	Deriv	Source	Confidence				
Nutrients and Un	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
n : .											
Proximates: Water	а	72.39		0	PAK	1		20.52	328.36	61.53	
Energy	=	155		0	MC	9		44	703	132	
Energy		649		Ū	110	9		184	2942	551	
Protein (N x 6.25)		19.36		0	PAK	1		5.49	87.82	16.46	
Total lipid (fat)		8.01		0	PAK	1		2.27	36.33	6.81	
Ash	_	0.89		0	PAK	1		0.25	4.04	0.76	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	0.00	
Fiber, total dietary		0.00		Ū		,		0.00	0.00	0.00	
Sugars, total											
Starch	=										
Starcii	9										
Minerals:											
Calcium, Ca	mg	18		0	PAK	1		5	82	15	
Iron, Fe	•	1.42		0	PAK	1		0.40	6.44	1.21	
Magnesium, Mg	mg	21		0	PAK	1		6	95	18	
Phosphorus, P		178		0	PAK	1		50	807	151	
Potassium, K	mg	306		0	PAK	1		87	1388	260	
Sodium, Na	_	88		0	PAK	1		25	399	75	
Zinc, Zn	mg	4.87		0	PAK	1		1.38	22.09	4.14	
Copper, Cu		0.130		0	PAK	1		0.037	0.590	0.11	
Manganese, Mn		0.013	3	0	PAK	1		0.004	0.059	0.01	
Selenium, Se	mcg	3.9		0	BFNN	4		1.1	17.7	3.3	
Vitamins:											
Vitamin C, total ascorbic acid	ma										
Thiamin		0.120	)	0	PAK	1		0.034	0.544	0.10	
Riboflavin	_	0.240		0	PAK	1		0.068	1.089	0.20	
Niacin	-	4.580		0	PAK	1		1.298	20.775	3.89	
Pantothenic acid		0.785		0	PAK	1		0.223	3.561	0.66	
Vitamin B-6	_	0.299		0	PAK	1		0.085	1.356	0.25	
Folate, total	_	0.233	•	Ū	IM	-		0.085	1.330	0.23	
Folate, DFE											
Vitamin B-12		3.01		0	PAK	1		0.85	13.65	2.56	
Vitamin A, IU		3.01		·		•		0.05	13.03	2.50	
Vitamin A, RAE	mca RAF										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma	=										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u>Lipids:</u>											
Fatty acids, total saturated		3.355	5	0	PAK	1		0.951	15.218	2.85	
4:0											
6:0	-										
8:0	_										
10:0			_	_		_					
12:0	-	0.018	3	0	PAK	1		0.005	0.082	0.01	
13:0			_	_		_					
14:0	_	0.255		0	PAK	1		0.072	1.157	0.21	
15:0	_	0.038		0	PAK	1		0.011	0.172	0.03	
16:0		1.676		0	PAK	1		0.475	7.602	1.42	
17:0	-	0.087		0	PAK	1		0.025	0.395	0.07	
18:0	-	1.281	L	0	PAK	1		0.363	5.811	1.08	
20:0	-										
22:0	-										
24:0											
Fatty acids, total monounsaturated.		3.214	1	0	PAK	1		0.911	14.579	2.73	
14:1											
15:1	g										

NDB No. 17320 Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw

		<u>Ar</u>	nount in 100 gram	r	Amount in edible portion of common measures of food				
Nutrients and U	nits	Mean	Std. Error Points	Deriv Code	Code	Confidence Code	Measure 1	Measure 2	Measure 3
16.1	_	0.107	0					0.505	0.116
16:1 undifferentiated		0.137	U	PAK	1		0.039	0.621	0.116
18:1 undifferentiated	-	2.985	0	PAK	1		0.846	13.540	2.537
20:1		0.034	0	PAK	1		0.010	0.154	0.029
22:1 undifferentiated	-	0.054	· ·		-		0.010	0.134	0.023
24:1 c									
Fatty acids, total polyunsaturated.		0.323	0	PAK	1		0.092	1.465	0.275
18:2 undifferentiated		0.198	0	PAK	1		0.052	0.898	0.168
18:3 undifferentiated	-	0.094	0	PAK	1		0.027	0.426	0.080
18:4			•		_		0.02	0.120	
20:2 n-6 c.c.	-								
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.031	0	PAK	1		0.009	0.141	0.026
20:5 n-3									
22:5 n-3	-								
22:6 n-3									
Fatty acids, total trans									
Cholesterol	mg	64	0	PAK	1		18	290	54
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.226	0		1		0.064	1.025	0.192
Threonine		0.827	0		1		0.234	3.751	0.703
Isoleucine	q	0.935	0		1		0.265	4.241	0.795
Leucine		1.505	0		1		0.427	6.827	1.279
Lysine	-	1.710	0		1		0.485	7.757	1.454
Methionine		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		1.704	0		1		0.483	7.729	1.448
Glutamic acid		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								

### **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

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%

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	-	61.05		0	PAK	1		135.53	51.89	
Energy		233		0	MC	9		517	198	
Energy		975				9		2164	829	
Protein (N x 6.25)		26.18		0	PAK	1		58.12	22.25	
Total lipid (fat)	-	13.44		0	PAK	1		29.84	11.42	
Ash		1.06		0	PAK	1		2.35	0.90	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	28		0	PAK	1		62	24	
Iron, Fe	_	1.90		0	PAK	1		4.22	1.62	
Magnesium, Mg	_	22		0	PAK	1		49	19	
Phosphorus, P		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	l	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	ma									
Thiamin	-	0.100	)	0	PAK	1		0.222	0.085	
Riboflavin	-	0.290		0	PAK	1		0.644	0.247	
Niacin		4.695		0	PAK	1		10.423	3.991	
Pantothenic acid		0.775		0	PAK	1		1.721	0.659	
Vitamin B-6		0.211		0	PAK	1		0.468	0.179	
Folate, total										
Folate, DFE										
Vitamin B-12		3.56		0	PAK	1		7.90	3.03	
Vitamin A, IU	IU -									
Vitamin A, RAE										
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.843	3	0	PAK	1		12.971	4.967	
4:0										
6:0	g									
8:0	g									
10:0	g	0.018	3	0	PAK	1		0.040	0.015	
12:0	g	0.038	3	0	PAK	1		0.084	0.032	
13:0	-									
14:0		0.449		0	PAK	1		0.997	0.382	
15:0	-	0.066		0	PAK	1		0.147	0.056	
16:0		2.850		0	PAK	1		6.327	2.423	
17:0		0.172		0	PAK	1		0.382	0.146	
18:0	-	2.193		0	PAK	1		4.868	1.864	
20:0	-	0.057	7	0	PAK	1		0.127	0.048	
22:0										
24:0	-		_	_		_				
Fatty acids, total monounsaturated		5.264		0	PAK	1		11.686	4.474	
14:1		0.019	,	0	PAK	1		0.042	0.016	
15:1										

NDB No. 17321 Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked

		<u>Ar</u>	-	0 grams Number of Data	•		on Confidence	Amount in edible portion of common measures of food		
Nutrients and I	Units	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
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 polyunsaturate	edg	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										
Cholesterol	mg	91		0	PAK	1		202	77	
Phytosterols	mg									
Amino Acids:										
Tryptophan	g	0.306		0		1		0.679	0.260	
Threonine		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		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		1.064		0		1		2.362	0.904	
Tyrosine		0.880		0		1		1.954	0.748	
Valine		1.412		0		1		3.135	1.200	
Arginine	g	1.554		0		1		3.450	1.321	
Histidine		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		3.799		0		1		8.434	3.229	
Glycine	-	1.278		0		1		2.837	1.086	
Proline	-	1.098		0		1		2.438	0.933	
Serine	•	0.972		0		1		2.158	0.826	
Hydroxyproline	_									

#### **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. 17067 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked

Refuse: 0%

		<u>A</u>	mount in 100 grams	s of edil	ble portio	<u>on</u>	Amount in edible portion of common			
			Numbe	r			<u>m</u>	easures of food	<u>l</u>	
			of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	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)		9.72	1		1		27.80	8.26		
Total lipid (fat)		60.39	1		1		172.72	51.33		
Ash		0.71	1		1		2.03	0.60		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0	Z	7		0.0	0.0		
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	27	1		1		77	23		
Iron, Fe	mg	1.39	1		1		3.98	1.18		
Magnesium, Mg		11	1		1		31	9		
Phosphorus, P	-	135	1		1		386	115		
Potassium, K		87	1		1		249	74		
Sodium, Na	_	35	1		1		100	30		
Zinc, Zn		1.17	1		1		3.35	0.99		
Copper, Cu		0.059			1		0.169	0.050		
Manganese, Mn		0.004 1.8	1 0	т	1 4		0.011 5.1	0.003 1.5		
Selenium, Se	Ilicg	1.8	U	т	4		5.1	1.5		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0		
Thiamin		0.080	1		1		0.229	0.068		
Riboflavin	mg	0.180	) 1		1		0.515	0.153		
Niacin	-	8.030			1		22.966	6.826		
Pantothenic acid		0.590			1		1.687	0.502		
Vitamin B-6	_	0.030			1		0.086	0.026		
Folate, total		3	1	_	1		9	3		
Folic acid		0 3	0 1	z	7 1		0 9	0 3		
Folate, food	mcg DEE	3	0	NC	4		9	3		
Vitamin B-12		2.42	1	NC	1		6.92	2.06		
Vitamin A, IU		0	0		4		0.32	0		
Vitamin A, RAE		0	0		4		0	0		
Retinol		0	0		4		0	0		
Vitamin E (alpha-tocopherol)		0.04	0		1		0.11	0.03		
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
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	-									
10:0	-	0.190			1		0.543	0.162		
12:0	-	0.260	58		1		0.744	0.221		
13:0	-	0 75			4			0.000		
14:0	-	2.750	58		1		7.865	2.338		
15:0 16:0	-	13.480	58		1		38.553	11.458		
17:0		13.400	, 56		1		50.555	11.450		
18:0	-	12.440	58		1		35.578	10.574		
20:0					=		23.0.0	20.0.4		
22:0	_									
24:0	_									

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common			
		Numbe			<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points		e Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	23.150	0	1		66.209	19.678		
14:1g								
15:1g								
16:1 undifferentiatedg	1.030	58	1		2.946	0.876		
17:1g								
18:1 undifferentiatedg	21.600	58	1		61.776	18.360		
20:1g	0.110	58	1		0.315	0.094		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	2.520	0	1		7.207	2.142		
18:2 undifferentiatedg	1.390	58	1		3.975	1.182		
18:3 undifferentiatedg	1.130	58	1		3.232	0.961		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg								
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	109	1	1		312	93		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.113	0	1		0.323	0.096		
Threonine 9	0.415	0	1		1.187	0.353		
Isoleucine	0.468	0	1		1.338	0.398		
Leucineg	0.755	0	1		2.159	0.642		
Lysineg	0.857	0	1		2.451	0.728		
Methionine	0.249	0	1		0.712	0.212		
Cystineg	0.116	0	1		0.332	0.099		
Phenylalanineg	0.395	0	1		1.130	0.336		
Tyrosineg	0.326	0	1		0.932	0.277		
Valine	0.524	0	1		1.499	0.445		
Arginine	0.577	0	1		1.650	0.490		
Histidine	0.307	0	1		0.878	0.261		
Alanineg	0.584	0	1		1.670	0.496		
Aspartic acid	0.854	0	1		2.442	0.726		
Glutamic acid	1.408	0	1		4.027	1.197		
Glycineg	0.474	0	1		1.356	0.403		
Proline	0.407	0	1		1.164	0.346		
Serine	0.361	0	1		1.032	0.307		
Hydroxyproline								

## **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. 17066 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw

Refuse: 0%

		<u>Ar</u>	mount in 100 gr	rams of	f edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nur	nber				m	easures of food	<u></u>
				Data D	eriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi	ints C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	25.56	1.710	9		1		7.25	115.94	
Energy	=	640		0	NC	4		181	2903	
Energy		2678		Ü	МС	4		759	12146	
0,		6.92	0.414	9		1		1.96	31.39	
Protein (N x 6.25)		67.63	1.993	9		1		19.17	31.39	
Total lipid (fat)		0.42	0.021	9		1		0.12	1.91	
Ash			0.021	0		7				
Carbohydrate, by difference		0.00		0	Z Z	7		0.00	0.00	
Fiber, total dietary		0.0		U	z	,		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	23	1.765	9		1		7	104	
Iron, Fe	-	1.14	0.091	9		1		0.32	5.17	
Magnesium, Mg	-	6	0.455	9		1		2	27	
Phosphorus, P		86	5.483	9		1		24	390	
Potassium, K	-	51	3.560	9		1		14	231	
Sodium, Na		22	0.518	9		1		6	100	
Zinc, Zn		0.85	0.012	9		1		0.24	3.86	
Copper, Cu		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 1	BFYN	4		0.3	4.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.070		0	_	1		0.020	0.318	
Riboflavin		0.070		0		1		0.020	0.771	
Niacin		6.560		0		1		1.860	29.756	
Pantothenic acid		0.600		0		1		0.170	2.722	
Vitamin B-6		0.030		0		1		0.009	0.136	
Folate, total	_	3		0		1		1	14	
Folic acid		0		0	z	7		0	0	
Folate, food		3		0	_	1		1	14	
Folate, DFE	mca DFF	3		0	NC	4		1	14	
Vitamin B-12		1.73		0	1.0	1		0.49	7.85	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.22		0		1		0.06	1.00	
Tocopherol, beta		J.22		-		-		2.30		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	25 000		•				10 005	160 000	
Fatty acids, total saturated		35.290		0		1		10.005	160.075	
4:0	_									
6:0										
8:0		0 210		EO		1		0.060	0.053	
10:0	-	0.210		58 58		1 1		0.060	0.953	
12:0	_	0.290		26		1		0.082	1.315	
13:0	_	3 000		5.9		1		0 073	12 071	
14:0	_	3.080		58		1		0.873	13.971	
15:0	_	15 000		50		1		4 070	60 440	
16:0	-	15.090		58		1		4.278	68.448	
17:0	_	12 040		50		1		2 050	62 020	
18:0	_	13.940		58		T		3.952	63.232	
20:0 22:0	-									
7.7:0	(1									

		<u>Ar</u>	nount in 100 gran Numb		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	;	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	25.930	C		1		7.351	117.618	
14:1									
15:1	g								
16:1 undifferentiated	g	1.150	5	3	1		0.326	5.216	
17:1	g								
18:1 undifferentiated	g	24.190	5	3	1		6.858	109.726	
20:1		0.130	5	3	1		0.037	0.590	
22:1 undifferentiated									
24:1 c	•								
Fatty acids, total polyunsaturated	•	2.830	C		1		0.802	12.837	
18:2 undifferentiated		1.560	5	3	1		0.442	7.076	
18:3 undifferentiated		1.270	5	3	1		0.360	5.761	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated									
20:5 n-3	-								
22:5 n-3									
22:6 n-3	-								
Fatty acids, total trans	-								
Cholesterol	-	87	1		1		25	395	
Phytosterols	-								
Amino Acids:									
Tryptophan	g	0.081	C		1		0.023	0.367	
Threonine		0.296	C		1		0.084	1.343	
Isoleucine	_	0.334	C		1		0.095	1.515	
Leucine		0.538	C		1		0.153	2.440	
Lysine		0.611	C		1		0.173	2.771	
Methionine	-	0.178	C		1		0.050	0.807	
Cystine	-	0.083	C		1		0.024	0.376	
Phenylalanine		0.282			1		0.080	1.279	
Tyrosine		0.233	C		1		0.066	1.057	
Valine	_	0.373			1		0.106	1.692	
Arginine		0.411	C		1		0.117	1.864	
Histidine		0.219	Č		1		0.062	0.993	
Alanine	•	0.416	C		1		0.118	1.887	
Aspartic acid	-	0.410	0		1		0.173	2.762	
Glutamic acid		1.004	0		1		0.173	4.554	
Glycine	-	0.338	0		1		0.285	1.533	
Proline		0.336	0		1		0.082	1.315	
	•	0.290	0		1		0.082		
Serine	_	0.257	·		1		0.073	1.166	
Hydroxyproline	9								

### **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. 17063 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked

Refuse: 31% Bone

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	51.15		0		1		113.55	43.48	
Water Energy		305		0	NC	4		677	259	
Energy		1276		·	140	4		2833	1085	
Protein (N x 6.25)		24.42		0		1		54.21	20.76	
Total lipid (fat)		22.26		0		1		49.42	18.92	
Ash		1.37		0		1		3.04	1.16	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	17		0		1		38	14	
Iron, Fe	-	2.10		0		1		4.66	1.79	
Magnesium, 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	-	3.49		0		1		7.75	2.97	
Copper, Cu		0.100		0		1		0.222	0.085	
Manganese, Mn		0.023	3	0 0	т	1 4		0.051	0.020	
Selenium, Se	riicg	2.0		U	т	4		4.4	1.7	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.120		0		1		0.266	0.102	
Riboflavin	_	0.410		0		1		0.910	0.349	
Niacin		7.770		0		1		17.249	6.605	
Pantothenic acid		0.580		0		1 1		1.288 0.266	0.493	
Vitamin B-6 Folate, total		0.120 1	,	0		1		2	0.102 1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	_	1		2	1	
Folate, DFE		1		0	NC	4		2	1	
Vitamin B-12		2.81		0		1		6.24	2.39	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.14		0		1		0.31	0.12	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	44 05		•				0		
Fatty acids, total saturated		11.050	ı	0		1		24.531	9.393	
4:0 6:0										
8:0	-									
10:0	-	0.060	)	0		1		0.133	0.051	
12:0	_	0.090		0		1		0.200	0.077	
13:0	_									
14:0	g	0.900	)	0		1		1.998	0.765	
15:0	g									
16:0	_	4.880	)	0		1		10.834	4.148	
17:0	_			_		_		_	_	
18:0	_	4.270	)	0		1		9.479	3.630	
20:0	_									
22:0 24:0	_									

		<u>Ar</u>			Amount in 100 grams of edible portion  Number								
Nutrients and Units		Mean		Data Deri		Confidence Code	Measure 1	easures of food  Measure 2	Measure 3				
Nutrients and Onits	•	Wean	Sta. Error		- Code	Oode	Measure 1	Measure 2	Weasure 3				
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		0.030		0	1		0.067	0.026					
22:1 undifferentiated													
24:1 c	•												
Fatty acids, total polyunsaturated	•	1.040		0	1		2.309	0.884					
18:2 undifferentiated		0.610		0	1		1.354	0.519					
18:3 undifferentiated		0.400		0	1		0.888	0.340					
18:4													
20:2 n-6 c,c													
20:3 undifferentiated.													
20:4 undifferentiated		0.020		0	1		0.044	0.017					
20:5 n-3	-												
22:5 n-3													
22:6 n-3	-												
Fatty acids, total trans													
Cholesterol		109		0	1		242	93					
Phytosterols	• • • • • • • • • • • • • • • • • • • •												
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		0.994		0	1		2.207	0.845					
Tyrosine		0.821		0	1		1.823	0.698					
Valine	-	1.318		0	1		2.926	1.120					
Arginine		1.451		0	1		3.221	1.233					
Histidine	-	0.774		0	1		1.718	0.658					
Alanine	-	1.469		0	1		3.261	1.249					
Aspartic acid		2.150		0	1		4.773	1.828					
Glutamic acid		3.544		0	1		7.868	3.012					
Glycine	-	1.193		0	1		2.648	1.014					
Proline	-	1.024		0	1		2.273	0.870					
Serine		0.908		0	1		2.016	0.772					
Hydroxyproline	-	0.300		J	-		2.010	V.,,2					
ттустолургонис	<del>9</del>												

## **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. 17062 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw

Refuse: 30% Bone

		<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  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:	ma	10		^				,	E0	
Calcium, Ca	-	13 1.49		0		1 1		4 0.42	59 6 76	
Iron, Fe		1.49		0		1		0.42 4	6.76 68	
Magnesium, Mg						_				
Phosphorus, P		168		0		1 1		48	762	
Potassium, K		136 39		0		1		39	617 177	
Sodium, Na		2.39		0		1		11 0.68	10.84	
Zinc, Zn		0.083	,	0		1		0.024	0.376	
Copper, Cu	_	0.003		0		1		0.024	0.082	
Manganese, Mn		1.3	•	0	т	4		0.003	5.9	
Selenium, Se	nog	1.3		U	-	-		0.4	3.9	
<u> Vitamins:</u>										
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		1		0		1		0	5	
Folate, DFE		1		0	NC	4		0	5	
Vitamin B-12		2.42		0		1		0.69	10.98	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.21		0		1		0.06	0.95	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	11.570	)	0		1		3.280	52.482	
4:0										
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	-									
14:0	g	0.960	)	0		1		0.272	4.355	
15:0	-									
16:0	g	5.010	)	0		1		1.420	22.725	
17:0	-									
18:0	g	4.560	)	0		1		1.293	20.684	
20:0	_									
22:0										
24:0	g									

	<u>Aı</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Numbe			<u>m</u>	easures of 1000		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	8.720	0	1		2.472	39.554		
14:1g								
15:1g								
16:1 undifferentiated	0.390	0	1		0.111	1.769		
17:1g								
18:1 undifferentiated	8.150	0	1		2.311	36.968		
20:1g	0.040	0	1		0.011	0.181		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.980		1		0.278	4.445		
18:2 undifferentiatedg	0.550		1		0.156	2.495		
18:3 undifferentiatedg	0.420	0	1		0.119	1.905		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg			_					
20:4 undifferentiatedg	0.010	0	1		0.003	0.045		
20:5 n-3g								
22:5 n-3g								
22:6 n-3								
Fatty acids, total trans	78	0	1		22	354		
Phytosterolsmg	76	· ·	_		22	334		
Fliytosterois								
Amino Acids:								
Tryptophang	0.196	0	1		0.056	0.889		
Threonineg	0.716	0	1		0.203	3.248		
Isoleucineg	0.808	0	1		0.229	3.665		
Leucineg	1.302	0	1		0.369	5.906		
Lysineg	1.478	0	1		0.419	6.704		
Methionineg	0.430		1		0.122	1.950		
Cystineg	0.200	0	1		0.057	0.907		
Phenylalanineg	0.681		1		0.193	3.089		
Tyrosineg	0.563		1		0.160	2.554		
Valineg	0.903		1		0.256	4.096		
Arginineg	0.994		1		0.282	4.509		
Histidineg	0.530		1		0.150	2.404		
Alanineg	1.007		1		0.285	4.568		
Aspartic acidg	1.473		1		0.418	6.682		
Glutamic acidg	2.429		1		0.689	11.018		
Glycineg	0.818		1		0.232	3.710		
Prolineg	0.702		1		0.199	3.184		
Serineg	0.622	0	1		0.176	2.821		
Hydroxyproline9								

# **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. 17065 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked

Refuse: 49% Bone 31%, separable fat 18%

		<u>A</u>	mount in 100 g	rams c	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	<u>l</u>
			of	Data I	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	59.95		0		1		98.32	50.96	
Energy	=	206		0	NC	4		338	175	
0,		862		U	NC	4		1414	733	
Energy		29.59		0		1		48.53		
Protein (N x 6.25)	-								25.15	
Total lipid (fat)	_	8.86		0		1		14.53	7.53	
Ash		1.60		0	_	1		2.62	1.36	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium. Ca	ma	13		0		1		21	11	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.35		0		1		3.85	2.00	
Magnesium, Mg	-	22		0		1		36	19	
Phosphorus, P		246		0		1		403	209	
Potassium, K	•	188		0		1		308	160	
Sodium, Na		50		0		1		82	43	
Zinc, Zn		4.30		0		1		7.05	3.66	
Copper, Cu		0.114	ı	0		1		0.187	0.097	
Manganese, Mn		0.029		0		1		0.048	0.025	
Selenium, Se		2.0	,	0	T	4		3.3	1.7	
Scientini, Sc	9	2.0		Ū	-	•		3.3		
<u>Vitamins:</u>										
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		0		0	z	7		0	0	
Folate, food	mcg	0		0		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		2.95		0		1		4.84	2.51	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.19		0		1		0.31	0.16	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	3.860	)	0		1		6.330	3.281	
4:0										
6:0										
8:0	-									
10:0	-	0.020	)	0		1		0.033	0.017	
12:0	_	0.030		0		1		0.049	0.026	
13:0	_								- · · · ·	
14:0	-	0.250	)	0		1		0.410	0.213	
15:0	_			-		-		3	0.223	
16:0	_	1.860	)	0		1		3.050	1.581	
17:0	_	1.500		•		-		3.000	1.501	
18:0	_	1.400	)	0		1		2.296	1.190	
20:0	-	1.400	-	3		-		2.230	1.150	
22:0										
24:0	g									

		<u>Ar</u>	nount in 100 g		<u>on</u>	Amount in edible portion of common measures of food			
Nederlands and Harris						Confidence Code			
Nutrients and Units	•	Mean	Sta. Error	iiits Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.480		0	1		5.707	2.958	
14:1									
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		0.000		0	1		0.000	0.000	
22:1 undifferentiated									
24:1 c	•								
Fatty acids, total polyunsaturated	•	0.520		0	1		0.853	0.442	
18:2 undifferentiated		0.340		0	1		0.558	0.289	
18:3 undifferentiated		0.150		0	1		0.246	0.128	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		0.030		0	1		0.049	0.026	
20:5 n-3	-								
22:5 n-3									
22:6 n-3	_								
Fatty acids, total trans									
Cholesterol.		109		0	1		179	93	
Phytosterols	• • • • • • • • • • • • • • • • • • • •								
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		2.302		0	1		3.775	1.957	
Lysine	g	2.613		0	1		4.285	2.221	
Methionine	-	0.759		0	1		1.245	0.645	
Cystine	-	0.353		0	1		0.579	0.300	
Phenylalanine		1.205		0	1		1.976	1.024	
Tyrosine		0.995		0	1		1.632	0.846	
Valine	-	1.597		0	1		2.619	1.357	
Arginine		1.758		0	1		2.883	1.494	
Histidine	-	0.937		0	1		1.537	0.796	
Alanine	-	1.780		0	1		2.919	1.513	
Aspartic acid		2.605		0	1		4.272	2.214	
Glutamic acid		4.294		0	1		7.042	3.650	
Glycine	-	1.445		0	1		2.370	1.228	
Proline	-	1.241		0	1		2.035	1.055	
Serine		1.100		0	1		1.804	0.935	
Hydroxyproline	-	1.100		J	_		1.004	0.935	
11yuroxypronne	9								

## **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. 17064 Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw

Refuse: 50% Bone 30%, separable fat 20%

		<u>Aı</u>	mount in 100 gra	ams of ed	ible portio	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	<u>!</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	73.78	0.638	9	1		20.92	334.67	
Energy.	=	128	0.000	0 NC			36	581	
Energy		536		0 110	4		152	2429	
Protein (N x 6.25)		20.75	0.221	9	1		5.88	94.12	
Total lipid (fat)		4.41	0.430	9	1		1.25	20.00	
Ash	-	1.12	0.051	9	1		0.32	5.08	
Carbohydrate, by difference		0.00	*****	0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 z	7		0.0	0.0	
Sugars, total		0.0		-	•		0.0	0.0	
Starch	=								
Starcii	9								
Minerals:									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		9	1		2	36	
Iron, Fe	-	1.64	0.156	9	1		0.46	7.44	
Magnesium, Mg		19	0.353	9	1		5	86	
Phosphorus, P		202	12.349	9	1		57	916	
Potassium, K		171	6.427	9	1		48	776	
Sodium, Na		46	2.566	9	1		13	209	
Zinc, Zn		3.01	0.108	9	1		0.85	13.65	
Copper, Cu		0.099		9	1		0.028	0.449	
Manganese, Mn		0.024		0 0 BFYI	1 N 4		0.007	0.109	
Selenium, Se	nicg	1.5		0 BFY	N 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	<u>mg</u>	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		0		0 z	7		0	0	
Folate, food		0	0.094	9	1		0	0	
Folate, DFE		0		0 NC	4		0	0	
Vitamin B-12		2.71	0.051	9	1		0.77	12.29	
Vitamin A, IU		0		0	4		0	0	
Vitamin A, RAE		0		0	4		0	0	
Retinol		0		0	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		0	1		0.06	0.95	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	а	1.880	ı	0	1		0.533	8.528	
4:0							0.000	0.020	
6:0									
8:0									
10:0	_	0.010		75	1		0.003	0.045	
12:0		0.010		75	1		0.003	0.045	
13:0	_								
14:0	_	0.090		75	1		0.026	0.408	
15:0	_								
16:0	_	0.900		75	1		0.255	4.082	
17:0	_								
18:0	_	0.730		75	1		0.207	3.311	
20:0	-								
22:0									
24:0									

	<u>Ar</u>	nount in 100 grams		<u>ion</u>	Amount in edible portion of common measures of food			
		Number			<u> </u>	easures or roou		
Nutrients and Units	Mean	of Data Std. Error Points		e Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	1.690	0	1		0.479	7.666		
14:1g								
15:1g								
16:1 undifferentiatedg	0.080	75	1		0.023	0.363		
17:1g	1 600	75						
18:1 undifferentiatedg	1.600	75	1 1		0.454	7.258		
20:1g	0.000	75	1		0.000	0.000		
22:1 undifferentiated								
Fatty acids, total polyunsaturatedg	0.220	0	1		0.062	0.998		
18:2 undifferentiatedg	0.220	75	1		0.082	0.590		
18:3 undifferentiated	0.130	75 75	1		0.020	0.318		
18:4g	0.070	73	-		0.020	0.510		
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiatedg	0.020	75	1		0.006	0.091		
20:5 n-3g								
22:5 n-3								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	74	1.139 9	1		21	336		
Phytosterolsmg								
Amino Asido								
Amino Acids:	0.242	0	1		0.069	1.098		
Tryptophan	0.242	0	1		0.069	4.028		
Threonine	1.001	0	1		0.252	4.028		
Isoleucine	1.614	0	1		0.284	7.321		
Leucineg	1.832	0	1		0.458	7.321 8.310		
Lysine	0.532	0	1		0.151	2.413		
Cystineg	0.248	0	1		0.070	1.125		
Phenylalanine	0.845	0	1		0.240	3.833		
Tyrosineg	0.697	0	1		0.198	3.162		
Valineg	1.120	0	1		0.318	5.080		
Arginineg	1.233	0	1		0.350	5.593		
Histidine	0.657	0	1		0.186	2.980		
Alanine	1.248	0	1		0.354	5.661		
Aspartic acid	1.826	0	1		0.518	8.283		
Glutamic acid	3.011	0	1		0.854	13.658		
Glycineg	1.013	0	1		0.287	4.595		
Proline	0.870	0	1		0.247	3.946		
Serineg	0.771	0	1		0.219	3.497		
Hydroxyprolineg								

# **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. 17069 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, cooked, braised

Refuse: 50% Bone

		<u>A</u>	mount in 100	grams	of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			N	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	56.76		0		1		95.36	48.25	
Energy	-	258		0	NC	4		433	219	
Energy		1079				4		1814	918	
Protein (N x 6.25)		26.97		0		1		45.31	22.92	
Total lipid (fat)	-	15.83		0		1		26.59	13.46	
Ash		1.61		0		1		2.70	1.37	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	-									
Minerals:				_		_			4.5	
Calcium, Ca	_	14		0		1		24	12	
Iron, Fe	-	2.07		0		1		3.48	1.76	
Magnesium, Mg		15		0		1		25	13	
Phosphorus, P	_	175		0		1		294	149	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	118 47		0 0		1 1		198 79	100 40	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	4.80		0		1		8.06	4.08	
Zinc, Zn Copper, Cu		0.102	<b>,</b>	0		1		0.171	0.087	
Manganese, Mn		0.102		0		1		0.040	0.020	
Selenium, Se		5.3	•	Ö	PIE	4		8.9	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		0.070	)	0		1		0.118	0.060	
Riboflavin		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		1		0		1		2	1	
Folate, DFE		1		0	NC	4		2	1	
Vitamin B-12		2.44		0		1		4.10	2.07	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.18		0		1		0.30	0.15	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	-									
Fatty acids, total saturated	g	7.820	)	0		1		13.138	6.647	
4:0										
6:0										
8:0	-									
10:0	g	0.050	)	0		1		0.084	0.043	
12:0	g	0.060	)	0		1		0.101	0.051	
13:0	g									
14:0	g	0.620	)	0		1		1.042	0.527	
15:0	g									
16:0	g	3.460	)	0		1		5.813	2.941	
17:0	-									
18:0	g	3.040	)	0		1		5.107	2.584	
20:0										
22:0										
24:0	g									

	<u>Aı</u>	mount in 100 gram		<u>1</u>	Amount in edible portion of common			
		Numb				<u>m</u>	easures of food	
Nutrients and Units	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.100	0		1		10.248	5.185	
14:1g								
15:1g								
16:1 undifferentiated	0.280	0		1		0.470	0.238	
17:1g								
18:1 undifferentiatedg	5.700	0		1		9.576	4.845	
20:1g	0.020	0		1		0.034	0.017	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.730	0		1		1.226	0.621	
18:2 undifferentiatedg	0.430	0		1		0.722	0.366	
18:3 undifferentiatedg	0.280	0		1		0.470	0.238	
18:4g								
20:2 n-6 c,c								
20:3 undifferentiated	0.020	0		1		0.004	0.017	
20:4 undifferentiatedg	0.020	U		1		0.034	0.017	
20:5 n-3								
22:6 n-3								
Cholesterolg	102	0		1		171	87	
Phytosterolsmg	102	v		•		1,1	0,	
•								
Amino Acids:								
Tryptophang	0.315	0		1		0.529	0.268	
Threonineg	1.154	0		1		1.939	0.981	
Isoleucineg	1.301	0		1		2.186	1.106	
Leucineg	2.098	0		1		3.525	1.783	
Lysineg	2.382			1		4.002	2.025	
Methionineg	0.692			1		1.163	0.588	
Cystineg	0.322			1		0.541	0.274	
Phenylalanineg	1.098			1		1.845	0.933	
Tyrosineg	0.906			1		1.522	0.770	
Valineg	1.455			1		2.444	1.237	
Arginineg	1.602			1		2.691	1.362	
Histidineg	0.854	0		1		1.435	0.726	
Alanineg	1.622			1		2.725	1.379	
Aspartic acid	2.374	0		1		3.988	2.018	
Glutamic acid	3.914	0		1		6.576	3.327	
Glycineg	1.317	0		1		2.213	1.119	
Prolineg	1.131	0		1		1.900	0.961	
Serineg	1.003	0		1		1.685	0.853	
Hydroxyproline9								

# **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. 17068 Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, raw

Refuse: 45% Bone

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	0	66.02		0		1		18.72	299.47	
Water Energy		223		0	NC	4		63	1012	
Energy		933		U	NC	4		265	4232	
Protein (N x 6.25)		18.04		0		1		5.11	81.83	
Total lipid (fat)		16.15		0		1		4.58	73.26	
Ash	-	1.06		0		1		0.30	4.81	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:				_		_		_		
Calcium, Ca	-	10		0		1		3	45	
Iron, Fe	-	1.49		0		1		0.42	6.76	
Magnesium, Mg	-	15 170		0		1 1		4 48	68 771	
Phosphorus, P Potassium, K		170		0		1		48 37	771 594	
Sodium, Na		45		0		1		13	204	
Zinc, Zn		3.37		0		1		0.96	15.29	
Copper, Cu	-	0.095	5	0		1		0.027	0.431	
Manganese, Mn		0.020		0		1		0.006	0.091	
Selenium, Se		3.5		0	PIE	4		1.0	15.9	
	-									
<u>Vitamins:</u>					_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.130		0		1 1		0.037	0.590	
Riboflavin	-	0.360 6.300		0		1		0.102 1.786	1.633 28.577	
Niacin Pantothenic acid		0.510		0		1		0.145	2.313	
Vitamin B-6		0.110		0		1		0.143	0.499	
Folate, total		1	•	0		1		0	5	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0		1		0	5	
Folate, DFE		1		0	NC	4		0	5	
Vitamin B-12		2.53		0		1		0.72	11.48	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.26		0		1		0.07	1.18	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.180	)	0		1		2.319	37.104	
4:0										
6:0										
8:0	-									
10:0	-	0.050		0		1		0.014	0.227	
12:0		0.060	)	0		1		0.017	0.272	
13:0	-			•		_				
14:0		0.670	J	0		1		0.190	3.039	
15:0	-	2		^				1 000	16 100	
16:0	-	3.550	,	0		1		1.006	16.103	
17:0	-	3.220	1	0		1		0.013	14 606	
18:0	-	3.220	,	U		1		0.913	14.606	
20:0 22:0	-									
ZZ.U	9									

	<u>Ar</u>	nount in 100		of edibl	<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Units		Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	6.190		0		1		1.755	28.078	
14:1										
15:1	_									
16:1 undifferentiated		0.280		0		1		0.079	1.270	
17:1	-									
18:1 undifferentiated	g	5.790		0		1		1.641	26.263	
20:1		0.030		0		1		0.009	0.136	
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	•	0.700		0		1		0.198	3.175	
18:2 undifferentiated		0.390		0		1		0.111	1.769	
18:3 undifferentiated		0.290		0		1		0.082	1.315	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.010		0		1		0.003	0.045	
20:5 n-3	-									
22:5 n-3										
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol		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		0.606		0		1		0.172	2.749	
Valine	g	0.974		0		1		0.276	4.418	
Arginine		1.072		0		1		0.304	4.863	
Histidine	_	0.572		0		1		0.162	2.595	
Alanine	_	1.085		0		1		0.308	4.922	
Aspartic acid		1.588		0		1		0.450	7.203	
Glutamic acid		2.618		0		1		0.742	11.875	
Glycine	-	0.881		0		1		0.250	3.996	
Proline	-	0.757		0		1		0.215	3.434	
Serine		0.671		0		1		0.190	3.044	
	g									

## **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. 17071 Lamb, New Zealand, imported, frozen, foreshank, separable lean only, cooked, braised

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

		<u>A</u>	mount in 100	0 grams	of edib	ole portic	<u>on</u>	Amount in edible portion of common		
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	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									
N.C. 1										
Minerals:	ma	10		0		1		14	9	
Calcium, CaIron, Fe	-	2.22		0		1		3.06	1.89	
Magnesium, Mg	-	16		0		1		22	1.89	
Phosphorus, P		184		0		1		254	156	
Potassium K	-	125		0		1		173	106	
Sodium. Na.	• • • • • • • • • • • • • • • • • • • •	49		0		1		68	42	
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	5.60		0		1		7.73	4.76	
Copper, Cu		0.112	2	0		1		0.155	0.095	
Manganese, Mn		0.028	3	0		1		0.039	0.024	
Selenium, Se	mcg	6.1		0	BFYN	4		8.4	5.2	
Vitamina										
Vitamins:	ma	0.0		0	Z	7		0.0	0.0	
Vitamin C, total ascorbic acid		0.0	,	0	Z	1		0.0 0.097	0.0 0.060	
ThiaminRiboflavin		0.070		0		1		0.497	0.306	
Niacin	-	5.640		0		1		7.783	4.794	
Pantothenic acid		0.370		0		1		0.511	0.315	
Vitamin B-6		0.090		0		1		0.124	0.077	
Folate, total		1	•	0		1		1	1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0		1		1	1	
Folate, DFE		1		0	NC	4		1	1	
Vitamin B-12		2.45		0		1		3.38	2.08	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0		1		0.28	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.610	)	0		1		3.602	2.219	
4:0										
6:0	g									
8:0	g									
10:0	_	0.010		0		1		0.014	0.009	
12:0	-	0.020	)	0		1		0.028	0.017	
13:0			_							
14:0	-	0.150	)	0		1		0.207	0.128	
15:0	_		_	_		_				
16:0	_	1.260	ט	0		1		1.739	1.071	
17:0	_	2 2=		•		_				
18:0	-	0.970	J	0		1		1.339	0.825	
20:0										
22:0										
24:0	y									

	<u>A</u> 1	mount in 100 gram	e portior	<u>n</u>	Amount in edible portion of common measures of food			
		Numbe	_		<u> </u>	easures or roou		
Nutrients and Units	Mean	of Data Std. Error Points	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	2.350	0	1		3.243	1.998		
14:1g								
15:1g								
16:1 undifferentiatedg	0.120	0	1		0.166	0.102		
17:1g								
18:1 undifferentiatedg	2.200	0	1		3.036	1.870		
20:1g	0.000	0	1		0.000	0.000		
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.340		1		0.469	0.289		
18:2 undifferentiatedg	0.220	0	1		0.304	0.187		
18:3 undifferentiatedg	0.100	0	1		0.138	0.085		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.020	0	1		0.028	0.017		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg		_	_					
Cholesterolmg	101	0	1		139	86		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.359	0	1		0.495	0.305		
Threonineg	1.316	0	1		1.816	1.119		
Isoleucineg	1.484	0	1		2.048	1.261		
Leucineg	2.392	0	1		3.301	2.033		
Lysineg	2.716	0	1		3.748	2.309		
Methionineg	0.789	0	1		1.089	0.671		
Cystineg	0.367	0	1		0.506	0.312		
Phenylalanineg	1.252	0	1		1.728	1.064		
Tyrosineg	1.034	0	1		1.427	0.879		
Valineg	1.660	0	1		2.291	1.411		
Arginineg	1.827	0	1		2.521	1.553		
Histidine9	0.974	0	1		1.344	0.828		
Alanineg	1.850	0	1		2.553	1.573		
Aspartic acidg	2.707		1		3.736	2.301		
Glutamic acidg	4.463	0	1		6.159	3.794		
Glycineg	1.502	0	1		2.073	1.277		
Prolineg	1.290	0	1		1.780	1.097		
Serineg	1.144	0	1		1.579	0.972		
Hydroxyprolineg								

## **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. 17070 Lamb, New Zealand, imported, frozen, foreshank, separable lean only, raw

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

		<u>Aı</u>	mount in 100 gra	ns of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Numl	er			<u>m</u>	easures of food	<u> </u>	
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	76.13	0.982	•	1		21.58	345.33		
Energy	kcal	118		) NC	4		33	535		
Energy	kj	494			4		140	2239		
Protein (N x 6.25)		20.82	0.178		1		5.90	94.44		
Total lipid (fat)		3.28	0.718		1		0.93	14.88		
Ash		1.22	0.175		1		0.35	5.53		
Carbohydrate, by difference		0.00	(		7		0.00	0.00		
Fiber, total dietary		0.0	(	) z	7		0.0	0.0		
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	7	1.462	)	1		2	32		
Iron, Fe.	-	1.57	0.186		1		0.45	7.12		
Magnesium, Mg	_	17	0.227	)	1		5	77		
Phosphorus, P	mg	190	2.863	)	1		54	862		
Potassium, K	mg	150	6.795	)	1		43	680		
Sodium, Na	-	50	1.050	)	1		14	227		
Zinc, Zn		4.00	0.181		1		1.13	18.14		
Copper, Cu		0.107			1		0.030	0.485		
Manganese, Mn		0.024			1		0.007	0.109		
Selenium, Se	mcg	4.1	(	BFYN	4		1.2	18.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0	(	Z	7		0.0	0.0		
Thiamin	mg	0.150	)	)	1		0.043	0.680		
Riboflavin	mg	0.400	(	)	1		0.113	1.814		
Niacin		6.230	(	)	1		1.766	28.259		
Pantothenic acid		0.490			1		0.139	2.223		
Vitamin B-6		0.130			1		0.037	0.590		
Folate, total		1	(		1		0	5		
Folic acid		0	(		7		0	0		
Folate, food		1	(		1		0	5		
Folate, DFE		1	(		4		0	5		
Vitamin B-12		2.73 0	(		1 4		0.77 0	12.38 0		
Vitamin A, IU Vitamin A, RAE	mca BAE	0	(		4		0	0		
Retinol		0	(		4		0	0		
Vitamin E (alpha-tocopherol)		0.24			1		0.07	1.09		
Tocopherol, beta		0.21	·		_		0.07	2.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	1.400	)	)	1		0.397	6.350		
4:0			•		-		0.337	0.550		
6:0										
8:0										
10:0	g	0.010	7	5	1		0.003	0.045		
12:0	g	0.010	7	5	1		0.003	0.045		
13:0	g									
14:0	g	0.070	7	5	1		0.020	0.318		
15:0	_									
16:0	_	0.670	7	5	1		0.190	3.039		
17:0	_			_			_	_		
18:0	-	0.540	7	5	1		0.153	2.449		
20:0										
22:0										
24:0	y									

Nutrients and Units		<u>Ar</u>	nount in 100 gran		portic	<u>on</u>	Amount in edible portion of common measures of food			
Fatty acids, total monounsaturated				of Da	ta Deriv S					
14	Nutrients and Units	<b>;</b>	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
14-1	Fatty acids, total monounsaturated	g	1.260	0		1		0.357	5.715	
161 undifferentiated.   g										
161 undifferentiated.   g		-								
18.1 undifferentiated. 9 0,000 75 1 0,000 0,000 22:1 undifferentiated. 9 0,000 75 1 0,000 0,000 22:1 undifferentiated. 9 0,000 75 1 0,004 0,771 18.2 undifferentiated. 9 0,100 75 1 0,048 0,771 18.2 undifferentiated. 9 0,100 75 1 0,028 0,454 18.3 undifferentiated. 9 0,050 75 1 0,028 0,454 18.4 9 0,000 75 1 0,001 0,001 0,001 18.3 undifferentiated. 9 0,050 75 1 0,001 0,001 0,001 18.3 undifferentiated. 9 0,000 75 1 0,001			0.060	75	i	1		0.017	0.272	
201	17:1	g								
22:1 undifferentiated	18:1 undifferentiated	g	1.190	75	i	1		0.337	5.398	
22-1 undifferentiated	20:1	g	0.000	75	<b>i</b>	1		0.000	0.000	
Fatty acids, total polyunsaturated										
Fatty acids, total polyunsaturated		•								
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 undifferentiated         g         0.010         75         1         0.003         0.045           20.5 n-3         g         0.010         75         1         0.003         0.045           20.5 n-3         g         0.003         0.045         0.003         0.045           22.5 n-3         g         0.003         0.045         0.003         0.045           20.5 n-3         g         0.003         0.003         0.045         0.004           20.5 n-3         g         0.003         0.003         0.004         0.003         0.004         0.004         0.004         0.004         0.004         0.006         0.006         0.006 <t< td=""><td></td><td>•</td><td>0.170</td><td>0</td><td></td><td>1</td><td></td><td>0.048</td><td>0.771</td><td></td></t<>		•	0.170	0		1		0.048	0.771	
18.3 undifferentiated.       g       0.050       75       1       0.014       0.227         18.4			0.100	75	i	1		0.028	0.454	
18.4         9           20.2 n-6 c,c         9           20.3 undifferentiated         9           20.4 undifferentiated         9         0.010         75         1         0.003         0.045           20.5 n-3         9         22.5 n-3         9         4.5 n-2			0.050	75	i	1		0.014	0.227	
20.2 n.6 c.c.										
20.3 undifferentiated										
20.5 n-3										
22:5 n-3         g           22:6 n-3         g           Fatty acids, total trans         g           Cholesterol         mg         67         1         1         19         304           Phytosterols           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         0.253         4.042           Isoleucine         g         1.620         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         0.171         1.129           Phenylalanine         g         0.848         0         1         0.198	20:4 undifferentiated	g	0.010	75	i	1		0.003	0.045	
22:5 n-3         9           22:6 n-3         9           Fatty acids, total trans         9           Cholesterol         mg         67         1         1         19         304           Phytosterols           Ramino Acids:           Tryptophan         9         0.243         0         1         0.069         1.102           Threonine         9         0.891         0         1         0.253         4.042           Isoleucine         9         1.005         0         1         0.253         4.042           Isoleucine         9         1.620         0         1         0.285         4.559           Leucine         9         1.620         0         1         0.459         7.348           Lysine         9         1.839         0         1         0.521         8.342           Methionine         9         0.534         0         1         0.151         2.422           Cystine         9         0.249         0         1         0.151         2.422           Cystine         9         0.848         0         1         0.198	20:5 n-3	g								
Patty acids, total trans.   9										
Fatty acids, total trans		-								
Cholesterol.         mg         67         1         1         1         19         304           Phytosterols         mg           Amino Acids:           Tryptophan.         9         0.243         0         1         0.069         1.102           Threonine.         9         0.891         0         1         0.253         4.042           Isoleucine.         9         1.620         0         1         0.285         4.559           Leucine.         9         1.620         0         1         0.459         7.348           Lysine.         9         1.839         0         1         0.521         8.342           Methionine.         9         0.534         0         1         0.151         2.422           Cystine.         9         0.534         0         1         0.071         1.129           Phenylalanine.         9         0.848         0         1         0.240         3.847           Tyrosine.         9         0.700         0         1         0.198         3.175           Valine.         9         1.124         0         1         0.319 <td></td>										
Amino Acids:         Tryptophan         9         0.243         0         1         0.069         1.102           Threonine         9         0.891         0         1         0.253         4.042           Isoleucine         9         1.005         0         1         0.285         4.559           Leucine         9         1.620         0         1         0.459         7.348           Lysine         9         1.839         0         1         0.521         8.342           Methionine         9         0.534         0         1         0.151         2.422           Cystine         9         0.249         0         1         0.071         1.129           Phenylalanine         9         0.848         0         1         0.071         1.129           Phenylalanine         9         0.700         0         1         0.198         3.175           Valine         9         0.700         0         1         0.198         3.175           Valine         9         1.237         0         1         0.351         5.611           Histidine         9         0.660         0         1			67	1		1		19	304	
Tryptophan         9         0.243         0         1         0.069         1.102           Threonine         9         0.891         0         1         0.253         4.042           Isoleucine         9         1.005         0         1         0.285         4.559           Leucine         9         1.620         0         1         0.459         7.348           Lysine         9         1.839         0         1         0.459         7.348           Lysine         9         0.534         0         1         0.521         8.342           Methionine         9         0.534         0         1         0.151         2.422           Cystine         9         0.249         0         1         0.071         1.129           Phenylalanine         9         0.848         0         1         0.240         3.847           Tyrosine         9         0.700         0         1         0.198         3.175           Valine         9         1.124         0         1         0.319         5.098           Arginine         9         0.660         0         1         0.187         2.994 <td>Phytosterols</td> <td>mg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Phytosterols	mg								
Threonine         9         0.891         0         1         0.253         4.042           Isoleucine         9         1.005         0         1         0.285         4.559           Leucine         9         1.620         0         1         0.459         7.348           Lysine         9         1.839         0         1         0.521         8.342           Methionine         9         0.534         0         1         0.151         2.422           Cystine         9         0.249         0         1         0.071         1.129           Phenylalanine         9         0.848         0         1         0.071         1.129           Phenylalanine         9         0.700         0         1         0.198         3.175           Valine         9         0.700         0         1         0.198         3.175           Valine         9         1.237         0         1         0.351         5.611           Histidine         9         0.660         0         1         0.187         2.994           Alanine         9         1.252         0         1         0.355         5.679<	Amino Acids:									
Soleucine	Tryptophan	g	0.243	0		1		0.069	1.102	
Leucine       9       1.620       0       1       0.459       7.348         Lysine       9       1.839       0       1       0.521       8.342         Methionine       9       0.534       0       1       0.151       2.422         Cystine       9       0.249       0       1       0.071       1.129         Phenylalanine       9       0.848       0       1       0.240       3.847         Tyrosine       9       0.700       0       1       0.198       3.175         Valine       9       0.700       0       1       0.319       5.098         Arginine       9       1.237       0       1       0.319       5.098         Alsidine       9       0.660       0       1       0.351       5.611         Histidine       9       0.660       0       1       0.355       5.679         Alanine       9       1.252       0       1       0.355       5.679         Aspartic acid       9       3.022       0       1       0.857       13.708         Glycine       9       0.873       0       1       0.247       3.960 <td>Threonine</td> <td>g</td> <td>0.891</td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.253</td> <td>4.042</td> <td></td>	Threonine	g	0.891	0		1		0.253	4.042	
Lysine       9       1.839       0       1       0.521       8.342         Methionine       9       0.534       0       1       0.151       2.422         Cystine       9       0.249       0       1       0.071       1.129         Phenylalanine       9       0.848       0       1       0.240       3.847         Tyrosine       9       0.700       0       1       0.198       3.175         Valine       9       1.124       0       1       0.319       5.098         Arginine       9       1.237       0       1       0.351       5.611         Histidine       9       0.660       0       1       0.187       2.994         Alanine       9       1.252       0       1       0.355       5.679         Aspartic acid       9       1.833       0       1       0.520       8.314         Glutamic acid       9       3.022       0       1       0.857       13.708         Glycine       9       0.873       0       1       0.247       3.960         Serine       9       0.774       0       1       0.219       3.51	Isoleucine	g	1.005	0		1		0.285	4.559	
Methionine       9       0.534       0       1       0.151       2.422         Cystine       9       0.249       0       1       0.071       1.129         Phenylalanine       9       0.848       0       1       0.240       3.847         Tyrosine       9       0.700       0       1       0.198       3.175         Valine       9       1.124       0       1       0.319       5.098         Arginine       9       1.237       0       1       0.351       5.611         Histidine       9       0.660       0       1       0.187       2.994         Alanine       9       1.252       0       1       0.355       5.679         Aspartic acid       9       1.833       0       1       0.520       8.314         Glutamic acid       9       3.022       0       1       0.887       13.708         Glycine       9       1.017       0       1       0.288       4.613         Proline       9       0.873       0       1       0.247       3.960         Serine       9       0.774       0       1       0.219       3.5	Leucine	g	1.620	0		1		0.459	7.348	
Cystine         9         0.249         0         1         0.071         1.129           Phenylalanine         9         0.848         0         1         0.240         3.847           Tyrosine         9         0.700         0         1         0.198         3.175           Valine         9         1.124         0         1         0.319         5.098           Arginine         9         1.237         0         1         0.351         5.611           Histidine         9         0.660         0         1         0.187         2.994           Alanine         9         1.252         0         1         0.355         5.679           Aspartic acid         9         1.833         0         1         0.520         8.314           Glutamic acid         9         3.022         0         1         0.857         13.708           Glycine         9         1.017         0         1         0.288         4.613           Proline         9         0.873         0         1         0.247         3.960           Serine         9         0.774         0         1         0.219         3.51	Lysine	g	1.839	0		1		0.521	8.342	
Phenylalanine       9       0.848       0       1       0.240       3.847         Tyrosine       9       0.700       0       1       0.198       3.175         Valine       9       1.124       0       1       0.319       5.098         Arginine       9       1.237       0       1       0.351       5.611         Histidine       9       0.660       0       1       0.187       2.994         Alanine       9       1.252       0       1       0.355       5.679         Aspartic acid       9       1.833       0       1       0.520       8.314         Glutamic acid       9       3.022       0       1       0.857       13.708         Glycine       9       1.017       0       1       0.288       4.613         Proline       9       0.873       0       1       0.247       3.960         Serine       9       0.774       0       1       0.219       3.511	Methionine	g	0.534	0		1		0.151	2.422	
Tyrosine         9         0.700         0         1         0.198         3.175           Valine         9         1.124         0         1         0.319         5.098           Arginine         9         1.237         0         1         0.351         5.611           Histidine         9         0.660         0         1         0.187         2.994           Alanine         9         1.252         0         1         0.355         5.679           Aspartic acid         9         1.833         0         1         0.520         8.314           Glutamic acid         9         3.022         0         1         0.857         13.708           Glycine         9         1.017         0         1         0.288         4.613           Proline         9         0.873         0         1         0.247         3.960           Serine         9         0.774         0         1         0.219         3.511	Cystine	g	0.249	0		1		0.071	1.129	
Tyrosine         9         0.700         0         1         0.198         3.175           Valine         9         1.124         0         1         0.319         5.098           Arginine         9         1.237         0         1         0.351         5.611           Histidine         9         0.660         0         1         0.187         2.994           Alanine         9         1.252         0         1         0.355         5.679           Aspartic acid         9         1.833         0         1         0.520         8.314           Glutamic acid         9         3.022         0         1         0.857         13.708           Glycine         9         1.017         0         1         0.288         4.613           Proline         9         0.873         0         1         0.247         3.960           Serine         9         0.774         0         1         0.219         3.511	ş		0.848	0		1		0.240	3.847	
Arginine       9       1.237       0       1       0.351       5.611         Histidine       9       0.660       0       1       0.187       2.994         Alanine       9       1.252       0       1       0.355       5.679         Aspartic acid       9       1.833       0       1       0.520       8.314         Glutamic acid       9       3.022       0       1       0.857       13.708         Glycine       9       1.017       0       1       0.288       4.613         Proline       9       0.873       0       1       0.247       3.960         Serine       9       0.774       0       1       0.219       3.511	-		0.700	0		1		0.198	3.175	
Histidine	Valine	g	1.124	0		1		0.319	5.098	
Histidine       9       0.660       0       1       0.187       2.994         Alanine       9       1.252       0       1       0.355       5.679         Aspartic acid       9       1.833       0       1       0.520       8.314         Glutamic acid       9       3.022       0       1       0.857       13.708         Glycine       9       1.017       0       1       0.288       4.613         Proline       9       0.873       0       1       0.247       3.960         Serine       9       0.774       0       1       0.219       3.511			1.237	0		1		0.351	5.611	
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	_	_	0.660	0		1		0.187	2.994	
Glutamic acid. 9 3.022 0 1 0.857 13.708 Glycine. 9 1.017 0 1 0.288 4.613 Proline. 9 0.873 0 1 0.247 3.960 Serine. 9 0.774 0 1 0.219 3.511		_	1.252	0		1		0.355	5.679	
Glutamic acid.     9     3.022     0     1     0.857     13.708       Glycine.     9     1.017     0     1     0.288     4.613       Proline.     9     0.873     0     1     0.247     3.960       Serine.     9     0.774     0     1     0.219     3.511	Aspartic acid	g	1.833	0		1		0.520	8.314	
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	-		3.022	0		1		0.857	13.708	
Proline       g       0.873       0       1       0.247       3.960         Serine       g       0.774       0       1       0.219       3.511		-	1.017	0		1		0.288	4.613	
Serine	-	-	0.873	0		1		0.247	3.960	
· · · · · · · · · · · · · · · · · · ·			0.774	0		1		0.219		
11vui () A V D I O I I I C I I I I I I I I I I I I I I	Hydroxyproline	-								

# **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. 17073 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted

Refuse: 24% Bone

		<u>A</u>	mount in 100 g	rams o	ot eair	ne portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food		
					Deriv	Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Po			Code	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)		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	ma	10		0		1		26	9		
Iron, Fe	_	2.10		0		1		5.42	1.79		
Magnesium, Mg	_	20		0		1		52	17		
Phosphorus, P		218		0		1		562	185		
Potassium, K		167		0		1		431	142		
Sodium, Na		43		0		1		111	37		
Zinc, Zn	mg	3.58		0		1		9.24	3.04		
Copper, Cu	mg	0.103	3	0		1		0.266	0.088		
Manganese, Mn	_	0.023	3	0		1		0.059	0.020		
Selenium, Se	mcg	4.0		0	T	4		10.3	3.4		
Vitamins:						_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin	_	0.120		0		1		0.310	0.102		
Riboflavin		0.450		0		1		1.161	0.383		
Niacin		7.590		0		1		19.582	6.452		
Pantothenic acid		0.550		0		1		1.419	0.468		
Vitamin B-6	_	0.130	)	0		1		0.335	0.111		
Folate, total		1 0		0 0	_	1 7		3 0	1		
Folic acid		1		0	Z	1		3	0 1		
Folate, food				0	NC	4		3	1		
Folate, DFE		2.60		0	NC	1		6.71	2.21		
Vitamin B-12 Vitamin A, IU		0		0		4		0.71	0		
Vitamin A, RAE				0		4		0	0		
Retinol		- 0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.15		0		1		0.39	0.13		
Tocopherol, beta	ma	0.13		•		-		3.33	0.15		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	7.610	)	0		1		19.634	6.469		
4:0	g										
6:0	g										
8:0	_										
10:0		0.040		0		1		0.103	0.034		
12:0	_	0.060	)	0		1		0.155	0.051		
13:0	-			_							
14:0	_	0.600	)	0		1		1.548	0.510		
15:0	_			_				_			
16:0	_	3.390	)	0		1		8.746	2.882		
17:0	_			_							
18:0	_	2.930	)	0		1		7.559	2.491		
20:0											
22:0											

	<u>Ar</u>	mount in 100		o <u>n</u>	Amount in edible portion of common measures of food				
				umber f Data De	eriv Source	Confidence	<u></u>	<u> </u>	
Nutrients and Units	<b>)</b>	Mean	Std. Error P			Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	6.010		0	1		15.506	5.109	
14:1	g								
15:1									
16:1 undifferentiated	-	0.290		0	1		0.748	0.247	
17:1									
18:1 undifferentiated		5.610		0	1		14.474	4.769	
20:1	g	0.020		0	1		0.052	0.017	
22:1 undifferentiated	•								
24:1 c	•								
Fatty acids, total polyunsaturated		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									
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									
Cholesterol	• • • • • • • • • • • • • • • • • • • •	101		0	1		261	86	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.290		0	1		0.748	0.247	
Threonine		1.062		0	1		2.740	0.903	
Isoleucine	-	1.197		0	1		3.088	1.017	
Leucine		1.929		0	1		4.977	1.640	
Lysine		2.190		0	1		5.650	1.862	
Methionine	_	0.637		0	1		1.643	0.541	
Cystine	_	0.296		0	1		0.764	0.341	
Phenylalanine		1.010		0	1		2.606	0.252	
Tyrosine		0.834		0	1		2.152	0.839	
2	_	1.338		0	1		3.452	1.137	
Valine		1.336		0	1		3.432	1.137	
Arginine	_			0	1		2.028		
Histidine	_	0.786 1.492		0	1		3.849	0.668 1.268	
Alanine		2.183		0	1		3.849 5.632	1.268	
Aspartic acid		3.599		0	1		9.285	3.059	
Glutamic acid	-			0	1				
Glycine	-	1.211 1.040		0	1		3.124 2.683	1.029	
Proline								0.884	
Serine	-	0.922		0	1		2.379	0.784	
Hydroxyproline	g								

## **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. 17072 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, raw

Refuse: 23% Bone

		<u>A</u>	mount in 100 grar	ns of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
				ta Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	65.58	O		1		18.59	297.47		
Energy	kcal	216	O	NC	4		61	980		
Energy	kj	904			4		256	4099		
Protein (N x 6.25)	g	18.34	O		1		5.20	83.19		
Total lipid (fat)	g	15.29	0		1		4.33	69.36		
Ash		1.01	0		1		0.29	4.58		
Carbohydrate, by difference	g	0.00	O	Z	7		0.00	0.00		
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
3.6° 1										
Minerals:	ma	8	•		4		2	26		
Calcium, Ca	_	8 1.58	0		1 1		2 0.45	36 7.17		
Iron, Fe	_	1.58	0		1		0.45 5	7.17 77		
Magnesium, Mg Phosphorus, P		186	0		1		5 53	7 / 844		
Potassium, K	_	156	0		1		44	708		
Sodium, Na		40	0		1		11	181		
Zine, Zn		2.65	0		1		0.75	12.02		
Copper, Cu		0.093			1		0.026	0.422		
Manganese, Mn		0.020			1		0.006	0.091		
Selenium, Se		2.7	0	BFYN	4		0.8	12.2		
•										
Vitamins:			_		_					
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0		
Thiamin		0.140			1 1		0.040	0.635		
Riboflavin		0.380			1		0.108 1.942	1.724		
Niacin		6.850 0.520			1			31.072 2.359		
Pantothenic acid Vitamin B-6		0.320			1		0.147 0.037	0.590		
	-	1	, 0		1		0.037	0.590 5		
Folic acid		0	0	z	7		0	0		
Folate, food		1	0	4	1		0	5		
Folate, DFE	mca DFF	1	0	NC	4		0	5		
Vitamin B-12		2.45	0	NC	1		0.69	11.11		
Vitamin A, IU		0	0		4		0	0		
Vitamin A, RAE		0	0		4		0	0		
Retinol		0	0		4		0	0		
Vitamin E (alpha-tocopherol)		0.21	0		1		0.06	0.95		
Tocopherol, beta		- · · · <del>-</del>	_							
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	7.680	0		1		2.177	34.836		
4:0		7.000	,		-		2.177	34.030		
6:0	-									
8:0										
10:0		0.040	0		1		0.011	0.181		
12:0		0.060			1		0.017	0.272		
13:0	-		_					- · · · <del>-</del>		
14:0		0.620	0		1		0.176	2.812		
15:0	-									
16:0	-	3.350	0		1		0.950	15.196		
17:0	-									
18:0	-	3.020	0		1		0.856	13.699		
20:0	-									
22:0	g									
24:0										

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number	_		<u>m</u>	easures of 1000	
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	5.860		0	1		1.661	26.581	
14:1									
15:1	-							4 450	
16:1 undifferentiated	_	0.260		0	1		0.074	1.179	
17:1		5.490		0	1		1 556	04 000	
18:1 undifferentiated		0.020		0	1		1.556	24.903	
20:1	-	0.020		U	_		0.006	0.091	
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	•	0.670		0	1		0.190	3.039	
18:2 undifferentiated	-	0.380		0	1		0.108	1.724	
18:3 undifferentiated		0.280		0	1		0.079	1.270	
18:4		0.200			•		0.075	1.270	
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated		0.010		0	1		0.003	0.045	
20:5 n-3									
22:5 n-3	_								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	76		0	1		22	345	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.214		0	1		0.061	0.971	
Threonine		0.785		0	1		0.223	3.561	
Isoleucine		0.785		0	1		0.251	4.014	
Leucine		1.426		0	1		0.404	6.468	
Lysine		1.620		0	1		0.459	7.348	
Methionine		0.471		0	1		0.134	2.136	
Cystine		0.219		0	1		0.062	0.993	
Phenylalanine	-	0.747		0	1		0.212	3.388	
Tyrosine		0.616		0	1		0.175	2.794	
Valine		0.990		0	1		0.281	4.491	
Arginine		1.090		0	1		0.309	4.944	
Histidine	_	0.581		0	1		0.165	2.635	
Alanine	-	1.103		0	1		0.313	5.003	
Aspartic acid	-	1.614		0	1		0.458	7.321	
Glutamic acid		2.661		0	1		0.754	12.070	
Glycine	-	0.896		0	1		0.254	4.064	
Proline	-	0.769		0	1		0.218	3.488	
Serine	-	0.682		0	1		0.193	3.094	
Hydroxyproline	g								

# **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. 17075 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted

Refuse: 36% Bone 24%, separable fat 12%

		<u>A</u>	mount in 100 g	rams c	of edik	ole portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	_
			of	Data I	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	63.92		0		1		139.35	54.33	
Energy	_	181		0	NC	4		395	154	
63		757		U	NC	4		1651		
Energy				•					644	
Protein (N x 6.25)		27.68		0		1		60.34	23.53	
Total lipid (fat)	-	7.01		0		1		15.28	5.96	
Ash		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:		_		•		_		1.5	_	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	7		0		1		15	6	
Iron, Fe	-	2.24		0		1		4.88	1.90	
Magnesium, Mg		21		0		1		46	18	
Phosphorus, P		234		0		1		510	199	
Potassium, K		183		0		1		399	156	
Sodium, Na	-	45		0		1		98	38	
Zinc, Zn	mg	4.04		0		1		8.81	3.43	
Copper, Cu		0.111		0		1		0.242	0.094	
Manganese, Mn		0.027	7	0		1		0.059	0.023	
Selenium, Se	mcg	4.2		0	T	4		9.2	3.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.120	1	0	-	1		0.262	0.102	
Riboflavin	-	0.500		0		1		1.090	0.425	
		7.510		0		1		16.372	6.384	
Niacin				0		1				
Pantothenic acid		0.540				_		1.177	0.459	
Vitamin B-6	_	0.140	)	0		1		0.305	0.119	
Folate, total		0		0		1		0	0	
Folic acid		0		0	Z	7		0	0	
Folate, food		0		0		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		2.63		0		1		5.73	2.24	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18		0		1		0.39	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	3.050	)	0		1		6.649	2.593	
4:0		2.030		-		-		3.043	2.555	
6:0	_									
8:0	-									
10:0	_	0.020	1	0		1		0.044	0.017	
				0		1			0.017	
12:0	_	0.020	,	U		1		0.044	0.01/	
13:0	-	0 100	,	•		4			0.100	
14:0	_	0.190	)	0		1		0.414	0.162	
15:0	_			_		_				
16:0	_	1.470	)	0		1		3.205	1.250	
17:0	_									
18:0	-	1.110	)	0		1		2.420	0.944	
20:0	g									
22:0	g									
24:0	g									

	<u>Ar</u>	nount in 100 g	rams of edi mber	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.750		0	1		5.995	2.338	
14:1g								
15:1g			_					
16:1 undifferentiatedg	0.150		0	1		0.327	0.128	
17:1g			_					
18:1 undifferentiatedg	2.560		0	1		5.581	2.176	
20:1g	0.000		0	1		0.000	0.000	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.410		0	1		0.894	0.349	
18:2 undifferentiatedg	0.260		0	1		0.567	0.221	
18:3 undifferentiatedg	0.120		0	1		0.262	0.102	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.030		0	1		0.065	0.026	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	100		0	1		218	85	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.323		0	1		0.704	0.275	
Threonineg	1.185		0	1		2.583	1.007	
Isoleucineg	1.335		0	1		2.910	1.135	
Leucineg	2.153		0	1		4.694	1.830	
Lysineg	2.444		0	1		5.328	2.077	
Methionineg	0.710		0	1		1.548	0.604	
Cystineg	0.330		0	1		0.719	0.281	
Phenylalanine	1.127		0	1		2.457	0.958	
Tyrosineg	0.930		0	1		2.027	0.791	
Valineg	1.494		0	1		3.257	1.270	
Arginineg	1.644		0	1		3.584	1.397	
Histidine 9	0.877		0	1		1.912	0.745	
Alanine	1.665		0	1		3.630	1.415	
Aspartic acid	2.436		0	1		5.310	2.071	
Glutamic acid	4.017		0	1		8.757	3.414	
Glycineg	1.352		0	1		2.947	1.149	
Proline	1.161		0	1		2.531	0.987	
	1.029		0	1		2.243	0.987	
Serineg	1.029		U	1		2.243	0.875	

## **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. 17074 Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, raw

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

		<u>Aı</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:	2	74.37	0.626	9	1		21.08	227 24		
Water	-							337.34		
Energy		123		0 NC			35	558		
Energy		515		_	4		146	2334		
Protein (N x 6.25)		20.85		9	1		5.91	94.58		
Total lipid (fat)	-	3.80		9	1		1.08	17.24		
Ash		1.14		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	ma	4	1.019	9	1		1	18		
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.68		9	1		0.48	7.62		
Magnesium, Mg	•	20		9	1		6	91		
Phosphorus, P		207		9	1		59	939		
Potassium, K		179		9	1		51	812		
Sodium, Na		44		9	1		12	200		
Zinc, Zn		3.05		9	1		0.86	13.83		
Copper, Cu		0.104		9	1		0.029	0.472		
Manganese, Mn		0.104		0	1		0.023	0.109		
Selenium, Se		3.2		O BFYN			0.007	14.5		
	g	3.2					0.5	21.0		
<u>Vitamins:</u>				_	_					
Vitamin C, total ascorbic acid		0.0		0 z	7		0.0	0.0		
Thiamin		0.150		9	1		0.043	0.680		
Riboflavin		0.420		9	1		0.119	1.905		
Niacin		6.920		9	1		1.962	31.389		
Pantothenic acid		0.500		9	1		0.142	2.268		
Vitamin B-6	-	0.150		0	1		0.043	0.680		
Folate, total		0		9	1		0	0		
Folic acid		0		0 z	7		0	0		
Folate, food		0		9	1		0	0		
Folate, DFE		0		0 NC	4		0	0		
Vitamin B-12		2.60		9	1		0.74	11.79		
Vitamin A, IU		0		0	4		0	0		
Vitamin A, RAE		0		0	4		0	0		
Retinol		0		0	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	1		0.06	1.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.620	)	0	1		0.459	7.348		
4:0										
6:0										
8:0	g									
10:0	g	0.010	7	5	1		0.003	0.045		
12:0	g	0.010	7	5	1		0.003	0.045		
13:0	g									
14:0	g	0.080	7	5	1		0.023	0.363		
15:0	g									
16:0	-	0.770	7	'5	1		0.218	3.493		
17:0	-									
18:0	-	0.630	7	'5	1		0.179	2.858		
20:0	=									
22:0										
24:0										
=										

		<u>Aı</u>	nount in 100 gran		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean		ta Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	O	1.460	C		1		0.414	6.623		
14:1	_	1.400			-		0.414	0.023		
15:1										
16:1 undifferentiated	_	0.070	7.	5	1		0.020	0.318		
17:1	_									
18:1 undifferentiated		1.380	7.	5	1		0.391	6.260		
20:1	g	0.000	7.	5	1		0.000	0.000		
22:1 undifferentiated	-									
24:1 c	g									
Fatty acids, total polyunsaturated	g	0.190	C		1		0.054	0.862		
18:2 undifferentiated	g	0.120	7.	5	1		0.034	0.544		
18:3 undifferentiated	g	0.060	7.	5	1		0.017	0.272		
18:4	g									
20:2 n-6 c,c	-									
20:3 undifferentiated	_									
20:4 undifferentiated		0.020	7.	5	1		0.006	0.091		
20:5 n-3	_									
22:5 n-3	_									
22:6 n-3	_									
Fatty acids, total trans	_	=-			1			004		
Cholesterol	_	73	1.005 9		1		21	331		
Phytosterols	IIIG									
Amino Acids:										
Tryptophan	g	0.244	C		1		0.069	1.107		
Threonine	g	0.892	C		1		0.253	4.046		
Isoleucine	g	1.006	C		1		0.285	4.563		
Leucine	g	1.621	C		1		0.460	7.353		
Lysine	g	1.841	C		1		0.522	8.351		
Methionine	g	0.535	C		1		0.152	2.427		
Cystine	g	0.249	C		1		0.071	1.129		
Phenylalanine	g	0.849	C		1		0.241	3.851		
Tyrosine	g	0.701			1		0.199	3.180		
Valine	-	1.125			1		0.319	5.103		
Arginine	•	1.238			1		0.351	5.616		
Histidine	-	0.660			1		0.187	2.994		
Alanine		1.254			1		0.356	5.688		
Aspartic acid		1.835			1		0.520	8.324		
Glutamic acid	-	3.025			1		0.858	13.721		
Glycine	-	1.018			1		0.289	4.618		
Proline		0.874			1		0.248	3.964		
Serine	-	0.775	С		1		0.220	3.515		
Hydroxyproline	g									

# **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. 17077 Lamb, New Zealand, imported, frozen, Ioin, separable lean and fat, cooked, broiled

Refuse: 27% Bone

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion o	of common
				Number		_		<u>m</u>	easures of 1000	
Nutrients and Uni	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.44		0		1		42.87	21.69	
Energy	kcal	315		0	NC	4		268	135	
Energy	kj	1318				4		1120	567	
Protein (N x 6.25)	g	23.43		0		1		19.92	10.07	
Total lipid (fat)	-	23.88		0		1		20.30	10.27	
Ash		1.30		0		1		1.11	0.56	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	23		0		1		20	10	
Iron, Fe	-	2.05		0		1		1.74	0.88	
Magnesium, Mg		19		0		1		16	8	
Phosphorus, P		208		0		1		177	89	
Potassium, K		159		0		1		135	68	
Sodium, Na		49		0 0		1 1		42 2.25	21 1.14	
Zinc, Zn	-	2.65 0.109	<b>,</b>	0		1		0.093	0.047	
Copper, Cu Manganese, Mn		0.103		0		1		0.018	0.009	
Selenium, Se		2.0	-	0	т	4		1.7	0.003	
Scientini, Sc	g			•	-	-			0.15	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.120		0		1		0.102	0.052	
Riboflavin	_	0.360		0		1		0.306	0.155	
Niacin Pantothenic acid		7.930 0.500		0 0		1 1		6.741 0.425	3.410 0.215	
Vitamin B-6		0.110		0		1		0.425	0.215	
Folate, total		1	,	0		1		1	0.047	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0		1		1	0	
Folate, DFE		1		0	NC	4		1	0	
Vitamin B-12		2.53		0		1		2.15	1.09	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.13		0		1		0.11	0.06	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)		4.9		0	BFSN	4		4.2	2.1	
vitamini K (phynoquinone)	g	1.5		·	DION	•			2.1	
<u>Lipids:</u>										
Fatty acids, total saturated		11.960		0		1		10.166	5.143	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	_	0.070		0 0		1 1		0.060 0.085	0.030 0.043	
12:0 13:0	_	0.100	,	U		1		0.085	0.043	
14:0	_	0.980	)	0		1		0.833	0.421	
15:0	-	0.500		v		-		3.055	0.421	
16:0		5.250	)	0		1		4.463	2.258	
17:0	-									
18:0		4.650	)	0		1		3.953	2.000	
20:0	g									
22:0	g									
24:0	g									

					ble portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d a	9.200		0	1		7.820	3.956	
14:1	g	3.200		•	-		7.020	3.930	
15:1	g	0.430		0	1		0.366	0.185	
17:1 18:1 undifferentiated	-	8.590		0	1		7.302	3.694	
20:1	g	0.030		ס	1		0.026	0.013	
22:1 undifferentiated	•	0.000		0	1		0.000	0.000	
24:1 c		1 000		•					
Fatty acids, total polyunsaturated		1.090		0	1 1		0.927	0.469	
18:2 undifferentiated		0.630 0.430		) )	1		0.536	0.271	
18:3 undifferentiated	_	0.430		)	1		0.366 0.000	0.185	
18:4	-	0.000		J	1		0.000	0.000	
20:2 n-6 c,c	-								
20:3 undifferentiated 20:4 undifferentiated	-	0.020		0	1		0.017	0.009	
20:5 n-3	-	0.020		)	1		0.000	0.009	
20:5 n-3	-	0.000		)	1		0.000	0.000	
22:6 n-3	-	0.000		)	1		0.000	0.000	
Fatty acids, total trans		0.000		•	-		0.000	0.000	
Cholesterol		112		)	1		95	48	
Phytosterols	_								
,									
Amino Acids:				_					
Tryptophan		0.274		0	1		0.233	0.118	
Threonine	_	1.003		0	1		0.853	0.431	
Isoleucine	-	1.130		0	1		0.961	0.486	
Leucine	-	1.822		)	1		1.549	0.783	
Lysine		2.069		)	1 1		1.759	0.890	
Methionine		0.601		)	1		0.511	0.258	
Cystine		0.280		)			0.238	0.120	
Phenylalanine		0.954 0.787		) )	1 1		0.811 0.669	0.410	
Tyrosine	_	1.264		)	1		1.074	0.338 0.544	
Valine Arginine	-	1.392		)	1		1.183	0.599	
Histidine	-	0.742		)	1		0.631	0.319	
Alanine	-	1.409		)	1		1.198	0.319	
Aspartic acid		2.062		)	1		1.753	0.887	
Glutamic acid		3.400		)	1		2.890	1.462	
Glycine	-	1.144		)	1		0.972	0.492	
Proline	<del>-</del>	0.983		)	1		0.836	0.423	
Serine	-	0.871		)	1		0.740	0.375	
Hydroxyproline				-	_				
Others:	~	0.0		•	7		0.0	0.0	
Alcohol, ethyl		0.0 0		) ) z	7 7		0.0 0	0.0 0	
Caffeine		0		J Z	7		0	0	
Theobromine	9	U			,		U	J	
Carotenoids:									
Carotene, beta		0		) <u>z</u>	7		0.000	0.000	
Carotene, alpha	-	0		) z	7		0.000	0.000	
Cryptoxanthin, beta		0		) z	7		0.000	0.000	
Lycopene		0		) z	7		0.000	0.000	
Lutein + zeaxanthin	ücg	0		) z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 43g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 85 g)

NDB No. 17077

Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

Refuse: 24% Bone

		<u>A</u> 1	mount in 10		<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Unit	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	<b>a</b>	57.09		0		1		16.19	37.11	
Water Energy		303		0	NC	4		86	197	
Energy		1268		U	NC	4		359	824	
Protein (N x 6.25)		16.33		0		1		4.63	10.61	
Total lipid (fat)		25.90		0		1		7.34	16.84	
Ash	-	0.88		0		1		0.25	0.57	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:				_		_		_		
Calcium, Ca	-	17		0		1		5	11	
Iron, Fe.	-	1.55		0		1		0.44	1.01	
Magnesium, Mg	-	15 163		0		1 1		4 46	10 106	
Phosphorus, P Potassium, K		103		0		1		34	79	
Potassium, K Sodium, Na		37		0		1		34 10	79 24	
Zinc, Zn		1.85		0		1		0.52	1.20	
Copper, Cu	-	0.083	3	0		1		0.024	0.054	
Manganese, Mn		0.017		0		1		0.005	0.011	
Selenium, Se		1.4		0	BFYN	4		0.4	0.9	
<u>Vitamins:</u>				_	_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.130		0 0		1		0.037	0.085	
Riboflavin	-	0.290 6.830		0		1 1		0.082	0.189	
Niacin Pantothenic acid		0.510		0		1		1.936 0.145	4.440 0.332	
Vitamin B-6		0.110		0		1		0.145	0.332	
Folate, total		1	,	0		1		0.031	1	
Folic acid		0		0	z	7		0	0	
Folate, food		1		0	-	1		0	1	
Folate, DFE		1		0	NC	4		0	1	
Vitamin B-12		2.10		0		1		0.60	1.37	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18		0		1		0.05	0.12	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	13.240	)	0		1		3.754	8.606	
4:0										
6:0										
8:0	g									
10:0		0.080	)	0		1		0.023	0.052	
12:0		0.110	)	0		1		0.031	0.072	
13:0	-		_							
14:0		1.110	)	0		1		0.315	0.722	
15:0	-			_		_		a .===		
16:0	-	5.720	)	0		1		1.622	3.718	
17:0	-	E 000	,	^		4		1 400	2 222	
18:0	-	5.220	,	0		1		1.480	3.393	
20:0 22:0	-									

		<u>Ar</u>		Amount in 100 grams of edible portion  Number							
Nutrients and Units	<b>:</b>	Mean	Data Deriv		Confidence Code	Measure 1	easures of food Measure 2	Measure 3			
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	•										
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		0.480	0	1		0.136	0.312				
18:4	g										
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	g	0.010	0	1		0.003	0.007				
20:5 n-3	-										
22:5 n-3											
22:6 n-3	_										
Fatty acids, total trans											
Cholesterol		83	0	1		24	54				
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.191	0	1		0.054	0.124				
Threonine		0.699	0	1		0.198	0.454				
Isoleucine	-	0.788	0	1		0.223	0.512				
Leucine		1.270	0	1		0.360	0.826				
Lysine		1.442	0	1		0.409	0.937				
Methionine	-	0.419	0	1		0.119	0.272				
Cystine	-	0.195	0	1		0.055	0.127				
Phenylalanine		0.665	0	1		0.189	0.432				
Tyrosine		0.549	0	1		0.156	0.357				
Valine	-	0.881	0	1		0.250	0.573				
Arginine		0.970	0	1		0.275	0.631				
Histidine	-	0.517	0	1		0.147	0.336				
Alanine	-	0.982	0	1		0.278	0.638				
Aspartic acid		1.437	0	1		0.407	0.934				
Glutamic acid		2.369	0	1		0.672	1.540				
Glycine	-	0.797	0	1		0.226	0.518				
Proline	-	0.797	0	1		0.194	0.445				
Serine		0.607	0	1		0.172	0.395				
Hydroxyproline	-	0.807	U	1		5.172	0.333				
11yuroxypronne	9		 								

# **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. 17079 Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled

Refuse: 49% Bone 27%, separable fat 22%

			mount in 10	o grains	Amount in edible portion of common					
Nutrients and Unit	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	Measure 3
Proximates:	_							F4 F0		
Water	_	60.86		0		1		51.73	18.26	
Energy		199 833		0	NC	4 4		169 708	60	
Energy		29.31		0		1		708 24.91	250 8.79	
Protein (N x 6.25) Total lipid (fat)		8.24		0		1		7.00	2.47	
Ash		1.55		0		1		1.32	0.47	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.47	
Fiber, total dietary		0.00		0	Z	7		0.00	0.00	
Sugars, total		0.0		Ū	_	,		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	21		0		1		18	6	
Iron, Fe		2.34		0		1		1.99	0.70	
Magnesium, Mg		22		0		1		19	7	
Phosphorus, P		240		0		1		204	72	
Potassium, K	-	189		0		1		161	57	
Sodium, Na		55		0		1		47	17	
Zinc, Zn		3.29		0		1		2.80	0.99	
Copper, Cu	-	0.130		0 0		1 1		0.111 0.024	0.039 0.008	
Manganese, Mn		2.0	•	0	T	4		1.7	0.008	
Selenium, Se	nicg	2.0		U	1	4		1.7	0.6	
<u>Vitamins:</u>										
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		0		0		1		0	0	
Folic acid	_	0		0	Z	7		0	0	
Folate, food		0		0		1		0	0	
Folate, DFE		0		0	NC	4		0	0	
Vitamin B-12		2.58		0		1		2.19	0.77	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.16		0		1		0.14	0.05	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
vitanini K (pilynoquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.580	)	0		1		3.043	1.074	
4:0										
6:0	_									
8:0				_		_		_		
10:0		0.020		0		1		0.017	0.006	
12:0	_	0.020	)	0		1		0.017	0.006	
13:0	_	0.000		^						
14:0	_	0.220	J	0		1		0.187	0.066	
15:0	-	1 700		^				1 451	0 510	
16:0	-	1.730	,	0		1		1.471	0.519	
17:0	-	1 210	,	^		1		4 444	0.000	
18:0	_	1.310	,	0		1		1.114	0.393	
20:0	-									
22:0										

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				Number	_		m	easures of 1000	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.220		0	1		2.737	0.966	
14:1									
15:1	-						0.445	0.054	
16:1 undifferentiated	-	0.170		0	1		0.145	0.051	
17:1		3.010		0	1		0.550	0.000	
18:1 undifferentiated		0.000		0	1		2.559	0.903	
20:1	_	0.000		U	1		0.000	0.000	
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	•	0.470		0	1		0.400	0.141	
18:2 undifferentiated	-	0.470		0	1		0.264	0.093	
18:3 undifferentiated		0.140		0	1		0.119	0.042	
18:4		0.110		·	-		0.113	0.042	
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.030		0	1		0.026	0.009	
20:5 n-3									
22:5 n-3	-								
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	114		0	1		97	34	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.343		0	1		0.292	0.103	
Threonine		1.254		0	1		1.066	0.376	
Isoleucine		1.414		0	1		1.202	0.424	
Leucine		2.280		0	1		1.938	0.684	
Lysine		2.588		0	1		2.200	0.776	
Methionine		0.752		0	1		0.639	0.226	
Cystine		0.350		0	1		0.298	0.105	
Phenylalanine	_	1.193		0	1		1.014	0.358	
Tyrosine		0.985		0	1		0.837	0.296	
Valine		1.581		0	1		1.344	0.474	
Arginine		1.741		0	1		1.480	0.522	
Histidine	-	0.928		0	1		0.789	0.278	
Alanine	-	1.763		0	1		1.499	0.529	
Aspartic acid	-	2.580		0	1		2.193	0.774	
Glutamic acid		4.253		0	1		3.615	1.276	
Glycine	-	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								

## **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

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

		<u>Aı</u>	mount in 100 gr		of edit	ole portio	<u>on</u>	Amount in edible portion of common		
				nber		_		<u>m</u>	easures of food	<u>L</u>
Nutrients and Un	its	Mean	of I Std. Error Poi			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	73.33	0.749	9		1		20.79	30.80	
Energy		130		0	NC	4		37	55	
Energy		544	0.404	•		4		154	228	
Protein (N x 6.25)		21.17 4.40	0.484 0.624	9 9		1 1		6.00 1.25	8.89	
Total lipid (fat)		1.12	0.624	9		1		0.32	1.85 0.47	
Carbohydrate, by difference		0.00	0.012	0	Z	7		0.00	0.00	
Fiber, total dietary		0.00		0	z	7		0.00	0.00	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch										
Minerals:		4-				_			_	
Calcium, Ca	_	15	2.382	9		1		4	6	
Iron, Fe		1.77 19	0.185 0.257	9 9		1 1		0.50 5	0.74 8	
Magnesium, Mg Phosphorus, P		203	6.399	9		1		5 58	85	
Potassium, K		157	3.932	9		1		45	66	
Sodium, Na		45	3.332	9		1		13	19	
Zinc, Zn		2.36	0.151	9		1		0.67	0.99	
Copper, Cu		0.103	0.005	9		1		0.029	0.043	
Manganese, Mn		0.024	ļ	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		0.160	0.010	9		1		0.045	0.067	
Riboflavin	_	0.350		9		1		0.099	0.147	
Niacin		6.970		9		1		1.976	2.927	
Pantothenic acid		0.460		9		1		0.130	0.193	
Vitamin B-6	-	0.150		9		1		0.043	0.063	
Folate, total		0 0	0.119	9	z	1 7		0 0	0 0	
Folic acidFolate, food		0	0.119	9	4	1		0	0	
Folate, DFE		0	0.119	0	NC	4		0	0	
Vitamin B-12		2.28	0.313	9		1		0.65	0.96	
Vitamin A, IU		0	*****	0		4		0	0	
Vitamin A, RAE	mcg RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.19		0		1		0.05	0.08	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	niog									
Lipids: Fatty acids, total saturated	a	1.870	1	0		1		0.530	0.785	
4:0		1.070	,	·		•		0.550	0.705	
6:0										
8:0	-									
10:0		0.010	)	75		1		0.003	0.004	
12:0		0.010	)	75		1		0.003	0.004	
13:0	-									
14:0		0.090	)	75		1		0.026	0.038	
15:0	-									
16:0	-	0.890	)	75		1		0.252	0.374	
17:0	-			7.5		_				
18:0	_	0.730	1	75		1		0.207	0.307	
20:0 22:0	-									
24:0										

		<u>Ar</u>	nount in 100 gram		<u>ion</u>	Amount in edible portion of common measures of food		
Nutrients and Units	<b>S</b>	Mean	Number of Date Std. Error Points	a Deriv Sourc		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		1.690	0	1		0.479	0.710	
14:1	_							
15:1		0.000	75			0.000	0.004	
16:1 undifferentiated	-	0.080	75	1		0.023	0.034	
17:1		1 600	75				0.600	
18:1 undifferentiated		1.600	75	1		0.454	0.672	
20:1		0.000	75	1		0.000	0.000	
22:1 undifferentiated	•							
24:1 c	•		_					
Fatty acids, total polyunsaturated		0.220	0	1		0.062	0.092	
18:2 undifferentiated		0.130	75	1		0.037	0.055	
18:3 undifferentiated		0.070	75	1		0.020	0.029	
18:4								
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated	-	0.020	75	1		0.006	0.008	
20:5 n-3								
22:5 n-3	_							
22:6 n-3								
Fatty acids, total trans								
Cholesterol		80	3.846 9	1		23	34	
Phytosterols	<sub>.</sub> mg							
Amino Acids:								
Tryptophan	а	0.247	0	1		0.070	0.104	
Threonine		0.906	0	1		0.257	0.381	
Isoleucine	-	1.021	0	1		0.289	0.429	
Leucine		1.647	0	1		0.467	0.692	
Lysine		1.870	0	1		0.530	0.785	
Methionine	-	0.543	0	1		0.154	0.228	
Cystine	-	0.253	0	1		0.072	0.106	
Phenylalanine		0.862	0	1		0.244	0.362	
Tyrosine		0.711	0	1		0.202	0.299	
Valine	-	1.142	0	1		0.324	0.480	
Arginine		1.258	0	1		0.357	0.528	
Histidine	-	0.671	0	1		0.357	0.528	
Alanine	-	1.273	0	1		0.190	0.282	
		1.273	0	1		0.528	0.335	
Aspartic acid		3.072	0	1		0.528	1.290	
Glutamic acid	-		0	1				
Glycine	-	1.034 0.888	0	1		0.293 0.252	0.434	
Proline							0.373	
Serine	-	0.787	0	1		0.223	0.331	
Hydroxyproline	9							

## **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. 17081 Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted

Refuse: 32% Bone

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			N	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :
Proximates: Water	а	50.18		0		1		120.93	42.65	
Energy	_	340		0	NC	4		819	289	
Energy		1423				4		3428	1209	
Protein (N x 6.25)		18.98		0		1		45.74	16.13	
Total lipid (fat)	-	28.75		0		1		69.29	24.44	
Ash		1.07		0		1		2.58	0.91	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_	0.00		•	_	•		0.00	0.00	
	9									
Minerals:	ma	10		•				46	16	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	19 1.71		0 0		1 1		46 4.12	16 1.45	
Iron, Fe	-	1.71		0		1		4.12 34	1.45 12	
Magnesium, Mg Phosphorus, P		170		0		1		34 410	12 145	
Potassium, K	-	124		0		1		299	105	
Sodium, Na	-	43		0		1		104	37	
Zinc, Zn	_	2.60		0		1		6.27	2.21	
Copper, Cu		0.071	L	0		1		0.171	0.060	
Manganese, Mn		0.017		0		1		0.041	0.014	
Selenium, Se		1.8		0	PIE	4		4.3	1.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.090	)	0	_	1		0.217	0.077	
Riboflavin		0.270		0		1		0.651	0.230	
Niacin	-	6.830	)	0		1		16.460	5.806	
Pantothenic acid		0.510	)	0		1		1.229	0.434	
Vitamin B-6		0.080	)	0		1		0.193	0.068	
Folate, total		1		0		1		2	1	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	1		0		1		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12		2.33		0		1		5.62	1.98	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.10		0		1		0.24	0.09	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		5.0		0	BFSN	4		11.9	4.2	
vitamin K (phynoquinone)	niog	3.0		U	DF SN	•		11.9	4.2	
<u>Lipids:</u>										
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	_	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.080		0		1		0.193	0.068	
12:0		0.120	)	0		1		0.289	0.102	
13:0				•		_				
14:0		1.200	J	0		1		2.892	1.020	
15:0				•		_		4		
16:0		6.330	J	0		1		15.255	5.381	
17:0	_	F 600	,	^		-		12 544	4 999	
18:0	_	5.620	J	0		1		13.544	4.777	
20:0	_									
22:0	y									

Fatty acids, total monounsaturated 9 11.080 0 1  14:1		Amount in edible portion of common measures of food		
14:1       9         15:1       9         16:1 undifferentiated       9       0.510       0       1         17:1       9       10.330       0       1         20:1       9       0.040       0       1         22:1 undifferentiated       9       0.000       0       1         22:1 undifferentiated       9       0.000       0       1         22:1 undifferentiated       9       0.000       0       1         18:2 undifferentiated       9       0.760       0       1         18:3 undifferentiated       9       0.530       0       1         18:4       9       0.000       0       1         20:2 n-6 c,c       9         20:3 undifferentiated       9       0.000       0       1         20:5 n-3       9       0.000       0       1         20:5 n-3       9       0.000       0       1         22:6 n-3       9       0.000       0       1         Fatty acids, total trans       9       0.000       0       1         Phytosterols       mg       100       0       1         Phytosterols <th></th> <th>sure 2 Measure 3</th>		sure 2 Measure 3		
14:1       9         15:1       9         16:1 undifferentiated       9       0.510       0       1         17:1       9         18:1 undifferentiated       9       10.330       0       1         20:1       9       0.040       0       1         22:1 undifferentiated       9       0.000       0       1         22:1 to c       9       0.000       0       1         18:2 undifferentiated       9       1.310       0       1         18:2 undifferentiated       9       0.760       0       1         18:3 undifferentiated       9       0.530       0       1         18:4       9       0.000       0       1         20:2 n-6 c,c       9       9       0.000       0       1         20:3 undifferentiated       9       0.020       0       1         20:5 n-3       9       0.000       0       1         20:5 n-3       9       0.000       0       1         22:5 n-3       9       0.000       0       1         Fatty acids, total trans       9       0.000       0       1	26.703	9.418		
16:1 undifferentiated       9       0.510       0       1         17:1       9         18:1 undifferentiated       9       10.330       0       1         20:1       9       0.040       0       1         22:1 undifferentiated       9       0.000       0       1         24:1 c       9       0.000       0       1         Fatty acids, total polyunsaturated       9       1.310       0       1         18:2 undifferentiated       9       0.760       0       1         18:3 undifferentiated       9       0.530       0       1         18:4       9       0.000       0       1         20:2 n-6 c,c       9         20:3 undifferentiated       9       0.000       0       1         20:5 n-3       9       0.000       0       1         20:5 n-3       9       0.000       0       1         22:6 n-3       9       0.000       0       1         Fatty acids, total trans       9       0.000       0       1         Phytosterols       mg       100       0       1         Phytosterols       mg       100	20.703	3.410		
18:1 undifferentiated       9       10.330       0       1         20:1       9       0.040       0       1         22:1 undifferentiated       9       0.000       0       1         24:1 c       9       0.000       0       1         Fatty acids, total polyunsaturated       9       1.310       0       1         18:2 undifferentiated       9       0.760       0       1         18:3 undifferentiated       9       0.530       0       1         18:4       9       0.000       0       1         20:2 n-6 c,c       9       9       0.000       0       1         20:3 undifferentiated       9       0.020       0       1         20:4 undifferentiated       9       0.020       0       1         20:5 n-3       9       0.000       0       1         22:5 n-3       9       0.000       0       1         22:6 n-3       9       0.000       0       1         Fatty acids, total trans       9       0.000       0       1         Phytosterols       mg       100       0       1         Phytosterols       mg	1.229	0.434		
22:1 undifferentiated	24.895	8.781		
Fatty acids, total polyunsaturated	0.096 0.000	0.034 0.000		
18:3 undifferentiated       9       0.530       0       1         18:4       9       0.000       0       1         20:2 n-6 c,c       9         20:3 undifferentiated       9       0.020       0       1         20:4 undifferentiated       9       0.000       0       1         20:5 n-3       9       0.000       0       1         22:5 n-3       9       0.000       0       1         22:6 n-3       9       0.000       0       1         Fatty acids, total trans       9       0.000       0       1         Phytosterols       mg       100       0       1         Phytosterols       mg	3.157	1.114		
20:2 n-6 c,c.	1.832 1.277	0.646 0.451		
20:3 undifferentiated       9         20:4 undifferentiated       9       0.020       0       1         20:5 n-3       9       0.000       0       1         22:5 n-3       9       0.000       0       1         22:6 n-3       9       0.000       0       1         Fatty acids, total trans       9       0.000       0       1         Cholesterol       mg       100       0       1         Phytosterols       mg	0.000	0.000		
20:5 n-3       g       0.000       0       1         22:5 n-3       g       0.000       0       1         22:6 n-3       g       0.000       0       1         Fatty acids, total trans.       g         Cholesterol.       mg       100       0       1         Phytosterols.       mg	0.048	0.017		
22:6 n-3	0.000	0.000		
Cholesterol	0.000	0.000		
Amino Acids:	241 8	85		
) [	0.535 1.957	0.189 0.690		
Isoleucine	2.208	0.779		
Leucine       g       1.476       0       1         Lysine       g       1.676       0       1	3.557 4.039	1.255 1.425		
Methionine       .g       0.487       0       1         Cystine       .g       0.227       0       1	1.174 0.547	0.414 0.193		
Phenylalanine         g         0.773         0         1           Tyrosine         g         0.638         0         1	1.863 1.538	0.657 0.542		
Valine         g         1.024         0         1           Arginine         g         1.127         0         1	2.468 2.716	0.870 0.958		
Histidine	1.448 2.750	0.511 0.970		
Aspartic acid	4.025 6.637	1.420 2.341		
Glycine	2.234	0.788		
Proline         .g         0.796         0         1           Serine         .g         0.706         0         1	1.918 1.701	0.677 0.600		
Hydroxyproline				
Alcohol, ethylg 0.0 0 7		0.0		
Theobromine mg 0 0 z 7		0		
Carotenoids:         Carotene, beta	0.000	0.000		
Carotene, alpha	0.000	0.000		
Lycopene         mcg         0         z         7           Lutein + zeaxanthin         mcg         0         z         7	0.000	0.000		

### **Common Measures:**

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

Measure 2 = 85g: 3 oz

NDB No. 17081

Lamb, New Zealand, imported, frozen, rib, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 31% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	•
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	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		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	ma	16	0		1		5	73	
Iron, Fe	-	1.39	0		1		0.39	6.31	
Magnesium, Mg		13	0		1		4	59	
Phosphorus, P		146	0		1		41	662	
Potassium, K	-	113	0		1		32	513	
Sodium, Na		40	0		1		11	181	
Zinc, Zn		2.04	0		1		0.58	9.25	
Copper, Cu	mg	0.065	5 0		1		0.018	0.295	
Manganese, Mn		0.016			1		0.005	0.073	
Selenium, Se	mcg	1.2	0	PIE	4		0.3	5.4	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.110		_	1		0.031	0.499	
Riboflavin		0.250			1		0.071	1.134	
Niacin		6.320			1		1.792	28.668	
Pantothenic acid	-	0.510			1		0.145	2.313	
Vitamin B-6		0.080			1		0.023	0.363	
Folate, total	-	1	0		1		0	5	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	1	0		1		0	5	
Folate, DFE	mcg_DFE	1	0	NC	4		0	5	
Vitamin B-12		2.17	0		1		0.62	9.84	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0		4		0	0	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)		0.18	0		1		0.05	0.82	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
v namni K (pinynoquinone)	g								
<u>Lipids:</u>									
Fatty acids, total saturated	g	15.990	0		1		4.533	72.531	
4:0	_								
6:0									
8:0		0.000			4		0.000	0 400	
10:0		0.090			1 1		0.026	0.408	
12:0 13:0	_	0.130	, 0		1		0.037	0.590	
14:0	_	1.340	0		1		0.380	6.078	
15:0	_	1.540			-		0.560	0.078	
16:0	_	6.920	0		1		1.962	31.389	
17:0	_	0.52			-		<u>-</u>	32.003	
18:0	_	6.310	0		1		1.789	28.622	
20:0	_								
22:0	_								
24:0	-								

	<u>A</u> 1	mount in 100 gram		<u>rtion</u>	Amount in edible portion of common measures of food		
		Numbe			<u></u>	easures or 1000	•
Nutrients and Units	Mean	of Data Std. Error Points		rce Confidence de Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	12.000	0	1		3.402	54.432	
14:1g							
15:1g							
16:1 undifferentiatedg	0.530	0	1		0.150	2.404	
17:1g							
18:1 undifferentiated	11.220	0	1		3.181	50.894	
20:1g	0.050	0	1		0.014	0.227	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	1.340		1		0.380	6.078	
18:2 undifferentiatedg	0.750		1		0.213	3.402	
18:3 undifferentiatedg	0.580	0	1		0.164	2.631	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg		_	_				
20:4 undifferentiatedg	0.020	0	1		0.006	0.091	
20:5 n-3g							
22:5 n-3g							
22:6 n-3							
Fatty acids, total trans	81	0	1		23	367	
Cholesterolmg Phytosterolsmg	01	U	_		23	367	
rilytosterois							
Amino Acids:							
Tryptophan9	0.174	0	1		0.049	0.789	
Threonineg	0.639	0	1		0.181	2.899	
Isoleucineg	0.720	0	1		0.204	3.266	
Leucineg	1.161	0	1		0.329	5.266	
Lysineg	1.318	0	1		0.374	5.978	
Methionineg	0.383		1		0.109	1.737	
Cystineg	0.178	0	1		0.050	0.807	
Phenylalanineg	0.608		1		0.172	2.758	
Tyrosineg	0.502		1		0.142	2.277	
Valineg	0.805		1		0.228	3.651	
Arginineg	0.887		1		0.251	4.023	
Histidineg	0.473		1		0.134	2.146	
Alanineg	0.898		1		0.255	4.073	
Aspartic acidg	1.314		1		0.373	5.960	
Glutamic acidg	2.166		1		0.614	9.825	
Glycineg	0.729		1		0.207	3.307	
Prolineg	0.626		1		0.177	2.840	
Serineg	0.555	0	1		0.157	2.517	
Hydroxyproline9							

## **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. 17083 Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted

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

Number of Data Deriv Source Confidence Nutrients and Units Mean Std. Error Points Code Code Code Measure 1	neasures of food  Measure 2 Mo	
		easure 3
Proximates:		
Water	54.66	
Energykcal 196 0 NC 4 298	167	
Energykj 820 4 1246	697	
Protein (N x 6.25)	20.76	
Total lipid (fat)	8.64	
Ashg 1.28 0 1 1.95	1.09	
Carbohydrate, by differenceg 0.00 0 z 7 0.00	0.00	
Fiber, total dietary	0.0	
Sugars, total	0.00	
Starch		
Minerals:		
Calcium, Ca	12	
Iron, Fe	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	41	
Zinc, Zn	2.92	
Copper, Cumg 0.077 0 1 0.117	0.065	
Manganese, Mn	0.020	
Selenium, Semcg         1.7         0         BFYN         4         2.6	1.4	
Vitamins:		
Vitamin C, total ascorbic acidmg 0.0 0 z 7 0.0	0.0	
Thiamin mg 0.110 0 1 0.167	0.094	
Riboflavin	0.281	
Niacinmg 6.130 0 1 9.318	5.211	
Pantothenic acid	0.383	
Vitamin B-6	0.094	
Folate, totalmcg	0	
Folic acid mcg 0 0 <b>z</b> 7 0	0	
Folate, foodmcg 0 0 1 0	0	
Folate, DFE	0	
Vitamin B-12mcg 2.28 0 1 3.47	1.94	
Vitamin A, IU	0	
Vitamin A, RAEmcg_RAE 0 0 NC 4 0	0	
Retinolmcg 0 0 NR 4 0	0	
Vitamin E (alpha-tocopherol)mg 0.15 0 1 0.23	0.13	
Tocopherol, betamg		
Tocopherol, gammamg		
Tocopherol, deltamg		
Vitamin DIU		
Vitamin K (phylloquinone)mcg         3.5         0         BFSN         4         5.4	3.0	
Lipids:		
Fatty acids, total saturated	3.766	
4:0g 0.000 0 1 0.000	0.000	
6:0	0.000	
8:0	0.000	
10:0.	0.017	
12:0	0.026	
13.0. 9		
14:0	0.238	
15:0g		
16:0g 2.140 0 1 3.253	1.819	
17:0g		
18:0g 1.610 0 1 2.447	1.369	
20:0g		
22:0g		
24:0g		

		<u>A</u>	mount in 100		of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				lumber of Data	Deriv	Source	Confidence	<u>m</u> .	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atedg	3.990	1	0		1		6.065	3.392	
14:1	_									
15:1 16:1 undifferentiated	_	0.210		0		1		0.319	0.179	
17:1	_	0.210		Ū		-		0.319	0.179	
18:1 undifferentiated	_	3.710	1	0		1		5.639	3.154	
20:1	_	0.000	1	0		1		0.000	0.000	
22:1 undifferentiated	g	0.000	1	0		1		0.000	0.000	
24:1 c	g									
Fatty acids, total polyunsaturat	tedg	0.590	1	0		1		0.897	0.502	
18:2 undifferentiated		0.390		0		1		0.593	0.332	
18:3 undifferentiated	g	0.170		0		1		0.258	0.145	
18:4	_	0.000	)	0		1		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •									
20:3 undifferentiated	_	0.040		•						
20:4 undifferentiated	_	0.040		0		1		0.061	0.034	
20:5 n-3		0.000		0 0		1 1		0.000	0.000	
22:5 n-3 22:6 n-3		0.000		0		1		0.000 0.000	0.000 0.000	
Fatty acids, total trans		0.000		U		1		0.000	0.000	
Cholesterol		94		0		1		143	80	
Phytosterols	_	51		Ů		-		145	00	
-										
Amino Acids:										
Tryptophan		0.285		0		1		0.433	0.242	
Threonine	_	1.045		0		1		1.588	0.888	
Isoleucine	_	1.178		0		1		1.791	1.001	
Leucine	_	1.900		0		1		2.888	1.615	
Lysine		2.157 0.627		0 0		1 1		3.279	1.833	
Methionine		0.292		0		1		0.953 0.444	0.533 0.248	
Cystine		0.292		0		1		1.511	0.248	
Phenylalanine Tyrosine		0.821		0		1		1.248	0.645	
Valine	_	1.318		0		1		2.003	1.120	
Arginine	_	1.451		0		1		2.206	1.233	
Histidine	_	0.774		0		1		1.176	0.658	
Alanine	_	1.469		0		1		2.233	1.249	
Aspartic acid		2.150		0		1		3.268	1.828	
Glutamic acid		3.544		0		1		5.387	3.012	
Glycine		1.193	1	0		1		1.813	1.014	
Proline	<del>-</del>	1.024		0		1		1.556	0.870	
Serine	_	0.908		0		1		1.380	0.772	
Hydroxyproline										
Others:										
Alcohol, ethyl	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	z	7		0.0	0.0	
Theobromine	-	0		0	Z	7		0	0	
Carotenoids:		ŭ		ŭ	-	•		•	•	
		_		_		_				
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0 0	z z	7		0.000	0.000	
Lutein + zeaxanthin	iiicg	U		U	z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 152g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17083

Lamb, New Zealand, imported, frozen, rib, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

		<u>Aı</u>	mount in 100 gra		ble portion	<u>on</u>		edible portion		
			Num		_		<u>m</u>	illeasures of 1000		
Nutrients and Un	its	Mean	of Da Std. Error Poin	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	72.61	0.694	9	1		20.58	329.36		
Energy	-	142		o no			40	644		
Energy		594		o no	4		168	2695		
Protein (N x 6.25)		20.49	0.338	9	1		5.81	92.94		
Total lipid (fat)		6.06		9	1		1.72	27.49		
Ash		1.08		9	1		0.31	4.90		
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00		
Fiber, total dietary		0.0		0 z	7		0.0	0.0		
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	mg	11	2.058	•	1		3	50		
Iron, Fe	-	1.57	0.165	•	1		0.45	7.12		
Magnesium, Mg	mg	17		•	1		5	77		
Phosphorus, P		187		9	1		53	848		
Potassium, K		156		9	1		44	708		
Sodium, Na		52		9	1		15	236		
Zinc, Zn		2.88		9	1 1		0.82	13.06		
Copper, Cu	-	0.078 0.024		) )	1		0.022 0.007	0.354 0.109		
Manganese, Mn Selenium, Se		1.4		) D BFYI			0.4	6.4		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		) z	7		0.0	0.0		
Thiamin		0.150		9	1		0.043	0.680		
Riboflavin		0.310		•	1		0.088	1.406		
Niacin		6.150	0.178	•	1		1.744	27.896		
Pantothenic acid		0.460	0.019	•	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	•	1		0	0		
Folic acid	-	0		) z	7		0	0		
Folate, food		0		-	1		0	0		
Folate, DFE		0		) NC	4		0	0		
Vitamin B-12		2.48 0		<b>9</b> 0	1 4		0.70 0	11.25		
Vitamin A, IU Vitamin A, RAE		0		)	4		0	0		
Retinol		0		)	4		0	0		
Vitamin E (alpha-tocopherol)		0.19		)	1		0.05	0.86		
Tocopherol, beta		0.13		-	-		3.05	0.00		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.580	)	)	1		0.731	11.703		
4:0										
6:0										
8:0		0.010		5	1		0.002	0.045		
10:0 12:0		0.010 0.010		5 5	1 1		0.003 0.003	0.045 0.045		
13:0	-	0.010	•	_	1		0.003	0.043		
14:0	-	0.130	, 7	5	1		0.037	0.590		
15:0	-	0.250	·	-	-		3.037	0.550		
16:0	-	1.230	7	5	1		0.349	5.579		
17:0	-									
18:0	-	1.000	7	5	1		0.284	4.536		
20:0	-									
22:0										
24:0	g									

		<u>Ar</u>	nount in 100 gra		ble portio	<u>n</u>	Amount in edible portion of common measures of food		
			Num		_		<u> </u>	easures of 1000	
Nutrients and Un	its	Mean	of D Std. Error Poir	ata Deriv ts Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		2.320		0	1		0.658	10.524	
14:1									
15:1	-	0 110		5	1		0 031	0.400	
16:1 undifferentiated	-	0.110	,	5	1		0.031	0.499	
17:1 18:1 undifferentiated		2.200		5	1		0.624	9.979	
20:1		0.000		5	1		0.624	0.000	
22:1 undifferentiated	-	0.000		5	1		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturated	•	0.310		0	1		0.088	1.406	
18:2 undifferentiated	-	0.190		5	1		0.054	0.862	
18:3 undifferentiated		0.090		5	1		0.026	0.408	
18:4		0.050		•	_		0.020	0.100	
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.030	7	5	1		0.009	0.136	
20:5 n-3									
22:5 n-3									
22:6 n-3	g								
Fatty acids, total trans	g								
Cholesterol	mg	76	1.739	9	1		22	345	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.239		0	1		0.068	1.084	
Threonine		0.233		0	1		0.249	3.978	
Isoleucine		0.988		0	1		0.280	4.482	
Leucine		1.593		)	1		0.452	7.226	
Lysine	-	1.809		)	1		0.513	8.206	
Methionine		0.526		)	1		0.149	2.386	
Cystine		0.245		)	1		0.069	1.111	
Phenylalanine	-	0.834		)	1		0.236	3.783	
Tyrosine		0.688		)	1		0.195	3.121	
Valine		1.105		)	1		0.313	5.012	
Arginine	-	1.217		)	1		0.345	5.520	
Histidine	-	0.649		0	1		0.184	2.944	
Alanine	_	1.232		)	1		0.349	5.588	
Aspartic acid	-	1.803		0	1		0.511	8.178	
Glutamic acid		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								

## **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. 17085 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Refuse: 29% Bone

		A	mount in 10			ole portic	on	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		42.64		0		1		87.84	36.24	
Energy		357		0	NC	4		735	303	
Energy		1494				4		3077	1270	
Protein (N x 6.25)		28.21		0		1		58.11	23.98	
Total lipid (fat)		26.27		0		1		54.12	22.33	
Ash		1.58		0	_	1		3.25	1.34	
Carbohydrate, by difference	=	0.00		0	z z	7 7		0.00	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	27		0		1		56	23	
Iron, Fe		2.11		0		1		4.35	1.79	
Magnesium, Mg		18		0		1		37	15	
Phosphorus, P	•	196		0		1		404	167	
Potassium, K	-	147		0		1		303	125	
Sodium, Na		51		0		1		105	43	
Zinc, Zn		4.53 0.103	•	0 0		1 1		9.33 0.212	3.85 0.088	
Copper, Cu Manganese, Mn		0.103		0		1		0.212	0.088	
Selenium, Se		4.5	,	0	PIE	4		9.3	3.8	
Selenium, Se	g	4.5		Ū	215	-		3.3	3.0	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.080		0		1		0.165	0.068	
Riboflavin	_	0.320		0		1		0.659	0.272	
Niacin		6.370		0		1		13.122	5.415	
Pantothenic acid		0.520		0		1		1.071	0.442	
Vitamin B-6		0.070	,	0		1		0.144 2	0.060	
Folate, totalFolic acid		1 0		0	z	1 7		0	1 0	
Folate, food		1		0	4	1		2	1	
Folate, DFE		1		0	NC	4		2	1	
Vitamin B-12		3.40		0	110	1		7.00	2.89	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.740	)	0		1		26.244	10.829	
4:0										
6:0										
8:0	-					_				
10:0	-	0.070		0		1		0.144	0.060	
12:0		0.100	,	0		1		0.206	0.085	
13:0	_	1.020	,	0		1		2.101	0.867	
14:0 15:0		1.020	•	U		_		2.101	0.007	
16:0		5.750	)	0		1		11.845	4.888	
17:0	-	2		·		-		040	4.000	
18:0	_	4.820	)	0		1		9.929	4.097	
20:0	_									
22:0	_									
24:0	g									

	<u>Aı</u>	mount in 100 gr	ams of edi	ble portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Data Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
				_				
Fatty acids, total monounsaturated9	10.220		0	1		21.053	8.687	
14:1g								
15:1	0 510		•	-		1 051	0.404	
16:1 undifferentiatedg	0.510		0	1		1.051	0.434	
17:1g			_	_				
18:1 undifferentiated	9.500		0	1		19.570	8.075	
20:1g	0.030		0	1		0.062	0.026	
22:1 undifferentiatedg								
24:1 cg						_		
Fatty acids, total polyunsaturatedg	1.330		0	1		2.740	1.131	
18:2 undifferentiated	0.820		0	1		1.689	0.697	
18:3 undifferentiatedg	0.470		0	1		0.968	0.400	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.040		0	1		0.082	0.034	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	123		0	1		253	105	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.330		0	1		0.680	0.281	
Threonineg	1.207		0	1		2.486	1.026	
Isoleucineg	1.361		0	1		2.804	1.157	
Leucineg	2.194		0	1		4.520	1.865	
Lysineg	2.491		0	1		5.131	2.117	
Methionineg	0.724		0	1		1.491	0.615	
Cystineg	0.337		0	1		0.694	0.286	
Phenylalanineg	1.148		0	1		2.365	0.976	
Tyrosineg	0.948		0	1		1.953	0.806	
Valineg	1.522		0	1		3.135	1.294	
Arginineg	1.676		0	1		3.453	1.425	
Histidine 9	0.894		0	1		1.842	0.760	
Alanine	1.697		0	1		3.496	1.442	
Aspartic acid	2.483		0	1		5.115	2.111	
Glutamic acid	4.094		0	1		8.434	3.480	
Glycineg	1.378		0	1		2.839	1.171	
Proline	1.183		0	1		2.437	1.006	
Serineg	1.049		0	1		2.161	0.892	
Hydroxyproline	1.049		·	-		2.101	0.032	

# **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. 17084 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, raw

Refuse: 25% Bone

		<u>A</u>	mount in 100 gra	ms of edi	ole portic	<u>on</u>	Amount in edible portion of common		
			Numi	oer			<u>m</u>	easures of food	<u>l</u>
			of Da	ıta Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	60.11		)	1		17.04	272.66	
Energy	kcal	272		) NC	4		77	1234	
Energy	kj	1138			4		323	5162	
Protein (N x 6.25)		16.65		)	1		4.72	75.52	
Total lipid (fat)	g	22.23	1	)	1		6.30	100.84	
Ash	g	0.92		)	1		0.26	4.17	
Carbohydrate, by difference	g	0.00		) z	7		0.00	0.00	
Fiber, total dietary		0.0	1	) z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	mg	17	(	)	1		5	77	
Iron, Fe	-	1.35			1		0.38	6.12	
Magnesium, Mg	-	15	(	)	1		4	68	
Phosphorus, P		164	(	)	1		46	744	
Potassium, K	-	133	(	)	1		38	603	
Sodium, Na	mg	41	(	)	1		12	186	
Zinc, Zn	mg	2.80	(	)	1		0.79	12.70	
Copper, Cu	mg	0.081	<u> </u>	)	1		0.023	0.367	
Manganese, Mn		0.019			1		0.005	0.086	
Selenium, Se	mcg	2.6	(	) PIE	4		0.7	11.8	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0	(	) z	7		0.0	0.0	
Thiamin		0.120			1		0.034	0.544	
Riboflavin		0.300	) (	)	1		0.085	1.361	
Niacin		5.510	) (	)	1		1.562	24.993	
Pantothenic acid		0.550	) (	)	1		0.156	2.495	
Vitamin B-6	mg	0.080	) (	)	1		0.023	0.363	
Folate, total	mcg	1	(	)	1		0	5	
Folic acid		0	(	) Z	7		0	0	
Folate, food	mcg	1	(	)	1		0	5	
Folate, DFE	mcg_DFE	1	(	) NC	4		0	5	
Vitamin B-12		3.07	(	)	1		0.87	13.93	
Vitamin A, IU		0	(		4		0	0	
Vitamin A, RAE		0	(		4		0	0	
Retinol		0	(		4		0	0	
Vitamin E (alpha-tocopherol)		0.22	(	)	1		0.06	1.00	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated		11.220	)	)	1		3.181	50.894	
4:0	-								
6:0									
8:0		0.070	) (	1	1		0 000	0.310	
10:0		0.070			1		0.020 0.026	0.318 0.408	
12:0 13:0	-	0.090	,	,	_		0.026	0.408	
14:0	-	0.910	) (	)	1		0.258	4.128	
15:0	-	0.510	,	•	-		0.236	4.120	
16:0	_	4.880	) (	)	1		1.383	22.136	
17:0	_	1.500	•		-				
18:0	_	4.420	) (	)	1		1.253	20.049	
20:0	-								
22:0	_								
24:0									

	<u>Aı</u>	mount in 10	0 grams		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	8.520		0		1		2.415	38.647	
14:1g									
15:1g									
16:1 undifferentiatedg	0.380		0		1		0.108	1.724	
17:1g			_		_				
18:1 undifferentiatedg	7.970		0		1		2.259	36.152	
20:1g	0.030		0		1		0.009	0.136	
22:1 undifferentiatedg									
24:1 cg					_				
Fatty acids, total polyunsaturatedg	0.960		0		1		0.272	4.355	
18:2 undifferentiated	0.540		0		1		0.153	2.449	
18:3 undifferentiatedg	0.400		0		1		0.113	1.814	
18:4g									
20:2 n-6 c,c									
20:3 undifferentiated	0.020		0		1		0.006	0.091	
20:5 n-3g	0.020		U		_		0.006	0.091	
20.5 n-3									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	75		0		1		21	340	
Phytosterols mg					_				
Amino Acids:									
Tryptophang	0.195		0		1		0.055	0.885	
Threonine	0.713		0		1		0.202	3.234	
Isoleucine 9	0.803		0		1		0.228	3.642	
Leucineg	1.295		0		1		0.367	5.874	
Lysineg	1.471		0		1		0.417	6.672	
Methionineg	0.427		0		1		0.121	1.937	
Cystineg	0.199		0		1		0.056	0.903	
Phenylalanine	0.678		0		1		0.192	3.075	
Tyrosine9	0.560		0		1		0.159	2.540	
Valine 9	0.899		0		1		0.255	4.078	
Arginineg	0.989		0		1		0.280	4.486	
Histidine	0.528		0		1		0.150	2.395	
Alanineg	1.001		0		1		0.284	4.541	
Aspartic acid	1.466		0		1		0.416	6.650	
Glutamic acidg	2.416		0		1		0.685	10.959	
Glycineg	0.813		0		1		0.230	3.688	
Prolineg	0.699		0		1		0.198	3.171	
Serineg	0.619		0		1		0.175	2.808	
Hydroxyprolineg									

## **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. 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  Proximates: Water	g kcal kj g	Mean  47.86 285 1192 34.06		Points	Deriv	Source Code	Confidence Code	<u>me</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:  Water	g kcal kj g	47.86 285 1192	c	of Data Points	Deriv			Measure 1	Measure 2	Measure 3
Proximates:  Water	g kcal kj g	47.86 285 1192	Std. Error F		Code	Code	Code	Measure 1	Measure 2	Measure 3
Water Energy Energy Protein (N x 6.25) Total lipid (fat) Ash Carbohydrate, by difference Fiber, total dietary Sugars, total	kcal kj g g	285 1192		•						
Water	kcal kj g g	285 1192		•						
Energy	kcal kj g g	285 1192		0		1		75.14	40.68	
Energy	kj g g	1192		0	NC	4		447	242	
Protein (N x 6.25)	g g			U	NC	4		1872	1014	
Total lipid (fat)	g	34.06		0		1		53.47		
Ash		15 50		0					28.95	
Carbohydrate, by difference	9	15.50				1		24.34	13.18	
Fiber, total dietary		1.85		0	_	1		2.90	1.57	
Sugars, total		0.00		0	Z	7		0.00	0.00	
<i>U</i> ,		0.0		0	Z	7		0.0	0.0	
Starch	g									
	g									
Minerals:										
Calcium, Ca	mg	27		0		1		42	23	
Iron, Fe.	-	2.34		0		1		3.67	1.99	
Magnesium, Mg	_	20		0		1		31	17	
Phosphorus, P		215		0		1		338	183	
Potassium, K	•	166		0		1		261	141	
Sodium, Na		56		0		1		88	48	
Zinc, Zn	-	5.60		0		1		8.79	4.76	
Copper, Cu		0.116	5	0		1		0.182	0.099	
Manganese, Mn		0.032		0		1		0.050	0.027	
Selenium, Se		5.3	-	0	BFYN	4		8.3	4.5	
· ·										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.080		0		1		0.126	0.068	
Riboflavin		0.360	)	0		1		0.565	0.306	
Niacin		5.850	)	0		1		9.185	4.973	
Pantothenic acid	<sub>.</sub> 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		0		0		1		0	0	
Folate, DFE	mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12	mcg	3.71		0		1		5.82	3.15	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	6.810	)	0		1		10.692	5.789	
4:0		3.010		-		_			- · · • •	
6:0.										
8:0										
10:0	_	0.040	)	0		1		0.063	0.034	
12:0		0.050		0		1		0.079	0.043	
13:0				-		_		2.0.0	0.013	
14:0	_	0.480	)	0		1		0.754	0.408	
15:0	_	0.400		ŭ		-		3.734	0.400	
16:0	_	3.300	)	0		1		5.181	2.805	
17:0	_	3.300		ŭ		-		5.101	2.003	
18:0	_	2.410	)	0		1		3.784	2.049	
20:0	_	2.410	-	3		_		J. 704	2.043	
22:0	_									
24:0	_									

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
			Deriv Source				
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	6.140	0	1		9.640	5.219	
14:1g							
15:1g							
16:1 undifferentiated	0.350	0	1		0.550	0.298	
17:1							
18:1 undifferentiatedg	5.670	0	1		8.902	4.820	
20:1g	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.950	0	1		1.492	0.808	
18:2 undifferentiatedg	0.640	0	1		1.005	0.544	
18:3 undifferentiated	0.260	0	1		0.408	0.221	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiated	0.050	0	1		0.079	0.043	
20:5 n-3g							
22:5 n-3							
22:6 n-3g							
Fatty acids, total trans							
Cholesterol me	g 127	0	1		199	108	
Phytosterolsme	g						
Amino Acids:							
Tryptophan	0.398	0	1		0.625	0.338	
Threonineg	1.458	0	1		2.289	1.239	
Isoleucineg	1.643	0	1		2.580	1.397	
Leucineg	2.649	0	1		4.159	2.252	
Lysineg	3.007	0	1		4.721	2.556	
Methionineg	0.874	0	1		1.372	0.743	
Cystineg	0.406	0	1		0.637	0.345	
Phenylalanineg	1.386	0	1		2.176	1.178	
Tyrosineg	1.145	0	1		1.798	0.973	
Valineg	1.838	0	1		2.886	1.562	
Arginineg	2.023	0	1		3.176	1.720	
Histidine	1.079	0	1		1.694	0.917	
Alanineg	2.048	0	1		3.215	1.741	
Aspartic acidg	2.998	0	1		4.707	2.548	
Glutamic acid	4.942	0	1		7.759	4.201	
Glycineg	1.663	0	1		2.611	1.414	
Proline	1.429	0	1		2.244	1.215	
Serine	1.266	0	1		1.988	1.076	
Hydroxyproline							

## **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. 17086 Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, raw

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

		<u>Aı</u>	mount in 100 grar	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			measures of food			
					Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	72.89	0.672	1	1		20.66	330.63		
Energy		135			4		38	612		
Energy		565	•		4		160	2562		
Protein (N x 6.25)		20.25	0.075	,	1		5.74	91.85		
Total lipid (fat)		5.43	0.397		1		1.54	24.63		
Ash	-	1.10	0.060		1		0.31	4.99		
Carbohydrate, by difference		0.00	0.000		7		0.00	0.00		
Fiber, total dietary		0.00			, 7		0.0	0.00		
Sugars, total		0.0	•		,		0.0	0.0		
Starch										
Starcn	9									
Minerals:										
Calcium, Ca		15	3.404 9		1		4	68		
Iron, Fe	_	1.43	0.128 9		1		0.41	6.49		
Magnesium, Mg	mg	18	0.468 9		1		5	82		
Phosphorus, P		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	<u>mg</u>	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		0	0	Z	7		0	0		
Folate, food	mcg	0	0.086 9		1		0	0		
Folate, DFE		0	0	NC	4		0	0		
Vitamin B-12		3.56	0.458 9		1		1.01	16.15		
Vitamin A, IU		0	0		4		0	0		
Vitamin A, RAE		0	0		4		0	0		
Retinol		0	0		4		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
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	7	5	1		0.003	0.045		
12:0	g	0.010	7	5	1		0.003	0.045		
13:0	g									
14:0	g	0.110	7:	5	1		0.031	0.499		
15:0	g									
16:0	-	1.110	7	5	1		0.315	5.035		
17:0	-									
18:0	-	0.900	7:	5	1		0.255	4.082		
20:0	-									
22:0	-									
24:0	-									
=										

	<u>Ar</u>	nount in 100 grams Numbe	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.080	0	1		0.590	9.435	
14:1g							
15:1g							
16:1 undifferentiatedg	0.090	75	1		0.026	0.408	
17:1g							
18:1 undifferentiatedg	1.970	75	1		0.558	8.936	
20:1g	0.000	75	1		0.000	0.000	
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.280	0	1		0.079	1.270	
18:2 undifferentiated	0.170	75	1		0.048	0.771	
18:3 undifferentiatedg	0.080	75	1		0.023	0.363	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.020	75	1		0.006	0.091	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterol mg	g 71	1.885 9	1		20	322	
Phytosterolsmg	9						
Amino Acids:							
	0.237	0	1		0.067	1.075	
Tryptophan	0.237	0	1		0.246	3.933	
Threonine		-	<del>-</del>				
Isoleucine	0.977	0	1		0.277	4.432	
Leucine	1.575	0	1		0.447	7.144	
Lysineg	1.788	0	1		0.507	8.110	
Methionine	0.520	0	1		0.147	2.359	
Cystineg	0.242	0	1		0.069	1.098	
Phenylalanine	0.824	0	1		0.234	3.738	
Tyrosineg	0.681	0	1		0.193	3.089	
Valineg	1.093	0	1		0.310	4.958	
Arginineg	1.203	0	1		0.341	5.457	
Histidineg	0.642	0	1		0.182	2.912	
Alanineg	1.218	0	1		0.345	5.525	
Aspartic acidg	1.783	0	1		0.505	8.088	
Glutamic acid	2.939	0	1		0.833	13.331	
Glycineg	0.989	0	1		0.280	4.486	
Prolineg	0.849	0	1		0.241	3.851	
Serineg	0.753	0	1		0.213	3.416	
Hydroxyproline							

## **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. 17006 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u> e	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	26.14	1.493	11		1		74.76	22.22	
Energy	=	586	1.455	0	NC	4		1676	498	
23		2452		U	NC	4		7012	498 2084	
Energy	=		1 405	12		=				
Protein (N x 6.25)		12.16	1.485	13		1		34.78	10.34	
Total lipid (fat)		59.18	2.642	14		1		169.25	50.30	
Ash		0.68	0.036	14	_	1		1.94	0.58	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium. Ca	ma	23	1.793	14		1		66	20	
Iron, Fe		1.29	0.115	14		1		3.69	1.10	
Magnesium, Mg	-	13	0.730	14		1		37	11	
Phosphorus, P		114	5.288	14		1		326	97	
Potassium, K	-	194	10.012	14		1		555	165	
Sodium, Na		58	2.722	14		1		166	49	
Zinc, Zn		1.74	0.143	14		1		4.98	1.48	
Copper, Cu		0.088		14		1		0.252	0.075	
Manganese, Mn		0.004		0		1		0.011	0.003	
Selenium, Se		18.8		0	BFNN	4		53.8	16.0	
Scientifi, Sc				-		_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.070		7		1		0.200	0.060	
Riboflavin		0.170		7		1		0.486	0.145	
Niacin	-	7.800		7		1		22.308	6.630	
Pantothenic acid		0.580		7		1		1.659	0.493	
Vitamin B-6	_	0.040	0.010	8		1		0.114	0.034	
Folate, total	mcg	3	0.180	7		1		9	3	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	3	0.180	7		1		9	3	
Folate, DFE		3		0	NC	4		9	3	
Vitamin B-12		2.35	0.089	7		1		6.72	2.00	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.04		0		1		0.11	0.03	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.6		0	BFZN	4		13.2	3.9	
Lipids:										
Fatty acids, total saturated	a	27.020	1	0		1		77.277	22.967	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0		0.170		491		1		0.486	0.145	
12:0		0.290		491		1		0.486	0.145	
13:0	_	0.290		-71		-		0.023	0.247	
14:0	_	2.580	1	491		1		7.379	2.193	
15:0	-	2.360		- JI		1		1.319	2.193	
	-	13.370		491		1		38.238	11 265	
16:0		13.370	•	4 J I		_		30.238	11.365	
17:0	-	0 400		491		1		24 110	7 166	
18:0	-	8.430	•	4 J L		1		24.110	7.166	
20:0 22:0	-									

		<u>A</u> 1	mount in 100 grams		ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	24.400	0		1		69.784	20.740	
14:1 15:1	-								
16:1 undifferentiated	g	1.700	491		1		4.862	1.445	
17:1 18:1 undifferentiated		21.870	491		1		62.548	18.590	
20:1	-	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		4.480			1		12.813	3.808	
18:2 undifferentiated		3.260			1		9.324	2.771	
18:3 undifferentiated	-	1.120			1 1		3.203	0.952	
18:4 20:2 n-6 c.c.	-	0.000	U		1		0.000	0.000	
20:3 undifferentiated									
20:4 undifferentiated	-	0.100	491		1		0.286	0.085	
20:5 n-3	-	0.000			1		0.000	0.000	
22:5 n-3	-	0.000			1		0.000	0.000	
22:6 n-3	-	0.000			1		0.000	0.000	
Fatty acids, total trans									
Cholesterol		114	3.134 14		1		326	97	
Phytosterols	<u>.</u> mg								
Amino Asida									
Amino Acids:		0.142	0		1		0.406	0.121	
Tryptophan Threonine		0.520			1		1.487	0.121	
Isoleucine	-	0.586			1		1.676	0.498	
Leucine	-	0.945			1		2.703	0.803	
Lysine	-	1.073			1		3.069	0.912	
Methionine		0.312			1		0.892	0.265	
Cystine		0.145	0		1		0.415	0.123	
Phenylalanine		0.495	0		1		1.416	0.421	
Tyrosine		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			1		2.091	0.621	
Aspartic acid		1.070			1		3.060	0.910	
Glutamic acid	-	1.764			1		5.045	1.499	
Glycine		0.594			1		1.699	0.505	
Proline	-	0.510			1		1.459	0.434	
Serine		0.452	0		1		1.293	0.384	
Hydroxyproline	9								
Others:									
Alcohol, ethyl	g	0.0	0		7		0.0	0.0	
Caffeine		0	0	Z	7		0	0	
Theobromine	mg	0	0	Z	7		0	0	
Carotenoids:									
Carotene, beta	mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	z	7		0.000	0.000	
Cryptoxanthin, beta	-	0	0	z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 286g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17006

Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17005 Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw

Refuse: 0%

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber	r			<u>m</u>	easures of food	<u>.</u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	-	22.54	1.040	29		1		6.39	102.24		
Energy		665		0	NC	4		189	3016		
Energy		2782				4		789	12621		
Protein (N x 6.25)	-	6.65	0.539	29		1		1.89	30.16		
Total lipid (fat)		70.61	1.486	30		1		20.02	320.29		
Ash		0.36	0.015	30		1		0.10	1.63		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Ainerals:											
Calcium, Ca	mg	19	1.540	30		1		5	86		
Iron, Fe	-	0.98	0.064	30		1		0.28	4.45		
Magnesium, 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		1.13	0.100	30		1		0.32	5.13		
Copper, Cu		0.057		30		1		0.016	0.259		
Manganese, Mn		0.003		0		1		0.001	0.014		
Selenium, Se	mcg	8.8	1.186	12	A	1		2.5	39.9		
itamins:											
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0		
Thiamin	-	0.060	0.004	7		1		0.017	0.272		
Riboflavin		0.160	0.006	7		1		0.045	0.726		
Niacin		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		3	0.162	7		1		1	14		
Folate, DFE		3		0	NC	4		1	14		
Vitamin B-12		1.68	0.114	7		1		0.48	7.62		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.22		0		1		0.06	1.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
vitanini K (phynodumone)	9										
<u> ipids:</u>											
Fatty acids, total saturated		32.240		0		1		9.140	146.241		
4:0											
6:0	_										
8:0	-	0 200		401		1		0.057	0 007		
10:0	_	0.200		491		1 1		0.057	0.907		
12:0	_	0.340		491		1		0.096	1.542		
14:0	-	3.070		491		1		0.870	13.926		
15:0		3.070		- JI		1		0.670	13.920		
16:0	-	15.960	ı	491		1		4.525	72.395		
17:0	_	_3.500				-		1.323	,2.333		
18:0	_	10.060	1	491		1		2.852	45.632		
20:0	_										

		<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
			Numbe of Data	r ı Deriv Source	Confidence	<u></u>			
Nutrients and Unit	s	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	29.110	0	1		8.253	132.043		
14:1									
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		5.350	0	1		1.517	24.268		
18:2 undifferentiated		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									
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	q	0.078	0	1		0.022	0.354		
Threonine		0.284	0	1		0.081	1.288		
Isoleucine	_	0.321	0	1		0.091	1.456		
Leucine		0.517	0	1		0.147	2.345		
Lysine		0.587	0	1		0.166	2.663		
Methionine	-	0.171	0	1		0.048	0.776		
Cystine	-	0.079	0	1		0.022	0.358		
Phenylalanine		0.271	0	1		0.077	1.229		
Tyrosine		0.223	0	1		0.063	1.012		
Valine	_	0.359	0	1		0.102	1.628		
Arginine		0.395	0	1		0.112	1.792		
Histidine		0.211	0	1		0.060	0.957		
Alanine	•	0.400	0	1		0.113	1.814		
Aspartic acid	-	0.585	0	1		0.166	2.654		
Glutamic acid		0.964	0	1		0.273	4.373		
Glycine	-	0.325		1		0.092	1.474		
Proline		0.279	0	1		0.079	1.266		
Serine	•	0.247	0	1		0.070	1.120		
Hydroxyproline	_		•	_			2.220		
11, aroxypromic	b								

## **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. 17002 Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked

Refuse: 25% Bone

Number of Data Deriv Source Confidence	<u> </u>	Amount in edible portion of common measures of food		
Nutrients and Units Mean Std. Error Points Code Code M	Measure 1	Measure 2	Measure 3	
Proximates:				
Water	130.00	45.66		
Energykcal 294 0 NC 4	711	250		
214-6)	2977	1046		
Protein (N x 6.25)	59.34	20.84		
Total lipid (fat)	50.67	17.80		
Ashg 1.04 0 1	2.52	0.88		
Carbohydrate, by difference	0.00	0.00		
Fiber, total dietary	0.0	0.0		
Sugars, total	0.00	0.00		
Starch				
Minerals:				
Calcium, Ca	41	14		
Iron, Fe	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	174	61		
Zinc, Znmg 4.46 0 1	10.79	3.79		
Copper, Cumg 0.119 0 1	0.288	0.101		
Manganese, Mnmg 0.022 0 1	0.053	0.019		
Selenium, Semcg 26.4 0 BFYN 4	63.9	22.4		
Vitamins:				
Vitamin C, total ascorbic acidmg 0.0 0 z 7	0.0	0.0		
Thiamin mg	0.0	0.085		
Riboflavinmg 0.100 0 1	0.605	0.213		
Niacin	16.117	5.661		
Pantothenic acid	1.597	0.561		
Vitamin B-6	0.315	0.111		
Folate, totalmcg	44	15		
Folic acid mcg 0 0 z 7	0	0		
Folate, foodmcg 18 0 1	44	15		
Folate, DFE	44	15		
Vitamin B-12mcg 2.55 0 1	6.17	2.17		
Vitamin A, IUIU 0 0 4	0	0		
Vitamin A, RAEmcg_RAE 0 0 AS 1	0	0		
Retinolmcg 0 0 NR 4	0	0		
Vitamin E (alpha-tocopherol)mg 0.14 0 NR 4	0.34	0.12		
Tocopherol, betamg				
Tocopherol, gammamg				
Tocopherol, deltamg				
Vitamin DIU				
Vitamin K (phylloquinone)mcg 4.6 0 BFZN 4	11.1	3.9		
Lipids:				
Fatty acids, total saturated	21.369	7.506		
4:0g 0.000 0 1	0.000	0.000		
6:0.	0.000	0.000		
8:0	0.000	0.000		
10:0. 9 0.050 0 1	0.121	0.043		
12:0	0.218	0.077		
13:0. 9				
14:0g 0.820 0 1	1.984	0.697		
15:0g				
16:0g 4.480 0 1	10.842	3.808		
17:0g				
18:0g 2.840 0 1	6.873	2.414		
20:0g				
22:0g				
24:0g				

	<u>Ar</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
			_				
Fatty acids, total monounsaturated9 14:19	8.820	0	1		21.344	7.497	
15:1	0.610	0	1		1.476	0.519	
17:1	8.000		1		19.360	6.800	
20:1g 22:1 undifferentiatedg	0.000 0.000		1 1		0.000 0.000	0.000 0.000	
24:1 cg  Fatty acids, total polyunsaturatedg	1.510	0	1		3.654	1.284	
18:2 undifferentiated	1.140 0.300		1 1		2.759 0.726	0.969 0.255	
18:4g 20:2 n-6 c,cg	0.000	0	1		0.000	0.000	
20:3 undifferentiated	0.070	0	1		0.169	0.060	
20:5 n-3g 22:5 n-3g	0.000 0.000		1 1		0.000	0.000 0.000	
22:6 n-3g Fatty acids, total transg	0.000	0	1		0.000	0.000	
Cholesterolmg Phytosterolsmg	97	0	1		235	82	
Amino Acids:					0.605		
Tryptophan	0.287 1.050	0	1 1		0.695 2.5 <b>4</b> 1	0.2 <b>44</b> 0.893	
Isoleucine	1.183 1.908	0	1 1		2.863 4.617	1.006 1.622	
Lysine	2.166 0.629	0	1 1		5.2 <b>4</b> 2 1.522	1.841 0.535	
Cystineg Phenylalanineg	0.293 0.998		1 1		0.709 2.415	0.249 0.848	
Tyrosineg  Valineg	0.824 1.323		1 1		1.994 3.202	0.700 1.125	
Arginine	1.457 0.777		1 1		3.526 1.880	1.238 0.660	
Alanine	1.475 2.159		1 1		3.570 5.225	1.254 1.835	
Glutamic acid	3.559 1.198		1 1		8.613 2.899	3.025 1.018	
Proline	1.029 0.912		1 1		2.490 2.207	0.875 0.775	
Hydroxyproline							
Others: Alcohol, ethyl	0.0	0	7 Z 7		0.0	0.0	
Caffeinemg Theobrominemg	0 0	0	z 7 z 7		0 0	0 0	
Carotenoids:  Carotene, betamcg	0	0	z 7		0.000	0.000	
Carotene, alpha mcg Cryptoxanthin, beta mcg	0	0	z 7 z 7		0.000	0.000	
Lycopene mcg Lutein + zeaxanthin mcg	0	0	z 7 z 7		0.000 0.000	0.000 0.000	

### **Common Measures:**

Measure 1 = 242g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17002

Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

		<u>A</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:				_						
Water		60.70		0		1		17.21	275.34	
Energy		267		0	NC	4		76	1211	
Energy		1117				4		317	5067	
Protein (N x 6.25)		16.88		0		1		4.79	76.57	
Total lipid (fat)	-	21.59		0		1		6.12	97.93	
Ash		0.88		0	_	1		0.25	3.99	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		3	54	
Iron, Fe	-	1.57		0		1		0.45	7.12	
Magnesium, Mg	-	22		0		1		6	100	
Phosphorus, P		160		0		1		45	726	
Potassium, K		230		0		1		65	1043	
Sodium, Na		58		0		1		16	263	
Zinc, Zn	mg	3.33		0		1		0.94	15.10	
Copper, Cu	mg	0.104	l	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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.120	1	0	_	1		0.034	0.544	
Riboflavin	_	0.120		0		1		0.062	0.998	
Niacin	_	6.100		0		1		1.729	27.670	
Pantothenic acid		0.670		0		1		0.190	3.039	
Vitamin B-6		0.130		0		1		0.130	0.590	
Folate, total		18	,	0		1		5	82	
Folic acid		0		0	z	7		0	0	
Folate, food		18		0	_	1		5	82	
Folate, DFE		18		0	NC	4		5	82	
Vitamin B-12		2.39		0	110	1		0.68	10.84	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mca RAF	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.21		0		1		0.06	0.95	
Tocopherol, beta		***		·		_		0.00	0.50	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
	-									
Lipids:	2	0 45	,	^		4		0.50-	40.050	
Fatty acids, total saturated		9.470		0		1 1		2.685	42.956	
4:0	_	0.000		0				0.000	0.000	
6:0	-	0.000		0		1 1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0		0.060		0		1		0.017	0.272	
12:0 13:0	_	0.100	•	U		1		0.028	0.454	
14:0	_	0.870	1	0		1		0.247	3.946	
15:0	-	0.670	•	U		-		0.24/	3.340	
16:0		4.750	)	0		1		1.347	21.546	
17:0		4.750	•	·		-		1.34/	21.340	
18:0		2.980	)	0		1		0.845	13.517	
20:0		2.300	-	U		-		0.043	13.31/	
22:0										
	_									
24:0	9									

		<u>Am</u>	ount in 100 gram	s of edible	portio	<u>n</u>	Amount in edible portion of common measures of food		
			Numbe	r			<u>m</u>	easures of food	
Nutrients and Un	its	Mean	of Data Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_	0.000							
Fatty acids, total monounsaturated. 14:1	g	8.860	0		1		2.512	40.189	
16:1 undifferentiated	g	0.630	0		1		0.179	2.858	
18:1 undifferentiated		7.960	0		1		2.257	36.107	
20:1		0.000	0		1		0.000	0.000	
22:1 undifferentiated		0.000	0		1		0.000	0.000	
24:1 c	•								
Fatty acids, total polyunsaturated		1.700	0		1		0.482	7.711	
18:2 undifferentiated		1.240	0		1		0.352	5.625	
18:3 undifferentiated		0.390	0		1		0.111	1.769	
18:4	-	0.000	0		1		0.000	0.000	
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		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		72	0		1		20	327	
Phytosterols	<u>mg</u>								
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	-	1.313	0		1		0.372	5.956	
Lysine	g	1.491	0		1		0.423	6.763	
Methionine	_	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		0.567	0		1		0.161	2.572	
Valine		0.911	0		1		0.258	4.132	
Arginine		1.003	0		1		0.284	4.550	
Histidine	-	0.535	0		1		0.152	2.427	
Alanine		1.015	0		1		0.288	4.604	
Aspartic acid		1.486	0		1		0.421	6.740	
Glutamic acid		2.450	0		1		0.695	11.113	
Glycine		0.825	0		1		0.234	3.742	
Proline		0.708	0		1		0.201	3.211	
Serine		0.628	0		1		0.178	2.849	
Hydroxyproline	g								
Others:			_	_	_				
Alcohol, ethyl	-	0.0	0	Z	7		0.0	0.0	
Caffeine	-								
Theobromine	mg								

## **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. 17227 Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

Refuse: 24% Bone

		<u>A</u> 1	mount in 10			le portio	<u>n</u>		edible portion o	
Nutrients and Ur	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	ď	55.82		0	PAE	4		139.55	47.45	
Energy		271		0	NC	4		678	230	
Energy		1134				4		2835	964	
Protein (N x 6.25)		25.51		0	PAE	4		63.78	21.68	
Total lipid (fat)		18.01		0	PAE	4		45.03	15.31	
Ash		1.06		0	PAE	4		2.65	0.90	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Suici										
Minerals:										
Calcium, Ca	_	16		0	PAE	4		40	14	
Iron, Fe	-	1.93		0	PAE	4		4.83	1.64	
Magnesium, Mg	_	24		0	PAE	4		60	20	
Phosphorus, P		193		0	PAE	4		483	164	
Potassium, K		318		0	PAE	4		795	270	
Sodium, Na		72		0 0	PAE	4 4		180	61	
Zinc, Zn		4.74 0.121		0	PAE PAE	4		11.85 0.303	4.03 0.103	
Copper, Cu		0.121		0	PAE	4		0.303	0.103	
Selenium, Se		27.2	•	0	BFNN	4		68.0	23.1	
Scienium, Se		27.2		Ū	DEMM	-		00.0	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		0.670	)	0	PAE	4		1.675	0.570	
Vitamin B-6		0.140	)	0	PAE	4		0.350	0.119	
Folate, total		19		0	PAE	4		48	16	
Folic acid		0		0	Z	7		0	0	
Folate, food		19		0	PAE	4		48	16	
Folate, DFE		19		0	NC	4		48	16	
Vitamin B-12		2.57		0	PAE	4		6.43	2.18	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (priyrioquillone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	7.450	)	0	PAE	4		18.625	6.333	
4:0	g									
6:0										
8:0	_									
10:0	_	0.050		0	PAE	4		0.125	0.043	
12:0		0.070	)	0	PAE	4		0.175	0.060	
13:0	-	<u> </u>		_		_				
14:0		0.690	)	0	PAE	4		1.725	0.587	
15:0				_		_				
16:0		3.810	)	0	PAE	4		9.525	3.239	
17:0	-			_		_				
18:0	-	2.410	)	0	PAE	4		6.025	2.049	
20:0	-									
22:0	-									
24:0	g									

NDB No. 17227 Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked

		<u>Aı</u>	nount in 10	00 grams Numbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		7.630		0	PAE	4		19.075	6.486	
14:1										
15:1	-	0 530		•	PAE	4		1.325	0.451	
16:1 undifferentiated	-	0.530		0	PAE	4		1.325	0.451	
17:1 18:1 undifferentiated		6.940		0	PAE	4		17 250	5.899	
		0.000		0	PAE	4		17.350		
20:1	-	0.000		U	PAE	4		0.000	0.000	
22:1 undifferentiated 24:1 c	•									
Fatty acids, total polyunsaturated	•	1.290		0	PAE	4		3.225	1.097	
18:2 undifferentiated	-	0.980		0	PAE	4		2.450	0.833	
18:3 undifferentiated	-	0.240		0	PAE	4		0.600	0.204	
18:4		0.240		U	PAL	4		0.600	0.204	
20:2 n-6 c.c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.070		0	PAE	4		0.175	0.060	
20:5 n-3		0.070		Ū	FAL	-		0.173	0.000	
20:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans	-									
Cholesterol	-	96		0	PAE	4		240	82	
Phytosterols	-			-		_				
1 Hy tosterois										
Amino Acids:										
Tryptophan		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	_	2.253		0	PAE	4		5.633	1.915	
Methionine		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		1.376		0	PAE	4		3.440	1.170	
Arginine	•	1.516		0	PAE	4		3.790	1.289	
Histidine	_	0.808		0	PAE	4		2.020	0.687	
Alanine		1.534		0	PAE	4		3.835	1.304	
Aspartic acid		2.245		0	PAE	4		5.613	1.908	
Glutamic acid	-	3.702		0	PAE	4		9.255	3.147	
Glycine	_	1.246		0	PAE	4		3.115	1.059	
Proline		1.070		0	PAE	4		2.675	0.910	
Serine	-	0.948		0	PAE	4		2.370	0.806	
Hydroxyproline	g									

## **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. 17226 Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 24% Bone

		<u>A</u>	mount in 100	grams	ot edib	ie portio	<u>on</u>	Amount in edible portion of common		
			N	lumber				<u>m</u>	easures of food	•
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	63.17		0	PAE	4		17.91	286.54	
Energy	_	243		0	NC	4		69	1102	
23		1017		U	NC	4		288		
Energy				•					4612	
Protein (N x 6.25)		17.54		0	PAE	4		4.97	79.56	
Total lipid (fat)		18.66		0	PAE	4		5.29	84.64	
Ash		0.92		0	PAE	4		0.26	4.17	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:	ma			_				_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	12		0	PAE	4		3	54	
Iron, Fe	_	1.62		0	PAE	4		0.46	7.35	
Magnesium, Mg		22		0	PAE	4		6	100	
Phosphorus, P		166		0	PAE	4		47	753	
Potassium, K	mg	239		0	PAE	4		68	1084	
Sodium, Na	-	59		0	PAE	4		17	268	
Zinc, Zn	mg	3.52		0	PAE	4		1.00	15.97	
Copper, Cu	mg	0.108	3	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	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.120	`	0	PAE	4		0.034	0.544	
Riboflavin	-	0.120		0	PAE	4		0.062	0.998	
		6.070		0	PAE	4		1.721	27.534	
Niacin				0	PAE	4				
Pantothenic acid		0.680				_		0.193	3.084	
Vitamin B-6	_	0.140	)	0	PAE	4		0.040	0.635	
Folate, total		19		0	PAE	4		5	86	
Folic acid		0		0	Z	7		0	0	
Folate, food		19		0	PAE	4		5	86	
Folate, DFE		19		0	NC	4		5	86	
Vitamin B-12		2.44		0	PAE	4		0.69	11.07	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	8.070	1	0	PAE	4		2.288	36.606	
4:0		3.070	-	•		~		2.200	50.000	
6:0	_									
8:0	-									
	-	0.050	1	0	PAE	4		0.014	0.227	
10:0				0		4		0.014		
12:0	_	0.080	,	U	PAE	4		0.023	0.363	
13:0				_					2 24	
14:0	_	0.730	)	0	PAE	4		0.207	3.311	
15:0	_									
16:0	_	4.070	)	0	PAE	4		1.154	18.462	
17:0	_									
18:0	-	2.550	)	0	PAE	4		0.723	11.567	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Dec. 11 and 1	~	7.650		•				0.150	04 500	
Fatty acids, total monounsaturated		7.650		0	PAE	4		2.169	34.700	
14:1 15:1										
16:1 undifferentiated	-	0.540		0	PAE	4		0.153	2.449	
17:1	-	0.540		Ū	FAL	-		0.133	2.443	
18:1 undifferentiated.		6.870		0	PAE	4		1.948	31.162	
20:1		0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated	_	0.000		Ū	FAL	-		0.000	0.000	
24:1 c	-									
Fatty acids, total polyunsaturated	•	1.480		0	PAE	4		0.420	6.713	
18:2 undifferentiated	-	1.090		0	PAE	4		0.309	4.944	
18:3 undifferentiated		0.330		0	PAE	4		0.094	1.497	
18:4		0.550		•		•		0.034	1.457	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.070		0	PAE	4		0.020	0.318	
20:5 n-3				-		_		0.020	0.020	
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	-									
Cholesterol		70		0	PAE	4		20	318	
Phytosterols	_									
Amino Acids:										
Tryptophan	q	0.205		0	PAE	4		0.058	0.930	
Threonine		0.751		0	PAE	4		0.213	3.407	
Isoleucine		0.846		0	PAE	4		0.240	3.837	
Leucine		1.365		0	PAE	4		0.387	6.192	
Lysine	_	1.549		0	PAE	4		0.439	7.026	
Methionine		0.450		0	PAE	4		0.128	2.041	
Cystine	g	0.209		0	PAE	4		0.059	0.948	
Phenylalanine	_	0.714		0	PAE	4		0.202	3.239	
Tyrosine		0.590		0	PAE	4		0.167	2.676	
Valine		0.947		0	PAE	4		0.268	4.296	
Arginine		1.042		0	PAE	4		0.295	4.727	
Histidine	_	0.556		0	PAE	4		0.158	2.522	
Alanine	_	1.055		0	PAE	4		0.299	4.785	
Aspartic acid	_	1.544		0	PAE	4		0.438	7.004	
Glutamic acid		2.546		0	PAE	4		0.722	11.549	
Glycine	-	0.857		0	PAE	4		0.243	3.887	
Proline	-	0.736		0	PAE	4		0.209	3.338	
Serine	-	0.652		0	PAE	4		0.185	2.957	
Hydroxyproline										

# **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. 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%

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common						
				nber		_		<u>me</u>	easures of food	<u>!</u>
Nutrients and Uni	its	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	_		0.404			_		445.05		
Water	_	61.96	0.431	16	***	1		115.87	52.67	
Energy.		206 862		0	NC	4 4		385 1612	175 733	
Energy		28.22	0.336	16		1		52.77	733 23.99	
Protein (N x 6.25) Total lipid (fat)		9.52	0.358	16		1		17.80	8.09	
Ash		1.14	0.338	16		1		2.13	0.97	
Carbohydrate, by difference		0.00	0.013	0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	15		16		1		28	13	
Iron, Fe		2.05		16		1		3.83	1.74	
Magnesium, Mg		26		16		1		49	22	
Phosphorus, P		210 344	3.520 3.940	16 16		1 1		393 643	179 292	
Potassium, K		76		16		1		142	292 65	
Sodium, NaZinc, Zn		5.27	0.117	16		1		9.85	4.48	
Copper, Cu		0.128		16		1		0.239	0.109	
Manganese, Mn	-	0.028		0		1		0.052	0.024	
Selenium, Se		26.1	2.876	5	A	1		48.8	22.2	
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.100		16		1 1		0.187	0.085	
Riboflavin		0.280 6.320		16 16		1		0.524 11.818	0.238 5.372	
Niacin Pantothenic acid		0.690		16		1		1.290	0.587	
Vitamin B-6		0.160		0		1		0.299	0.136	
Folate, total	-	23		16		1		43	20	
Folic acid		0	0.000	0	z	7		0	0	
Folate, food	-	23	0.860	16		1		43	20	
Folate, DFE		23		0	NC	4		43	20	
Vitamin B-12		2.61	0.104	16		1		4.88	2.22	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.19		0		1		0.36	0.16	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
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										
10:0		0.020		107		1		0.037	0.017	
12:0	-	0.030	)	107		1		0.056	0.026	
13:0	-	<u></u>				_			_	
14:0	-	0.300	)	107		1		0.561	0.255	
15:0	-			105		_		2		
16:0	-	1.830	)	107		1		3.422	1.556	
17:0	-	1 170		107		1		0 100	0 005	
18:0	-	1.170	,	107		1		2.188	0.995	
20:0 22:0	_									
	g g									

NDB No. 17004 Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked

		<u>Ar</u>	nount in 100 gram	Amount in edible portion of common measures of food				
			Numbe of Data	r a Deriv Source	Confidence			
Nutrients and Un	nits	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
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								
Fatty acids, total polyunsaturated	g	0.620	0	1		1.159	0.527	
18:2 undifferentiated		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		1.208	0	1		2.259	1.027	
Isoleucine	-	1.361	0	1		2.545	1.157	
Leucine		2.195	0	1		4.105	1.866	
Lysine		2.492	0	1		4.660	2.118	
Methionine	-	0.724	0	1		1.354	0.615	
Cystine	-	0.337	0	1		0.630	0.286	
Phenylalanine		1.149	0	1		2.149	0.977	
Tyrosine		0.948	0	1		1.773	0.806	
Valine	-	1.523	0	1		2.848	1.295	
Arginine		1.676	0	1		3.134	1.425	
Histidine		0.894	0	1		1.672	0.760	
Alanine	•	1.697	0	1		3.173	1.442	
Aspartic acid	-	2.484	0	1		4.645	2.111	
Glutamic acid		4.095	0	1		7.658	3.481	
Glycine	-	1.378	0	1		2.577	1.171	
Proline		1.184	0	1		2.214	1.006	
Serine	•	1.049	0	1		1.962	0.892	
Hydroxyproline	-	2.043	v	-		2.552	0.032	
ттушолургонно	9							

# **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. 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%

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common					
			Nun	nber			<u>m</u>	easures of food	<u>l</u>
					/ Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	73.42	0.208	45	1		20.81	333.03	
Energy	=	134		0 NO	2 4		38	608	
Energy		561			4		159	2543	
Protein (N x 6.25)		20.29	0.135	32	1		5.75	92.04	
Total lipid (fat)		5.25	0.226	45	1		1.49	23.81	
Ash		1.06		32	1		0.30	4.81	
Carbohydrate, by difference		0.00		0 z			0.00	0.00	
Fiber, total dietary		0.0		0 z			0.0	0.0	
Sugars, total		0.0		-	•		• • • • • • • • • • • • • • • • • • • •	0.0	
Starch	=								
Starcii	9								
Minerals:									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	10		32	1		3	45	
Iron, Fe	-	1.77		32	1		0.50	8.03	
Magnesium, Mg		26		32	1		7	118	
Phosphorus, P		189		16	1		54	857	
Potassium, K		280		32	1		79	1270	
Sodium, Na		66		32	1		19	299	
Zinc, Zn		4.06		32	1		1.15	18.42	
Copper, Cu		0.120		32	1		0.034	0.544	
Manganese, Mn		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		0.230	0.013	16	1		0.065	1.043	
Niacin	mg	6.000	0.198	16	1		1.701	27.216	
Pantothenic acid		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		0		0 z	7		0	0	
Folate, food	mcg	23	1.180	16	1		7	104	
Folate, DFE		23		0 NC	4		7	104	
Vitamin B-12		2.62	0.107	16	1		0.74	11.88	
Vitamin A, IU	IU	0		0	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	4		0	0	
Retinol		0		0	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		0	1		0.06	0.95	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	1.880		0	1		0.533	8.528	
4:0							,		
6:0									
8:0									
10:0	_	0.010		373	1		0.003	0.045	
12:0		0.010		373	1		0.003	0.045	
13:0	_								
14:0	_	0.140		373	1		0.040	0.635	
15:0	_								
16:0	_	1.020		373	1		0.289	4.627	
17:0	_								
18:0	_	0.620		373	1		0.176	2.812	
20:0	-								
22:0									
24:0									
- 1.0									

		<u>Ar</u>	nount in 100 gram		Amount in edible portion of common measures of food				
			Number of Date		Source	Confidence	1111	easures or roou	
Nutrients and Un	its	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	2.110	0		1		0.598	9.571	
14:1									
15:1	_		0.77		_				
16:1 undifferentiated	_	0.160	373	1	1		0.045	0.726	
17:1 18:1 undifferentiated		1.910	373		1		0.541	0.664	
		1.910	3/3	•	_		0.541	8.664	
20:1	-								
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	-	0.480	0		1		0.136	2.177	
18:2 undifferentiated		0.360	373		1		0.102	1.633	
18:3 undifferentiated	-	0.070	373		1		0.020	0.318	
18:4		0.070	5.5		-		0.020	0.510	
20:2 n-6 c,c	_								
20:3 undifferentiated									
20:4 undifferentiated		0.050	373	}	1		0.014	0.227	
20:5 n-3									
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	а	0.237	46		1		0.067	1.075	
Threonine		0.869	50		1		0.246	3.942	
Isoleucine		0.979	50		1		0.278	4.441	
Leucine	-	1.579	50		1		0.448	7.162	
Lysine	_	1.792	50		1		0.508	8.129	
Methionine		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		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	-	0.755	37		1		0.214	3.425	
Hydroxyproline	g								

# **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. 17060 Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised

Refuse: 0%

		<u>A</u>	mount in 100 grams	Amount in edible portion of common					
			Numbe	r			<u>m</u>	easures of food	<u> </u>
			of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	56.23	0		1		152.95	47.80	
Energy	-	223	0	NC	4		607	190	
Energy		933			4		2538	793	
Protein (N x 6.25)		33.69	0		1		91.64	28.64	
Total lipid (fat)		8.80	0		1		23.94	7.48	
Ash		1.77	0		1		4.81	1.50	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch	_								
<u>Minerals:</u>									
Calcium, Ca		15	0		1		41	13	
Iron, Fe	-	2.80	0		1		7.62	2.38	
Magnesium, Mg		28	0		1		76	24	
Phosphorus, P	•	205	0		1		558	174	
Potassium, K		260	0		1		707	221	
Sodium, Na		70	0		1		190	60	
Zinc, Zn		6.58	0		1		17.90	5.59	
Copper, Cu		0.141			1		0.384	0.120	
Manganese, Mn		0.032			1		0.087	0.027	
Selenium, Se	mcg	38.1	0	BFYN	4		103.6	32.4	
/itamins:									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Thiamin		0.070	0		1		0.190	0.060	
Riboflavin		0.240	0		1		0.653	0.204	
Niacin		5.950	0		1		16.184	5.058	
Pantothenic acid		0.590	0		1		1.605	0.502	
Vitamin B-6		0.120	0		1		0.326	0.102	
Folate, total	-	21	0		1		57	18	
Folic acid		0	0	Z	7		0	0	
Folate, food		21	0		1		57	18	
Folate, DFE	mcg DFE	21	0	NC	4		57	18	
Vitamin B-12		2.73	0		1		7.43	2.32	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.20	0		1		0.54	0.17	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		4.4	0	BFSN	4		11.8	3.7	
<u> Lipids:</u>	~				_				
Fatty acids, total saturated		3.150			1		8.568	2.678	
4:0		0.000			1		0.000	0.000	
6:0	_	0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0	_	0.010			1		0.027	0.009	
12:0	-	0.020	0		1		0.054	0.017	
13:0		0.000	0		4		0.000	0 100	
14:0	_	0.230	0		1		0.626	0.196	
15:0	_				_		,		
16:0		1.710	0		1		4.651	1.454	
17:0	9								
	~		-		-				
18:0	_	1.050	0		1		2.856	0.893	
	g	1.050	0		1		2.856	0.893	

		<u>Aı</u>	mount in 100 gra		Amount in edible portion of common measures of food				
Nutrients and Unit	ts	Mean		ıta Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	3.540			1		9.629	3.009	
14:1	g	3.340	·	,	-		3.023	3.009	
15:1	g	0.270		)	1		0.734	0.230	
17:1 18:1 undifferentiated	_	3.200		)	1		8.704	2.720	
20:1		0.000		)	1		0.000	0.000	
22:1 undifferentiated	•	0.000		)	1		0.000	0.000	
24:1 cFatty acids, total polyunsaturated		0.810		)	1		2.203	0.689	
18:2 undifferentiated		0.600		, )	1		1.632	0.510	
18:3 undifferentiated		0.120		)	1		0.326	0.102	
18:4	_	0.000		)	1		0.000	0.000	
20:2 n-6 c.c	-								
20:3 undifferentiated	-								
20:4 undifferentiated	g	0.080		)	1		0.218	0.068	
20:5 n-3	g	0.000	(	)	1		0.000	0.000	
22:5 n-3	g	0.000	(	)	1		0.000	0.000	
22:6 n-3	g	0.000		)	1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	-	108	(	)	1		294	92	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.394		)	1		1.072	0.335	
Threonine		1.442		)	1		3.922	1.226	
Isoleucine	-	1.625		)	1		4.420	1.381	
Leucine	g	2.620		)	1		7.126	2.227	
Lysine	g	2.975		)	1		8.092	2.529	
Methionine	g	0.865	(	)	1		2.353	0.735	
Cystine	g	0.402	(	)	1		1.093	0.342	
Phenylalanine	g	1.372	(	)	1		3.732	1.166	
Tyrosine	g	1.132		)	1		3.079	0.962	
Valine	-	1.818		)	1		4.945	1.545	
Arginine	-	2.002		)	1		5.445	1.702	
Histidine	-	1.067		)	1		2.902	0.907	
Alanine		2.026		)	1		5.511	1.722	
Aspartic acid		2.965		)	1		8.065	2.520	
Glutamic acid		4.889		)	1		13.298	4.156	
Glycine	<del>-</del>	1.645		)	1		4.474	1.398	
Proline	-	1.413		) )	1 1		3.843	1.201	
Serine		1.253	'	,	1		3.408	1.065	
Hydroxyproline	9								
Others:									
Alcohol, ethyl	g	0.0	(	)	7		0.0	0.0	
Caffeine		0		) z	7		0	0	
Theobromine	mg	0		) z	7		0	0	
Carotenoids:									
Carotene, beta	mcg	0		) z	7		0.000	0.000	
Carotene, alpha		0		) z	7		0.000	0.000	
Cryptoxanthin, beta	_	0		) z	7		0.000	0.000	
Lycopene		0		) z	7		0.000	0.000	
Lutein + zeaxanthin		0	(	) z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 272g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

NDB No. 17060

Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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%

		<u>A</u>	mount in 100	Amount in edible portion of common						
			N	umber				<u>m</u>	easures of food	
			o	f Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure :
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	_									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		43	11	
Iron, Fe	mg	2.34		0		1		7.65	1.99	
Magnesium, Mg		31		0		1		101	26	
Phosphorus, P	_	224		0		1		732	190	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	335		0		1		1095	285	
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	76		0		1		249	65	
Zinc, Zn		5.77	•	0		1 1		18.87	4.90	
Copper, Cu		0.151		0		1		0.494 0.095	0.128 0.025	
Selenium, Se		31.7	•	0	BFYN	4		103.7	26.9	
Scientini, Sc	9	31.,		Ü	2111	-		103.7	20.5	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	_	0	Z	7		0.0	0.0	
Thiamin		0.110		0		1		0.360	0.094	
Riboflavin	-	0.300 6.610		0		1 1		0.981 21.615	0.255 5.619	
Niacin  Pantothenic acid		0.690		0		1		21.615	0.587	
Vitamin B-6		0.140		0		1		0.458	0.387	
Folate, total		23	,	0		1		75	20	
Folic acid		0		0	z	7		0	0	
Folate, food		23		0		1		75	20	
Folate, DFE		23		0	NC	4		75	20	
Vitamin B-12		3.03		0		1		9.91	2.58	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.20		0		1		0.65	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>				_						
Fatty acids, total saturated		2.620	)	0		1		8.567	2.227	
4:0										
6:0 8:0	-									
10:0	-	0.010	)	0		1		0.033	0.009	
12:0	-	0.020		0		1		0.065	0.017	
13:0	-									
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										
18:0	_	0.870	)	0		1		2.845	0.740	
20:0	g									
22:0										

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

		<u>Aı</u>	nount in 10	0 grams	Amount in edible portion of common				
				Number			<u>m</u>	easures of food	
Nutrients and Un	iits	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	2.950		0	1		9.647	2.508	
14:1	g								
15:1	_								
16:1 undifferentiated	-	0.220		0	1		0.719	0.187	
17:1									
18:1 undifferentiated		2.670		0	1		8.731	2.270	
20:1	_								
22:1 undifferentiated									
24:1 c	_	0.670		•					
Fatty acids, total polyunsaturated		0.670		0	1 1		2.191	0.570	
18:2 undifferentiated	_	0.500 0.100		0	1		1.635	0.425	
18:3 undifferentiated		0.100		U	_		0.327	0.085	
18:4	-								
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated		0.070		0	1		0.229	0.060	
20:5 n-3		0.070		Ū	-		0.223	0.000	
22:5 n-3									
22:6 n-3	_								
Fatty acids, total trans									
Cholesterol	-	90		0	1		294	77	
Phytosterols	-								
Amino Acids:									
Tryptophan	0	0.328		0	1		1.073	0.279	
Threonine		1.202		0	1		3.931	1.022	
Isoleucine		1.355		0	1		4.431	1.152	
Leucine	_	2.184		0	1		7.142	1.856	
Lysine	-	2.479		0	1		8.106	2.107	
Methionine		0.720		0	1		2.354	0.612	
Cystine		0.335		0	1		1.095	0.285	
Phenylalanine		1.143		0	1		3.738	0.972	
Tyrosine		0.944		0	1		3.087	0.802	
Valine		1.515		0	1		4.954	1.288	
Arginine	_	1.668		0	1		5.454	1.418	
Histidine		0.889		0	1		2.907	0.756	
Alanine	•	1.688		0	1		5.520	1.435	
Aspartic acid	-	2.471		0	1		8.080	2.100	
Glutamic acid		4.074		0	1		13.322	3.463	
Glycine		1.371		0	1		4.483	1.165	
Proline		1.178		0	1		3.852	1.001	
Serine	g	1.044		0	1		3.414	0.887	
Hydroxyproline	g								

## **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. 17059 Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	_	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	73.74	0.242	32		1		20.91	334.48		
Energy	-	134	0.242	0	NC	4		38	608		
Energy		561		Ü	мс	4		159	2543		
		20.21	0.143	32		1		5.73	91.67		
Protein (N x 6.25)		5.28	0.143	32		1		1.50	23.95		
Total lipid (fat)		1.06	0.184	32		1		0.30			
Ash		0.00	0.009	0	z	7		0.30	4.81		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00 0.0		
Fiber, total dietary		0.0		U	Z	,		0.0	0.0		
Sugars, total											
Starch	9										
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	Į.	0		1		0.007	0.109		
Selenium, Se	mcg	22.8		0	PIE	4		6.5	103.4		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.130	0.007	16	_	1		0.037	0.590		
Riboflavin		0.240		16		1		0.068	1.089		
Niacin		5.950		16		1		1.687	26.989		
Pantothenic acid	-	0.710		16		1		0.201	3.221		
Vitamin B-6		0.160		0		1		0.045	0.726		
Folate, total	-	23		16		1		7	104		
Folic acid		0		0	z	7		0	0		
Folate, food		23	1.191	16		1		7	104		
Folate, DFE	mca DFE	23		0	NC	4		7	104		
Vitamin B-12		2.73	0.120	16		1		0.77	12.38		
Vitamin A, IU		0	0.220	0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.22		0		1		0.06	1.00		
Tocopherol, beta		- ·		-		_					
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
inide											
Lipids:	α.	1.890		0		1		0.536	8.573		
Fatty acids, total saturated		1.090	•	U		_		0.556	6.573		
6:0	-										
8:0											
10:0		0.010	)	373		1		0.003	0.045		
12:0		0.010		373		1		0.003	0.045		
13:0	-	3.010		•		-		0.000	0.045		
14:0	-	0.140	)	373		1		0.040	0.635		
15:0	-	J.1-10		•		-		0.040	0.055		
16:0	-	1.020	)	373		1		0.289	4.627		
17:0	-	020		•		-		0.200			
18:0	-	0.630	)	373		1		0.179	2.858		
20:0	-	0.050				-		3.1.3	2.000		
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 100 gran		ole portion	<u>n</u>	Amount in edible portion of common measures of food			
			Numb				<u> </u>	easures or roou		
Nutrients and Ur	nits	Mean	of Da Std. Error Point	ta Deriv s Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.130	0		1		0.604	9.662		
14:1										
15:1	-	0.160	277	•			0.045	0.706		
16:1 undifferentiated	-	0.160	37	3	1		0.045	0.726		
17:1 18:1 undifferentiated		1.920	37	2	1		0.544	0.700		
		1.920	37	3	1		0.544	8.709		
20:1	-									
22:1 undifferentiated 24:1 c										
Fatty acids, total polyunsaturated	_	0.480	0		1		0.136	2.177		
18:2 undifferentiated		0.360	37		1		0.102	1.633		
18:3 undifferentiated	_	0.070	37		1		0.020	0.318		
18:4		0.070	٥.		-		0.020	0.510		
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.050	37	3	1		0.014	0.227		
20:5 n-3										
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	65	1.131 1	5	1		18	295		
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.236	0		1		0.067	1.070		
Threonine		0.865	0		1		0.245	3.924		
Isoleucine		0.975	0		1		0.276	4.423		
Leucine	-	1.572	0		1		0.446	7.131		
Lysine	-	1.785	0		1		0.506	8.097		
Methionine		0.519	0		1		0.147	2.354		
Cystine		0.241	0		1		0.068	1.093		
Phenylalanine		0.823	0		1		0.233	3.733		
Tyrosine		0.679	0		1		0.192	3.080		
Valine		1.091	0		1		0.309	4.949		
Arginine	-	1.201	0		1		0.340	5.448		
Histidine		0.640	0		1		0.181	2.903		
Alanine	•	1.216	0		1		0.345	5.516		
Aspartic acid	g	1.779	0		1		0.504	8.070		
Glutamic acid		2.933	0		1		0.832	13.304		
Glycine	g	0.987	0		1		0.280	4.477		
Proline		0.848	0		1		0.240	3.847		
Serine	g	0.752	0		1		0.213	3.411		
Hydroxyproline	g									

## **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. 17008 Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 56% Bone

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		56.80		0		1		84.06	48.28	
Energy		243		0	NC	4		360	207	
Energy		1017				4		1505	864	
Protein (N x 6.25)		28.37		0 0		1 1		41.99	24.11	
Total lipid (fat) Ash		13.46 0.91		0		1		19.92 1.35	11.44 0.77	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	-	0.00		0	z	7		0.00	0.00	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		•	_	•		0.00	0.00	
Minerals:				_						
Calcium, Ca	-	20		0		1		30	17 1.82	
Iron, Fe		2.14 22		0		1 1		3.17 33	1.82	
Magnesium, Mg Phosphorus, P		166		0		1		246	141	
Potassium, K	-	257		0		1		380	218	
Sodium, Na	-	72		0		1		107	61	
Zinc, Zn		7.69		0		1		11.38	6.54	
Copper, Cu		0.123	3	0		1		0.182	0.105	
Manganese, Mn	mg	0.025	5	0		1		0.037	0.021	
Selenium, Se	mcg	30.6		0	BFYN	4		45.3	26.0	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.050	)	0		1		0.074	0.043	
Riboflavin	_	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		0.100	)	0		1		0.148	0.085	
Folate, total		17		0		1		25	14	
Folic acid		0		0	Z	7		0	0	
Folate, food		17		0	NG.	1 4		25	14	
Folate, DFE		17 2.28		0 0	NC	4 1		25 3.37	14 1.94	
Vitamin B-12 Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mca RAF	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.18		0		1		0.27	0.15	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
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	-	0.000		0		1		0.000	0.000	
10:0	_	0.030		0		1		0.044	0.026	
12:0	-	0.060	)	0		1		0.089	0.051	
13:0		0.520	,	0		1		0.770	0 440	
14:0	-	0.520	,	U		1		0.770	0.442	
15:0 16:0		2.870	)	0		1		4.248	2.440	
17:0		2.070		Ū		-		4.240	2.440	
18:0		1.820	)	0		1		2.694	1.547	
20:0	_									
22:0	_									
24:0	g									

	<u>A</u> 1	mount in 100 grams	s of edik	Amount in edible portion of common				
		Numbe	r			<u>m</u> e	easures of food	
			Deriv	Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Estivação total managemental and	5.680	0		1		8.406	4.828	
Fatty acids, total monounsaturated	3.000	· · · · · ·		1		8.406	4.828	
16:1 undifferentiatedg 17:1 g	0.390	0		1		0.577	0.332	
18:1 undifferentiatedg	5.160	0		1		7.637	4.386	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000	0		1		0.000	0.000	
Fatty acids, total polyunsaturated	0.970	0		1		1.436	0.825	
18:2 undifferentiatedg	0.730	0		1		1.080	0.621	
18:3 undifferentiatedg	0.190	0		1		0.281	0.162	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.050	0		1		0.074	0.043	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterolmg	106	0		1		157	90	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.332	0		1		0.491	0.282	
Threonine	1.214			1		1.797	1.032	
Isoleucineg	1.369			1		2.026	1.164	
Leucineg	2.207			1		3.266	1.876	
Lysineg	2.505			1		3.707	2.129	
Methionineg	0.728			1		1.077	0.619	
Cystineg	0.339			1		0.502	0.288	
Phenylalanineg	1.155			1		1.709	0.982	
Tyrosine	0.954			1		1.412	0.811	
Valine	1.531			1		2.266	1.301	
Arginine	1.686			1		2.495	1.433	
Histidine	0.899			1		1.331	0.764	
Alanineg	1.706			1		2.525	1.450	
Aspartic acid	2.497			1		3.696	2.122	
Glutamic acid	4.117			1		6.093	3.499	
Glycine9	1.386			1		2.051	1.178	
Proline	1.190	0		1		1.761	1.012	
Serine 9	1.055			1		1.561	0.897	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	z	7		0	0	
Theobromine mg	0	0	z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthinmcg	Ö	0	Z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 148g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17008

Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17007 Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 52% Bone

		<u>A</u>	mount in 100 gra	ms of edi	ble portio	<u>on</u>	Amount in edible portion of common			
			Num	oer			<u>m</u>	easures of food	<u>l</u>	
			of Da	ta Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poin		Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	67.01		)	1		19.00	303.96		
Energy	-	201		) NC	4		57	912		
Energy		841			4		238	3815		
Protein (N x 6.25)		18.91		)	1		5.36	85.78		
Total lipid (fat)		13.38		)	1		3.79	60.69		
Ash		0.95		)	1		0.27	4.31		
Carbohydrate, by difference		0.00		) z	7		0.00	0.00		
Fiber, total dietary		0.0		) z	7		0.0	0.0		
Sugars, total										
Starch	-									
Minerals:										
Calcium, Ca	-	11		)	1		3	50		
Iron, Fe	-	1.67		)	1		0.47	7.58		
Magnesium, Mg		22		)	1		6	100		
Phosphorus, P	•	170		)	1		48	771		
Potassium, K		214		)	1		61	971		
Sodium, Na	-	72		)	1 1		20	327		
Zinc, Zn		5.22		) )	1		1.48	23.68		
Copper, Cu		0.101 0.021		)	1		0.029 0.006	0.458 0.095		
Manganese, Mn Selenium, Se		19.9		) ) PIE	4		5.6	90.3		
Selenium, Se	Thog	19.9	,	, FIE	-		3.0	90.3		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		) Z	7		0.0	0.0		
Thiamin	mg	0.100	)	)	1		0.028	0.454		
Riboflavin	mg	0.190	)	)	1		0.054	0.862		
Niacin	mg	5.470	)	)	1		1.551	24.812		
Pantothenic acid	mg	0.690	)	)	1		0.196	3.130		
Vitamin B-6	mg	0.150	)	)	1		0.043	0.680		
Folate, total	mcg	19		)	1		5	86		
Folic acid	mcg	0		) Z	7		0	0		
Folate, food		19		)	1		5	86		
Folate, DFE	mcg_DFE	19		) NC	4		5	86		
Vitamin B-12		2.34		)	1		0.66	10.61		
Vitamin A, IU		0		)	4		0	0		
Vitamin A, RAE	mcg_RAE	0		)	4		0	0		
Retinol		0		)	4		0	0		
Vitamin E (alpha-tocopherol)	mg	0.25		)	1		0.07	1.13		
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	5.830	)	)	1		1.653	26.445		
4:0										
6:0										
8:0	-									
10:0	-	0.030	)	)	1		0.009	0.136		
12:0	_	0.060		)	1		0.017	0.272		
13:0	_									
14:0	-	0.530	)	)	1		0.150	2.404		
15:0	_							· -		
16:0	_	2.940	)	)	1		0.833	13.336		
17:0	_									
18:0	_	1.840	)	)	1		0.522	8.346		
20:0	-				=					
22:0										
24:0										
<b>∠</b> 1.∀										

	<u>A</u> 1	mount in 100 grams		tion	Amount in edible portion of common measures of food			
		Numbe			<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points		ce Confidence e Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	5.490	0	1		1.556	24.903		
14:1g								
15:1g								
16:1 undifferentiatedg	0.390	0	1		0.111	1.769		
17:1g								
18:1 undifferentiated	4.930	0	1		1.398	22.362		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	1.060	0	1		0.301	4.808		
18:2 undifferentiatedg	0.770	0	1		0.218	3.493		
18:3 undifferentiatedg	0.240	0	1		0.068	1.089		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.040	0	1		0.011	0.181		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	72	0	1		20	327		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.221		1		0.063	1.002		
Threonineg	0.810		1		0.230	3.674		
Isoleucineg	0.913	0	1		0.259	4.141		
Leucine9	1.471		1		0.417	6.672		
Lysineg	1.670		1		0.473	7.575		
Methionineg	0.485		1		0.137	2.200		
Cystineg	0.226		1		0.064	1.025		
Phenylalanineg	0.770		1		0.218	3.493		
Tyrosineg	0.636		1		0.180	2.885		
Valineg	1.021		1		0.289	4.631		
Arginineg	1.124		1		0.319	5.098		
Histidineg	0.599		1		0.170	2.717		
Alanineg	1.138		1		0.323	5.162		
Aspartic acidg	1.665		1		0.472	7.552		
Glutamic acidg	2.745		1		0.778	12.451		
Glycineg	0.924		1		0.262	4.191		
Prolineg	0.793		1		0.225	3.597		
Serineg	0.703	0	1		0.199	3.189		
Hydroxyprolineg								

## **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

Refuse: 52% Bone

		<u>A</u>	mount in 10			le portic	<u>on</u>		edible portion of easures of food	
Nutrients and Ur	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	a	67.01		0	PAE	4		19.00	303.96	
Energy		201		0	NC	4		57	912	
Energy		841		-		4		238	3815	
Protein (N x 6.25)		18.91		0	PAE	4		5.36	85.78	
Total lipid (fat)		13.38		0	PAE	4		3.79	60.69	
Ash	_	0.95		0	PAE	4		0.27	4.31	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:				_	_	_		_		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11		0	PAE	4		3	50	
Iron, Fe	-	1.67		0	PAE	4		0.47	7.58	
Magnesium, Mg	-	22 170		0	PAE PAE	4 4		6 48	100 771	
Phosphorus, P Potassium, K		214		0	PAE	4		48 61	971	
Sodium, Na		72		0	PAE	4		20	327	
Zinc, Zn		5.22		0	PAE	4		1.48	23.68	
Copper, Cu	-	0.101		0	PAE	4		0.029	0.458	
Manganese, Mn		0.021		0	PAE	4		0.006	0.095	
Selenium, Se		19.9		0	BFZN	4		5.6	90.3	
,										
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.100		0	PAE	4		0.028	0.454	
Riboflavin	-	0.190		0	PAE	4		0.054	0.862	
Niacin		5.470		0	PAE	4		1.551	24.812	
Pantothenic acid		0.690		0	PAE	4		0.196	3.130	
Vitamin B-6		0.150 19	,	0	PAE PAE	4 4		0.043 5	0.680 86	
Folate, totalFolic acid		0		0	Z	7		0	0	
Folate, food		19		0	PAE	4		5	86	
Folate, DFE		19		0	NC	4		5	86	
Vitamin B-12		2.34		0	PAE	4		0.66	10.61	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE	mca RAE	0		0	PAE	4		0	0	
Retinol		Ö		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)									-	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	5.830	)	0	PAE	4		1.653	26.445	
4:0										
6:0										
8:0	• • • • • • • • • • • • • • • • • • • •									
10:0	-	0.030	)	0	PAE	4		0.009	0.136	
12:0	g	0.060	)	0	PAE	4		0.017	0.272	
13:0	g									
14:0	g	0.530	)	0	PAE	4		0.150	2.404	
15:0	g									
16:0	g	2.940	)	0	PAE	4		0.833	13.336	
17:0	-									
18:0	-	1.840	)	0	PAE	4		0.522	8.346	
20:0	-									
22:0	-									
24:0	g									

	<u>Ar</u>	nount in 10			<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	5.490		0	PAE	4		1.556	24.903	
14:1										
15:1	-									
16:1 undifferentiated		0.390		0	PAE	4		0.111	1.769	
17:1	-									
18:1 undifferentiated	g	4.930		0	PAE	4		1.398	22.362	
20:1		0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated									,	
24:1 c	•									
Fatty acids, total polyunsaturated	•	1.060		0	PAE	4		0.301	4.808	
18:2 undifferentiated		0.770		0	PAE	4		0.218	3.493	
18:3 undifferentiated		0.240		0	PAE	4		0.068	1.089	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.040		0	PAE	4		0.011	0.181	
20:5 n-3	-									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol		72		0	PAE	4		20	327	
Phytosterols										
Amino Acids:										
Tryptophan	g	0.221		0	PAE	4		0.063	1.002	
Threonine		0.810		0	PAE	4		0.230	3.674	
Isoleucine	-	0.913		0	PAE	4		0.259	4.141	
Leucine		1.471		0	PAE	4		0.417	6.672	
Lysine	q	1.670		0	PAE	4		0.473	7.575	
Methionine	-	0.485		0	PAE	4		0.137	2.200	
Cystine	-	0.226		0	PAE	4		0.064	1.025	
Phenylalanine		0.770		0	PAE	4		0.218	3.493	
Tyrosine		0.636		0	PAE	4		0.180	2.885	
Valine	_	1.021		0	PAE	4		0.289	4.631	
Arginine		1.124		0	PAE	4		0.319	5.098	
Histidine	-	0.599		0	PAE	4		0.170	2.717	
Alanine	-	1.138		0	PAE	4		0.323	5.162	
Aspartic acid		1.665		0	PAE	4		0.472	7.552	
Glutamic acid		2.745		0	PAE	4		0.778	12.451	
Glycine	-	0.924		0	PAE	4		0.262	4.191	
Proline	-	0.793		0	PAE	4		0.225	3.597	
Serine		0.703		0	PAE	4		0.199	3.189	
Hydroxyproline	-	0.703		J	- AL	-		3.133	3.103	
ттустолургонис	<del>y</del>									

## **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. 17229 Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Refuse: 56% Bone

		<u>A</u>	mount in 10			le portio	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	56.80		0	PAE	4		84.06	48.28	
Water Energy		243		0	NC	4		360	48.28 207	
Energy		1017		Ū	140	4		1505	864	
Protein (N x 6.25)		28.37		0	PAE	4		41.99	24.11	
Total lipid (fat)		13.46		0	PAE	4		19.92	11.44	
Ash		0.91		0	PAE	4		1.35	0.77	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		• • • • • • • • • • • • • • • • • • • •		•	_	•		• • •	0.0	
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	20		0	PAE	4		30	17	
Iron, Fe	-	2.14		0	PAE	4		3.17	1.82	
Magnesium, Mg		22		0	PAE	4		33	19	
Phosphorus, P		166		0	PAE	4		246	141	
Potassium, K		257		0	PAE	4		380	218	
Sodium, Na		72		0	PAE	4		107	61	
Zinc, Zn		7.69	,	0 0	PAE	4 4		11.38 0.182	6.54	
Copper, Cu		0.123		0	PAE PAE	4		0.182	0.105 0.021	
Manganese, Mn Selenium, Se		30.6	,	0	BFZN	4		45.3	26.0	
Selemuni, Se	niog	30.0		U	DE ZN	7		43.3	20.0	
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		5.460	)	0	PAE	4		8.081	4.641	
Pantothenic acid		0.630	)	0	PAE	4		0.932	0.536	
Vitamin B-6		0.100	)	0	PAE	4		0.148	0.085	
Folate, total		17		0	PAE	4		25	14	
Folic acid		0		0	Z	7		0	0	
Folate, food		17		0	PAE	4		25	14	
Folate, DFE		17		0	NC	4		25	14	
Vitamin B-12		2.28		0	PAE	4		3.37	1.94	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		5.630	)	0	PAE	4		8.332	4.786	
4:0										
6:0										
8:0	-	0.000	,	^	D	4				
10:0	-	0.030		0	PAE	4		0.044	0.026	
12:0	-	0.060	,	0	PAE	4		0.089	0.051	
13:0	-	0 500	,	^	שאם	4		0 770	0 440	
14:0		0.520	,	0	PAE	4		0.770	0.442	
15:0		2.870	1	0	PAE	4		4.248	2.440	
16:0 17:0		2.070	•	U	FAL	-		4.240	∠.44∪	
18:0	-	1.820	)	0	PAE	4		2.694	1.547	
20:0	-	1.020	-	J	EAE	-		2.034	1.54/	
22:0	-									
~~.v	g									

		<u>A</u>	mount in 10	00 grams Number	<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_									
Fatty acids, total monounsaturated		5.680	1	0	PAE	4		8.406	4.828	
14:1	-									
15:1		0 200		0	PAE	4		0 577	0 222	
16:1 undifferentiated	-	0.390	1	U	PAE	4		0.577	0.332	
17:1		F 166		•						
18:1 undifferentiated		5.160		0	PAE	4		7.637	4.386	
20:1		0.000	1	0	PAE	4		0.000	0.000	
22:1 undifferentiated	•									
24:1 c	•			_						
Fatty acids, total polyunsaturated		0.970		0	PAE	4		1.436	0.825	
18:2 undifferentiated		0.730		0	PAE	4		1.080	0.621	
18:3 undifferentiated		0.190	)	0	PAE	4		0.281	0.162	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.050	1	0	PAE	4		0.074	0.043	
20:5 n-3										
22:5 n-3	g									
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol	•	106		0	PAE	4		157	90	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.332	,	0	PAE	4		0.491	0.282	
Threonine		1.214		0	PAE	4		1.797	1.032	
	-	1.369		0	PAE	4		2.026	1.032	
Isoleucine		2.207		0	PAE	4		3.266	1.164	
Leucine				0		_				
Lysine	-	2.505		0	PAE	4		3.707	2.129	
Methionine	-	0.728		-	PAE	4		1.077	0.619	
Cystine		0.339		0	PAE	4		0.502	0.288	
Phenylalanine		1.155		0	PAE	4		1.709	0.982	
Tyrosine	_	0.954		0	PAE	4		1.412	0.811	
Valine		1.531		0	PAE	4		2.266	1.301	
Arginine	-	1.686		0	PAE	4		2.495	1.433	
Histidine	-	0.899		0	PAE	4		1.331	0.764	
Alanine		1.706		0	PAE	4		2.525	1.450	
Aspartic acid		2.497		0	PAE	4		3.696	2.122	
Glutamic acid	-	4.117	'	0	PAE	4		6.093	3.499	
Glycine	-	1.386		0	PAE	4		2.051	1.178	
Proline	g	1.190	1	0	PAE	4		1.761	1.012	
Serine	g	1.055	i	0	PAE	4		1.561	0.897	
Hydroxyproline	g									

# **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. 17010 Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 62% Bone 56%, separable fat 6%

		Aı	mount in 100 g	rams mbei		ole portic	on	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		61.79	0.233	8	***	1		79.09	52.52	
Energy		187 782		0	NC	4 4		239 1001	159 665	
Energy Protein (N x 6.25)		31.01	0.907	8		1		39.69	26.36	
Total lipid (fat)		6.02	0.270	8		1		7.71	5.12	
Ash		0.94	0.032	8		1		1.20	0.80	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
N. 1										
Minerals:	ma	20	2.196	8		1		26	17	
Calcium, CaIron. Fe.	_	2.27	0.128	8		1		2.91	1.93	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23	0.353	8		1		29	20	
Phosphorus, P		175	4.210	8		1		224	149	
Potassium, K	-	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		0.129		8		1		0.165	0.110	
Manganese, Mn	-	0.028	3	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	_	0.190		8		1		0.243	0.162	
Niacin		5.070		8		1		6.490	4.310	
Pantothenic acid		0.630		8		1		0.806	0.536	
Vitamin B-6		0.110		0		1		0.141	0.094	
Folate, totalFolic acid		19 0	0.995	8	z	1 7		24 0	16 0	
Folate, food		19	0.995	8	4	1		24	16	
Folate, DFE		19	0.555	0	NC	4		24	16	
Vitamin B-12		2.26	0.114	8		1		2.89	1.92	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0		1		0.26	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
	9									
<u>Lipids:</u>										
Fatty acids, total saturated		2.150	)	0		1		2.752	1.828	
4:0	-									
6:0	_									
8:0 10:0	-	0.010	)	107		1		0.013	0.009	
12:0	_	0.020		107		1		0.013	0.017	
13:0						•				
14:0	_	0.190	)	107		1		0.243	0.162	
15:0										
16:0	g	1.160	)	107		1		1.485	0.986	
17:0	_									
18:0	_	0.740	)	107		1		0.947	0.629	
20:0	_									
22:0	_									
24:0	9									

		<u>Ar</u>	nount in 100 grams	portion	1	Amount in edible portion of common measures of food			
			Numbe		Confidence	1111	easures or roou		
Nutrients and Ur	nits	Mean	Std. Error Points	 Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.640	0	1		3.379	2.244		
14:1									
15:1	-	0.180	107	1		0.000	0.153		
16:1 undifferentiated	-	0.180	107	1		0.230	0.153		
17:1		2.440	107	1		3.123	2.074		
20:1		2.440	107	1		3.123	2.074		
	-								
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	-	0.390	0	1		0.499	0.332		
18:2 undifferentiated		0.320	107	1		0.410	0.272		
18:3 undifferentiated	-	0.040	107	1		0.051	0.034		
18:4						0.002	0.001		
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.040	107	1		0.051	0.034		
20:5 n-3									
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	а	0.362	0	1		0.463	0.308		
Threonine		1.327	0	1		1.699	1.128		
Isoleucine		1.496	0	1		1.915	1.272		
Leucine	-	2.412	0	1		3.087	2.050		
Lysine	_	2.739	0	1		3.506	2.328		
Methionine		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		1.042	0	1		1.334	0.886		
Valine		1.673	0	1		2.141	1.422		
Arginine	g	1.842	0	1		2.358	1.566		
Histidine		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	-	1.153	0	1		1.476	0.980		
Hydroxyproline	g								

## **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. 17009 Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 59% Bone 52%, separable fat 7%

		<u>Aı</u>	mount in 100 gra	ams of e	dible porti	<u>on</u>	Amount in edible portion of common			
			Num	nber			<u>m</u>	easures of food	<u>!</u>	
			of D	oata Der	v Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	74.86	0.349	23	1		21.22	339.56		
	=	120	0.349		rc 4		34			
Energy				0 1				544		
Energy		502			4		142	2277		
Protein (N x 6.25)	-	21.08		24	1		5.98	95.62		
Total lipid (fat)		3.29		24	1		0.93	14.92		
Ash		1.05	0.014	24	1		0.30	4.76		
Carbohydrate, by difference		0.00			z 7		0.00	0.00		
Fiber, total dietary	g	0.0		0	z 7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minanala										
Minerals: Calcium. Ca	ma	9	0.963	24	1		3	41		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.79		24 24	1		0.51	8.12		
	-	25		24	1		7	113		
Magnesium, Mg Phosphorus, P		187	4.872	8	1		, 53	848		
1 ,	•	237		8 24	1		53 67	848 1075		
Potassium, K		237 79		24 24	1		67 22	1075 358		
Sodium, Na		79 5.95		24	1		1.69	26.99		
Zinc, Zn		0.109		24	1		0.031	0.494		
Copper, Cu				0	1			0.109		
Manganese, Mn		0.024					0.007			
Selenium, Se	nicg	24.0		0 BF	NN 4		6.8	108.9		
<u>Vitamins:</u>										
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		0		0 z	7		0	0		
Folate, food		22	1.776	8	1		6	100		
Folate, DFE		22		0 N	<b>2</b> 4		6	100		
Vitamin B-12		2.45	0.203	8	1		0.69	11.11		
Vitamin A, IU		0		0	4		0	0		
Vitamin A, RAE		0		0	4		0	0		
Retinol		0		0	4		0	0		
Vitamin E (alpha-tocopherol)		0.24		0	1		0.07	1.09		
Tocopherol, beta	ma									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	q	1.180		0	1		0.335	5.352		
4:0				-	-		0.555	2.332		
6:0										
8:0										
10:0	_	0.010	, .	373	1		0.003	0.045		
12:0		0.010		373	1		0.003	0.045		
13:0	_	0.010	-	-	-		3.003	0.013		
14:0	_	0.090	,	373	1		0.026	0.408		
15:0	_	0.030	-		-		3.020	0.400		
16:0	_	0.640	,	373	1		0.181	2.903		
17:0	_	0.040			1		0.101	2.303		
18:0	_	0.390		373	1		0.111	1.769		
	-	0.390		,,,	1		0.111	1.769		
20:0										
22:0										
24:0	y									

		<u>Ar</u>		Amount in 100 grams of edible portion  Number									
				_		<u> </u>	easures of food						
Nutrients and Units	:	Mean	of Data Std. Error Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3					
Fatty acids, total monounsaturated	g	1.320	0	1		0.374	5.988						
14:1													
15:1	-			_									
16:1 undifferentiated	-	0.100	373	1		0.028	0.454						
17:1		1 000	277				<b>5</b> 440						
18:1 undifferentiated		1.200	373	1		0.340	5.443						
20:1	_												
22:1 undifferentiated 24:1 c													
Fatty acids, total polyunsaturated	-	0.300	0	1		0.085	1.361						
18:2 undifferentiated		0.300	373	1		0.065	1.043						
18:3 undifferentiated	-	0.230	373	1		0.003	0.181						
18:4		0.040	373	-		0.011	0.101						
20:2 n-6 c,c	-												
20:3 undifferentiated													
20:4 undifferentiated		0.030	373	1		0.009	0.136						
20:5 n-3													
22:5 n-3													
22:6 n-3	_												
Fatty acids, total trans	g												
Cholesterol	mg	69	2.475 8	1		20	313						
Phytosterols	mg												
Amino Acids:													
	a	0.246	0	1		0.070	1.116						
Tryptophan Threonine.		0.240	0	1		0.256	4.091						
Isoleucine		1.017	0	1		0.288	4.613						
Leucine	_	1.640	0	1		0.465	7.439						
Lysine	-	1.861	0	1		0.528	8.441						
Methionine		0.541	0	1		0.153	2.454						
Cystine		0.252	0	1		0.071	1.143						
Phenylalanine		0.858	0	1		0.243	3.892						
Tyrosine		0.708	0	1		0.201	3.211						
Valine		1.137	0	1		0.322	5.157						
Arginine	_	1.252	0	1		0.355	5.679						
Histidine		0.668	0	1		0.189	3.030						
Alanine	•	1.268	0	1		0.359	5.752						
Aspartic acid	-	1.855	0	1		0.526	8.414						
Glutamic acid		3.059	0	1		0.867	13.876						
Glycine		1.029	0	1		0.292	4.668						
Proline		0.884	0	1		0.251	4.010						
Serine	g	0.784	0	1		0.222	3.556						
Hydroxyproline	_												

## **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. 17016 Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 20% Bone

		<u>A</u> 1	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	<b>a</b>	60.66		0		1		163.18	51.56	
Water Energy		225		0	NC	4		605	191	
Energy		941		U	NC	4		2532	800	
Protein (N x 6.25)		26.41		0		1		71.04	22.45	
Total lipid (fat)		12.45		0		1		33.49	10.58	
Ash		1.05		0		1		2.82	0.89	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		·	_	•		• • •	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	10		0		1		27	9	
Iron, Fe	-	1.98		0		1		5.33	1.68	
Magnesium, Mg	-	25		0		1		67	21	
Phosphorus, P		198		0		1		533	168	
Potassium, K		326		0		1		877	277	
Sodium, Na		65		0		1 1		175	55	
Zinc, Zn	-	4.66	,	0		1		12.54	3.96	
Copper, Cu		0.117 0.025		0 0		1		0.315 0.067	0.099 0.021	
Manganese, Mn Selenium, Se		29.4	•	0	BFYN	4		79.1	25.0	
Seiemum, Se	Tilog	29.4		U	DEIN	-		79.1	23.0	
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		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		22		0		1		59	19	
Folic acid		0		0	Z	7		0	0	
Folate, food		22		0		1		59	19	
Folate, DFE		22		0	NC	4		59	19	
Vitamin B-12		2.67		0		1		7.18	2.27	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.16		0		1		0.43	0.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
v namni K (pnynoquinone)	nog									
Lipids:										
Fatty acids, total saturated	g	5.090	)	0		1		13.692	4.327	
4:0										
6:0	-									
8:0	-			_		_				
10:0	-	0.030		0		1		0.081	0.026	
12:0	-	0.050	)	0		1		0.135	0.043	
13:0		A 45-		^						
14:0		0.470	J	0		1		1.264	0.400	
15:0	-	0.61		^				7 001	0.010	
16:0	-	2.610	J	0		1		7.021	2.219	
17:0	-	1 660	`	^		4		4 465		
18:0	-	1.660	,	0		1		4.465	1.411	
20:0 22:0	-									
44 U	y									

NDB No. 17016 Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

		<u>Aı</u>	mount in 10	00 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food		
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	5.290	ı	0		1		14.230	4.497		
14:1											
15:1	g										
16:1 undifferentiated	g	0.360	ı	0		1		0.968	0.306		
17:1	g										
18:1 undifferentiated	g	4.820	1	0		1		12.966	4.097		
20:1	-										
22:1 undifferentiated											
24:1 c	-										
Fatty acids, total polyunsaturated		0.880		0		1		2.367	0.748		
18:2 undifferentiated	-	0.670		0		1		1.802	0.570		
18:3 undifferentiated		0.160	1	0		1		0.430	0.136		
18:4	-										
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated		0.050		0		1		0.135	0.043		
20:5 n-3											
22:5 n-3	_										
22:6 n-3											
Fatty acids, total trans	-	90		0		1		242	77		
CholesterolPhytosterols	-	90		U		_		242	//		
Phytosterois	g										
Amino Acids:											
Tryptophan	g	0.309	1	0		1		0.831	0.263		
Threonine	g	1.130	1	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	i	0		1		0.847	0.268		
Phenylalanine	g	1.075	i	0		1		2.892	0.914		
Tyrosine	g	0.888		0		1		2.389	0.755		
Valine	g	1.425	i	0		1		3.833	1.211		
Arginine	g	1.569	ı	0		1		4.221	1.334		
Histidine	•	0.837		0		1		2.252	0.711		
Alanine	-	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		1.290		0		1		3.470	1.097		
Proline		1.108		0		1		2.981	0.942		
Serine	_	0.982		0		1		2.642	0.835		
Hydroxyproline	g										

# **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. 17015 Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 20% Bone

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	67.17		0		1		19.04	204 69	
Water				0	NC	1 4		19.04 57	304.68	
Energy		201 841		U	NC	4		238	912 3815	
Energy Protein (N x 6.25)		18.58		0		1		5.27	84.28	
Total lipid (fat)		13.49		0		1		3.82	61.19	
Ash		0.98		0		1		0.28	4.45	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch										
Survii										
Minerals:								_		
Calcium, Ca	-	8		0		1		2	36	
Iron, Fe	-	1.71		0		1		0.48	7.76	
Magnesium, Mg	-	24 178		0 0		1 1		7 50	109 807	
Phosphorus, P Potassium, K		261		0		1		74	1184	
Sodium, Na		57		0		1		16	259	
Zinc, Zn		3.50		0		1		0.99	15.88	
Copper, Cu	-	0.115	3	0		1		0.033	0.522	
Manganese, Mn		0.021		0		1		0.006	0.095	
Selenium, Se		21.4		0	PIE	4		6.1	97.1	
<u>Vitamins:</u>				_	_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.130		0 0		1 1		0.037	0.590	
Riboflavin	-	0.230		0		1		0.065	1.043	
Niacin Pantothenic acid		6.220 0.680		0		1		1.763 0.193	28.214 3.084	
Vitamin B-6		0.150		0		1		0.193	0.680	
Folate, total		20	•	0		1		6	91	
Folic acid		0		0	z	7		0	0	
Folate, food		20		0	_	1		6	91	
Folate, DFE		20		0	NC	4		6	91	
Vitamin B-12		2.51		0		1		0.71	11.39	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.21		0		1		0.06	0.95	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>Lipids:</u>										
Fatty acids, total saturated	g	5.800	)	0		1		1.644	26.309	
4:0										
6:0										
8:0	-									
10:0	-	0.030		0		1		0.009	0.136	
12:0	-	0.060	)	0		1		0.017	0.272	
13:0	-			_		_				
14:0		0.520	)	0		1		0.147	2.359	
15:0	-	0.000		^				0 001	12 222	
16:0	-	2.930	,	0		1		0.831	13.290	
17:0	-	1.840	,	0		1		0 500	0.246	
18:0 20:0	-	1.040	,	U		1		0.522	8.346	
22:0	-									
24:0	-									

		<u>Aı</u>	mount in 100		of edible po	ortion		Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean				urce ( ode	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		5.530		0		1		1.568	25.084		
14:1	-										
15:1											
16:1 undifferentiated	-	0.390		0		1		0.111	1.769		
17:1											
18:1 undifferentiated	_	4.970		0		1		1.409	22.544		
20:1	g										
22:1 undifferentiated											
24:1 c											
Fatty acids, total polyunsaturated	g	1.080		0		1		0.306	4.899		
18:2 undifferentiated		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		67		0		1		19	304		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.217		0		1		0.062	0.984		
Threonine		0.795		0		1		0.225	3.606		
Isoleucine		0.896		0		1		0.254	4.064		
Leucine		1.445		0		1		0.410	6.555		
Lysine		1.640		0		1		0.465	7.439		
Methionine	-	0.477		0		1		0.135	2.164		
Cystine	-	0.222		0		1		0.063	1.007		
Phenylalanine		0.756		0		1		0.214	3.429		
Tyrosine		0.730		0		1		0.177	2.830		
Valine	-	1.002		0		1		0.177	4.545		
Arginine		1.104		0		1		0.313	5.008		
Histidine		0.588		0		1		0.313	2.667		
Alanine	•	1.117		0		1		0.167	5.067		
	-	1.117		0		1		0.317	7.416		
Aspartic acid				0		1		0.464	7.416 12.229		
Glutamic acid	-	2.696									
Glycine	-	0.907		0		1		0.257	4.114		
Proline	•	0.779		0		1		0.221	3.534		
Serine	-	0.691		0		1		0.196	3.134		
Hydroxyproline	g										

## **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. 17233 Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 20% Bone

		<u>A</u>	mount in 100 gr	ams of edi	ble portio	<u>on</u>	Amount in	edible portion	of common
			Nun	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	а	61.43		0 PAE	4		164.02	52.22	
Energy	_	217		0 NC	4		579	184	
Energy		908		o no	4		2424	772	
Protein (N x 6.25)		26.73		0 PAE	=		71.37	22.72	
Total lipid (fat)		11.40		0 PAE			30.44	9.69	
Ash		1.06		0 PAE			2.83	0.90	
Carbohydrate, by difference		0.00		0 Z	7		0.00	0.00	
Fiber, total dietary		0.0		0 Z	7		0.0	0.0	
Sugars, total		0.0		_	•		0.0	0.0	
Starch	_								
Starcii	9								
<u>Minerals:</u>									
Calcium, Ca	-	9		0 PAE	4		24	8	
Iron, Fe.	-	1.99		0 PAE	4		5.31	1.69	
Magnesium, Mg		25		0 PAE	4		67	21	
Phosphorus, P	_	200		0 PAE	4		534	170	
Potassium, K	-	329		0 PAE	4		878	280	
Sodium, Na		65		0 PAE	4		174	55	
Zinc, Zn		4.72		0 PAE	4		12.60	4.01	
Copper, Cu		0.118		0 PAE	4		0.315	0.100	
Manganese, Mn		0.026	•	0 PAE	4		0.069	0.022	
Selenium, Se	mcg	29.7		0 BFNN	4		79.3	25.2	
<u>Vitamins:</u>									
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		0.270	)	0 PAE	4		0.721	0.230	
Niacin		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		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	
Vitamin B-12		2.68		0 PAE	4		7.16	2.28	
Vitamin A, IU	IU	0		0 PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0 PAE	4		0	0	
Retinol	mcg	0		0 PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	4.600	)	0 PAE	4		12.282	3.910	
4:0									
6:0	-								
8:0									
10:0	-	0.030	)	0 PAE	4		0.080	0.026	
12:0		0.040	)	0 PAE	4		0.107	0.034	
13:0	_								
14:0	g	0.420	)	0 PAE	4		1.121	0.357	
15:0	_								
16:0	g	2.370	)	0 PAE	4		6.328	2.015	
17:0	g								
18:0	-	1.500	)	0 PAE	4		4.005	1.275	
20:0									
22:0	-								
24:0	a								

NDB No. 17233 Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

						ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		<u></u>	easures or roou	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	4.860		0	PAE	4		12.976	4.131	
14:1										
15:1	-					_				
16:1 undifferentiated	-	0.330		0	PAE	4		0.881	0.281	
17:1		4.430		0	PAE	4		11 000	2.766	
18:1 undifferentiated		0.000		0	PAE	4		11.828	3.766	
20:1	-	0.000		U	PAL	4		0.000	0.000	
22:1 undifferentiated 24:1 c	-									
Fatty acids, total polyunsaturated	•	0.800		0	PAE	4		2.136	0.680	
18:2 undifferentiated	-	0.620		0	PAE	4		1.655	0.527	
18:3 undifferentiated		0.140		0	PAE	4		0.374	0.119	
18:4		0.110		v		•		0.574	0.113	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.050		0	PAE	4		0.134	0.043	
20:5 n-3										
22:5 n-3	-									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	90		0	PAE	4		240	77	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.312		0	PAE	4		0.833	0.265	
Threonine		1.144		0	PAE	4		3.054	0.972	
Isoleucine		1.290		0	PAE	4		3.444	1.097	
Leucine		2.079		0	PAE	4		5.551	1.767	
Lysine	-	2.360		0	PAE	4		6.301	2.006	
Methionine		0.686		0	PAE	4		1.832	0.583	
Cystine		0.319		0	PAE	4		0.852	0.271	
Phenylalanine	-	1.088		0	PAE	4		2.905	0.925	
Tyrosine		0.898		0	PAE	4		2.398	0.763	
Valine	-	1.442		0	PAE	4		3.850	1.226	
Arginine		1.588		0	PAE	4		4.240	1.350	
Histidine	_	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									

## **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. 17232 Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 20% Bone

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>on</u>	Amount in	edible portion of	of common
			N	Number				<u>m</u>	easures of food	
			(	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:	α.	68.73		0	PAE	4		19.48	211 76	
Water	-								311.76	
Energy		185		0	NC	4		52	839	
Energy		774				4		219	3511	
Protein (N x 6.25)		18.99		0	PAE	4		5.38	86.14	
Total lipid (fat)	-	11.50		0	PAE	4		3.26	52.16	
Ash		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:	ma	_		_				•	22	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	7		0	PAE	4		2	32	
Iron, Fe	_	1.73		0	PAE	4		0.49	7.85	
Magnesium, Mg		25		0	PAE	4		7	113	
Phosphorus, P	•	182		0	PAE	4		52	826	
Potassium, K	• • • • • • • • • • • • • • • • • • • •	267		0	PAE	4		76	1211	
Sodium, Na	-	58		0	PAE	4		16	263	
Zine, Zn	mg	3.58		0	PAE	4		1.01	16.24	
Copper, Cu	mg	0.117	7	0	PAE	4		0.033	0.531	
Manganese, Mn	mg	0.022	2	0	PAE	4		0.006	0.100	
Selenium, Se	mcg	21.9		0	BFNN	4		6.2	99.3	
<u>Vitamins:</u>										
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		0.690	)	0	PAE	4		0.196	3.130	
Vitamin B-6		0.160	)	0	PAE	4		0.045	0.726	
Folate, total	_	21		0	PAE	4		6	95	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		0	PAE	4		6	95	
Folate, DFE		21		0	NC	4		6	95	
Vitamin B-12		2.54		0	PAE	4		0.72	11.52	
Vitamin A, IU		0		0	PAE	4		0.72	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
		0		0		4		0		
Retinol		U		U	PAE	4		U	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:	a	4.880	1	0	PAE	4		1.383	22.136	
Fatty acids, total saturated		4.880	,	U	PAE	4		1.383	22.136	
4:0	_									
6:0	-									
8:0	-	0.000		^						
10:0	_	0.030		0	PAE	4		0.009	0.136	
12:0		0.050	J	0	PAE	4		0.014	0.227	
13:0	_		_							
14:0	_	0.430	)	0	PAE	4		0.122	1.950	
15:0	_									
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	_									
24:0	_									

	<u>Aı</u>	nount in 10			<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Std. Error	of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Traction and only	moun	Ota: Elloi					Wicusure 1	Mcasare 2	Wicasare 0
Fatty acids, total monounsaturatedg	4.700		0	PAE	4		1.332	21.319	
14:1g									
15:1g								4 540	
16:1 undifferentiatedg	0.340		0	PAE	4		0.096	1.542	
17:1g									
18:1 undifferentiatedg	4.230		0	PAE	4		1.199	19.187	
20:1g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.930		0	PAE	4		0.264	4.218	
18:2 undifferentiatedg	0.680		0	PAE	4		0.193	3.084	
18:3 undifferentiatedg	0.200		0	PAE	4		0.057	0.907	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.050		0	PAE	4		0.014	0.227	
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	67		0	PAE	4		19	304	
Phytosterolsmg									
Amino Acids:									
Tryptophan9	0.222		0	PAE	4		0.063	1.007	
Threonineg	0.813		0	PAE	4		0.230	3.688	
Isoleucineg	0.916		0	PAE	4		0.260	4.155	
Leucineg	1.477		0	PAE	4		0.419	6.700	
Lysineg	1.677		0	PAE	4		0.475	7.607	
Methionineg	0.487		0	PAE	4		0.138	2.209	
Cystineg	0.227		0	PAE	4		0.064	1.030	
Phenylalanineg	0.773		0	PAE	4		0.219	3.506	
Tyrosineg	0.638		0	PAE	4		0.181	2.894	
Valineg	1.025		0	PAE	4		0.291	4.649	
Arginineg	1.128		0	PAE	4		0.320	5.117	
Histidineg	0.602		0	PAE	4		0.171	2.731	
Alanineg	1.142		0	PAE	4		0.324	5.180	
Aspartic acidg	1.672		0	PAE	4		0.474	7.584	
Glutamic acidg	2.756		0	PAE	4		0.781	12.501	
Glycineg	0.928		0	PAE	4		0.263	4.209	
Prolineg	0.797		0	PAE	4		0.226	3.615	
Serineg	0.706		0	PAE	4		0.200	3.202	
Hydroxyproline									

## **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. 17018 Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

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

		<u>A</u> 1	mount in 100 gr			ole portio	<u>on</u>	Amount in edible portion of common		
				nber Data		Source	Confidence	<u>m</u> .	easures of food	ļ.
Nutrients and Un	its	Mean	Std. Error Poi	ints	Code	Code	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		753				4		1792	640	
Protein (N x 6.25)		28.17	0.344	14		1		67.04	23.94	
Total lipid (fat)		6.67	0.249	16		1		15.87	5.67	
Ash		1.10	0.018	16	_	1		2.62	0.94	
Carbohydrate, by difference		0.00		0	Z Z	7 7		0.00 0.0	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starcii	9									
Minerals:										
Calcium, Ca	-	8		16		1		19	7	
Iron, Fe		2.06		16		1 1		4.90	1.75	
Magnesium, Mg		26 208	0.478 4.003	16		1		62 495	22 177	
Phosphorus, P Potassium, K		342	4.448	16 16		1		495 814	291	
Sodium, Na		66	1.233	16		1		157	56	
Zinc, Zn		5.02	0.100	16		1		11.95	4.27	
Copper, Cu		0.121	0.010	16		1		0.288	0.103	
Manganese, Mn		0.028	1	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		0.110		16		1		0.262	0.094	
Riboflavin	-	0.280		16		1		0.666	0.238	
Niacin		6.390		16		1		15.208	5.432	
Pantothenic acid		0.710		16		1 1		1.690	0.604	
Vitamin B-6	_	0.170 24		0 16		1		0.405 57	0.145 20	
Folic acid		0	1.747	0	z	7		0	0	
Folate, food	-	24	1.747	16	_	1		57	20	
Folate, DFE		24		0	NC	4		57	20	
Vitamin B-12		2.71	0.184	15		1		6.45	2.30	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.18		0		1		0.43	0.15	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	2.380	1	0		1		5.664	2.023	
4:0	g									
6:0	g									
8:0						_				
10:0		0.010		107		1		0.024	0.009	
12:0	_	0.020	•	107		1		0.048	0.017	
13:0 14:0	_	0.210	1	107		1		0.500	0.179	
15:0	_	J.210				-		0.300	0.179	
16:0	_	1.280	1	107		1		3.046	1.088	
17:0	-									
18:0	-	0.820	)	107		1		1.952	0.697	
20:0	-									
22:0										
24:0	g									

NDB No. 17018 Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

	<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
			Numbe of Date	er a Deriv Source	Confidence	<u></u>		
Nutrients and Units	5	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
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		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	а	0.329	0	1		0.783	0.280	
Threonine		1.206	0	1		2.870	1.025	
Isoleucine	-	1.359	0	1		3.234	1.155	
Leucine		2.191	0	1		5.215	1.862	
Lysine		2.488	0	1		5.921	2.115	
Methionine	_	0.723	0	1		1.721	0.615	
Cystine	-	0.723	0	1		0.800	0.286	
		1.147	0	1		2.730	0.286	
Phenylalanine		0.947	0	1		2.730	0.975	
Tyrosine	-	1.520	0	1		3.618	1.292	
Valine			0	1				
Arginine		1.674 0.892		1		3.984 2.123	1.423 0.758	
Histidine	•	1.694	0	1		4.032	1.440	
Alanine	_	2.479	0	1		4.032 5.900	1.440 2.107	
Aspartic acid			0	1		5.900 9.729		
Glutamic acid	-	4.088					3.475	
Glycine		1.376		1		3.275	1.170	
Proline	•	1.182	0	1		2.813	1.005	
Serine	-	1.047	0	1		2.492	0.890	
Hydroxyproline	9							

## **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. 17017 Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 31% Bone 20%, separable fat 11%

	A	mount in 100 g			Amount in edible portion of common measures of food					
				ımbeı				<u>m</u>	<u> </u>	
Nutrients and Un	its	Mean	of Std. Error		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	74.44	0.250	32		1		21.10	337.66	
Energy		125 523		0	NC	4 4		35 148	567 2372	
Energy		20.52	0.136	32		1		5.82	93.08	
Protein (N x 6.25) Total lipid (fat)		4.19	0.130	32		1		1.19	19.01	
Ash		1.08	0.010	32		1		0.31	4.90	
Carbohydrate, by difference		0.00	****	0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
N.C. 1	-									
Minerals: Calcium. Ca	ma	6	0.391	32		1		2	27	
Iron. Fe.	• • • • • • • • • • • • • • • • • • • •	1.82	0.391	32		1		0.52	8.26	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	27	0.846	32		1		8	122	
Phosphorus, P	-	195	3.649	16		1		55	885	
Potassium, K	-	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		0.124		32		1		0.035	0.562	
Manganese, Mn	-	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		0.140	0.007	16		1		0.040	0.635	
Riboflavin	-	0.250		16		1		0.071	1.134	
Niacin		6.190		16		1		1.755	28.078	
Pantothenic acid		0.700		16 0		1		0.198	3.175	
Vitamin B-6 Folate, total		0.170 23	1.524	16		1 1		0.048 7	0.771 104	
Folic acid		0	1.524	0	z	7		0	0	
Folate, food	-	23	1.524	16	-	1		7	104	
Folate, DFE		23		0	NC	4		7	104	
Vitamin B-12		2.64	0.123	16		1		0.75	11.98	
Vitamin A, IU	IU -	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.20		0		1		0.06	0.91	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		1.500	)	0		1		0.425	6.804	
4:0 6:0										
8:0	-									
10:0	-	0.010	)	373		1		0.003	0.045	
12:0		0.010		373		1		0.003	0.045	
13:0	-									
14:0	g	0.110	)	373		1		0.031	0.499	
15:0	g									
16:0	-	0.810	)	373		1		0.230	3.674	
17:0	-	<b>-</b> - ·		a		_		_	_	
18:0	-	0.500	)	373		1		0.142	2.268	
20:0	-									
22:0	-									
24:0	9									

	<u>An</u>	nount in 100 grams	Amount in edible portion of common measures of food				
			Deriv Source				
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.690	0	1		0.479	7.666	
14:1g							
15:1g							
16:1 undifferentiatedg	0.130	373	1		0.037	0.590	
17:1g							
18:1 undifferentiatedg	1.530	373	1		0.434	6.940	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated9	0.380	0	1		0.108	1.724	
18:2 undifferentiatedg	0.290	373	1		0.082	1.315	
18:3 undifferentiatedg	0.060	373	1		0.017	0.272	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiatedg	0.040	373	1		0.011	0.181	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterol mg	9 64	1.534 16	1		18	290	
Phytosterolsmg	9						
Amino Acids:							
Tryptophan	0.240	0	1		0.068	1.089	
Threonine	0.878	0	1		0.249	3.983	
Isoleucine	0.990	0	1		0.281	4.491	
Leucineg	1.596	0	1		0.452	7.239	
Lysineg	1.812	0	1		0.514	8.219	
Methionineg	0.527	0	1		0.149	2.390	
Cystineg	0.245	0	1		0.069	1.111	
Phenylalanine	0.835	0	1		0.237	3.788	
Tyrosineg	0.690	0	1		0.196	3.130	
Valineg	1.107	0	1		0.314	5.021	
Arginine	1.219	0	1		0.346	5.529	
Histidineg	0.650	0	1		0.184	2.948	
Alanine	1.234	0	1		0.350	5.597	
Aspartic acid	1.806	0	1		0.512	8.192	
Glutamic acid	2.977	0	1		0.844	13.504	
Glycine	1.002	0	1		0.284	4.545	
Proline	0.861	0	1		0.244	3.905	
Serine	0.763	0	1		0.216	3.461	
Hydroxyproline							

## **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. 17020 Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 23% Bone

		<u>A</u>	mount in 10			ole portio	on	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		54.13		0		1		141.82	46.01	
Energy		292		0	NC	4		765	248	
Energy		1222				4		3201	1038	
Protein (N x 6.25)		24.63		0		1 1		64.53	20.94	
Total lipid (fat) Ash		20.67 0.99		0		1		54.16 2.59	17.57 0.84	
Carbohydrate, by difference		0.99		0	z	7		0.00	0.84	
Fiber, total dietary	=	0.00		0	Z	7		0.00	0.00	
Sugars, total		0.0		ŭ	-	•		0.0	0.0	
Starch										
Minerals:				_		_			_	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	11 2.00		0		1		29	9 1.70	
Iron, FeMagnesium, Mg		2.00		0 0		1 1		5.24 58	1.70 19	
Phosphorus, P	_	183		0		1		479	156	
Potassium, K	•	301		0		1		789	256	
Sodium, Na	-	68		0		1		178	58	
Zinc, Zn		4.13		0		1		10.82	3.51	
Copper, Cu		0.112	2	0		1		0.293	0.095	
Manganese, Mn	mg	0.022	2	0		1		0.058	0.019	
Selenium, Se	mcg	25.5		0	BFYN	4		66.8	21.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.110	)	0	_	1		0.288	0.094	
Riboflavin	_	0.280		0		1		0.734	0.238	
Niacin	_	6.620	)	0		1		17.344	5.627	
Pantothenic acid		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		0		0	Z	7		0	0	
Folate, food		17		0		1		45	14	
Folate, DFE		17		0	NC	4		45	14	
Vitamin B-12		2.53		0		1		6.63	2.15	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0 0		4 4		0	0	
Retinol		0.13		0		1		0.34	0 0.11	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.13		U		1		0.34	0.11	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	8.740	)	0		1		22.899	7.429	
4:0		0.,10		•		_		22.055	7.425	
6:0	-									
8:0	g									
10:0	-	0.050	)	0		1		0.131	0.043	
12:0	g	0.090	)	0		1		0.236	0.077	
13:0	_									
14:0		0.810	)	0		1		2.122	0.689	
15:0	_			_		_				
16:0	_	4.430	)	0		1		11.607	3.766	
17:0	_	2.810	1	0		1		7 260	0 200	
18:0 20:0	_	2.810	,	U		_		7.362	2.389	
22:0	_									
24:0	_									
<b>∠</b> ⊤.∪	9									

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food				
		Number			<u></u>	easures or roou	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	8.710	0	1		22.820	7.404	
14:1g							
15:1g							
16:1 undifferentiatedg	0.600	0	1		1.572	0.510	
17:1g							
18:1 undifferentiatedg	7.900	0	1		20.698	6.715	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated		0	1		3.904	1.267	
18:2 undifferentiatedg		0	1		2.934	0.952	
18:3 undifferentiated	0.300	0	1		0.786	0.255	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiatedg	0.070	0	1		0.183	0.060	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans9							
Cholesteroln		0	1		254	82	
Phytosterols n	ng						
Amino Acids:							
Tryptophang		0	1		0.755	0.245	
Threonineg		0	1		2.761	0.896	
Isoleucineg		0	1		3.113	1.010	
Leucineg		0	1		5.020	1.629	
Lysineg		0	1		5.699	1.849	
Methionineg		0	1		1.656	0.537	
Cystineg		0	1		0.770	0.250	
Phenylalanineg		0	1		2.628	0.853	
Tyrosineg		0	1		2.169	0.704	
Valineg		0	1		3.482	1.130	
Arginineg		0	1		3.833	1.244	
Histidineg		0	1		2.044	0.663	
Alanineg		0	1		3.880	1.259	
Aspartic acidg		0	1		5.680	1.843	
Glutamic acid		0	1		9.364	3.038	
Glycineg		0	1		3.152	1.023	
Prolineg	1.033	0	1		2.706	0.878	
Serine	0.916	0	1		2.400	0.779	
Hydroxyprolineg							

## **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. 17019 Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 23% Bone

		<u>A</u> 1	mount in 100	Amount in edible portion of common						
			N	lumber				<u>m</u>	easures of food	_
			C	of Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	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										
Starch	g									
Minerals:	<b></b>	4.0		_		_		_		
Calcium, Ca	_	10		0		1		3	45	
Iron, Fe	-	1.61		0		1		0.46	7.30	
Magnesium, Mg		22		0		1		6	100	
Phosphorus, P		159 231		0		1 1		45 65	721	
Potassium, K						1			1048	
Sodium, Na	_	56		0		1		16	254	
Zinc, Zn		3.08	,	0		1		0.87	13.97	
Copper, Cu		0.112		0		1		0.032	0.508 0.086	
Manganese, Mn		0.019 19.6	,	0	PIE	4		0.005 5.6	88.9	
Selenium, Se	Ilicy	19.6		U	PIE	4		5.6	88.9	
<u>Vitamins:</u>										
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	
Vitamin B-12		2.48		0		1		0.70	11.25	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0		1		0.06	1.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	9.730	)	0		1		2.758	44.135	
4:0				-		_		21700	111200	
6:0										
8:0										
10:0	-	0.060	)	0		1		0.017	0.272	
12:0		0.100		0		1		0.028	0.454	
13:0	-			-					- · · - <del>-</del>	
14:0	-	0.900	)	0		1		0.255	4.082	
15:0	-			-		•			- 7 - 7 - 7	
	-	4.880	)	0		1		1.383	22.136	
16:0				-						
16:0 17:0.	g									
17:0	-	3.060	)	0		1		0.868	13.880	
17:0 18:0	g	3.060	)	0		1		0.868	13.880	
17:0	g g	3.060	)	0		1		0.868	13.880	

	<u>Aı</u>	mount in 10		Amount in edible portion of common				
			Number	0	0	<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	9.080		0	1		2.574	41.187	
14:1g								
15:1g	0.640		•	1		0 101	0 000	
16:1 undifferentiated	0.640		0	1		0.181	2.903	
17:1	8.150		0	1		0 211	26.060	
18:1 undifferentiated	8.150		U	_		2.311	36.968	
20:1g								
22:1 undifferentiated								
24:1 c	1.730		0	1		0.490	7.847	
Fatty acids, total polyunsaturated9	1.730		0	1		0.490	7.847 5.761	
18:2 undifferentiatedg	0.400		0	1				
18:3 undifferentiatedg	0.400		U	1		0.113	1.814	
18:4g								
20:2 n-6 c,cg 20:3 undifferentiatedg								
20:3 undifferentiated	0.070		0	1		0.020	0.318	
20:5 n-3	0.070		U	_		0.020	0.318	
20.5 n-3								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolg	72		0	1		20	327	
Phytosterolsmg	, <u>-</u>		Ů	-		20	327	
Amino Acids:								
Tryptophang	0.198		0	1		0.056	0.898	
Threonine 9	0.725		0	1		0.206	3.289	
Isoleucine 9	0.817		0	1		0.232	3.706	
Leucine	1.317		0	1		0.373	5.974	
Lysineg	1.496		0	1		0.424	6.786	
Methionine	0.435		0	1		0.123	1.973	
Cystineg	0.202		0	1		0.057	0.916	
Phenylalanine	0.689		0	1		0.195	3.125	
Tyrosine9	0.569		0	1		0.161	2.581	
Valineg	0.914		0	1		0.259	4.146	
Arginineg	1.006		0	1		0.285	4.563	
Histidine	0.536		0	1		0.152	2.431	
Alanineg	1.018		0	1		0.289	4.618	
Aspartic acidg	1.491		0	1		0.423	6.763	
Glutamic acid	2.458		0	1		0.697	11.149	
Glycineg	0.827		0	1		0.234	3.751	
Proline	0.710		0	1		0.201	3.221	
Serine 9	0.630		0	1		0.179	2.858	
Hydroxyproline			-	_			2.000	

## **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. 17235 Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 23% Bone

		<u>A</u>	mount in 100	0 grams	Amount in edible portion of common					
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	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		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									
Minanala										
Minerals: Calcium. Ca	ma	11		0	PAE	4		29	9	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.01		0	PAE	4		29 5.23	9 1.71	
Magnesium, Mg	-	2.01		0	PAE	4		60	20	
Phosphorus, P		185		0	PAE	4		481	157	
Potassium, K	-	304		0	PAE	4		790	258	
Sodium, Na	-	68		0	PAE	4		177	58	
Zine, Zn	-	4.20		0	PAE	4		10.92	3.57	
Copper, Cu		0.113	3	0	PAE	4		0.294	0.096	
Manganese, Mn		0.023	3	0	PAE	4		0.060	0.020	
Selenium, Se	mcg	25.8		0	BFNN	4		67.1	21.9	
Vitamins										
Vitamins:	ma	0.0		0	Z	7		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin		0.0	,	0	PAE	4		0.286	0.0 0.094	
Riboflavin		0.280		0	PAE	4		0.728	0.094	
Niacin	-	6.590		0	PAE	4		17.134	5.602	
Pantothenic acid		0.670		0	PAE	4		1.742	0.570	
Vitamin B-6		0.140		0	PAE	4		0.364	0.119	
Folate, total		17		0	PAE	4		44	14	
Folic acid		0		0	Z	7		0	0	
Folate, food		17		0	PAE	4		44	14	
Folate, DFE		17		0	NC	4		44	14	
Vitamin B-12		2.54		0	PAE	4		6.60	2.16	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol	-	0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	Illog									
Lipids:										
Fatty acids, total saturated	g	8.260	)	0	PAE	4		21.476	7.021	
4:0	-									
6:0	-									
8:0	-									
10:0	-	0.050		0	PAE	4		0.130	0.043	
12:0		0.080	,	0	PAE	4		0.208	0.068	
13:0	-	0 77	<b>.</b>	0	שאם	4		2 002	0 655	
14:0	-	0.770	,	U	PAE	4		2.002	0.655	
15:0 16:0	-	4.200	)	0	PAE	4		10.920	3.570	
17:0	-	7.200	-	3	EAE	-		10.920	3.370	
18:0	-	2.660	)	0	PAE	4		6.916	2.261	
20:0	-		-	•		-		0.510		
22:0	-									
24:0	-									
	=									

NDB No. 17235 Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>		unt in edible portion of com		
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
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		1.070		0	PAE	4		2.782	0.910		
18:3 undifferentiated		0.280		0	PAE	4		0.728	0.238		
18:4	g										
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	g	0.070		0	PAE	4		0.182	0.060		
20:5 n-3	-										
22:5 n-3											
22:6 n-3	-										
Fatty acids, total trans											
Cholesterol		96		0	PAE	4		250	82		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.292		0	PAE	4		0.759	0.248		
Threonine		1.068		0	PAE	4		2.777	0.908		
Isoleucine	-	1.204		0	PAE	4		3.130	1.023		
Leucine		1.941		0	PAE	4		5.047	1.650		
Lysine		2.203		0	PAE	4		5.728	1.873		
Methionine	-	0.640		0	PAE	4		1.664	0.544		
Cystine	-	0.298		0	PAE	4		0.775	0.253		
Phenylalanine		1.016		0	PAE	4		2.642	0.864		
Tyrosine		0.839		0	PAE	4		2.181	0.713		
Valine	-	1.346		0	PAE	4		3.500	1.144		
Arginine		1.482		0	PAE	4		3.853	1.260		
Histidine	-	0.790		0	PAE	4		2.054	0.672		
Alanine	-	1.501		0	PAE	4		3.903	1.276		
Aspartic acid		2.196		0	PAE	4		5.710	1.867		
Glutamic acid		3.621		0	PAE	4		9.415	3.078		
Glycine	-	1.219		0	PAE	4		3.169	1.036		
Proline	-	1.047		0	PAE	4		2.722	0.890		
Serine		0.928		0	PAE	4		2.413	0.789		
Hydroxyproline	-	0.926		U	PAL	-		2.413	0.769		
11yuroxypronne	9										

## **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. 17234 Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 24% Bone

	<u>A</u> 1	mount in 10			Amount in edible portion of common measures of food					
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	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		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									
MC 1										
Minerals:	ma	10		^	PAE	4		3	45	
Calcium, CaIron, Fe	_	1.63		0	PAE	4 4		0.46	7.39	
Magnesium, Mg	-	23		0	PAE	4		7	104	
Phosphorus, P	_	161		0	PAE	4		46	730	
Potassium, K		235		0	PAE	4		67	1066	
Sodium, Na		56		0	PAE	4		16	254	
Zinc, Zn		3.13		0	PAE	4		0.89	14.20	
Copper, Cu	_	0.114	ı	0	PAE	4		0.032	0.517	
Manganese, Mn		0.019		0	PAE	4		0.005	0.086	
Selenium, Se		19.9		0	BFNN	4		5.6	90.3	
*7*.										
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.130		0	PAE	4		0.037	0.590	
Riboflavin	-	0.230		0	PAE	4		0.065	1.043	
Niacin		6.340		0	PAE	4		1.797	28.758	
Pantothenic acid		0.700		0	PAE	4		0.198	3.175	
Vitamin B-6		0.140	,	0	PAE	4		0.040	0.635	
Folate, total		19 0		0 0	PAE Z	4 7		5 0	86	
Folic acid		19		0		4		5	0 86	
Folate, foodFolate, DFE		19		0	PAE NC	4		5 5	86	
		2.50		0	PAE	4		0.71	11.34	
Vitamin B-12 Vitamin A, IU		0		0	PAE	4		0.71	0	
Vitamin A, RAE	mca RAF	0		0	PAE	4		Ö	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)		ŭ		v		•		v	v	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	_							0.506	44 000	
Fatty acids, total saturated		9.120	,	0	PAE	4		2.586	41.368	
4:0 6:0										
8:0										
10:0	-	0.050	)	0	PAE	4		0.014	0.227	
12:0	-	0.090		0	PAE	4		0.014	0.408	
13:0	-	0.030		ŭ		•		0.020	0.400	
14:0		0.840	)	0	PAE	4		0.238	3.810	
15:0		0.040	•	·	LAD	-		0.230	3.010	
16:0		4.580	)	0	PAE	4		1.298	20.775	
17:0		1.500		•		-			_05	
18:0	-	2.870	)	0	PAE	4		0.814	13.018	
20:0	-			Ū		-		0.014	20.010	
22:0	-									
	······									

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	<b>:</b>	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		8.540		0	PAE	4		2.421	38.737		
14:1	-										
15:1		0.600		•				0 170	0.700		
16:1 undifferentiated	-	0.600		0	PAE	4		0.170	2.722		
17:1		7.670		•					04 504		
18:1 undifferentiated		7.670		0	PAE	4		2.174	34.791		
20:1		0.000		0	PAE	4		0.000	0.000		
22:1 undifferentiated	•										
24:1 c	•										
Fatty acids, total polyunsaturated		1.640		0	PAE	4		0.465	7.439		
18:2 undifferentiated		1.200		0	PAE	4		0.340	5.443		
18:3 undifferentiated		0.370		0	PAE	4		0.105	1.678		
18:4											
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	-	0.070		0	PAE	4		0.020	0.318		
20:5 n-3											
22:5 n-3	-										
22:6 n-3											
Fatty acids, total trans				_							
Cholesterol		71		0	PAE	4		20	322		
Phytosterols	<sub>.</sub> mg										
Amino Acids:											
Tryptophan	а	0.201		0	PAE	4		0.057	0.912		
Threonine		0.737		0	PAE	4		0.209	3.343		
Isoleucine	-	0.830		0	PAE	4		0.235	3.765		
Leucine		1.339		0	PAE	4		0.380	6.074		
Lysine		1.520		0	PAE	4		0.431	6.895		
Methionine	-	0.442		0	PAE	4		0.125	2.005		
Cystine	-	0.205		0	PAE	4		0.123	0.930		
Phenylalanine		0.701		0	PAE	4		0.199	3.180		
Tyrosine		0.701		0	PAE	4		0.164	2.626		
2	_	0.929		0	PAE	4		0.263	4.214		
ValineArginine		1.023		0	PAE	4		0.263	4.214		
9	-			0	PAE	4					
Histidine	-	0.545 1.035		0	PAE	4		0.155 0.293	2.472 4.695		
Alanine		1.035		0	PAE	4		0.293			
Aspartic acid		2.498		0	PAE	4		0.430	6.872		
Glutamic acid	-								11.331		
Glycine	-	0.841		0	PAE	4		0.238	3.815		
Proline		0.722		0	PAE	4		0.205	3.275		
Serine	-	0.640		0	PAE	4		0.181	2.903		
Hydroxyproline	9										

## **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. 17022 Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 41% Bone 23%, separable fat 18%

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common						
			Nun	nber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	<b>a</b>	62.49	0.600	1.6		1		105 60	F2 10	
Water	=	204	0.620	16	***	4		125.60	53.12	
Energy		204 854		0	NC	4		410	173	
Energy			0 500	1.5				1716	726	
Protein (N x 6.25)	-	28.35		15		1		56.98	24.10	
Total lipid (fat)		9.17		16		1 1		18.43	7.79	
Ash		1.09	0.019	16	_			2.19	0.93	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	=									
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		203	3.737	16		1		408	173	
Potassium, K	mg	333	4.538	16		1		669	283	
Sodium, Na	mg	71		16		1		143	60	
Zinc, Zn	mg	4.85		16		1		9.75	4.12	
Copper, Cu		0.119		16		1		0.239	0.101	
Manganese, Mn		0.028		0		1		0.056	0.024	
Selenium, Se	mcg	30.8		0	BFYN	4		61.9	26.2	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.120		16		1		0.241	0.102	
Riboflavin		0.310		16		1		0.623	0.264	
Niacin		6.270		16		1		12.603	5.330	
Pantothenic acid		0.700		16		1		1.407	0.595	
Vitamin B-6	-	0.170		0		1		0.342	0.145	
Folate, total		21 0	1.046	16	_	1 7		42 0	18	
Folic acid		21	1.046	0 16	Z	1		42	0 18	
Folate, food		21	1.046	0	NC	4		42 42	18	
Folate, DFE		2.58	0.148	16	NC	1		5.19	2.19	
Vitamin B-12 Vitamin A, IU		0	0.146	0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.17		0		1		0.34	0.14	
Tocopherol, beta	ma	0.17		•		-		0.54	V.14	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	3.280		0		1		6.593	2.788	
4:0										
6:0	_									
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	-									
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									

NDB No. 17022 Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

		<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
			Numbe of Data	r a Deriv Source	Confidence	<u></u>	<u> </u>		
Nutrients and Unit	s	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	4.020	0	1		8.080	3.417		
14:1	g								
15:1									
16:1 undifferentiated	_	0.270	107	1		0.543	0.230		
17:1									
18:1 undifferentiated		3.720	107	1		7.477	3.162		
20:1									
22:1 undifferentiated									
24:1 c									
Fatty acids, total polyunsaturated		0.600	0	1		1.206	0.510		
18:2 undifferentiated	•	0.490	107	1		0.985	0.417		
18:3 undifferentiated	_	0.050	107	1		0.101	0.043		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated		0.000	107	1		0 101	0.051		
20:4 undifferentiated 20:5 n-3	_	0.060	107	1		0.121	0.051		
20:5 n-3									
22:6 n-3	_								
Fatty acids, total trans	_								
Cholesterol		92	3.349 16	1		185	78		
Phytosterols	-		0.015 10	_		103	7.5		
-									
Amino Acids:									
Tryptophan		0.331	0	1		0.665	0.281		
Threonine	-	1.214	0	1		2.440	1.032		
Isoleucine		1.368	0	1		2.750	1.163		
Leucine		2.205	0	1		4.432	1.874		
Lysine	-	2.504	0	1		5.033	2.128		
Methionine	-	0.728	0	1		1.463	0.619		
Cystine		0.338	0	1		0.679	0.287		
Phenylalanine		1.154	0	1		2.320	0.981		
Tyrosine	-	0.953	0	1		1.916	0.810		
Valine		1.530	0	1		3.075	1.301		
Arginine		1.684	0	1		3.385	1.431		
Histidine	•	0.898	0	1		1.805	0.763		
Alanine	-	1.705	0	1		3.427	1.449		
Aspartic acid		2.496	0	1		5.017	2.122		
Glutamic acid	-	4.114	0	1		8.269	3.497		
Glycine		1.385	0	1		2.784	1.177		
Proline	•	1.189	0	1 1		2.390	1.011		
Serine	-	1.054	0	1		2.119	0.896		
Hydroxyproline	9								

## **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. 17021 Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 43% Bone 23%, separable fat 20%

	<u>Aı</u>	mount in 100 g			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
			of		Deriv	Source	Confidence	<u>m</u>	easures of food	<u>.</u>
Nutrients and Un	its	Mean	Std. Error Po	ints	Code	Code	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)		20.55	0.328	32		1		5.83	93.21	
Total lipid (fat)		5.08	0.221	32		1		1.44	23.04	
Ash		1.07	0.011	32		1		0.30	4.85	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.465	32		1		2	32	
Iron, Fe	-	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		284	14.399	32		1		81	1288	
Sodium, Na		64	2.551	32		1		18	290	
Zinc, Zn		3.77	0.173	32		1		1.07	17.10	
Copper, Cu		0.132		32		1		0.037	0.599	
Manganese, Mn		0.024		0	DENDI	1 4		0.007	0.109	
Selenium, Se	nicg	23.4		U	BFNN	4		6.6	106.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		0.140	0.007	16		1		0.040	0.635	
Riboflavin	-	0.250		16		1		0.071	1.134	
Niacin		6.330		16		1		1.795	28.713	
Pantothenic acid		0.740		16		1		0.210	3.357	
Vitamin B-6	-	0.170		0		1		0.048	0.771	
Folate, total		24 0	1.354	16 0		1 7		7 0	109	
Folic acid		24	1.354	16	Z	1		7	0 109	
Folate, foodFolate, DFE		24	1.334	0	NC	4		7	109	
Vitamin B-12		2.76	0.149	16	NC	1		0.78	12.52	
Vitamin A, IU		0	0.143	0		4		0.75	0	
Vitamin A, RAE	mca RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.24		0		1		0.07	1.09	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.820	1	0		1		0.516	8.256	
4:0	g									
6:0	g									
8:0										
10:0		0.010		373		1		0.003	0.045	
12:0	-	0.010	1	373		1		0.003	0.045	
13:0	-			250		_				
14:0	-	0.130	1	373		1		0.037	0.590	
15:0	-	0.000		272		1		0 001	4 401	
16:0 17:0	-	0.990	•	373		1		0.281	4.491	
18:0	-	0.600	1	373		1		0.170	2.722	
20:0	-	0.000		2.3		-		0.170	2.122	
22:0	-									
24:0										

		<u>Ar</u>	nount in 100 gran		<u>n</u>	Amount in edible portion of common measures of food			
			Number of Date	er a Deriv	Course	Confidence	111	easures or 100u	
Nutrients and Un	its	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	2.040	0		1		0.578	9.253	
14:1									
15:1	-	0.150	0.00		_				
16:1 undifferentiated	-	0.150	373	3	1		0.043	0.680	
17:1 18:1 undifferentiated		1.850	373	,	1		0.524	8.392	
		1.850	37.	,	1		0.524	8.392	
20:1	-								
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	-	0.460	0		1		0.130	2.087	
18:2 undifferentiated		0.350	373	1	1		0.099	1.588	
18:3 undifferentiated	-	0.070	373		1		0.020	0.318	
18:4		0.0.0	5		-		0.020	0.510	
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.050	373	3	1		0.014	0.227	
20:5 n-3									
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	a	0.240	0		1		0.068	1.089	
Threonine		0.880	0		1		0.249	3.992	
Isoleucine	g	0.991	0		1		0.281	4.495	
Leucine	-	1.598	0		1		0.453	7.249	
Lysine	_	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		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		1.004	0		1		0.285	4.554	
Proline	• • • • • • • • • • • • • • • • • • • •	0.862			1		0.244	3.910	
Serine	-	0.764	0		1		0.217	3.466	
Hydroxyproline	g								

# **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. 17012 Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 22% Bone

	A	mount in 10			ole portio	o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Un	nits	Mean	Std. Error		Deriv	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				4		2861	918	
Protein (N x 6.25)	g	25.55		0		1		67.71	21.72	
Total lipid (fat)		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	ma	11		0		1		29	9	
Iron, Fe	-	1.98		0		1		5.25	1.68	
Magnesium, Mg	-	24		0		1		64	20	
Phosphorus, P	-	191		0		1		506	162	
Potassium, K	•	313		0		1		829	266	
Sodium, Na	_	66		0		1		175	56	
Zinc, Zn		4.40		0		1		11.66	3.74	
Copper, Cu		0.115	5	0		1		0.305	0.098	
Manganese, Mn	mg	0.024	l	0		1		0.064	0.020	
Selenium, Se	mcg	27.2		0	BFYN	4		72.1	23.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.100	1	0		1		0.265	0.085	
Riboflavin	-	0.270		0		1		0.716	0.230	
Niacin	-	6.590		0		1		17.464	5.602	
Pantothenic acid		0.680		0		1		1.802	0.578	
Vitamin B-6		0.150		0		1		0.398	0.128	
Folate, total		20		0		1		53	17	
Folic acid		0		0	z	7		0	0	
Folate, food		20		0		1		53	17	
Folate, DFE		20		0	NC	4		53	17	
Vitamin B-12		2.59		0		1		6.86	2.20	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.15		0		1		0.40	0.13	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
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		0.000		0		1		0.000	0.000	
6:0		0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	-	0.040		0		1		0.106	0.034	
12:0	-	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									

NDB No. 17012 Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

		<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tod (I	6.960		0		1		18.444	5.916	
14:1		0.300		Ū		•		10.444	3.910	
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	•	0.000		0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate		1.180		0		1		3.127	1.003	
18:2 undifferentiated		0.900		0		1		2.385	0.765	
18:3 undifferentiated		0.230		0		1		0.610	0.196	
18:4	_	0.000		0		1		0.000	0.000	
20:2 n-6 c,c										
20:3 undifferentiated						_				
20:4 undifferentiated	_	0.060		0		1		0.159	0.051	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0 0		1 1		0.000	0.000	
22:6 n-3		0.000		U		1		0.000	0.000	
Fatty acids, total trans		93		0		1		246	79	
CholesterolPhytosterols		93		U		1		240	79	
Pilytosterois										
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	_	1.987		0		1		5.266	1.689	
Lysine		2.256		0		1		5.978	1.918	
Methionine		0.656		0		1		1.738	0.558	
Cystine		0.305		0		1		0.808	0.259	
Phenylalanine		1.040		0		1		2.756	0.884	
Tyrosine	_	0.859		0		1		2.276	0.730	
Valine	_	1.379		0		1		3.654	1.172	
Arginine		1.518		0		1		4.023	1.290	
Histidine		0.809		0		1		2.144	0.688	
Alanine		1.537		0 0		1 1		4.073	1.306	
Aspartic acid		2.249 3.708		0		1		5.960 9.826	1.912	
Glutamic acid		1.248		0		1			3.152 1.061	
Glycine		1.072		0		1		3.307 2.841	0.911	
Serine		0.950		0		1		2.518	0.808	
Hydroxyproline	-	0.930		U		_		2.516	0.808	
11ydroxypronne	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcq	0		0	Z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 265g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17012

Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17011 Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 21% Bone

						ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.32		0		1		18.23	291.76	
Energy		230		0	NC	4		65	1043	
Energy		962				4		273	4365	
Protein (N x 6.25)		17.91		0		1		5.08	81.24	
Total lipid (fat)		17.07		0		1		4.84	77.43	
Ash	g	0.94		0		1		0.27	4.26	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:								_		
Calcium, Ca	_	9		0		1		3	41	
Iron, Fe	-	1.66		0		1		0.47	7.53	
Magnesium, Mg	_	23		0		1		7	104	
Phosphorus, P		170		0		1		48	771	
Potassium, K		249		0		1		71	1129	
Sodium, Na		56		0		1 1		16	254	
Zinc, Zn	_	3.32	,	0 0		1		0.94	15.06	
Copper, Cu		0.113 0.020		0		1		0.032 0.006	0.513 0.091	
Manganese, Mn Selenium, Se		20.7	,	0	PAK	1		5.9	93.9	
Selenium, Se	Ilicg	20.7		U	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		6.260	)	0		1		1.775	28.395	
Pantothenic acid	<u>mg</u>	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		19		0		1		5	86	
Folate, DFE	mcg_DFE	19		0	NC	4		5	86	
Vitamin B-12		2.50		0		1		0.71	11.34	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.21		0		1		0.06	0.95	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.430	)	0		1		2.106	33.702	
4:0										
6:0										
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	-									
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	-									
18:0	g	2.350	)	0		1		0.666	10.660	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and Unit	s	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		7.000		0		1		1.985	31.752	
14:1	-									
15:1										
16:1 undifferentiated	-	0.500		0		1		0.142	2.268	
17:1										
18:1 undifferentiated	-	6.290		0		1		1.783	28.531	
20:1										
22:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		1.350		0		1		0.383	6.124	
18:2 undifferentiated	•	0.990		0		1		0.281	4.491	
18:3 undifferentiated	-	0.300		0		1		0.085	1.361	
18:4	g									
20:2 n-6 c,c										
20:3 undifferentiated	g									
20:4 undifferentiated	-	0.060		0		1		0.017	0.272	
20:5 n-3	g									
22:5 n-3	g									
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	mg	69		0		1		20	313	
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.209		0		1		0.059	0.948	
Threonine		0.767		0		1		0.217	3.479	
Isoleucine		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		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		2.600		0		1		0.737	11.794	
Glycine	-	0.875		0		1		0.248	3.969	
Proline	-	0.751		0		1		0.213	3.407	
Serine	•	0.666		0		1		0.189	3.021	

# **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. 17231 Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 23% Bone

	<u>A</u> 1	mount in 10			<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		58.99		0	PAE	4		153.37	50.14	
Energy		242		0	NC	4		629	206	
Energy		1013 26.20		•	D3.0	4 4		2633 68.12	861	
Protein (N x 6.25)		14.42		0 0	PAE PAE	4		37.49	22.27 12.26	
Total lipid (fat) Ash		1.04		0	PAE	4		2.70	0.88	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	-	0.00		0	z	7		0.00	0.00	
Sugars, total		0.0		·		,		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	10		0	PAE	4		26	9	
Iron, Fe		2.02		0	PAE	4		5.25	1.72	
Magnesium, Mg		24		0	PAE	4		62	20	
Phosphorus, P	•	194		0	PAE	4		504	165	
Potassium, K	-	319 67		0 0	PAE PAE	4 4		829 174	271 57	
Sodium, NaZinc, Zn		4.53		0	PAE	4		11.78	3.85	
Copper, Cu		0.116	:	0	PAE	4		0.302	0.099	
Manganese, Mn		0.025		0	PAE	4		0.065	0.021	
Selenium, Se	_	27.8		0	BFNN	4		72.3	23.6	
· ·										
Vitamins:				_	_	_				
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.110		0	PAE	4 4		0.286	0.094	
Riboflavin	-	0.280 6.530		0	PAE PAE	4		0.728 16.978	0.238 5.551	
Niacin Pantothenic acid		0.690		0	PAE	4		1.794	0.587	
Vitamin B-6		0.150		0	PAE	4		0.390	0.128	
Folate, total		20	•	0	PAE	4		52	17	
Folic acid		0		0	z	7		0	0	
Folate, food.		20		0	PAE	4		52	17	
Folate, DFE		20		0	NC	4		52	17	
Vitamin B-12		2.60		0	PAE	4		6.76	2.21	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (piiynoquinone)	IIIO9									
Lipids:										
Fatty acids, total saturated		5.920	)	0	PAE	4		15.392	5.032	
4:0										
6:0										
8:0	-	0.040		•	D3.0			0.104	0.004	
10:0 12:0	_	0.040		0 0	PAE PAE	4 4		0.10 <b>4</b> 0.156	0.034 0.051	
13:0	_	0.000	•	U	PAE	-		0.136	0.031	
14:0	-	0.550	1	0	PAE	4		1.430	0.468	
15:0	_	0.000		•		-			0.100	
16:0		3.030	)	0	PAE	4		7.878	2.576	
17:0	_									
18:0	_	1.920	1	0	PAE	4		4.992	1.632	
20:0	g									
22:0	_									
24:0	g									

NDB No. 17231 Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

	<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common					
			Number				<u>m</u>	easures of food	
Nutrients and Units	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	5.100		•						
Fatty acids, total monounsaturated9	6.120	1	0	PAE	4		15.912	5.202	
14:1g									
15:1	0.420		0	PAE	4		1.092	0.357	
16:1 undifferentiated	0.420		U	PAE	4		1.092	0.357	
17:1g 18:1 undifferentiatedg	5.570		0	PAE	4		14.482	4.735	
20:1g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiatedg	0.000		U	FAL	-		0.000	0.000	
24:1 cg									
Fatty acids, total polyunsaturatedg	1.020	1	0	PAE	4		2.652	0.867	
18:2 undifferentiated	0.780		0	PAE	4		2.028	0.663	
18:3 undifferentiated	0.190		0	PAE	4		0.494	0.162	
18:4g	0.130		v		•		0.454	0.102	
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiated	0.060	)	0	PAE	4		0.156	0.051	
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans									
Cholesterol mg	92		0	PAE	4		239	78	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.306		0	PAE	4		0.796	0.260	
Threonineg	1.121		0	PAE	4		2.915	0.250	
Isoleucine	1.264		0	PAE	4		3.286	1.074	
Leucineg	2.038		0	PAE	4		5.299	1.732	
Lysineg	2.314		0	PAE	4		6.016	1.967	
Methionineg	0.672		0	PAE	4		1.747	0.571	
Cystine	0.313		0	PAE	4		0.814	0.266	
Phenylalanineg	1.067		0	PAE	4		2.774	0.907	
Tyrosineg	0.880		0	PAE	4		2.288	0.748	
Valine 9	1.414		0	PAE	4		3.676	1.202	
Arginineg	1.556		0	PAE	4		4.046	1.323	
Histidineg	0.830		0	PAE	4		2.158	0.706	
Alanine	1.576		0	PAE	4		4.098	1.340	
Aspartic acid	2.306		0	PAE	4		5.996	1.960	
Glutamic acid	3.802		0	PAE	4		9.885	3.232	
Glycine	1.280		0	PAE	4		3.328	1.088	
Proline	1.099		0	PAE	4		2.857	0.934	
Serine	0.974		0	PAE	4		2.532	0.828	

## **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. 17230 Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 22% Bone

					of edib	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	0	66.38		0	PAE	4		18.82	301.10	
Energy		209		0	NC	4		59	948	
Energy		874		Ů		4		248	3967	
Protein (N x 6.25)		18.47		0	PAE	4		5.24	83.78	
Total lipid (fat)		14.42		0	PAE	4		4.09	65.41	
Ash	-	0.97		0	PAE	4		0.27	4.40	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Survii										
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	8		0	PAE	4		2	36	
Iron, Fe	-	1.70		0	PAE	4		0.48	7.71	
Magnesium, Mg	_	24		0	PAE	4		7	109	
Phosphorus, P		175		0	PAE	4		50	794	
Potassium, K		258		0	PAE	4		73	1170	
Sodium, Na		57 3.43		0 0	PAE PAE	4 4		16 0.97	259 15.56	
Zinc, Zn	_	0.116		0	PAE	4		0.97	0.526	
Copper, Cu		0.110		0	PAE	4		0.033	0.095	
Selenium, Se		21.3	-	0	BFNN	4		6.0	96.6	
Scienium, Se	1110g	21.5		Ū	DIMM	-		0.0	30.0	
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		0.700	)	0	PAE	4		0.198	3.175	
Vitamin B-6		0.150	)	0	PAE	4		0.043	0.680	
Folate, total		20		0	PAE	4		6	91	
Folic acid		0		0	Z	7		0	0	
Folate, food		20		0	PAE	4		6	91	
Folate, DFE		20		0	NC	4		6	91	
Vitamin B-12		2.54		0	PAE	4		0.72	11.52	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
v namni K (phynoquinone)	nog									
Lipids:										
Fatty acids, total saturated	g	6.210	)	0	PAE	4		1.761	28.169	
4:0										
6:0										
8:0	-			_	_	_		_		
10:0	-	0.040		0	PAE	4		0.011	0.181	
12:0		0.060	)	0	PAE	4		0.017	0.272	
13:0	_			_		_				
14:0		0.560	)	0	PAE	4		0.159	2.540	
15:0				_		_				
16:0		3.140	)	0	PAE	4		0.890	14.243	
17:0	_			_		_				
18:0	_	1.960	)	0	PAE	4		0.556	8.891	
20:0	_									
22:0	_									
24:0	g									

	<u>Aı</u>	nount in 100			Amount in edible portion of common measures of food				
			Number		_		<u> </u>	easures or roou	
Nutrients and Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	5.910		0	PAE	4		1.675	26.808	
14:1g									
15:1g									
16:1 undifferentiatedg	0.420		0	PAE	4		0.119	1.905	
17:1g									
18:1 undifferentiated	5.310		0	PAE	4		1.505	24.086	
20:1g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	1.150		0	PAE	4		0.326	5.216	
18:2 undifferentiatedg	0.850		0	PAE	4		0.241	3.856	
18:3 undifferentiatedg	0.250		0	PAE	4		0.071	1.134	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg			_						
20:4 undifferentiatedg	0.050		0	PAE	4		0.014	0.227	
20:5 n-3g									
22:5 n-3g									
22:6 n-3									
Fatty acids, total trans	68		0	PAE	4		19	308	
Cholesterol mg	00		U	PAL	4		19	306	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.216		0	PAE	4		0.061	0.980	
Threonineg	0.791		0	PAE	4		0.224	3.588	
Isoleucineg	0.891		0	PAE	4		0.253	4.042	
Leucineg	1.437		0	PAE	4		0.407	6.518	
Lysineg	1.631		0	PAE	4		0.462	7.398	
Methionineg	0.474		0	PAE	4		0.134	2.150	
Cystineg	0.220		0	PAE	4		0.062	0.998	
Phenylalanineg	0.752		0	PAE	4		0.213	3.411	
Tyrosineg	0.621		0	PAE	4		0.176	2.817	
Valineg	0.997		0	PAE	4		0.283	4.522	
Arginineg	1.097		0	PAE	4		0.311	4.976	
Histidineg	0.585		0	PAE	4		0.166	2.654	
Alanineg	1.111		0	PAE	4		0.315	5.039	
Aspartic acidg	1.626		0	PAE	4		0.461	7.376	
Glutamic acidg	2.680		0	PAE	4		0.760	12.156	
Glycineg	0.902		0	PAE	4		0.256	4.091	
Prolineg	0.775		0	PAE	4		0.220	3.515	
Serineg	0.687		0	PAE	4		0.195	3.116	
Hydroxyprolineg									

## **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. 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%

	<u>Aı</u>	mount in 100 g			<u>on</u>	Amount in edible portion of common measures of food				
			Nu	mbe	r			1110	easures or roou	
Nutrients and Un	its	Mean	of Std. Error Po		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				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		0.00		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:		•				_		4.5	_	
Calcium, Ca	-	8	0.279	16		1		17	7	
Iron, Fe.	-	2.12	0.071	16		1 1		4.62	1.80	
Magnesium, Mg		26	0.415	16		1		57	22	
Phosphorus, P	•	206	3.710	16 16		1		449 737	175 287	
Potassium, K	-	338 68	4.118 0.905	16		1		148	287 58	
Sodium, Na	-	4.94	0.905	16		1		10.77	4.20	
Zinc, Zn Copper, Cu		0.120		16		1		0.262	0.102	
Manganese, Mn		0.120		0		1		0.061	0.102	
Selenium, Se		30.1	•	0	BFYN	4		65.6	25.6	
Scienium, Se	1110g	30.1		·	DIIN	-		03.0	25.0	
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		6.340	0.192	16		1		13.821	5.389	
Pantothenic acid		0.710	0.026	16		1		1.548	0.604	
Vitamin B-6	mg	0.170	)	0		1		0.371	0.145	
Folate, total	-	23	1.216	16		1		50	20	
Folic acid	-	0		0	Z	7		0	0	
Folate, food		23	1.216	16		1		50	20	
Folate, DFE		23		0	NC	4		50	20	
Vitamin B-12	mcg	2.64	0.146	16		1		5.76	2.24	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.18		0		1		0.39	0.15	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.6		0	BFSN	4		7.8	3.1	
Lipids:										
Fatty acids, total saturated	q	2.760	)	0		1		6.017	2.346	
4:0	-	0.000	)	0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.020		107		1		0.044	0.017	
12:0	-	0.020		107		1		0.044	0.017	
13:0						-				
14:0		0.240	)	107		1		0.523	0.204	
15:0										
16:0	-	1.490	)	107		1		3.248	1.267	
17:0	-			-					=-=-	
18:0	-	0.950	)	107		1		2.071	0.808	
20:0						-				
22:0	-									
24:0	-									
	-									

NDB No. 17014 Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

		<u>Aı</u>	nount in 100 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Deriv		Confidence			
Nutrients and I	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tad (I	3.390	0		1		7.390	2.882	
14:1		3.330	· ·		-		7.550	2.002	
15:1	-				_				
16:1 undifferentiated	-	0.230	107		1		0.501	0.196	
17:1 18:1 undifferentiated	-	3.140	107		1		6.845	2.669	
20:1	-	0.000			1		0.000	0.000	
22:1 undifferentiated		0.000	0		1		0.000	0.000	
24:1 c	•	0.000	v		-		0.000	0.000	
Fatty acids, total polyunsaturate		0.510	0		1		1.112	0.434	
18:2 undifferentiated		0.410	107		1		0.894	0.349	
18:3 undifferentiated		0.050	107		1		0.109	0.043	
18:4	-	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		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	-	1.527	0		1		3.329	1.298	
Arginine		1.681	0		1		3.665	1.429	
Histidine		0.896	0		1		1.953	0.762	
Alanine		1.702			1		3.710	1.447	
Aspartic acid		2.491	0		1		5.430	2.117	
Glutamic acid	_	4.106	0		1		8.951	3.490	
Glycine	<del>-</del>	1.382	0		1		3.013	1.175	
Proline		1.187	0		1		2.588	1.009	
Serine		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	
Carotenoids:									
Carotene, beta	mca	0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	z	7		0.000	0.000	
Lycopene		0	0	z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	

### **Common Measures:**

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

Measure 2 = 85g: 3 oz

NDB No. 17014

Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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%

		<u>Aı</u>	mount in 100 gra	ms of ed	ible portio	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u> </u>	
					Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	74.11	0.268	32	1		21.01	336.16		
Energy	kcal	128		0 NO	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		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			0.00	0.00		
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	ma	6	0.371	32	1		2	27		
Iron. Fe.	_	1.82		32	1		0.52	8.26		
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	27		32	1		8	122		
Phosphorus, P		193		.6	1		55	875		
Potassium, K		289		32	1		82	1311		
Sodium, Na		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		0.024		0	1		0.007	0.109		
Selenium, Se	mcg	23.5		0 BFN	N 4		6.7	106.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0 z	7		0.0	0.0		
Thiamin		0.140		.6	1		0.040	0.635		
Riboflavin		0.250		16	1		0.071	1.134		
Niacin	_	6.230		.6	1		1.766	28.259		
Pantothenic acid		0.720		16	1		0.204	3.266		
Vitamin B-6		0.170	)	0	1		0.048	0.771		
Folate, total		23	1.390	.6	1		7	104		
Folic acid		0		0 z	7		0	0		
Folate, food	mcg	23	1.390	.6	1		7	104		
Folate, DFE		23		0 NC	4		7	104		
Vitamin B-12		2.70	0.132	16	1		0.77	12.25		
Vitamin A, IU	IU	0		0	4		0	0		
Vitamin A, RAE		0		0	4		0	0		
Retinol		0		0	4		0	0		
Vitamin E (alpha-tocopherol)		0.22		0	1		0.06	1.00		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin DVitamin K (phylloquinone)										
vitamin K (phynoquinone)	Illeg									
Lipids:										
Fatty acids, total saturated	g	1.610	1	0	1		0.456	7.303		
4:0										
6:0										
8:0			_		_					
10:0		0.010		73 72	1		0.003	0.045		
12:0	_	0.010	3	73	1		0.003	0.045		
13:0	-	0 100	,	73	1		0.004	0.544		
14:0		0.120	. 3	73	1		0.034	0.544		
15:0 16:0	_	0.880	, 3	73	1		0.249	3.992		
17:0	_	0.000	. з		1		0.249	3.332		
18:0	_	0.540	, 3	73	1		0.153	2.449		
20:0	-	0.540	_		-		V.133	2.773		
22:0	a									

NDB No. 17013 Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw

		<u>Ar</u>	nount in 100 gram	e portio	<u>n</u>	Amount in edible portion of common measures of food			
			Numbe	0	Confidence	<u></u>	easures or roou		
Nutrients and Un	its	Mean	Std. Error Points	 Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	1.810	0	1		0.513	8.210		
14:1									
15:1	-								
16:1 undifferentiated	-	0.140	373	1		0.040	0.635		
17:1		1 640	222						
18:1 undifferentiated		1.640	373	1		0.465	7.439		
20:1	-								
22:1 undifferentiated 24:1 c									
Fatty acids, total polyunsaturated	-	0.410	0	1		0.116	1.860		
18:2 undifferentiated		0.410	373	1		0.116	1.406		
18:3 undifferentiated	-	0.060	373	1		0.088	0.272		
18:4		0.000	373	-		0.017	0.272		
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.040	373	1		0.011	0.181		
20:5 n-3									
22:5 n-3									
22:6 n-3	-								
Fatty acids, total trans	g								
Cholesterol	mg	64	1.390 16	1		18	290		
Phytosterols	mg								
Amino Acids:									
Tryptophan	q	0.240	0	1		0.068	1.089		
Threonine		0.880	0	1		0.249	3.992		
Isoleucine	g	0.992	0	1		0.281	4.500		
Leucine	_	1.599	0	1		0.453	7.253		
Lysine	-	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		1.004	0	1		0.285	4.554		
Proline		0.862	0	1		0.244	3.910		
Serine	_	0.764	0	1		0.217	3.466		
Hydroxyproline	g								

## **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. 17024 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 23% Bone

	<u>A</u>	mount in 10	u grams	or ear	ole portio	<u>'n</u>	Amount in edible portion of common			
ts	Mean		of Data	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure 3	
g	51.57		0		1		43.83	33.00		
kcal	316		0	NC	4			202		
			-							
	0.00		0	Z	7		0.00	0.00		
9										
mg	20		0		1		17	13		
mg	1.81		0		1		1.54	1.16		
mg	24		0		1		20	15		
mg	196		0		1		167	125		
mg										
		2		DEMA						
nicg	27.4		U	BEAN	4		23.3	17.5		
mg	0.0		0	Z	7		0.0	0.0		
mg	0.100	)	0		1		0.085	0.064		
_			0				0.213	0.160		
			-							
			-							
_		)								
				_						
-				Z						
				NC						
				NC						
			-							
	-		-	NC	_		•			
							•			
			-		_		**			
mg										
IU										
mcg	4.8		0	BFSN	4		4.1	3.1		
а	9.830	)	n		1		8.356	6.291		
			0		1					
			0		1					
-			0		1		0.000	0.000		
g			0		1		0.051	0.038		
g			0		1		0.085	0.064		
g										
g	0.920	)	0		1		0.782	0.589		
g										
g	4.980	)	0		1		4.233	3.187		
g										
g	3.150	)	0		1		2.678	2.016		
g										
g										
	g kcal kj g g g g g g g g g g g g g g g g g g	g 51.57	## Mean Std. Error  ## Std. Std. Error  ## Std. Std. Std. Std. Std. Std. Std. Std.	Std. Error   Std. Error   Points	ts Mean Std. Error Points Code    Std. Error Points Code   Std. Error Points Code	ts	ts	Number   Of Data   Deriv   Source   Confidence   Code   Code	Number   Of Data   Deriv   Source   Confidence   Code   Code   Code   Code   Code   Measure 1   Measure 2	

NDB No. 17024 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

	<u>A</u> 1	mount in 100 g		f edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
		Nu	ımber				<u>m</u> e	easures of food		
		of Std. Error Po			Source Code	Confidence Code				
Nutrients and Units	Mean	Std. Error	omis c	oue	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	9.700	1	0		1		8.245	6.208		
14:1g 15:1g										
16:1 undifferentiatedg 17:1	0.670	1	0		1		0.570	0.429		
18:1 undifferentiated	8.790		0		1		7.472	5.626		
20:1g 22:1 undifferentiatedg	0.000		0 0		1 1		0.000 0.000	0.000 0.000		
24:1 cg Fatty acids, total polyunsaturatedg	1.680	)	0		1		1.428	1.075		
18:2 undifferentiated	1.260 0.350		0		1 1		1.071 0.298	0.806 0.224		
18:4g	0.000		0		1		0.000	0.000		
20:2 n-6 c,cg 20:3 undifferentiatedg										
20:4 undifferentiated	0.070		0		1 1		0.060 0.000	0.045 0.000		
22:5 n-3g	0.000		0		1 1		0.000	0.000		
22:6 n-3		•					0.000	0.000		
Cholesterolmg Phytosterolsmg	100		0		1		85	64		
Amino Acids:										
Tryptophan	0.294 1.077		0 0		1 1		0.250 0.915	0.188 0.689		
Isoleucine	1.214 1.958		0		1 1		1.032 1.664	0.777 1.253		
Lysineg	2.223	<b>;</b>	0		1		1.890	1.423		
Methionineg  Cystineg	0.646 0.300		0 0		1 1		0.549 0.255	0.413 0.192		
Phenylalanineg Tyrosineg	1.025 0.846		0		1 1		0.871 0.719	0.656 0.541		
Valineg	1.358	•	0		1		1.154	0.869		
Arginine	1.496 0.797		0 0		1 1		1.272 0.677	0.957 0.510		
Alanine	1.514 2.216		0		1 1		1.287 1.884	0.969 1.418		
Glutamic acidg	3.653	1	0		1		3.105	2.338		
Glycine	1.229 1.056		0 0		1 1		1.045 0.898	0.787 0.676		
Serine	0.936	i	0		1		0.796	0.599		
Others:										
Alcohol, ethylg	0.0		0	7	7 7		0.0	0.0		
Caffeinemg Theobrominemg	0		0	z z	7		0	0		
Caratenoids:	0		0	z	7		0.000	0.000		
Carotene, beta mcg Carotene, alpha mcg	0		0	Z	7		0.000	0.000		
Cryptoxanthin, betamcg Lycopenemcg	0		0 0	z z	7 7		0.000	0.000 0.000		
Lutein + zeaxanthin mcg	0		0	z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 64g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

NDB No. 17024

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17025 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 22% Bone

		<u>A</u>	mount in 10			ole portio	<u> </u>		edible portion of easures of food	of common
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		52.50		0		1		141.23	44.63	
Energy		309		0	NC	4		831	263	
Energy		1293				4		3478	1099	
Protein (N x 6.25)		22.55		0 0		1 1		60.66	19.17	
Total lipid (fat)Ash		23.59 1.16		0		1		63.46 3.12	20.05 0.99	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.99	
Fiber, total dietary	=	0.00		0	z	7		0.00	0.00	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		•	_	•		0.00	0.00	
Minerals:				_						
Calcium, Ca	-	18		0		1		48	15	
Iron, FeMagnesium, Mg		2.12 23		0		1 1		5.70 62	1.80 20	
Phosphorus, P	-	180		0		1		62 484	20 153	
Potassium, K	•	246		0		1		662	209	
Sodium, Na	-	64		0		1		172	54	
Zinc, Zn		3.41		0		1		9.17	2.90	
Copper, Cu		0.119	)	0		1		0.320	0.101	
Manganese, Mn		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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.100	)	0		1		0.269	0.085	
Riboflavin	-	0.240		0		1		0.646	0.204	
Niacin	-	7.100		0		1		19.099	6.035	
Pantothenic acid		0.650	)	0		1		1.749	0.553	
Vitamin B-6		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		19		0		1		51	16	
Folate, DFE		19		0	NC	4		51	16	
Vitamin B-12		2.21		0		1		5.94	1.88	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0 0	NC NR	4 4		0	0	
Retinol		0.11		0	NR	1		0.30	0 0.09	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.11		U		1		0.30	0.09	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.7		0	BFSN	4		12.7	4.0	
Linida										
Lipids: Fatty acids, total saturated	a	10.240	1	0		1		27.546	8.704	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	_	0.060		0		1		0.161	0.051	
12:0	_	0.100		0		1		0.269	0.085	
13:0										
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										
18:0	-	3.240	)	0		1		8.716	2.754	
20:0	-									
22:0	-									
24:0	g									

		<u>A</u> 1	mount in 100		of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
				umber	_	_		<u> </u>	easures or roou		
Nutrients and Uni	its	Mean	Std. Error P	f Data I Points (		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	9.680		0		1		26.039	8.228		
14:1	g	3.000		Ü		-		20.039	0.220		
16:1 undifferentiated 17:1	g	0.690		0		1		1.856	0.587		
18:1 undifferentiated	g	8.690		0		1		23.376	7.387		
20:1 undifferentiated		0.000 0.000		0 0		1 1		0.000 0.000	0.000 0.000		
24:1 c Fatty acids, total polyunsaturated		1.870		0		1		5.030	1.590		
18:2 undifferentiated		1.370 0.420		0 0		1 1		3.685 1.130	1.165 0.357		
18:4	g	0.000		0		1		0.000	0.000		
20:2 n-6 c,c 20:3 undifferentiated	g										
20:4 undifferentiated 20:5 n-3	_	0.080 0.000		0 0		1 1		0.215 0.000	0.068 0.000		
22:5 n-3		0.000		0 0		1 1		0.000	0.000		
Fatty acids, total trans	9	95		0		1		256	81		
Phytosterols	-	93		O		•		250	01		
Amino Acids:		0.264		0		1		0.710	0.004		
TryptophanThreonine		0.965		0		1		2.596	0.22 <b>4</b> 0.820		
Isoleucine	-	1.088 1.754		0 0		1 1		2.927 4.718	0.925 1.491		
Lysine Methionine		1.991 0.579		0		1 1		5.356 1.558	1.692 0.492		
Cystine	g	0.269		0		1		0.724	0.229		
Phenylalanine Tyrosine		0.918 0.758		0 0		1 1		2.469 2.039	0.780 0.644		
Valine	-	1.217 1.340		0 0		1 1		3.274 3.605	1.034 1.139		
HistidineAlanine	g	0.714 1.356		0 0		1 1		1.921 3.648	0.607 1.153		
Aspartic acid	g	1.985		0		1		5.340	1.687		
Glutamic acid		3.272 1.101		0 0		1 1		8.802 2.962	2.781 0.936		
Proline	-	0.946 0.838		0 0		1 1		2.545 2.254	0.804 0.712		
Hydroxyproline											
Others: Alcohol, ethyl	q	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0 0	z z	7 7		0 0	0 0		
Carotenoids:	!!!!9	v		J		,		U	J		
Carotene, beta		0		0	z z	7 7		0.000	0.000 0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000		
LycopeneLutein + zeaxanthin		0 0		0 0	z z	7 7		0.000 0.000	0.000 0.000		

#### **Common Measures:**

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17025

Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17023 Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 21% Bone

		<u>A</u> 1	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.55		0		1		16.03	53.72	
Energy		310		0	NC	4		88	295	
Energy		1297				4		368	1232	
Protein (N x 6.25)		16.32		0		1		4.63	15.50	
Total lipid (fat)		26.63		0		1		7.55	25.30	
Ash		0.84		0		1		0.24	0.80	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:				_		_				
Calcium, Ca	_	15		0		1		4	14	
Iron, Fe	-	1.61 21		0		1 1		0.46	1.53	
Magnesium, Mg	_	152		0		1		6 43	20 144	
Phosphorus, P Potassium, K		152 214		0		1		43 61	144 203	
Potassium, K Sodium, Na		214 56		0		1		16	203 53	
Zinc, Zn		2.53		0		1		0.72	2.40	
Copper, Cu	_	0.105	5	0		1		0.030	0.100	
Manganese, Mn		0.018		0		1		0.005	0.017	
Selenium, Se		18.9		0	PIE	4		5.4	18.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.110		0		1		0.031	0.105	
Riboflavin	-	0.210		0		1		0.060	0.200	
Niacin		6.470		0		1		1.834	6.147	
Pantothenic acid		0.630		0		1		0.179	0.599	
Vitamin B-6		0.130	)	0		1		0.037	0.124	
Folate, total		17		0	_	1		5	16	
Folic acid		0		0	Z	7		0	0	
Folate, food		17		0		1		5	16	
Folate, DFE		17		0	NC	4		5	16	
Vitamin B-12		2.04		0		1 4		0.58 0	1.94	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0.18		0		1		0.05	0.17	
Vitamin E (alpha-tocopherol)		0.16		U		1		0.05	0.17	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	•									
<u>Lipids:</u>	_			_		_			<b>.</b>	
Fatty acids, total saturated		11.760	)	0		1		3.334	11.172	
4:0										
6:0	-									
8:0 10:0	-	0.070	1	0		1		0.000	0.063	
12:0		0.070		0		1		0.020 0.034	0.067 0.114	
13:0		0.120	•	U		_		0.034	0.114	
14:0	-	1.090	1	0		1		0.309	1.036	
15:0	-	1.090	•	J		-		0.309	1.036	
16:0	-	5.890	)	0		1		1.670	5.596	
17:0	-	3.090	•	J		-		1.070	3.330	
18:0	-	3.700	)	0		1		1.049	3.515	
20:0	-	3.700		Ū		-		1.045	3.313	
22:0	-									
44.V	g									

		<u>Ar</u>	mount in 100		f edible porti	<u>on</u>	Amount in edible portion of common measures of food			
				umber	oriv Source	Confidence	<u></u>	casares or reca		
Nutrients and Units	5	Mean	Std. Error			Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	10.940		0	1		3.101	10.393		
14:1	g									
15:1										
16:1 undifferentiated	-	0.770		0	1		0.218	0.732		
17:1										
18:1 undifferentiated		9.820		0	1		2.784	9.329		
20:1	g									
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated		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										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.080		0	1		0.023	0.076		
20:5 n-3										
22:5 n-3	_									
22:6 n-3	_									
Fatty acids, total trans										
Cholesterol	_	74		0	1		21	70		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.191		0	1		0.054	0.181		
Threonine		0.699		0	1		0.198	0.664		
Isoleucine	-	0.787		0	1		0.223	0.748		
Leucine		1.270		0	1		0.360	1.207		
Lysine		1.441		0	1		0.409	1.369		
Methionine	-	0.419		0	1		0.119	0.398		
Cystine	-	0.195		0	1		0.055	0.185		
Phenylalanine		0.664		0	1		0.188	0.631		
Tyrosine		0.549		0	1		0.156	0.522		
Valine	-	0.881		0	1		0.250	0.837		
Arginine		0.970		0	1		0.275	0.922		
Histidine		0.517		0	1		0.147	0.491		
Alanine	•	0.982		0	1		0.278	0.933		
Aspartic acid	-	1.437		0	1		0.407	1.365		
Glutamic acid		2.369		0	1		0.672	2.251		
Glycine	-	0.797		0	1		0.226	0.757		
Proline		0.685		0	1		0.194	0.651		
Serine	•	0.607		0	1		0.172	0.577		
Hydroxyproline	-	2.007		•	-		V/_	0.577		
11yuroxypromic	9									

# **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. 17237 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 24% Bone

		<u>A</u>	mount in 100 gran	s of edil	ole portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	•	
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	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		1243			4		1056	659		
Protein (N x 6.25)		26.06	0	PAE	4		22.15	13.81		
Total lipid (fat)		20.61	0	PAE	4		17.52	10.92		
Ash		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									
Mr. I										
Minerals:	ma	20	0	PAE	4		17	11		
Calcium, CaIron, Fe	-	1.84	0	PAE	4		1.56	0.98		
Magnesium, Mg		25	0	PAE	4		21	13		
Phosphorus, P		201	0	PAE	4		171	107		
Potassium, K	•	336	0	PAE	4		286	178		
Sodium, Na		78	0	PAE	4		66	41		
Zinc, Zn		3.60	0	PAE	4		3.06	1.91		
Copper, Cu		0.133	3 0	PAE	4		0.113	0.070		
Manganese, Mn		0.023	3 0	PAE	4		0.020	0.012		
Selenium, Se		28.2	0	BFNN	4		24.0	14.9		
Vitamina										
<u>Vitamins:</u>			•	_	-		0.0			
Vitamin C, total ascorbic acid		0.0 0.110	0	Z PAE	7 4		0.0 0.094	0.0 0.058		
ThiaminRiboflavin		0.110		PAE	4		0.094	0.038		
Niacin		7.060		PAE	4		6.001	3.742		
Pantothenic acid	-	0.640		PAE	4		0.544	0.339		
Vitamin B-6		0.130		PAE	4		0.111	0.069		
Folate, total	-	19	0	PAE	4		16	10		
Folic acid		0	0	Z	7		0	0		
Folate, food		19	0	PAE	4		16	10		
Folate, DFE	mcg DFE	19	0	NC	4		16	10		
Vitamin B-12		2.48	0	PAE	4		2.11	1.31		
Vitamin A, IU		0	0	PAE	4		0	0		
Vitamin A, RAE		0	0	PAE	4		0	0		
Retinol		0	0	PAE	4		0	0		
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	8.650	0	PAE	4		7.353	4.585		
4:0										
6:0	-									
8:0										
10:0	-	0.050	0	PAE	4		0.043	0.027		
12:0		0.090	0	PAE	4		0.077	0.048		
13:0	g									
14:0	g	0.800	0	PAE	4		0.680	0.424		
15:0	g									
16:0	g	4.400	0	PAE	4		3.740	2.332		
17:0	g									
18:0	g	2.790	0	PAE	4		2.372	1.479		
20:0	g									
22:0	-									
24:0	a									

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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										
Cholesterol	_	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		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		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		0.876		0	PAE	4		0.745	0.464	
Valine		1.406		0	PAE	4		1.195	0.745	
Arginine		1.548		0	PAE	4		1.316	0.820	
Histidine	-	0.826		0	PAE	4		0.702	0.438	
Alanine	-	1.568		0	PAE	4		1.333	0.831	
Aspartic acid	-	2.294		0	PAE	4		1.950	1.216	
Glutamic acid		3.782		0	PAE	4		3.215	2.004	
Glycine	-	1.273		0	PAE	4		1.082	0.675	
Proline	-	1.093		0	PAE	4		0.929	0.579	
Serine	-	0.969		0	PAE	4		0.824	0.514	
Hydroxyproline										

# **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. 17238 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 23% Bone

		<u>A</u>	mount in 100	grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	ı	
			c	of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	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										
Minovola											
Minerals: Calcium. Ca	ma	18		0	PAE	4		48	15		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.17		0	PAE	4		5.75	1.84		
Magnesium, Mg	_	24		0	PAE	4		64	20		
Phosphorus, P	-	185		0	PAE	4		490	157		
Potassium, K	-	250		0	PAE	4		663	213		
Sodium, Na	-	64		0	PAE	4		170	54		
Zinc, Zn	_	3.52		0	PAE	4		9.33	2.99		
Copper, Cu		0.122	2	0	PAE	4		0.323	0.104		
Manganese, Mn	mg	0.021	L	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	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.100	1	0	PAE	4		0.265	0.085		
Riboflavin	_	0.240		0	PAE	4		0.636	0.204		
Niacin		7.050		0	PAE	4		18.683	5.993		
Pantothenic acid		0.660		0	PAE	4		1.749	0.561		
Vitamin B-6		0.130	)	0	PAE	4		0.345	0.111		
Folate, total	-	20		0	PAE	4		53	17		
Folic acid		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		
Vitamin B-12		2.20		0	PAE	4		5.83	1.87		
Vitamin A, IU		0		0	PAE	4		0	0		
Vitamin A, RAE		0		0	PAE	4		0	0		
Retinol		0		0	PAE	4		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
Lipids:	_										
Fatty acids, total saturated	q	9.080	)	0	PAE	4		24.062	7.718		
4:0				-	_	•					
6:0											
8:0	-										
10:0	g	0.050	)	0	PAE	4		0.133	0.043		
12:0	g	0.090	)	0	PAE	4		0.239	0.077		
13:0	g										
14:0	-	0.820	)	0	PAE	4		2.173	0.697		
15:0	-		_								
16:0	-	4.590	)	0	PAE	4		12.164	3.902		
17:0	-			_		_					
18:0	-	2.870	)	0	PAE	4		7.606	2.440		
20:0	-										
22:0	-										
24:0	g										

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
				Number		_		measures of food		
Nutrients and Units	5	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	8.650		0	PAE	4		22.923	7.353	
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.620		0	PAE	4		1.643	0.527	
17:1	-									
18:1 undifferentiated	-	7.770		0	PAE	4		20.591	6.605	
20:1	-	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated	•	1.690		0	PAE	4		4.479	1.437	
18:2 undifferentiated	-	1.240		0	PAE	4		3.286	1.054	
18:3 undifferentiated		0.370		0	PAE	4		0.981	0.315	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	-	0.080		0	PAE	4		0.212	0.068	
20:4 undifferentiated	-	0.080		U	PAL	4		0.212	0.068	
20:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol	-	93		0	PAE	4		246	79	
Phytosterols	_			·		-				
-	3									
Amino Acids:										
Tryptophan		0.272		0	PAE	4		0.721	0.231	
Threonine	-	0.996		0	PAE	4		2.639	0.847	
Isoleucine		1.123		0	PAE	4		2.976	0.955	
Leucine	_	1.810		0	PAE	4		4.797	1.539	
Lysine	_	2.055		0	PAE	4		5.446	1.747	
Methionine		0.597		0	PAE	4		1.582	0.507	
Cystine		0.278		0	PAE	4		0.737	0.236	
Phenylalanine		0.947		0	PAE	4		2.510	0.805	
Tyrosine	_	0.782		0	PAE	4		2.072	0.665	
Valine		1.256		0	PAE	4		3.328	1.068	
Arginine	-	1.383		0	PAE	4		3.665	1.176	
Histidine		0.737		0	PAE	4		1.953	0.626	
Alanine		1.400		0	PAE	4		3.710	1.190	
Aspartic acid		2.048		0	PAE	4		5.427	1.741	
Glutamic acid	-	3.377		-	PAE	4		8.949	2.870	
Glycine	-	1.137		0	PAE PAE	4 4		3.013 2.586	0.966	
Proline		0.976		0					0.830	
Serine	_	0.865		U	PAE	4		2.292	0.735	
Hydroxyproline	y									

## **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. 17236 Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 22% Bone

		<u>A</u>	mount in 10		Amount in edible portion of common					
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	! Measure 3
Proximates:										
Water	_	59.55		0	PAE	4		16.88	47.04	
Energy		279		0	NC	4		79	220	
Energy		1167				4		331	922	
Protein (N x 6.25)		17.18		0	PAE	4		4.87	13.57	
Total lipid (fat)		22.75		0	PAE	4		6.45	17.97	
Ash		0.88		0	PAE	4		0.25	0.70	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	PAE	4		4	11	
Iron, Fe	<u>mg</u>	1.66		0	PAE	4		0.47	1.31	
Magnesium, Mg		22		0	PAE	4		6	17	
Phosphorus, P		159		0	PAE	4		45	126	
Potassium, K		226		0	PAE	4		64	179	
Sodium, Na		59		0	PAE	4		17	47	
Zinc, Zn		2.65		0	PAE	4		0.75	2.09	
Copper, Cu	-	0.110		0	PAE	4		0.031	0.087	
Manganese, Mn		0.019	•	0	PAE	4		0.005	0.015	
Selenium, Se	nicg	19.4		U	BFNN	4		5.5	15.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		0.120	)	0	PAE	4		0.034	0.095	
Riboflavin	mg	0.210	)	0	PAE	4		0.060	0.166	
Niacin		6.480		0	PAE	4		1.837	5.119	
Pantothenic acid		0.640		0	PAE	4		0.181	0.506	
Vitamin B-6	-	0.140	)	0	PAE	4		0.040	0.111	
Folate, total		18		0	PAE	4		5	14	
Folic acid	_	0		0	Z	7		0	0	
Folate, food		18		0	PAE	4		5 5	14	
Folate, DFE		18 2.07		0	NC PAE	4 4		5 0.59	14 1.64	
Vitamin B-12		0		0	PAE	4		0.59	1.64	
Vitamin A, IU Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)		ŭ		v		•		v	Ŭ	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	ď	9.950	1	0	PAE	4		2.821	7.861	
4:0		3.330	•	v		-		2.021	7.001	
6:0										
8:0	-									
10:0		0.060	)	0	PAE	4		0.017	0.047	
12:0		0.100		0	PAE	4		0.028	0.079	
13:0										
14:0	-	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	-	3.140	)	0	PAE	4		0.890	2.481	
20:0	-									
22:0	-									
24:0	g									

Nutrients and Units				Numbei	Amount in edible portion of common measures of food					
matrionto and onits		Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	9.340		0	PAE	4		2.648	7.379	
14:1		3.340		·		•		2.040	7.373	
15:1	-									
16:1 undifferentiated		0.660		0	PAE	4		0.187	0.521	
17:1	-	0.000		•		-		0.120.	0.022	
18:1 undifferentiated		8.380		0	PAE	4		2.376	6.620	
20:1	-	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated.		0.000		•		•		0.000	0.000	
24:1 c	0									
Fatty acids, total polyunsaturated	•	1.790		0	PAE	4		0.507	1.414	
18:2 undifferentiated	9	1.310		0	PAE	4		0.371	1.035	
18:3 undifferentiated		0.410		0	PAE	4		0.116	0.324	
18:4		0.410		U	FAL	-		0.110	0.324	
20:2 n-6 c,c										
20:3 undifferentiated.										
20:4 undifferentiated		0.070		0	PAE	4		0.020	0.055	
20:5 n-3	-	0.070		U	FAL	-		0.020	0.055	
20.5 n-3										
	-									
22:6 n-3Fatty acids, total trans										
Cholesterol		72		0	PAE	4		20	57	
Phytosterols		,,		Ū	FAL	-		20	37	
1 llytostc10is	9									
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		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	_	0.205		0	PAE	4		0.058	0.162	
Phenylalanine		0.699		0	PAE	4		0.198	0.552	
Tyrosine		0.577		0	PAE	4		0.164	0.456	
Valine	-	0.927		0	PAE	4		0.263	0.732	
Arginine		1.020		0	PAE	4		0.289	0.806	
Histidine	_	0.544		0	PAE	4		0.154	0.430	
Alanine	-	1.033		0	PAE	4		0.293	0.816	
Aspartic acid	_	1.512		0	PAE	4		0.429	1.194	
Glutamic acid		2.492		0	PAE	4		0.706	1.969	
Glycine	-	0.839		0	PAE	4		0.238	0.663	
Proline	•	0.720		0	PAE	4		0.204	0.569	
Serine		0.639		0	PAE	4		0.181	0.505	
Hydroxyproline	-	0.033		J		•		0.131	0.505	

# **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. 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 44% Bone 23%, separable fat 21%

		<u>Aı</u>	mount in 100 gr		Amount in edible portion of common						
Nutrients and Units		Number of Data Deriv Source Confid						measures of food			
		Mean	Std. Error Poi	nts	Code	Code	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		904				4		768	416		
Protein (N x 6.25)		29.99		16		1		25.49	13.80		
Total lipid (fat)		9.73		15		1		8.27	4.48		
Ash		1.24	0.022	16		1		1.05	0.57		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total		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	-	226		16		1		192	104		
Potassium, K	-	376		16		1		320	173		
Sodium, Na		84		16		1		71	39		
Zinc, Zn		4.13		16		1		3.51	1.90		
Copper, Cu	-	0.145		16		1		0.123	0.067		
Manganese, Mn		0.028		0		1		0.024	0.013		
Selenium, Se	mcg	32.8		0	BFYN	4		27.9	15.1		
<u>Vitamins:</u>											
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	-	0.160		0		1		0.136	0.074		
Folate, total		24	1.487	16		1		20	11		
Folic acid		0		0	Z	7		0	0		
Folate, food		24	1.487	16		1		20	11		
Folate, DFE		24		0	NC	4		20	11		
Vitamin B-12		2.52	0.147	16		1		2.14	1.16		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE		0 0		0	NC NR	4		0	0		
Retinol		0.16		0	NK	4 1		0.14	0 0.07		
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.16		U		1		0.14	0.07		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)		3.9		0	BFSN	4		3.3	1.8		
Lipids:	_					_					
Fatty acids, total saturated		3.480		0		1		2.958	1.601		
4:0		0.000		0		1 1		0.000	0.000		
6:0	-	0.000		0		1		0.000	0.000		
8:0 10:0	-	0.000 0.020		0 107		1		0.000	0.000		
12:0	-	0.020		107		1		0.017 0.026	0.009 0.014		
13:0		0.030	•	107		_		0.026	0.014		
14:0		0.300		107		1		0.255	0.138		
15:0	-	0.300	•	-01		1		0.233	0.138		
16:0		1.870		107		1		1.590	0.860		
17:0		1.570	-	,		-		1.390	0.860		
18:0	-	1.200		107		1		1.020	0.552		
20:0	-	1.200	-			-			0.552		
22:0	-										
24:0	-										

NDB No. 17027 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

	<u>Ar</u>	nount in 100 grams	of edible	Amount in edible portion of common				
		Number	•	measures of food				
		of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fother with total management of the	4.260	0		1		3.621	1.960	
Fatty acids, total monounsaturated9 14:1	4.200	O .		1		3.621	1.960	
16:1 undifferentiated	0.290	107		1		0.247	0.133	
18:1 undifferentiatedg	3.950	107		1		3.358	1.817	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000	0		1		0.000	0.000	
Fatty acids, total polyunsaturated	0.640	0		1		0.544	0.294	
18:2 undifferentiatedg	0.520	107		1		0.442	0.239	
18:3 undifferentiatedg	0.060	107		1		0.051	0.028	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.060	107		1		0.051	0.028	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	95	3.112 16		1		81	44	
Phytosterolsmg								
Amino Acids:		_		_				
Tryptophang	0.350	0		1		0.298	0.161	
Threonineg	1.283	0		1		1.091	0.590	
Isoleucineg	1.447	0		1		1.230	0.666	
Leucineg	2.332	0		1		1.982	1.073	
Lysineg	2.648	0		1		2.251	1.218	
Methionineg	0.770	0		1		0.655	0.354	
Cystineg	0.358	0		1		0.304	0.165	
Phenylalanineg	1.221	0		1		1.038	0.562	
Tyrosineg	1.008	0		1		0.857	0.464	
Valineg	1.618	0		1		1.375	0.744	
Arginineg	1.782			1		1.515	0.820	
Histidineg	0.950	0		1		0.808	0.437	
Alanineg	1.803	0		1		1.533	0.829	
Aspartic acidg	2.639	0		1		2.243	1.214	
Glutamic acidg	4.352	0		1		3.699	2.002	
Glycine9	1.465	0		1		1.245	0.674	
Prolineg	1.258			1		1.069	0.579	
Serineg	1.115	0		1		0.948	0.513	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
	0	0	z	7		0.000	0.000	
Carotene, beta mcg Carotene, alpha mcg	0	0	z	7		0.000	0.000	
, 1	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7				
Lycopene mcg	0	0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	U	0	Z	'		0.000	0.000	

#### **Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 46g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 120 g)

NDB No. 17027

Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17028 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 44% Bone 22%, separable fat 22%

		<u>A</u>	mount in 100	<u>grams</u>	Amount in edible portion of common					
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>I</u> 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)		26.59		0		1		51.32	22.60	
Total lipid (fat)		9.76		0		1		18.84	8.30	
Ash		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	-	2.44		0		1		4.71	2.07	
Magnesium, Mg		27		0		1		52	23	
Phosphorus, P		206		0		1		398	175	
Potassium, K	mg	267		0		1		515	227	
Sodium, Na	mg	66		0		1		127	56	
Zinc, Zn		4.06		0		1		7.84	3.45	
Copper, Cu	-	0.132		0		1		0.255	0.112	
Manganese, Mn		0.026	5	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		25		0		1		48	21	
Folic acid	_	0		0	Z	7		0	0	
Folate, food		25		0		1		48	21	
Folate, DFE		25		0	NC	4		48	21	
Vitamin B-12		2.16		0		1		4.17	1.84	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.16		0		1		0.31	0.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		3.720	)	0		1		7.180	3.162	
4:0										
6:0	-									
8:0		0.020	,	0		1		0 030	0 017	
10:0 12:0		0.020		0		1		0.039 0.058	0.017 0.026	
13:0	-	0.030	•	J		-		0.056	0.026	
14:0	-	0.290	)	0		1		0.560	0.247	
15:0	-	0.290	•	Ū		-		0.500	0.24/	
16:0	-	1.970	)	0		1		3.802	1.675	
17:0	-			•		-		2.302	2.075	
18:0	-	1.210	)	0		1		2.335	1.029	
20:0	-			-		-			023	
22:0	-									

	<u>A</u> 1	nount in 100 gram Numbe	Amount in edible portion of common measures of food				
Nutrients and Units	Mean		Deriv Sourc		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.950	0	1		7.624	3.358	
14:1g							
15:1g							
16:1 undifferentiatedg	0.290	0	1		0.560	0.247	
17:1g							
18:1 undifferentiatedg	3.560	0	1		6.871	3.026	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.860	0	1		1.660	0.731	
18:2 undifferentiatedg	0.640	0	1		1.235	0.544	
18:3 undifferentiatedg	0.140	0	1		0.270	0.119	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.080	0	1		0.154	0.068	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterolmg	87	0	1		168	74	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.311	0	1		0.600	0.264	
Threonineg	1.138	0	1		2.196	0.967	
Isoleucineg	1.283	0	1		2.476	1.091	
Leucineg	2.068	0	1		3.991	1.758	
Lysineg	2.348	0	1		4.532	1.996	
Methionine	0.682	0	1		1.316	0.580	
Cystineg	0.317	0	1		0.612	0.269	
Phenylalanine	1.083	0	1		2.090	0.921	
Tyrosine	0.894		1		1.725	0.760	
Valineg	1.435		1		2.770	1.220	
Arginine	1.580	•	1		3.049	1.343	
Histidineg	0.842		1		1.625	0.716	
Alanineg	1.599	-	1		3.086	1.359	
Aspartic acid	2.341		1		4.518	1.990	
Glutamic acid	3.859		1		7.448	3.280	
	1.299		1		2.507	1.104	
Glycine			1		2.307	0.948	
Prolineg	1.115		1				
Serineg	0.989	Ü	1		1.909	0.841	

## **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. 17026 Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 46% Bone 21%, separable fat 25%

		<u>Aı</u>	mount in 100 gra	ams of ed	lible porti	<u>on</u>	Amount in	edible portion	of common
			Num	nber			<u>m</u>	easures of food	<u>!</u>
			of D	ata Deri	v Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	72.55	0.275	32	1		20.57	47.16	
Energy	=	143	0.2.0	0 N			41	93	
Energy		598		•	4		170	389	
Protein (N x 6.25)		20.88	0.167	31	1		5.92	13.57	
Total lipid (fat)		5.94		32	1		1.68	3.86	
Ash	-	1.06		32	1		0.30	0.69	
Carbohydrate, by difference		0.00	0.003	0 2			0.00	0.00	
Fiber, total dietary		0.00		0 2			0.0	0.0	
Sugars, total		0.0			,		0.0	0.0	
Starch	=								
Starcn	9								
Minerals:									
Calcium, Ca	mg	12	0.644	32	1		3	8	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.91	0.110	32	1		0.54	1.24	
Magnesium, Mg	mg	27	0.918	32	1		8	18	
Phosphorus, P		190		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		0.128	0.005	32	1		0.036	0.083	
Manganese, Mn		0.024		0	1		0.007	0.016	
Selenium, Se	mcg	23.6		0 BF1	IN 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		0.230	0.014	16	1		0.065	0.150	
Niacin		6.510	0.290	16	1		1.846	4.232	
Pantothenic acid		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		0		0 z	7		0	0	
Folate, food	mcg	24	1.653	16	1		7	16	
Folate, DFE		24		0 NO	4		7	16	
Vitamin B-12		2.21	0.089	16	1		0.63	1.44	
Vitamin A, IU		0		0	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	4		0	0	
Retinol		0		0	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.19		0	1		0.05	0.12	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	2.130		0	1		0.604	1.385	
4:0									
6:0									
8:0	g								
10:0	g	0.010	3	373	1		0.003	0.007	
12:0	g	0.010	3	373	1		0.003	0.007	
13:0	g								
14:0	g	0.150	3	373	1		0.043	0.098	
15:0	g								
16:0	_	1.150	3	373	1		0.326	0.748	
17:0	_								
18:0	_	0.710	3	373	1		0.201	0.462	
20:0	-								
22:0									
24:0									
=									

		<u>Ar</u>	nount in 100 gram	e portio	<u>n</u>	Amount in edible portion of common measures of food		
			Numbe	Cauraa	Confidence	1111	easures or roou	
Nutrients and Un	its	Mean	Std. Error Points	 Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	2.390	0	1		0.678	1.554	
14:1								
15:1	_		0.00	_		0.054	0.445	
16:1 undifferentiated	-	0.180	373	1		0.051	0.117	
17:1 18:1 undifferentiated		2.160	373	1		0.612	1 404	
		2.160	3/3	1		0.612	1.404	
20:1	_							
22:1 undifferentiated 24:1 c								
Fatty acids, total polyunsaturated	_	0.540	0	1		0.153	0.351	
18:2 undifferentiated		0.410	373	1		0.116	0.331	
18:3 undifferentiated	_	0.080	373	1		0.023	0.052	
18:4		0.000	5.5	-		0.023	0.032	
20:2 n-6 c,c	-							
20:3 undifferentiated								
20:4 undifferentiated		0.060	373	1		0.017	0.039	
20:5 n-3								
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	a	0.244	0	1		0.069	0.159	
Threonine.		0.893	0	1		0.253	0.580	
Isoleucine		1.007	0	1		0.285	0.655	
Leucine	-	1.624	0	1		0.460	1.056	
Lysine	-	1.843	0	1		0.522	1.198	
Methionine		0.536	0	1		0.152	0.348	
Cystine	g	0.249	0	1		0.071	0.162	
Phenylalanine		0.850	0	1		0.241	0.553	
Tyrosine		0.702	0	1		0.199	0.456	
Valine		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		1.020	0	1		0.289	0.663	
Proline		0.876		1		0.248	0.569	
Serine	-	0.776	0	1		0.220	0.504	
Hydroxyproline	g							

# **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. 17030 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 30% Bone

Nutrients and Units			A	mount in 10			ole portio	o <u>n</u>		edible portion of easures of food	
Water	Nutrients and Uni	its	Mean		of Data	Deriv			_		
Energy	Proximates:										
Finergy											
Protein IN N					0	NC					
Total Just / 180					•						
Ash							_				
Carbolydrae, by difference.         9         0.00         0         2         7         0.00         0.00           Sugars, total.         9         0.00         0         2         7         0.00         0.00           Sugars, total.         9         0.00         0         2         7         0.00         0.00           Minerabs.           Calcium, Ca.         mg         1.9         1         4.4         1.6         1.6         1.0											
Fibre total dictary. 9 0.00 0 2 7 0.00 0.00 Starch. 9 0.00 0 2 7 0.00 0.00 Starch. 9 0.00 0 2 7 0.00 0.00 Starch. 9 0 0 0 2 7 0.00 0.00 Starch. 9 0 0 1 1 16.00 Starch. 9 0 1 1.88 0 1 1 1.41 1.60 Ison, Fe 19 19 1.88 0 1 1 53 20 Posphero, Me 19 19 1 1.88 0 1 1 53 20 Posphero, Me 19 19 1 1 1.88 10 1 1 1.48 15.10 Posphero, Me 19 19 1 1 1.88 10 1 1 1.48 15.10 Posphero, Me 19 19 1 1 1.88 10 1 1 1.48 15.10 Posphero, Me 19 19 1 1 1.88 10 1 1 1.48 15.10 Posphero, Me 19 19 1 1 1.88 10 1 1 1.48 15.10 Posphero, Me 19 19 1 1 1 1.48 15.10 Posphero, Me 19 10 10 1 1 1.48 15.10 Posphero, Me 19 10 10 1 1 1.48 15.10 Posphero, Me 19 10 10 1 1 1.48 15.10 Posphero, Me 19 10 10 1 1 1.48 15.10 Pospher											
Sugars, total	, , ,	=									
Shinerabs					-						
Mincrabs:   Calcium, Ca.	<u> </u>		0.00		U	Z	,		0.00	0.00	
Tableum, Ca.   mg	Starch	9									
Tron. Fe.	Minerals:										
Magnesium, Mg.	Calcium, Ca	mg	19		0		1		44	16	
Phosphorus P.	Iron, Fe	mg	1.88		0		1		4.31	1.60	
Protestum K.	2 , 2	-			0				53	20	
Socium Na	1	•			-						
		-									
Copper Cu.         mg         0.121         0         1         0.277         0.103           Manganese, Mm.         mg         0.020         0         BFYN         4         54.7         20.3           Vitamis:           Vitamis.           Vitamis.           Vitamis.           Witamis.           Witamis.         mg         0.00         0         Z         7         0.0         0.0           Thismin.         mg         0.090         0         1         0.504         0.187           Riboflavin.         mg         0.220         0         1         16.030         5.950           Panothenic acid.         mg         0.610         0         1         16.030         5.950           Panothenic acid.         mg         0.610         0         1         1.297         0.519           Vitamin B-6         mg         0.110         0         1         1.297         0.594           Folac, Lotal         meg         14         0         1         32         12           Folac, total         meg         14         0         NC         4	*										
Manganese, Mn.         mg         0.020         0         1         0.046         0.17         23.3           Viramins.         Scientium, Sc.         mg         0.0         BFYN         4         54.7         20.3           Viramins.         mg         0.0         0	-										
Scienium, Sc.   mog   23.9   0   BFYN   4   54.7   20.3	• • •										
Vitamins:         Vitamins (. 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         0.504         0.187           Pantotheric acid.         mg         0.610         0         1         1.337         0.519           Plantotheric acid.         mg         0.610         0         1         0.252         0.094           Plata, total         mg         0.110         0         1         0.252         0.094           Plata, total         mcg         14         0         1         32         12           Polate, total         mcg         0         0         z         7         0         0           Polate, total         mcg         0         0         NC         4         32         12           Folate, DEE         mcg         14         0         NC         4         32         12           Vi	۶	-		)							
Vitamin C, Ital ascorbic acid.   mg	Selenium, Se	mcg	23.9		0	BFYN	4		54.7	20.3	
Thiamin	Vitamins:										
Riboflavin	Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Niacin	Thiamin	mg	0.090	)	0		1		0.206	0.077	
Pantothenic acid.	Riboflavin	mg	0.220	)	0		1		0.504	0.187	
Vitamin B-6.         mg         0.110         0         1         0.252         0.094           Folate, total.         mcg         14         0         1         32         12           Folate, Inc.         mcg         14         0         1         32         12           Folate, DFE.         mcg DFE         14         0         NC         4         32         12           Vitamin B-12.         mcg         2.54         0         NC         4         32         12           Vitamin A, IU.         IU         0         0         4         0         0         0           Retinol.         mcg PRE         0         0         NC         4         0         0           Retinol.         mcg         RA         0         NC         4         0         0           Vitamin E (alpha-tocopherol)         mg         0.12         0         NR         4         0         0           Retinol.         mcg         A         0         NR         4         0         0         0           Tocopherol, gamma         mg         0.12         0         1         2.0         4         5	Niacin	mg	7.000	)	0		1		16.030	5.950	
Folate, total	Pantothenic acid	mg	0.610	)	0		1		1.397	0.519	
Folic acid	Vitamin B-6	mg	0.110	)	0		1		0.252	0.094	
Folate, food			14		0				32	12	
Folate, DFE.						Z					
Vitamin B-12.											
Vitamin A, IU.         IU         0         0         4         0         0           Vitamin A, RAE         mcg_RAE         0         0         NC         4         0         0           Retinol.         mcg         0         0         NR         4         0         0           Vitamin E (alpha-tocopherol).         mg         0.12         0         NR         4         0         0.27         0.10           Tocopherol, beta.         mg   <						NC					
Vitamin A, RAE         mcg_RAE         0         0         NC         4         0         0           Retinol         mcg         0         0         NR         4         0         0           Vitamin E (alpha-tocopherol)         mg         0.12         0         1         0.27         0.10           Tocopherol, beta         mg         1         0.27         0.10         0.10           Tocopherol, gamma         mg         1         0.27         0.10         0.10           Vitamin D         IU         IV         IV <th< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>											
Retinol.         mcg         0         NR         4         0         0           Vitamin E (alpha-locopherol).         mg         0.12         0         1         0.27         0.10           Tocopherol, beta.         mg <td< td=""><td>Vitamin A, IU</td><td>IU</td><td></td><td></td><td></td><td></td><td></td><td></td><td>-</td><td></td><td></td></td<>	Vitamin A, IU	IU							-		
Vitamin E (alpha-tocopherol)        mg         0.12         0         1         0.27         0.10           Tocopherol, beta         mg        mg			-		-				-		
Tocopherol, beta			-			NK			-		
Tocopherol, gamma			0.12		U		1		0.27	0.10	
Tocopherol, delta											
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           6:0.         g         0.000         0         1         0.000         0.000           8:0.         g         0.070         0         1         0.160         0.060           12:0.         g         0.120         0         1         0.275         0.102           13:0.         g         1.140         0         1         2.611         0.969           15:0.         g         6.430         0         1         14.725         5.466           17:0.         g         4.020         0         1         9.206         3.417           20:0.         g           22:0.         g											
Vitamin K (phylloquinone)         mcg         5.3         0         BFSN         4         12.0         4.5           Lipids:         Eatly 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           12:0         g         0.120         0         1         0.275         0.102           13:0         g         1.140         0         1         2.611         0.969           15:0         g         6.430         0         1         14.725         5.466           17:0         g         4.020         0         1         9.206         3.417           20:0         g         4.020         0         1         9.206         3.417											
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       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			5.3		0	BFSN	4		12.0	4.5	
Fatty acids, total saturated.       9       12.700       0       1       29.083       10.795         4:0											
4:0       9       0.000       0       1       0.000       0.000         6:0       9       0.000       0       1       0.000       0.000         8:0       9       0.000       0       1       0.000       0.000         10:0       9       0.070       0       1       0.160       0.060         12:0       9       0.120       0       1       0.275       0.102         13:0       9       1.140       0       1       2.611       0.969         15:0       9       6.430       0       1       14.725       5.466         17:0       9         18:0       9       4.020       0       1       9.206       3.417         20:0       9	· <u> </u>										
6:0       9       0.000       0       1       0.000       0.000         8:0       9       0.000       0       1       0.000       0.000         10:0       9       0.070       0       1       0.160       0.060         12:0       9       0.120       0       1       0.275       0.102         13:0       9       1.140       0       1       2.611       0.969         15:0       9       6.430       0       1       14.725       5.466         17:0       9       4.020       0       1       9.206       3.417         20:0       9         22:0       9											
8:0       g       0.000       0       1       0.000       0.000         10:0       g       0.070       0       1       0.160       0.060         12:0       g       0.120       0       1       0.275       0.102         13:0       g       1.140       0       1       2.611       0.969         15:0       g       6.430       0       1       14.725       5.466         17:0       g       9       4.020       0       1       9.206       3.417         20:0       g       9       22:0       g       9       3.417       3.417					-						
10:0       g       0.070       0       1       0.160       0.060         12:0       g       0.120       0       1       0.275       0.102         13:0       g       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		-			-						
12:0		_			-						
13:0		-			-						
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		-	0.120	,	U		1		0.275	0.102	
15:0		_	1 140	,	0		1		2 611	0 060	
16:0			1.140	•	U		1		∠.611	0.969	
17:0			6 430	1	n		1		14 725	5 166	
18:0		-	0.430	•	U		1		14.723	3.400	
20:0g 22:0g		-	4 020	)	n		1		9 206	3 417	
22:0g		-	4.020	•	J		-		3.200	3.41/	
		-									
24:0		-									

	<u>A</u> ı	mount in 100 grams	of edibl	e portio	<u>n</u>	Amount in edible portion of common measures of food		
		Number	r			<u>m</u>	easures of food	
				Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Father side total management of the	12.120	0		1		27.755	10.302	
Fatty acids, total monounsaturated9 14:1	12.120	· ·		1		27.755	10.302	
16:1 undifferentiated	0.860	0		1		1.969	0.731	
18:1 undifferentiatedg	10.890	0		1		24.938	9.257	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000	0		1		0.000	0.000	
Fatty acids, total polyunsaturatedg	2.370	0		1		5.427	2.015	
18:2 undifferentiatedg	1.740	0		1		3.985	1.479	
18:3 undifferentiatedg	0.520	0		1		1.191	0.442	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.110	0		1		0.252	0.094	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	99	0		1		227	84	
Phytosterolsmg								
Amino Acides								
Amino Acids:	0.050			1		0 503	0.000	
Tryptophang	0.259 0.947			1		0.593 2.169	0.220	
Threonine				1		2.169	0.805	
Isoleucine	1.068 1.721			1		3.941	0.908 1.463	
Lysineg	1.954			1		4.475	1.463	
Methionine	0.568			1		1.301	0.483	
Cystine	0.264			1		0.605	0.224	
Phenylalanineg	0.901			1		2.063	0.766	
Tyrosine	0.744			1		1.704	0.632	
Valineg	1.194			1		2.734	1.015	
Arginine	1.315			1		3.011	1.118	
Histidine	0.701			1		1.605	0.596	
Alanine	1.331			1		3.048	1.131	
Aspartic acid	1.948			1		4.461	1.656	
Glutamic acid	3.211			1		7.353	2.729	
Glycine	1.081			1		2.475	0.919	
Prolineg	0.928			1		2.125	0.789	
Serine 9	0.823			1		1.885	0.700	
Hydroxyprolineg	0.020	•		-		2.000	000	
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0.0	0	z	7		0.0	0.0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:	ŭ	v	-	•		•	•	
Carotene, betamcg	0	0	Z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 229g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17030

Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17031 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 28% Bone

		<u>A</u>	mount in 10			ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		47.89		0		1		122.12	40.71	
Energy		359		0	NC	4		915	305	
Energy		1502				4		3830	1277	
Protein (N x 6.25)		21.12		0		1		53.86	17.95	
Total lipid (fat)		29.82 0.93		0 0		1 1		76.04 2.37	25.35 0.79	
Ash		0.93		0	z	7		0.00	0.79	
Carbohydrate, by difference Fiber, total dietary	-	0.00		0	Z	7		0.00	0.00	
Sugars, total		0.0		·		,		0.0	0.0	
Starch										
Starch	9									
Minerals:										
Calcium, Ca	-	22		0		1		56	19	
Iron, Fe	-	1.60 20		0		1 1		4.08	1.36 17	
Magnesium, Mg Phosphorus, P	-	166		0		1		51 423	17 141	
Potassium, K	•	271		0		1		423 691	230	
Sodium, Na	-	73		0		1		186	62	
Zinc, Zn		3.49		0		1		8.90	2.97	
Copper, Cu		0.115	5	0		1		0.293	0.098	
Manganese, Mn		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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.090	)	0	-	1		0.230	0.077	
Riboflavin	-	0.210		0		1		0.536	0.179	
Niacin	-	6.750	)	0		1		17.213	5.738	
Pantothenic acid		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		0		0	Z	7		0	0	
Folate, food		15		0		1		38	13	
Folate, DFE		15		0	NC	4		38	13	
Vitamin B-12		2.23		0		1		5.69	1.90	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0 0		4 4		0	0	
Vitamin E (alpha-tocopherol)		0.10		0		1		0.26	0.09	
Tocopherol, beta		0.10		Ū		-		0.20	0.03	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	12.770	)	0		1		32.564	10.855	
4:0										
6:0	g									
8:0	g									
10:0	-	0.080		0		1		0.204	0.068	
12:0		0.130	)	0		1		0.332	0.111	
13:0	-			_		_				
14:0		1.190	)	0		1		3.035	1.012	
15:0	-	C 450		^		1		16 440	E 400	
16:0 17:0	-	6.450	,	0		1		16.448	5.483	
18:0	-	4.080	)	0		1		10.404	3.468	
20:0	-	4.000	•	·		-		10.101	3.400	
22:0	-									
24:0	-									

		<u>Ar</u>	mount in 10	0 grams	of edil	<u>n</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food	
Nutrients and Uni	ts	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	12.520		0		1		31.926	10.642	
14:1										
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		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		0.090		0		1		0.230	0.077	
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	_									
Cholesterol	_	97		0		1		247	82	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.247		0		1		0.630	0.210	
Threonine		0.904		0		1		2.305	0.768	
Isoleucine		1.019		0		1		2.598	0.866	
Leucine	-	1.642		0		1		4.187	1.396	
Lysine	-	1.865		0		1		4.756	1.585	
Methionine		0.542		0		1		1.382	0.461	
Cystine	g	0.252		0		1		0.643	0.214	
Phenylalanine		0.860		0		1		2.193	0.731	
Tyrosine		0.710		0		1		1.811	0.604	
Valine		1.139		0		1		2.904	0.968	
Arginine	-	1.254		0		1		3.198	1.066	
Histidine		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		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									

## **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. 17029 Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 27% Bone

		<u>A</u>	mount in 10			ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure
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)		34.39		0		1		9.75	155.99	
Ash		0.74		0		1		0.21	3.36	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Starcii	9									
<u> Minerals:</u>										
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	5	0		1		0.005	0.073	
Selenium, Se	mcg	16.8		0	PIE	4		4.8	76.2	
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.100	)	0		1		0.028	0.454	
Riboflavin		0.190		0		1		0.054	0.862	
Niacin		6.090		0		1		1.727	27.624	
Pantothenic acid		0.620		0		1		0.176	2.812	
Vitamin B-6		0.110		0		1		0.031	0.499	
Folate, total	-	14		0		1		4	64	
Folic acid		0		0	z	7		0	0	
Folate, food	_	14		0	_	1		4	64	
Folate, DFE		14		0	NC	4		4	64	
Vitamin B-12		2.09		0	NC	1		0.59	9.48	
Vitamin A, IU		0		0		4		0.33	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.18		0		1		0.05	0.82	
Tocopherol, beta		0.16		U		1		0.05	0.62	
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
, minim ix (phytioquillone)										
<u> Lipids:</u>										
Fatty acids, total saturated	g	15.160	)	0		1		4.298	68.766	
4:0	g									
6:0	g									
8:0										
10:0	g	0.090		0		1		0.026	0.408	
12:0	-	0.150	)	0		1		0.043	0.680	
13:0	-									
14:0	-	1.400	)	0		1		0.397	6.350	
15:0	-									
16:0	g	7.600	)	0		1		2.155	34.474	
17:0	-									
18:0	g	4.770	)	0		1		1.352	21.637	
20:0	g									
22:0	g									
24:0										

Nutrients and Units   Nutrients   Nutrients			<u>Aı</u>	mount in 100 g	rams of edi	ble portion	Amount in edible portion of common measures of food		
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Measure 1   Measure 2   Measure 3				Nu	mber		<u>m</u>	easures of food	
14-1	Nutrients and Uni	its	Mean				 Measure 1	Measure 2	Measure 3
15-1	Fatty acids, total monounsaturated	g	14.130		0	1	4.006	64.094	
1-11	14:1	g							
17-1		-							
181 undifferentiated         g         12.680         0         1         3.595         57.516           20-1         g         22-1 undifferentiated         g           24+1 c         9         1         0.763         12.202           182 undifferentiated         g         1.970         0         1         0.558         8.936           182 undifferentiated         g         0.620         0         1         0.763         12.202           184-4         g         20-2 n-6 c.         9         20-2 n-6 c.         9         20-3 undifferentiated         g         0.100         0         1         0.028         0.454           20-3 undifferentiated         g         0         0.100         0         1         0.028         0.454           20-5 n-3         g         9         22-5 n-3         9         22-25 n-3         9         34-5         9         1-1         1-1         0.048         0.771         1-1         1-1         0.048         0.771         1-1         1-1         0.048         0.771         1-1         1-1         0.048	16:1 undifferentiated	g	1.000		0	1	0.284	4.536	
201									
221 undifferentiated			12.680		0	1	3.595	57.516	
241 c. 9 Fatty acids, total polyunsaturated 9		_							
Fatty acids, total polyumsaturated									
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		-			_				
18:3 undifferentiated.       9       0.620       0       1       0.176       2.812         18:4.       9       20:2 n-6 c.       9         20:3 undifferentiated.       9       0.100       0       1       0.028       0.454         20:5 n-3.       9       22:5 n-3.       9       1.1 <td< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>									
18.4         9           20.2 n-6 c,c         9           20.3 undifferentiated         9           20.4 undifferentiated         9           20.5 n-3         9           22:5 n-3         9           22:5 n-3         9           22:6 n-3         9           Fatty acids, total trans         9           Cholesterol         mg         76         0         1         22         345           Phytosterols           mg           Variance           Variance <tr< td=""><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr<>		-							
20.2 n.6 c.c.			0.620		0	1	0.176	2.812	
20.3 undifferentiated.   g		_							
20:4 undifferentiated	5								
20:5 n 3			0 100		0	-	0.000	0.454	
22:5 n-3         9           22:6 n-3         9           Fatty acids, tolal trans         9           Cholesterol         mg         76         0         1         22         345           Phytosterols           Tryptoplan         9         0.170         0         1         0.048         0.771           Threonine         9         0.621         0         1         0.176         2.817           Isoleucine         9         0.700         0         1         0.198         3.175           Leucine         9         1.129         0         1         0.363         5.815           Jesine         9         1.282         0         1         0.363         5.815           Methionine         9         0.373         0         1         0.106         1.692           Cystine         9         0.173         0         1         0.106         1.692           Cystine         9         0.591         0         1         0.106         1.692           Phenylalanine         9         0.591         0         1         0.138         2.214           Valine			0.100		U	1	0.028	0.454	
22:6 n-3         9           Faty acids, total trans         9           Cholesterol.         mg         76         0         1         22         345           Cholesterol.           Amino Acids:           Tryptophan.         9         0.170         0         1         0.048         0.771           Threonine         9         0.621         0         1         0.176         2.817           Interval acid         9         0.621         0         1         0.176         2.817           Interval acid         9         0.621         0         1         0.176         2.817           Interval acid         9         0.700         0         1         0.198         3.175           Leucine         9         0.700         0         1         0.320         5.121           Lysine         9         1.282         0         1         0.363         5.815           Methionine         9         0.173         0         1         0.049         0.785           Phenylalanine         9         0.591         0         1         0.138 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>									
Fatty acids, total trans		_							
Cholesterol.         mg         76         0         1         22         345           Phytosterols.         mg         76         0         1         22         345           Amino Acids:           Tryptophan         9         0.170         0         1         0.048         0.771           Threonine.         9         0.621         0         1         0.176         2.817           Isoleucine.         9         0.621         0         1         0.198         3.175           Leucine.         9         1.129         0         1         0.320         5.121           Lysine.         9         1.282         0         1         0.363         5.815           Methionine.         9         0.373         0         1         0.06         1.692           Cystine.         9         0.173         0         1         0.106         1.692           Cystine.         9         0.591         0         1         0.168         2.681           Tyrosine.         9         0.783         0         1         0.138         2.214           Valine.         9         0.783 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>									
Phytosterols	2 /	_	76		0	1	22	345	
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         0.168         2.681           Phenylalanine         g         0.591         0         1         0.168         2.681           Tyrosine         g         0.488         0         1         0.138         2.214           Valine         g         0.488         0         1         0.222         3.552           Arginine         g         0.862         0         1         0.244         3.910           Histidine         g         0.873         0         1 <td< td=""><td></td><td>_</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></td<>		_							
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         0.247	-								
Threonine         9         0.621         0         1         0.176         2.817           Isoleucine         9         0.700         0         1         0.198         3.175           Leucine         9         1.129         0         1         0.320         5.121           Lysine         9         1.282         0         1         0.363         5.815           Methionine         9         0.373         0         1         0.106         1.692           Cystine         9         0.173         0         1         0.049         0.785           Phenylalanine         9         0.591         0         1         0.168         2.681           Tyrosine         9         0.488         0         1         0.168         2.681           Tyrosine         9         0.783         0         1         0.138         2.214           Valine         9         0.783         0         1         0.222         3.552           Arginine         9         0.862         0         1         0.224         3.910           Histidine         9         0.460         0         1         0.130         2.087 <td></td> <td></td> <td></td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td>					_				
Isoleucine         9         0.700         0         1         0.198         3.175           Leucine         9         1.129         0         1         0.320         5.121           Lysine         9         1.282         0         1         0.363         5.815           Methionine         9         0.373         0         1         0.106         1.692           Cystine         9         0.173         0         1         0.049         0.785           Phenylalanine         9         0.591         0         1         0.168         2.681           Tyrosine         9         0.488         0         1         0.168         2.681           Tyrosine         9         0.488         0         1         0.138         2.214           Valine         9         0.783         0         1         0.138         2.214           Valine         9         0.862         0         1         0.244         3.910           Histidine         9         0.460         0         1         0.130         2.087           Alanine         9         0.873         0         1         0.247         3.960	2								
Leucine       9       1.129       0       1       0.320       5.121         Lysine       9       1.282       0       1       0.363       5.815         Methionine       9       0.373       0       1       0.106       1.692         Cystine       9       0.173       0       1       0.049       0.785         Phenylalanine       9       0.591       0       1       0.168       2.681         Tyrosine       9       0.488       0       1       0.138       2.214         Valine       9       0.783       0       1       0.222       3.552         Arginine       9       0.862       0       1       0.244       3.910         Histidine       9       0.460       0       1       0.130       2.087         Alanine       9       0.873       0       1       0.247       3.960         Aspartic acid       9       1.278       0       1       0.362       5.797         Glutamic acid       9       2.106       0       1       0.597       9.553         Glycine       9       0.609       0       1       0.173       2.76					-	-			
Lysine       9       1.282       0       1       0.363       5.815         Methionine       9       0.373       0       1       0.106       1.692         Cystine       9       0.173       0       1       0.049       0.785         Phenylalanine       9       0.591       0       1       0.168       2.681         Tyrosine       9       0.488       0       1       0.138       2.214         Valine       9       0.783       0       1       0.222       3.552         Arginine       9       0.862       0       1       0.244       3.910         Histidine       9       0.460       0       1       0.130       2.087         Alanine       9       0.873       0       1       0.247       3.960         Aspartic acid       9       1.278       0       1       0.362       5.797         Glutamic acid       9       2.106       0       1       0.597       9.553         Glycine       9       0.609       0       1       0.201       3.216         Proline       9       0.609       0       1       0.173       2.76		_			•	_			
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       0.609       0       1       0.201       3.216         Proline       g       0.609       0       1       0.173       2.762         Serine       g       0.540       0       1       0.153       2.44		-							
Cystine       9       0.173       0       1       0.049       0.785         Phenylalanine       9       0.591       0       1       0.168       2.681         Tyrosine       9       0.488       0       1       0.138       2.214         Valine       9       0.783       0       1       0.222       3.552         Arginine       9       0.862       0       1       0.244       3.910         Histidine       9       0.460       0       1       0.130       2.087         Alanine       9       0.873       0       1       0.247       3.960         Aspartic acid       9       1.278       0       1       0.362       5.797         Glutamic acid       9       2.106       0       1       0.597       9.553         Glycine       9       0.709       0       1       0.201       3.216         Proline       9       0.609       0       1       0.173       2.762         Serine       9       0.540       0       1       0.153       2.449	-								
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						_			
Tyrosine.         9         0.488         0         1         0.138         2.214           Valine.         9         0.783         0         1         0.222         3.552           Arginine.         9         0.862         0         1         0.244         3.910           Histidine.         9         0.460         0         1         0.130         2.087           Alanine.         9         0.873         0         1         0.247         3.960           Aspartic acid.         9         1.278         0         1         0.362         5.797           Glutamic acid.         9         2.106         0         1         0.597         9.553           Glycine.         9         0.709         0         1         0.201         3.216           Proline.         9         0.609         0         1         0.173         2.762           Serine.         9         0.540         0         1         0.153         2.449	-								
Valine         9         0.783         0         1         0.222         3.552           Arginine         9         0.862         0         1         0.244         3.910           Histidine         9         0.460         0         1         0.130         2.087           Alanine         9         0.873         0         1         0.247         3.960           Aspartic acid         9         1.278         0         1         0.362         5.797           Glutamic acid         9         2.106         0         1         0.597         9.553           Glycine         9         0.709         0         1         0.201         3.216           Proline         9         0.609         0         1         0.173         2.762           Serine         9         0.540         0         1         0.153         2.449	-				-	=			
Arginine.       9       0.862       0       1       0.244       3.910         Histidine       9       0.460       0       1       0.130       2.087         Alanine.       9       0.873       0       1       0.247       3.960         Aspartic acid.       9       1.278       0       1       0.362       5.797         Glutamic acid.       9       2.106       0       1       0.597       9.553         Glycine.       9       0.709       0       1       0.201       3.216         Proline.       9       0.609       0       1       0.173       2.762         Serine.       9       0.540       0       1       0.153       2.449	2								
Histidine 9 0.460 0 1 0.130 2.087  Alanine 9 0.873 0 1 0.247 3.960  Aspartic acid 9 1.278 0 1 0.362 5.797  Glutamic acid 9 2.106 0 1 0.597 9.553  Glycine 9 0.709 0 1 0.201 3.216  Proline 9 0.609 0 1 0.173 2.762  Serine 9 0.540 0 1 0.153 2.449		_			-	_			
Alanine       9       0.873       0       1       0.247       3.960         Aspartic acid       9       1.278       0       1       0.362       5.797         Glutamic acid       9       2.106       0       1       0.597       9.553         Glycine       9       0.709       0       1       0.201       3.216         Proline       9       0.609       0       1       0.173       2.762         Serine       9       0.540       0       1       0.153       2.449	_				-	=			
Aspartic acid       9       1.278       0       1       0.362       5.797         Glutamic acid       9       2.106       0       1       0.597       9.553         Glycine       9       0.709       0       1       0.201       3.216         Proline       9       0.609       0       1       0.173       2.762         Serine       9       0.540       0       1       0.153       2.449		•							
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		-							
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	•				-	=			
Proline						=			
Serine	2								
		_	0.540		•	-	0.133	2.119	

# **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. 17240 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 32% Bone

		<u>A</u> 1	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u>m</u> :	easures of food	<u>.</u>	
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	49.03		0	PAE	4		108.85	41.68		
Energy	-	340		0	NC	4		755	289		
Energy		1423				4		3158	1209		
Protein (N x 6.25)		23.06		0	PAE	4		51.19	19.60		
Total lipid (fat)		26.82		0	PAE	4		59.54	22.80		
Ash		1.19		0	PAE	4		2.64	1.01		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch											
Staron	9										
<u>Minerals:</u>											
Calcium, Ca	-	18		0	PAE	4		40	15		
Iron, Fe		1.93		0	PAE	4		4.28	1.64		
Magnesium, Mg		24		0	PAE	4		53	20		
Phosphorus, P		184		0	PAE	4		408	156		
Potassium, K		277		0	PAE	4		615	235		
Sodium, Na		77		0	PAE	4		171	65		
Zinc, Zn		4.21		0	PAE	4		9.35	3.58		
Copper, Cu		0.124		0	PAE	4		0.275	0.105		
Manganese, Mn		0.021	_	0	PAE	4		0.047	0.018		
Selenium, Se	mcg	24.7		0	BFNN	4		54.8	21.0		
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin		0.090		0	PAE	4		0.200	0.077		
Riboflavin		0.230	)	0	PAE	4		0.511	0.196		
Niacin		6.920		0	PAE	4		15.362	5.882		
Pantothenic acid		0.610		0	PAE	4		1.354	0.519		
Vitamin B-6	-	0.110	)	0	PAE	4		0.244	0.094		
Folate, total		15		0	PAE	4		33	13		
Folic acid	_	0		0	Z	7		0	0		
Folate, food		15		0	PAE	4		33	13		
Folate, DFE		15		0	NC	4		33	13		
Vitamin B-12		2.56		0	PAE	4		5.68	2.18		
Vitamin A, IU		0		0	PAE	4		0	0		
Vitamin A, RAE		0		0	PAE	4		0	0		
Retinol		0		0	PAE	4		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
<u> ipids:</u>											
Fatty acids, total saturated		11.360	)	0	PAE	4		25.219	9.656		
4:0	_										
6:0	-										
8:0				_							
10:0		0.070		0	PAE	4		0.155	0.060		
12:0		0.110	)	0	PAE	4		0.244	0.094		
13:0	-			_							
14:0		1.010	)	0	PAE	4		2.242	0.859		
15:0	-			_		_			_		
16:0	-	5.780	)	0	PAE	4		12.832	4.913		
17:0	-	<u> </u>		_		_					
18:0	-	3.610	)	0	PAE	4		8.014	3.069		
20:0	-										
22:0	0										

	<u>Aı</u>	nount in 100			<u>on</u>	Amount in edible portion of common measures of food			
			Number		_	0 51	<u> </u>	easures or roou	
Nutrients and Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	10.970		0	PAE	4		24.353	9.325	
14:1g									
15:1g									
16:1 undifferentiatedg	0.780		0	PAE	4		1.732	0.663	
17:1g									
18:1 undifferentiatedg	9.860		0	PAE	4		21.889	8.381	
20:1g	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	2.170		0	PAE	4		4.817	1.845	
18:2 undifferentiatedg	1.600		0	PAE	4		3.552	1.360	
18:3 undifferentiatedg	0.460		0	PAE	4		1.021	0.391	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.120		0	PAE	4		0.266	0.102	
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans									
Cholesterolmg	98		0	PAE	4		218	83	
Phytosterols mg									
Amino Acids:									
Tryptophang	0.270		0	PAE	4		0.599	0.230	
Threonineg	0.987		0	PAE	4		2.191	0.839	
Isoleucineg	1.113		0	PAE	4		2.471	0.946	
Leucineg	1.794		0	PAE	4		3.983	1.525	
Lysineg	2.037		0	PAE	4		4.522	1.731	
Methionineg	0.592		0	PAE	4		1.314	0.503	
Cystineg	0.275		0	PAE	4		0.611	0.234	
Phenylalanineg	0.939		0	PAE	4		2.085	0.798	
Tyrosine9	0.775		0	PAE	4		1.721	0.659	
Valineg	1.244		0	PAE	4		2.762	1.057	
Arginineg	1.370		0	PAE	4		3.041	1.165	
Histidineg	0.731		0	PAE	4		1.623	0.621	
Alanineg	1.387		0	PAE	4		3.079	1.179	
Aspartic acidg	2.030		0	PAE	4		4.507	1.726	
Glutamic acidg	3.347		0	PAE	4		7.430	2.845	
Glycineg	1.126		0	PAE	4		2.500	0.957	
Prolineg	0.967		0	PAE	4		2.147	0.822	
Serine9	0.857		0	PAE	4		1.903	0.728	
Hydroxyprolineg									

## **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. 17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 30% Bone

		<u>A</u>	mount in 100 g	grams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nι	umber				m	easures of food	<u>.</u>
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.59		0	PAE	4		122.98	42.15	
Energy	=	341		0	NC	4		846	290	
Energy		1427				4		3538	1213	
Protein (N x 6.25)		21.82		0	PAE	4		54.11	18.55	
Total lipid (fat)		27.53		0	PAE	4		68.27	23.40	
Ash		0.95		0	PAE	4		2.36	0.81	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	_									
Minerals:										
Calcium, Ca	-	22		0	PAE	4		55	19	
Iron, Fe	-	1.62		0	PAE	4		4.02	1.38	
Magnesium, Mg		20		0	PAE	4		50	17	
Phosphorus, P	•	170		0	PAE	4		422	145	
Potassium, K	-	277		0	PAE	4		687	235	
Sodium, Na		74 3.62		0	PAE	4		184 8.98	63	
Zinc, Zn			,	0	PAE PAE	4 4		8.98 0.290	3.08 0.099	
Copper, Cu		0.117 0.021		0	PAE	4		0.290	0.099	
Manganese, Mn Selenium, Se		22.3	<u>.</u>	0	BFNN	4		55.3	19.0	
Seiemum, Se	nog	22.3		U	DENN	-		33.3	19.0	
<u>Vitamins:</u>										
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	<u>mg</u>	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		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	
Vitamin B-12	mcg	2.22		0	PAE	4		5.51	1.89	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol	mcg	0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
<u>Lipids:</u>										
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									
14:0	g	1.090	)	0	PAE	4		2.703	0.927	
15:0	-									
16:0	g	5.910	)	0	PAE	4		14.657	5.024	
17:0	g									
18:0	-	3.740	)	0	PAE	4		9.275	3.179	
20:0	-									
22:0	_									
24:0	_									

		<u>Ar</u>	mount in 10			<u>on</u>		edible portion o		
				Number		_		<u>m</u>	easures of food	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	11.590		0	PAE	4		28.743	9.852	
14:1										
15:1	-					_				
16:1 undifferentiated	-	0.800		0	PAE	4		1.984	0.680	
17:1		40 540				_				
18:1 undifferentiated		10.510		0	PAE PAE	4		26.065	8.934	
20:1	_	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated 24:1 c	-									
Fatty acids, total polyunsaturated	•	1.990		0	PAE	4		4.935	1.692	
18:2 undifferentiated	-	1.500		0	PAE	4		3.720	1.092	
18:3 undifferentiated		0.400		0	PAE	4		0.992	0.340	
18:4		0.400		Ū	FAL	-		0.332	0.540	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.090		0	PAE	4		0.223	0.077	
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	g									
Cholesterol		96		0	PAE	4		238	82	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.255		0	PAE	4		0.632	0.217	
Threonine		0.233		0	PAE	4		2.316	0.217	
Isoleucine		1.053		0	PAE	4		2.611	0.794	
Leucine		1.697		0	PAE	4		4.209	1.442	
Lysine	_	1.927		0	PAE	4		4.779	1.638	
Methionine		0.560		0	PAE	4		1.389	0.476	
Cystine		0.260		0	PAE	4		0.645	0.221	
Phenylalanine	_	0.888		0	PAE	4		2.202	0.755	
Tyrosine		0.733		0	PAE	4		1.818	0.623	
Valine		1.177		0	PAE	4		2.919	1.000	
Arginine		1.296		0	PAE	4		3.214	1.102	
Histidine	-	0.691		0	PAE	4		1.714	0.587	
Alanine	_	1.312		0	PAE	4		3.254	1.115	
Aspartic acid	-	1.920		0	PAE	4		4.762	1.632	
Glutamic acid		3.166		0	PAE	4		7.852	2.691	
Glycine	_	1.065		0	PAE	4		2.641	0.905	
Proline	_	0.915		0	PAE	4		2.269	0.778	
Serine	g	0.811		0	PAE	4		2.011	0.689	
Hydroxyproline	g									

## **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. 17239 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 29% Bone

		<u>A</u>	mount in 100			ole portic	<u>on</u>		edible portion of easures of food	
Nutrients and Un	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	53.68		0	PAE	4		15.22	243.49	
Energy		342		0	NC	4		97	1551	
Energy		1431		·		4		406	6491	
Protein (N x 6.25)		15.32		0	PAE	4		4.34	69.49	
Total lipid (fat)	-	30.71		0	PAE	4		8.71	139.30	
Ash	-	0.78		0	PAE	4		0.22	3.54	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		Ū	_	,		0.0	0.0	
Starch										
Staten	9									
Minerals:										
Calcium, Ca	mg	14		0	PAE	4		4	64	
Iron, Fe	mg	1.43		0	PAE	4		0.41	6.49	
Magnesium, Mg		19		0	PAE	4		5	86	
Phosphorus, P		143		0	PAE	4		41	649	
Potassium, K		201		0	PAE	4		57	912	
Sodium, Na		58		0	PAE	4		16	263	
Zinc, Zn	_	2.87		0	PAE	4		0.81	13.02	
Copper, Cu		0.092		0	PAE	4		0.026	0.417	
Manganese, Mn		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	-	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		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		15		0	PAE	4		4	68	
Folate, DFE	mcg_DFE	15		0	NC	4		4	68	
Vitamin B-12		2.14		0	PAE	4		0.61	9.71	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	13.430	)	0	PAE	4		3.807	60.918	
4:0										
6:0										
8:0	g									
10:0	g	0.080	)	0	PAE	4		0.023	0.363	
12:0	g	0.130	)	0	PAE	4		0.037	0.590	
13:0	g									
14:0	g	1.230	)	0	PAE	4		0.349	5.579	
15:0	g									
16:0	g	6.750	)	0	PAE	4		1.914	30.618	
17:0	g									
18:0	g	4.230	)	0	PAE	4		1.199	19.187	
20:0	_									
22:0	g									
24:0	a									

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>		Amount in edible portion of measures of food			
				Number		_		<u> </u>	easures or roou			
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated.	g	12.600		0	PAE	4		3.572	57.154			
14:1												
15:1	-											
16:1 undifferentiated	_	0.890		0	PAE	4		0.252	4.037			
17:1		44 000										
18:1 undifferentiated		11.320		0	PAE PAE	4		3.209	51.348			
20:1	_	0.000		0	PAE	4		0.000	0.000			
22:1 undifferentiated 24:1 c	-											
Fatty acids, total polyunsaturated	•	2.420		0	PAE	4		0.686	10.977			
18:2 undifferentiated	-	1.770		0	PAE	4		0.502	8.029			
18:3 undifferentiated		0.550		0	PAE	4		0.302	2.495			
18:4		0.550		Ū	FAL	-		0.130	2.473			
20:2 n-6 c,c	_											
20:3 undifferentiated												
20:4 undifferentiated		0.100		0	PAE	4		0.028	0.454			
20:5 n-3												
22:5 n-3	_											
22:6 n-3												
Fatty acids, total trans	g											
Cholesterol		74		0	PAE	4		21	336			
Phytosterols	mg											
Amino Acids:												
Tryptophan	a	0.179		0	PAE	4		0.051	0.812			
Threonine		0.179		0	PAE	4		0.186	2.976			
Isoleucine		0.739		0	PAE	4		0.210	3.352			
Leucine		1.191		0	PAE	4		0.338	5.402			
Lysine	-	1.353		0	PAE	4		0.384	6.137			
Methionine		0.393		0	PAE	4		0.111	1.783			
Cystine		0.183		0	PAE	4		0.052	0.830			
Phenylalanine	-	0.624		0	PAE	4		0.177	2.830			
Tyrosine		0.515		0	PAE	4		0.146	2.336			
Valine		0.826		0	PAE	4		0.234	3.747			
Arginine		0.910		0	PAE	4		0.258	4.128			
Histidine	-	0.485		0	PAE	4		0.137	2.200			
Alanine	-	0.921		0	PAE	4		0.261	4.178			
Aspartic acid	-	1.348		0	PAE	4		0.382	6.115			
Glutamic acid		2.223		0	PAE	4		0.630	10.084			
Glycine	g	0.748		0	PAE	4		0.212	3.393			
Proline	-	0.642		0	PAE	4		0.182	2.912			
Serine	g	0.569		0	PAE	4		0.161	2.581			
Hydroxyproline	g											

## **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. 17033 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 55% Bone 30%, separable fat 25%

		<u>A</u>	mount in 10			ole portio	<u> </u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		58.83		0		1		86.48	50.01	
Energy		235		0	NC	4		345	200	
Energy		983				4		1445	836	
Protein (N x 6.25)		27.74		0		1		40.78	23.58	
Total lipid (fat)		12.95		0		1		19.04	11.01	
Ash		1.40		0	_	1		2.06	1.19	
Carbohydrate, by difference	-	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	16		0		1		24	14	
Iron, Fe		2.21		0		1		3.25	1.88	
Magnesium, Mg	-	29		0		1		43	25	
Phosphorus, P	•	213		0		1		313	181	
Potassium, K	-	313		0		1		460	266	
Sodium, Na		85		0		1		125	72	
Zinc, Zn		5.27		0 0		1 1		7.75	4.48	
Copper, Cu Manganese, Mn		0.139		0		1		0.204 0.043	0.118 0.025	
Selenium, Se	-	31.0	•	0	BFYN	4		45.6	26.4	
Selemum, Se	g	31.0		·	Drin	•		45.0	20.4	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.100		0		1		0.147	0.085	
Riboflavin	-	0.250		0		1		0.368	0.213	
Niacin		6.550		0		1		9.629	5.568	
Pantothenic acid		0.630		0		1		0.926	0.536	
Vitamin B-6		0.150	)	0 0		1		0.221	0.128	
Folate, totalFolic acid		21 0		0	Z	1 7		31 0	18 0	
Folate, food		21		0	2	1		31	18	
Folate, DFE		21		0	NC	4		31	18	
Vitamin B-12		2.64		0	110	1		3.88	2.24	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.18		0		1		0.26	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
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		0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	g	0.020	)	0		1		0.029	0.017	
12:0	_	0.030	)	0		1		0.044	0.026	
13:0	_									
14:0	-	0.340	)	0		1		0.500	0.289	
15:0				_		_				
16:0		2.520	)	0		1		3.704	2.142	
17:0		1		^		-		0.064	1 200	
18:0	_	1.540	,	0		1		2.264	1.309	
20:0 22:0	_									
24:0	_									
۷٦.0										

		<u>A</u> 1	mount in 100 gram		ole portio	<u>on</u>		Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Number of Date Std. Error Points	a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated.		5.210	0		1		7.659	4.429			
14:1 15:1	-										
16:1 undifferentiated		0.390	0		1		0.573	0.332			
17:1	-										
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	•	0.000	0		1		0.000	0.000			
24:1 c											
Fatty acids, total polyunsaturated		1.180			1		1.735	1.003			
18:2 undifferentiated		0.890			1 1		1.308	0.757			
18:3 undifferentiated		0.170			1		0.250	0.145			
18:4 20:2 n-6 c.c.	-	0.000	U		1		0.000	0.000			
20:2 n-6 c,c											
20:4 undifferentiated	-	0.120	0		1		0.176	0.102			
20:5 n-3	-	0.000			1		0.000	0.000			
22:5 n-3	-	0.000			1		0.000	0.000			
22:6 n-3	-	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	a	0.324	0		1		0.476	0.275			
Threonine		1.187			1		1.745	1.009			
Isoleucine	-	1.338			1		1.967	1.137			
Leucine	-	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		1.129			1		1.660	0.960			
Tyrosine	-	0.932			1		1.370	0.792			
Valine	-	1.497			1		2.201	1.272			
Arginine	-	1.648			1		2.423	1.401			
Histidine	_	0.879			1		1.292	0.747			
Alanine		1.668 2.441			1 1		2.452 3.588	1.418 2.075			
Glutamic acid	-	4.025			1		5.917	3.421			
Glycine		1.355			1		1.992	1.152			
Proline	<del>-</del>	1.163			1		1.710	0.989			
Serine	-	1.031			1		1.516	0.876			
Hydroxyproline											
Others:			_		_						
Alcohol, ethyl		0.0	0	_	7		0.0	0.0			
Caffeine		0	0	z z	7 7		0	0			
Theobromine	9	U	U	4	,		U	U			
Carotenoids:											
Carotene, beta		0	0	Z	7		0.000	0.000			
Carotene, alpha		0	0	Z	7		0.000	0.000			
Cryptoxanthin, beta		0	0	z	7		0.000	0.000			
Lycopene		0	0	z z	7 7		0.000	0.000			
Lutein + zeaxanthin	iiicā	U	0	z	,		0.000	0.000			

#### **Common Measures:**

Measure 1 = 147g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17033

Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17034 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 55% Bone 28%, separable fat 27%

		<u>Aı</u>	mount in 100 gra		f edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
			Num			_	<u> </u>	<u>m</u> e	easures 01 1000	<u> </u>	
Nutrients and Un	its	Mean	of D Std. Error Poi	oata D nts C		Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Proximates:	<b>a</b>	60.13	0.734	16		1		95.61	F1 11		
Water	_	232	0.734	0	NC	4		369	51.11 197		
Energy		971		U	NC	4		1543	197 825		
Energy		26.16	0.316	16		1		41.59	22.24		
Protein (N x 6.25) Total lipid (fat)		13.31		15		1		21.16	22.24 11.31		
		13.31		16		1		1.70	0.91		
Ash Carbohydrate, by difference		0.00	0.022	0	z	7		0.00	0.00		
Fiber, total dietary		0.00		0	Z	7		0.00	0.00		
Sugars, total		0.0		Ü	-	,		0.0	0.0		
Starch											
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	-	21		16		1		33	18		
Iron, Fe		1.77		16		1		2.81	1.50		
Magnesium, Mg		23		16		1		37	20		
Phosphorus, P		195		16		1		310	166		
Potassium, K		315		16		1		501	268		
Sodium, Na		81		16		1		129	69		
Zinc, Zn		4.47 0.129		16 16		1 1		7.11 0.205	3.80 0.110		
Copper, Cu		0.129		0		1		0.205	0.110		
Manganese, Mn Selenium, Se		26.9	•		BFYN	4		42.8	22.9		
Seiemum, Se	Illog	20.9		0 1	DEIN	•		42.0	22.9		
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.090		15		1		0.143	0.077		
Riboflavin		0.230		15		1		0.366	0.196		
Niacin		6.160 0.660		15 15		1 1		9.794	5.236		
Pantothenic acid Vitamin B-6		0.860		9		1		1.049 0.239	0.561 0.128		
Folate, total	-	22		9 15		1		35	19		
Folic acid		0	1.556	0	z	7		0	0		
Folate, food	_	22	1.536	15	4	1		35	19		
Folate, DFE		22	1.550	0	NC	4		35	19		
Vitamin B-12		2.16	0.136	15	-1.0	1		3.43	1.84		
Vitamin A, IU		0	0.130	0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.15		0		1		0.24	0.13		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	q	4.760	)	0		1		7.568	4.046		
4:0						_			1.010		
6:0											
8:0											
10:0		0.030	) 1	L07		1		0.048	0.026		
12:0		0.040	) 1	L07		1		0.064	0.034		
13:0	g										
14:0	g	0.420	) 1	L07		1		0.668	0.357		
15:0	g										
16:0	g	2.560	) 1	L07		1		4.070	2.176		
17:0	g										
18:0	g	1.640	) 1	L07		1		2.608	1.394		
20:0	-										
22:0											
24:0	g										

		<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in		
			Numbe			<u></u>	easures of food	
Nutrients and Units	i	Mean	Std. Error Points	a Deriv Source Code Code		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	5.830	0	1		9.270	4.956	
14:1	g							
15:1								
16:1 undifferentiated	-	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								
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	<sub>.</sub> mg							
Amino Acids:								
Tryptophan	a	0.306	0	1		0.487	0.260	
Threonine		1.119	0	1		1.779	0.951	
Isoleucine	-	1.262	0	1		2.007	1.073	
Leucine		2.034	0	1		3.234	1.729	
Lysine		2.310	0	1		3.234	1.729	
•	-	0.671	0	1		1.067	0.570	
Methionine	-	0.871	0	1		0.496	0.265	
Cystine		1.065	0	1		1.693	0.265	
Phenylalanine		0.879	0	1		1.398	0.905	
Tyrosine	-	1.411	0	1		2.243		
Valine			0	1			1.199	
Arginine		1.554	0	1		2.471	1.321 0.705	
Histidine	•	0.829	0	1		1.318 2.501		
Alanine	-	1.573	-	1			1.337	
Aspartic acid		2.302	0	1		3.660	1.957	
Glutamic acid	-	3.796				6.036	3.227	
Glycine		1.277	0	1		2.030	1.085	
Proline	•	1.097	0	1		1.744	0.932	
Serine	-	0.972	0	1		1.545	0.826	
Hydroxyproline	g							

## **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. 17032 Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 57% Bone 27%, separable fat 30%

		<u>Aı</u>	mount in 100 g			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			Nu	mbe	r			<u>m</u> e	easures of food	
Nutrients and Un	its	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	-	70.44	0.548	32		1		19.97	319.52	
Energy		169		0	NC	4		48	767	
Energy		707				4		200	3207	
Protein (N x 6.25)		19.98	0.177	31		1		5.66	90.63	
Total lipid (fat)		9.23	0.668	32		1		2.62	41.87	
Ash		1.01	0.013	32	_	1		0.29	4.58	
Carbohydrate, by difference		0.00		0	Z Z	7 7		0.00	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starcn	9									
Minerals:										
Calcium, Ca	-	12	0.858	32		1		3	54	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.67	0.083	32		1		0.47	7.58	
Magnesium, Mg		25	0.861	32		1		7	113	
Phosphorus, P	•	181 265	3.466 12.257	16 32		1 1		51 75	821 1202	
Potassium, KSodium, Na		72	3.092	32		1		20	327	
Zinc, Zn		3.80	0.184	32		1		1.08	17.24	
Copper, Cu		0.111		32		1		0.031	0.503	
Manganese, Mn		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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.120	0.006	16	_	1		0.034	0.544	
Riboflavin		0.200		16		1		0.057	0.907	
Niacin	-	5.890		16		1		1.670	26.717	
Pantothenic acid		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	-	0		0	Z	7		0	0	
Folate, food		21	1.391	16		1		6	95	
Folate, DFE		21	2 121	0	NC	4		6	95	
Vitamin B-12	mcg	2.38 0	0.124	16 0		1 4		0.67 0	10.80	
Vitamin A, IUVitamin A, RAE	mca PAF	0		0		4		0	0 0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.19		0		1		0.05	0.86	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.300	1	0		1		0.936	14.969	
4:0	g									
6:0	-									
8:0	-									
10:0		0.010		373		1		0.003	0.045	
12:0		0.020	,	373		1		0.006	0.091	
13:0	_	0.240	1	373		1		0.068	1.089	
14:0 15:0		0.240	•	5/5		1		0.000	1.009	
16:0		1.790	1	373		1		0.507	8.119	
17:0	_			-		-				
18:0	_	1.100	1	373		1		0.312	4.990	
20:0	g									
22:0										
24:0	g									

	<u>Aı</u>	mount in 100 grams		<u>on</u>		edible portion of easures of food	portion of common	
		Number			<u></u>	easures or roou		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	3.710	0	1		1.052	16.829		
14:1g								
15:1g								
16:1 undifferentiatedg	0.280	373	1		0.079	1.270		
17:1g								
18:1 undifferentiatedg	3.360	373	1		0.953	15.241		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	0.840	0	1		0.238	3.810		
18:2 undifferentiatedg	0.630	373	1		0.179	2.858		
18:3 undifferentiatedg	0.120	373	1		0.034	0.544		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.090	373	1		0.026	0.408		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	66	1.480 16	1		19	299		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.234	0	1		0.066	1.061		
Threonineg	0.855	0	1		0.242	3.878		
Isoleucineg	0.964	0	1		0.273	4.373		
Leucineg	1.554	0	1		0.441	7.049		
Lysineg	1.765	0	1		0.500	8.006		
Methionineg	0.513	0	1		0.145	2.327		
Cystineg	0.239	0	1		0.068	1.084		
Phenylalanine	0.814	0	1		0.231	3.692		
Tyrosineg	0.672	0	1		0.191	3.048		
Valineg	1.078	0	1		0.306	4.890		
Arginine	1.187	0	1		0.337	5.384		
Histidineg	0.633	0	1		0.179	2.871		
Alanine	1.202		1		0.341	5.452		
Aspartic acid	1.759		1		0.499	7.979		
Glutamic acid	2.900		1		0.822	13.154		
Glycine	0.976		1		0.277	4.427		
Prolineg	0.838		1		0.238	3.801		
Serineg	0.743		1		0.211	3.370		
Hydroxyproline	0.743	U	_		J.211	3.370		
ттушохургонне9								

## **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. 17044 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 20% Bone

		<u>A</u> 1	mount in 100			ole portio	<u>n</u>		edible portion of easures of food	
Nutrients and Unit	ts	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	44.22		0		1		37.59	30.95	
Water Energy		346		0	NC	4		294	242	
Energy		1448		U	NC	4		1231	1013	
Protein (N x 6.25)		30.39		0		1		25.83	21.27	
Total lipid (fat)		24.00		0		1		20.40	16.80	
Ash		1.10		0		1		0.94	0.77	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:				_		_				
Calcium, Ca	-	25		0		1		21	18	
Iron, Fe.	-	2.39		0		1		2.03	1.67	
Magnesium, Mg		26 206		0 0		1 1		22 175	18 144	
Phosphorus, P Potassium, K		206 306		0		1		260	144 214	
Sodium, Na		72		0		1		61	50	
Zinc, Zn		6.08		0		1		5.17	4.26	
Copper, Cu	-	0.139	9	0		1		0.118	0.097	
Manganese, Mn		0.023		0		1		0.020	0.016	
Selenium, Se		37.2		0	BFYN	4		31.6	26.0	
*7*.	_									
<u>Vitamins:</u>				•	_	_				
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.070		0 0		1 1		0.060	0.049	
Riboflavin	_	0.250		0		1		0.213	0.175	
Niacin Pantothenic acid		6.660 0.610		0		1		5.661 0.519	4.662 0.427	
Vitamin B-6		0.110		0		1		0.094	0.427	
Folate, total		18	,	0		1		15	13	
Folic acid		0		0	z	7		0	0	
Folate, food		18		0	-	1		15	13	
Folate, DFE		18		0	NC	4		15	13	
Vitamin B-12		2.58		0		1		2.19	1.81	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.15		0		1		0.13	0.11	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.870	)	0		1		8.390	6.909	
4:0										
6:0										
8:0	g									
10:0	-	0.060	)	0		1		0.051	0.042	
12:0		0.100	)	0		1		0.085	0.070	
13:0	_		_							
14:0		0.910	)	0		1		0.774	0.637	
15:0	_			-		_				
16:0	_	5.050	)	0		1		4.293	3.535	
17:0	_	2 000	,	^		4		0 500	0.010	
18:0	_	3.200	,	0		1		2.720	2.240	
20:0 22:0	_									

	<u>A</u> 1	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
			Number			<u>me</u>	easures of food		
Nutrients and Units	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	10.180		0	1		8.653	7.126		
14:1g									
15:1g									
16:1 undifferentiatedg	0.700		0	1		0.595	0.490		
17:1g									
18:1 undifferentiatedg	9.270		0	1		7.880	6.489		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturated9	1.710		0	1		1.454	1.197		
18:2 undifferentiatedg	1.300		0	1		1.105	0.910		
18:3 undifferentiatedg	0.310		0	1		0.264	0.217		
18:4g									
20:2 n-6 c.c									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.090		0	1		0.077	0.063		
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans9									
Cholesterolmg	120		0	1		102	84		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.355		0	1		0.302	0.249		
Threonineg	1.301		0	1		1.106	0.911		
Isoleucine	1.466		0	1		1.246	1.026		
Leucineg	2.364		0	1		2.009	1.655		
Lysineg	2.684		0	1		2.281	1.879		
Methionineg	0.780		0	1		0.663	0.546		
Cystineg	0.363		0	1		0.309	0.254		
Phenylalanineg	1.237		0	1		1.051	0.866		
Tyrosineg	1.022		0	1		0.869	0.715		
Valineg	1.640		0	1		1.394	1.148		
Arginineg	1.806		0	1		1.535	1.264		
Histidineg	0.963		0	1		0.819	0.674		
Alanineg	1.828		0	1		1.554	1.280		
Aspartic acid	2.675		0	1		2.274	1.873		
Glutamic acid	4.411		0	1		3.749	3.088		
Glycine	1.484		0	1		1.261	1.039		
Prolineg	1.275		0	1		1.084	0.893		
Serine	1.130		0	1		0.961	0.791		
50	= : 200		-	_			JJ_		

# **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. 17045 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 19% Bone

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Position										
Proximates: Water	a	54.69		0		1		46.49	50.86	
Energy		281		0	NC	4		239	261	
Energy		1176				4		999	1093	
Protein (N x 6.25)		24.44		0		1		20.77	22.73	
Total lipid (fat)		19.55		0		1		16.62	18.18	
Ash		1.31		0		1		1.11	1.22	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:						_				
Calcium, Ca	-	18		0		1		15	17	
Iron, Fe	_	2.09		0		1		1.78	1.94	
Magnesium, Mg	-	26 197		0		1 1		22 167	24 183	
Phosphorus, P Potassium, K		309		0		1		263	183 287	
Sodium, Na		309 77		0		1		65	72	
Zinc, Zn		4.89		0		1		4.16	4.55	
Copper, Cu	-	0.133	1	0		1		0.113	0.124	
Manganese, Mn		0.023		0		1		0.020	0.021	
Selenium, Se		27.6		0	BFYN	4		23.5	25.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.100		0		1		0.085	0.093	
Riboflavin	_	0.270		0		1		0.230	0.251	
Niacin		7.020		0		1		5.967	6.529	
Pantothenic acid		0.680		0		1		0.578	0.632	
Vitamin B-6		0.120	)	0		1		0.102	0.112	
Folate, total		18 0		0 0	z	1 7		15 0	17	
Folic acid		18		0	Z	1		15	0 17	
Folate, foodFolate, DFE		18		0	NC	4		15	17	
Vitamin B-12		2.86		0	NC	1		2.43	2.66	
Vitamin B-12 Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		Ö		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.13		0		1		0.11	0.12	
Tocopherol, beta				-		_		**	**	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	a	0 272	,	^		4		7 115	·	
Fatty acids, total saturated		8.370	,	0		1		7.115	7.784	
4:0 6:0										
8:0	-									
10:0		0.050	)	0		1		0.043	0.047	
12:0		0.080		0		1		0.043	0.074	
13:0				-		_		2		
14:0	_	0.750	)	0		1		0.638	0.698	
15:0										
16:0	_	4.240	)	0		1		3.604	3.943	
17:0	_									
18:0	_	2.650	)	0		1		2.253	2.465	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	mount in 100		of edib	le portio	<u>on</u>	Amount in	f common		
				Number		_		<u></u>	easures of food		
Nutrients and Units	3	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
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		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	<sub>.</sub> mg										
Amino Asids											
Amino Acids:		0.286		^		1		0.243	0.266		
Tryptophan		1.046		0		1		0.243	0.266		
Threonine	-			0		1		1.002			
Isoleucine		1.179		0		1			1.096		
Leucine		1.901		0		1		1.616	1.768		
Lysine	-	2.158		0		1		1.834	2.007		
Methionine	-	0.627		-		_		0.533	0.583		
Cystine		0.292		0		1		0.248	0.272		
Phenylalanine		0.995		0		1		0.846	0.925		
Tyrosine	-	0.821		0		1 1		0.698	0.764		
Valine		1.319		0		_		1.121	1.227		
Arginine		1.452		0		1		1.234	1.350		
Histidine	•	0.774		0		1		0.658	0.720		
Alanine	-	1.470		0		1		1.250	1.367		
Aspartic acid		2.151		0		1		1.828	2.000		
Glutamic acid	-	3.547		0		1		3.015	3.299		
Glycine		1.194		0		1		1.015	1.110		
Proline	•	1.025		0		1		0.871	0.953		
Serine	-	0.909		0		1		0.773	0.845		
Hydroxyproline	g										

## **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. 17046 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 17% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	<u> </u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1		Measure :
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)		22.53	0		1		64.44	19.15	
Total lipid (fat)		20.24	0		1		57.89	17.20	
Ash		1.21	0		1		3.46	1.03	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total									
Starch	-								
Minerals:					_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	18	0		1		51		
Iron, Fe	_	2.03	0		1		5.81		
Magnesium, Mg		23	0		1		66		
Phosphorus, P	•	183 259	0		1 1		523		
Potassium, K		259 65	0		1		741 186		
Sodium, NaZinc, Zn		4.48	0		1		12.81		
Copper, Cu		0.113			1		0.323		
Manganese, Mn		0.021			1		0.060		
Selenium, Se		25.4	. 0	BFYN	4		72.6		
•									
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0		
Thiamin		0.090			1		0.257		
Riboflavin		0.250			1		0.715		
Niacin		6.660			1		19.048		
Pantothenic acid		0.710			1		2.031		
Vitamin B-6	-	0.120			1		0.343		
Folate, total		20	0	_	1		57		
Folic acid		0	0	Z	7		0		
Folate, food	mcg	20	0		1		57		
Folate, DFE		20	0	NC	4		57		
Vitamin B-12		2.55 0	0		1 4		7.29 0		
Vitamin A, IU		0	0		4		0		
Vitamin A, RAE		0	0		4		0		
Vitamin E (alpha-tocopherol)		0.14	0		1		0.40		
Tocopherol, beta		0.14	U		-		0.40	0.12	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
	•								
Lipids:	_				_			_	
Fatty acids, total saturated		8.740	0		1		24.996	7.429	
4:0	-								
6:0									
8:0		0.050	^		1		0 140	0.040	
10:0					1		0.143		
12:0	-	0.090	, 0		1		0.257	0.077	
13:0 14:0	-	0.790	0		1		2.259	0 672	
15:0	-	0.790	, 0		1		2.259	0.672	
16:0	-	4.410	0		1		12.613	3 740	
17:0	-	4.41(	. 0		_		12.013	3.749	
18:0	-	2.770	0		1		7.922	2 355	
20:0	-	2.770			-		1.322	2.335	
22:0	-								
44.V	9 9								

		<u>Aı</u>	mount in 10	0 grams	of edik	ole portio	<u>n</u>	Amount in edible portion of common		
				Number				<u>m</u>	easures of food	
Nutrients and Un	9 differentiated 9 diff	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	1	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										
	-									
Fatty acids, total polyunsaturated		1.610		0		1		4.605	1.369	
	-	1.180		0		1		3.375	1.003	
		0.360	1	0		1		1.030	0.306	
	-									
		0.070	1	0		1		0.200	0.060	
	_									
2 2	-	92		0		1		263	78	
	-	92		U		_		263	78	
Pilytosterois	g									
Amino Acids:										
Tryptophan	g	0.263	1	0		1		0.752	0.224	
Threonine	g	0.964	ŀ	0		1		2.757	0.819	
Isoleucine	g	1.087	•	0		1		3.109	0.924	
Leucine	g	1.753	1	0		1		5.014	1.490	
Lysine	g	1.990	)	0		1		5.691	1.692	
Methionine	g	0.578	<b>;</b>	0		1		1.653	0.491	
Cystine	g	0.269	1	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	i	0		1		3.478	1.034	
Arginine	g	1.339	1	0		1		3.830	1.138	
Histidine	•	0.714		0		1		2.042	0.607	
Alanine	-	1.355		0		1		3.875	1.152	
Aspartic acid		1.983		0		1		5.671	1.686	
Glutamic acid	g	3.270		0		1		9.352	2.780	
Glycine		1.101		0		1		3.149	0.936	
Proline		0.945		0		1		2.703	0.803	
Serine	_	0.838	:	0		1		2.397	0.712	
Hydroxyproline	g									

## **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. 17043 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 17% Bone

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion of	
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Province										
Proximates: Water	a	61.76		0		1		17.51	82.14	
Energy		260		0	NC	4		74	346	
Energy		1088				4		308	1447	
Protein (N x 6.25)		16.79		0		1		4.76	22.33	
Total lipid (fat)		20.90		0		1		5.93	27.80	
Ash		0.90		0		1		0.26	1.20	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:						_		_		
Calcium, Ca	-	14		0		1		4	19	
Iron, Fe	-	1.56		0		1		0.44	2.07	
Magnesium, Mg	-	21 159		0		1 1		6 <b>4</b> 5	28 211	
Phosphorus, P Potassium, K		238		0		1		45 67	317	
Sodium, Na		60		0		1		17	80	
Zinc, Zn		3.43		0		1		0.97	4.56	
Copper, Cu	-	0.102	•	0		1		0.029	0.136	
Manganese, Mn		0.019		0		1		0.005	0.025	
Selenium, Se		19.3		0	PIE	4		5.5	25.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.110		0		1		0.031	0.146	
Riboflavin	-	0.220		0		1		0.062	0.293	
Niacin		6.090		0		1		1.727	8.100	
Pantothenic acid		0.690		0		1		0.196	0.918	
Vitamin B-6		0.130	)	0		1		0.037	0.173	
Folate, total		19 0		0 0	z	1 7		5 0	25	
Folic acid		19		0	Z	1		5	0 25	
Folate, foodFolate, DFE		19		0	NC	4		5 5	25 25	
Vitamin B-12		2.44		0	NC	1		0.69	3.25	
Vitamin B-12 Vitamin A, IU		0		0		4		0.69	0	
Vitamin A, RAE	mca RAF	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.21		0		1		0.06	0.28	
Tocopherol, beta				-		_			***	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Linida										
Lipids:	<b>a</b>	9.150	,	0		1		2.594	12.170	
Fatty acids, total saturated		9.130	,	U		_		2.594	12.170	
4:0 6:0										
8:0										
10:0	-	0.050	)	0		1		0.014	0.067	
12:0	-	0.090		0		1		0.026	0.120	
13:0	-									
14:0	-	0.840	)	0		1		0.238	1.117	
15:0										
16:0	-	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									

	<u> </u>	<u>nount in 100 graı</u> Numl		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	of Da Std. Error Point		Source Code	Confidence Code	Measure 1	Measure 2	Measure :
Satty acids, total monounsaturated9	8.580	C		1		2.432	11.411	
14:1g								
15:1g								
16:1 undifferentiatedg	0.610	C		1		0.173	0.811	
17:1g								
18:1 undifferentiatedg	7.700	C		1		2.183	10.241	
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	1.650	C		1		0.468	2.195	
18:2 undifferentiatedg	1.200	C		1		0.340	1.596	
18:3 undifferentiatedg	0.370	C		1		0.105	0.492	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.070	C		1		0.020	0.093	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Patty acids, total transg								
Cholesterolmg	71	C		1		20	94	
Phytosterolsmg								
nino Acids:								
ryptophang	0.196	C		1		0.056	0.261	
hreonineg	0.719	C		1		0.204	0.956	
soleucineg	0.810	C		1		0.230	1.077	
eucineg	1.306	C		1		0.370	1.737	
ysineg	1.483	C		1		0.420	1.972	
Methionineg	0.431	C		1		0.122	0.573	
Cystineg	0.200	C		1		0.057	0.266	
henylalanine	0.683	C		1		0.194	0.908	
vrosineg	0.564	C		1		0.160	0.750	
/alineg	0.906	C		1		0.257	1.205	
Arginineg	0.997	C		1		0.283	1.326	
Iistidineg	0.532	C		1		0.151	0.708	
Alanineg	1.010	C		1		0.286	1.343	
Aspartic acidg	1.478	C		1		0.419	1.966	
Glutamic acidg	2.436	C		1		0.691	3.240	
Glycineg	0.820	C		1		0.232	1.091	
Proline	0.704	C		1		0.200	0.936	
Serineg	0.624	C		1		0.177	0.830	

#### **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. 17247 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Refuse: 21% Bone

		<u>A</u>	mount in 10			ole portic	on .	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		44.92		0	PAE	4		38.18	20.21	
Energy		337		0	NC	4		286	152	
Energy		1410 31.10		•	D3.0	4 4		1199 26.44	635	
Protein (N x 6.25)		22.65		0 0	PAE PAE	4		26.44 19.25	14.00	
Total lipid (fat) Ash		1.12		0	PAE	4		0.95	10.19 0.50	
Carbohydrate, by difference		0.00		0	Z	7		0.93	0.50	
Fiber, total dietary	-	0.00		0	z	7		0.00	0.00	
Sugars, total		0.0		U	4	,		0.0	0.0	
Starch										
Starcii	9									
Minerals:										
Calcium, Ca	-	25		0	PAE	4		21	11	
Iron, Fe		2.43		0	PAE	4		2.07	1.09	
Magnesium, Mg		26		0	PAE	4		22	12	
Phosphorus, P	-	210		0	PAE	4		179	95	
Potassium, K	-	311		0	PAE	4		264	140	
Sodium, Na		72 6.24		0 0	PAE PAE	4 4		61 5.30	32 2.81	
Zinc, Zn Copper, Cu		0.141		0	PAE	4		0.120	0.063	
Manganese, Mn		0.023		0	PAE	4		0.020	0.010	
Selenium, Se	-	37.9	•	0	BFNN	4		32.2	17.1	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin	_	0.070		0	PAE	4		0.060	0.032	
Riboflavin	_	0.250		0	PAE	4		0.213	0.113	
Niacin		6.610 0.610		0	PAE PAE	4 4		5.619	2.975	
Pantothenic acid Vitamin B-6		0.810		0	PAE	4		0.519 0.094	0.275 0.050	
Folate, total		19		0	PAE	4		16	9	
Folic acid		0		0	Z	7		0	0	
Folate, food		19		0	PAE	4		16	9	
Folate, DFE		19		0	NC	4		16	9	
Vitamin B-12		2.59		0	PAE	4		2.20	1.17	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	9.210	)	0	PAE	4		7.829	4.145	
4:0	g									
6:0										
8:0	-			_						
10:0	_	0.060		0	PAE	4		0.051	0.027	
12:0	_	0.090	,	0	PAE	4		0.077	0.041	
13:0	_	0.850		0	שאם	4		0 722	0.383	
14:0		0.850	•	U	PAE	4		0.723	0.383	
15:0 16:0		4.730	1	0	PAE	4		4.021	2.129	
17:0		4.730		·				4.021	2.123	
18:0	_	3.000	1	0	PAE	4		2.550	1.350	
20:0	_			-	_	•				
22:0	_									
24:0	g									

		<u>Aı</u>	nount in 10			ole portic	<u>on</u>		Amount in edible portion of common measures of food		
Nutrients and Units	5	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
F. (1) (4)		9.630		0	PAE	4		0.106	4 224		
Fatty acids, total monounsaturated		9.630		U	PAE	4		8.186	4.334		
15:1	-										
16:1 undifferentiated		0.660		0	PAE	4		0.561	0.297		
17:1	-	0.860		U	PAL	4		0.561	0.297		
		8.780		0	PAE	4		7.463	3.951		
18:1 undifferentiated		0.000		0	PAE	4					
20:1		0.000		U	PAL	4		0.000	0.000		
22:1 undifferentiated	•										
24:1 c	•	1 600		0	PAE	4		1.360	0.720		
Fatty acids, total polyunsaturated		1.600		0	PAE	4					
18:2 undifferentiated		1.230						1.046	0.554		
18:3 undifferentiated		0.280		0	PAE	4		0.238	0.126		
18:4											
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	_	0.090		0	PAE	4		0.077	0.041		
20:5 n-3											
22:5 n-3	-										
22:6 n-3											
Fatty acids, total trans											
Cholesterol		120		0	PAE	4		102	54		
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.363		0	PAE	4		0.309	0.163		
Threonine		1.331		0	PAE	4		1.131	0.599		
Isoleucine	-	1.500		0	PAE	4		1.275	0.675		
Leucine		2.419		0	PAE	4		2.056	1.089		
Lysine		2.746		0	PAE	4		2.334	1.236		
Methionine	_	0.798		0	PAE	4		0.678	0.359		
	_	0.738		0	PAE	4		0.315	0.359		
Cystine				0		4					
Phenylalanine		1.266 1.045		0	PAE PAE	4		1.076 0.888	0.570		
Tyrosine	-	1.045		0	PAE	4		1.426	0.470		
Valine				0		4			0.755		
Arginine	_	1.847			PAE			1.570	0.831		
Histidine	_	0.985		0	PAE	4		0.837	0.443		
Alanine		1.870		0	PAE	4		1.590	0.842		
Aspartic acid		2.737		0	PAE	4		2.326	1.232		
Glutamic acid	-	4.512		0	PAE	4		3.835	2.030		
Glycine	-	1.519		0	PAE	4		1.291	0.684		
Proline		1.304		0	PAE	4		1.108	0.587		
Serine	-	1.156		0	PAE	4		0.983	0.520		
Hydroxyproline	g										

# **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. 17246 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 18% Bone

		<u>A</u>	mount in 10			le portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	ts	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	<b>a</b>	63.30		0	PAE	4		17.95	53.17	
Water Energy		244		0	NC	4		69	205	
Energy		1021		Ū	NC	4		289	858	
Protein (N x 6.25)		17.19		0	PAE	4		4.87	14.44	
Total lipid (fat)	-	18.94		0	PAE	4		5.37	15.91	
Ash	-	0.92		0	PAE	4		0.26	0.77	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total				_	_	·			• • •	
Starch										
Sarci	9									
Minerals:										
Calcium, Ca	_	14		0	PAE	4		4	12	
Iron, Fe	-	1.58		0	PAE	4		0.45	1.33	
Magnesium, Mg	_	22 162		0	PAE PAE	4 4		6 46	18 136	
Phosphorus, P Potassium, K		244		0	PAE	4		46 69	205	
Sodium, Na		61		0	PAE	4		17	51	
Zinc, Zn		3.52		0	PAE	4		1.00	2.96	
Copper, Cu	_	0.104	ı	0	PAE	4		0.029	0.087	
Manganese, Mn		0.020		0	PAE	4		0.006	0.017	
Selenium, Se		19.8		0	BFNN	4		5.6	16.6	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.110		0	PAE	4		0.031	0.092	
Riboflavin	-	0.220		0	PAE	4		0.062	0.185	
Niacin		6.080 0.690		0	PAE PAE	4 4		1.724	5.107	
Pantothenic acid		0.690		0	PAE	4		0.196 0.037	0.580	
Vitamin B-6		19	,	0	PAE	4		5	0.109 16	
Folic acid		0		0	Z	7		0	0	
Folate, food		19		0	PAE	4		5	16	
Folate, DFE		19		0	NC	4		5	16	
Vitamin B-12		2.47		0	PAE	4		0.70	2.07	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE	mcg RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	8.240	)	0	PAE	4		2.336	6.922	
4:0										
6:0										
8:0	g									
10:0	g	0.050	)	0	PAE	4		0.014	0.042	
12:0	-	0.080	)	0	PAE	4		0.023	0.067	
13:0	-									
14:0		0.750	)	0	PAE	4		0.213	0.630	
15:0										
16:0		4.150	)	0	PAE	4		1.177	3.486	
17:0	-			_		_				
18:0	-	2.600	J	0	PAE	4		0.737	2.184	
20:0	-									
22:0										

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		m	easures of 1000	
Nutrients and Units	5	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	7.770		0	PAE	4		2.203	6.527	
14:1	g									
15:1	-									
16:1 undifferentiated	-	0.550		0	PAE	4		0.156	0.462	
17:1	-									
18:1 undifferentiated	-	6.980		0	PAE	4		1.979	5.863	
20:1	-	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated	•	1.500		0	PAE	4		0.425	1.260	
18:2 undifferentiated	-	1.100		0	PAE	4		0.312	0.924	
18:3 undifferentiated		0.340		0	PAE	4		0.096	0.286	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	-	0.060		0	PAE	4		0.017	0.050	
20:4 undifferentiated	-	0.060		U	PAL	4		0.017	0.050	
20:5 n-3										
22:6 n-3										
Fatty acids, total trans										
Cholesterol	-	70		0	PAE	4		20	59	
Phytosterols	_	. •		·		-				
-										
Amino Acids:										
Tryptophan		0.201		0	PAE	4		0.057	0.169	
Threonine	-	0.736		0	PAE	4		0.209	0.618	
Isoleucine		0.829		0	PAE	4		0.235	0.696	
Leucine	_	1.337		0	PAE	4		0.379	1.123	
Lysine	_	1.518		0	PAE	4		0.430	1.275	
Methionine		0.441		0	PAE	4		0.125	0.370	
Cystine		0.205		0	PAE	4		0.058	0.172	
Phenylalanine		0.700		0	PAE	4		0.198	0.588	
Tyrosine	_	0.578		0	PAE	4		0.164	0.486	
Valine		0.928		0	PAE	4		0.263	0.780	
Arginine	-	1.021		0	PAE	4		0.289	0.858	
Histidine		0.545		0	PAE	4		0.155	0.458	
Alanine		1.034		0	PAE	4		0.293	0.869	
Aspartic acid		1.513		0	PAE	4		0.429	1.271	
Glutamic acid	-	2.494		-	PAE	4		0.707	2.095	
Glycine	-	0.840		0	PAE PAE	4 4		0.238 0.204	0.706	
Proline		0.721		0					0.606	
Serine	_	0.639		U	PAE	4		0.181	0.537	
Hydroxyproline	y									

## **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. 17249 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted

Refuse: 18% Bone

		<u>A</u>	mount in 100 g	grams	of edib	le portio	<u>on</u>	Amount in edible portion of common			
			Nu	umber				<u>m</u>	easures of food		
			of	f Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	57.07		0	PAE	4		162.08	48.51		
Energy	_	267		0	NC	4		758	227		
Energy		1117		v	МС	4		3173	950		
0,7	=	22.93		0	PAE	4		65.12	19.49		
Protein (N x 6.25)		18.75		0		4		53.25	19.49		
Total lipid (fat)				0	PAE	4					
Ash		1.23			PAE	_		3.49	1.05		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total	g										
Starch	g										
Minerals:											
Vimerais: Calcium. Ca	ma	17		0	PAE	4		48	14		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	2.05		0	PAE	4		5.82	1.74		
Magnesium, Mg	-	23		0	PAE	4		65	20		
Phosphorus, P	_	23 185		0	PAE	4		525	20 157		
• •	-	262		0	PAE	4		744	223		
Potassium, K	-			0							
Sodium, Na	-	65			PAE	4		185	55		
Zinc, Zn		4.58	-	0	PAE	4		13.01	3.89		
Copper, Cu		0.114		0	PAE	4		0.324	0.097		
Manganese, Mn	-	0.022	2	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	mq	0.0		0	z	7		0.0	0.0		
Thiamin		0.090	)	0	PAE	4		0.256	0.077		
Riboflavin	-	0.250		0	PAE	4		0.710	0.213		
Niacin		6.620		0	PAE	4		18.801	5.627		
Pantothenic acid		0.710		0	PAE	4		2.016	0.604		
Vitamin B-6		0.130		0	PAE	4		0.369	0.111		
Folate, total	-	21	,	0	PAE	4		60	18		
		0		0	Z	7		0	0		
Folic acid		21		0		4		60	18		
Folate, food					PAE						
Folate, DFE		21		0	NC	4		60	18		
Vitamin B-12		2.56		0	PAE	4		7.27	2.18		
Vitamin A, IU		0		0	PAE	4		0	0		
Vitamin A, RAE		0		0	PAE	4		0	0		
Retinol		0		0	PAE	4		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	8.040	)	0	PAE	4		22.834	6.834		
4:0											
6:0	-										
8:0	g										
10:0	_	0.050	)	0	PAE	4		0.142	0.043		
12:0		0.080		0	PAE	4		0.227	0.068		
13:0								•			
14:0	-	0.720	)	0	PAE	4		2.045	0.612		
15:0	-	020		-		-		2.0.0	0.022		
16:0	-	4.070	)	0	PAE	4		11.559	3.460		
17:0	-	4.070	-	•		•		11.559	3.400		
18:0	-	2.550	1	0	PAE	4		7.242	2.168		
20:0	-	2.350	•	3	FAE	-		7.242	2.100		
	-										
22:0	-										
24:0	y										

		<u>A</u> 1	mount in 10	00 grams Numbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	7.680		0	PAE	4		21.811	6.528	
14:1		7.000		U	FAL	-		21.611	6.526	
15:1										
16:1 undifferentiated		0.550		0	PAE	4		1.562	0.468	
17:1	-	0.550		Ū	FAL	-		1.502	0.400	
18:1 undifferentiated		6.900		0	PAE	4		19.596	5.865	
20:1	_	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated		0.000		Ū	FAL	-		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturated	•	1.500		0	PAE	4		4.260	1.275	
18:2 undifferentiated		1.100		0	PAE	4		3.124	0.935	
18:3 undifferentiated		0.330		0	PAE	4		0.937	0.281	
		0.330		U	FAL	-		0.937	0.281	
18:4 20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.070		0	PAE	4		0.199	0.060	
20:5 n-3	_	0.070		U	FAL	-		0.199	0.060	
20:5 n-3										
	-									
22:6 n-3 Fatty acids, total trans										
Cholesterol.		91		0	PAE	4		258	77	
Phytosterols	• • • • • • • • • • • • • • • • • • • •	71		Ū	FAL	-		230	,,	
1 Hytosterois	9									
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		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		0.934		0	PAE	4		2.653	0.794	
Tyrosine		0.771		0	PAE	4		2.190	0.655	
Valine	-	1.237		0	PAE	4		3.513	1.051	
Arginine		1.362		0	PAE	4		3.868	1.158	
Histidine	_	0.726		0	PAE	4		2.062	0.617	
Alanine	-	1.379		0	PAE	4		3.916	1.172	
Aspartic acid	_	2.019		0	PAE	4		5.734	1.716	
Glutamic acid		3.328		0	PAE	4		9.452	2.829	
Glycine	_	1.120		0	PAE	4		3.181	0.952	
Proline	•	0.962		0	PAE	4		2.732	0.818	
Serine		0.853		0	PAE	4		2.423	0.725	
Hydroxyproline	_	0.000		J		-		2.423	0.725	
ттушолургонно	9									

## **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. 17248 Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 20% Bone

		<u>A</u>	mount in 10			le portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	_			•				45.40			
Water	-	55.77		0	PAE	4		47.40	32.90		
Energy		269 1125		0	NC	4 4		229 957	159		
Energy		24.91		0	PAE	4		21.17	664 14.70		
Protein (N x 6.25) Total lipid (fat)		18.05		0	PAE	4		15.34	14.70		
Ash		1.33		0	PAE	4		1.13	0.78		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.78		
Fiber, total dietary		0.00		0	z	7		0.00	0.00		
Sugars, total		0.0		Ū		,		0.0	0.0		
Starch											
Starch	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	18		0	PAE	4		15	11		
Iron, Fe		2.12		0	PAE	4		1.80	1.25		
Magnesium, Mg		27		0	PAE	4		23	16		
Phosphorus, P		200		0 0	PAE PAE	4 4		170 267	118 185		
Potassium, KSodium, Na		314 78		0	PAE	4		66	185 46		
Zinc, Zn		5.01		0	PAE	4		4.26	2.96		
Copper, Cu		0.135	5	0	PAE	4		0.115	0.080		
Manganese, Mn	-	0.024		0	PAE	4		0.020	0.014		
Selenium, Se		28.1	-	0	BFNN	4		23.9	16.6		
ŕ											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0		
Thiamin		0.100		0	PAE	4		0.085	0.059		
Riboflavin		0.270		0	PAE	4		0.230	0.159		
Niacin		6.990		0 0	PAE PAE	4 4		5.942	4.124		
Pantothenic acid		0.680 0.120		0	PAE	4		0.578 0.102	0.401 0.071		
Vitamin B-6 Folate, total	-	19	,	0	PAE	4		16	11		
Folic acid		0		0	Z	7		0	0		
Folate, food	-	19		0	PAE	4		16	11		
Folate, DFE		19		0	NC	4		16	11		
Vitamin B-12		2.88		0	PAE	4		2.45	1.70		
Vitamin A, IU		0		0	PAE	4		0	0		
Vitamin A, RAE		0		0	PAE	4		0	0		
Retinol		0		0	PAE	4		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	7.660	)	0	PAE	4		6.511	4.519		
4:0											
6:0	g										
8:0											
10:0		0.040		0	PAE	4		0.034	0.024		
12:0		0.070	)	0	PAE	4		0.060	0.041		
13:0	-	_				_			_		
14:0	-	0.680	J	0	PAE	4		0.578	0.401		
15:0	-	2 22	,	^	<b></b>			2 22=	2 22-		
16:0	-	3.890	J	0	PAE	4		3.307	2.295		
17:0	-	0.400	1	^	ייי אַרו	4		2 066	1 434		
18:0 20:0	-	2.430	,	0	PAE	4		2.066	1.434		
22:0	-										
24:0	-										

		<u>Aı</u>	mount in 10	0 grams	Amount in edible portion of common					
				Number				<u>m</u>	easures of food	
Nutrients and Unit	s	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	7.380		0	PAE	4		6.273	4.354	
14:1										
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										
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										
20:2 n-6 c,c										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.080		0	PAE	4		0.068	0.047	
20:5 n-3										
22:5 n-3	-									
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	96		0	PAE	4		82	57	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.291		0	PAE	4		0.247	0.172	
Threonine		1.066		0	PAE	4		0.906	0.629	
Isoleucine	-	1.202		0	PAE	4		1.022	0.709	
Leucine		1.937		0	PAE	4		1.646	1.143	
Lysine		2.200		0	PAE	4		1.870	1.298	
Methionine		0.639		0	PAE	4		0.543	0.377	
Cystine	-	0.297		0	PAE	4		0.252	0.175	
Phenylalanine	-	1.014		0	PAE	4		0.862	0.598	
Tyrosine		0.837		0	PAE	4		0.711	0.494	
Valine	-	1.344		0	PAE	4		1.142	0.793	
Arginine	_	1.480		0	PAE	4		1.258	0.873	
Histidine	_	0.789		0	PAE	4		0.671	0.466	
Alanine	-	1.498		0	PAE	4		1.273	0.884	
Aspartic acid	-	2.192		0	PAE	4		1.863	1.293	
Glutamic acid		3.615		0	PAE	4		3.073	2.133	
Glycine	-	1.217		0	PAE	4		1.034	0.718	
Proline	_	1.045		0	PAE	4		0.888	0.617	
Serine	-	0.926		0	PAE	4		0.787	0.546	
Hydroxyproline	-									

# **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. 17048 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 38% Bone 20%, separable fat 18%

		<u>Aı</u>	mount in 100 gr		of edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
				nber		_	<u> </u>	<u>me</u>	easures 01 1000	<u> </u>	
Nutrients and Uni	its	Mean	of I Std. Error Poi		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure :	
Proximates:		49.32	1 240	1.0		1		41 00	07.10		
Water	=	49.32 279	1.240	16 0	NC	4		41.92 237	27.13 153		
Energy.		1167		U	NC	4		992	153 642		
Energy		35.54	1.070	15		1		30.21	19.55		
Protein (N x 6.25) Total lipid (fat)		14.08	0.683	16		1		11.97	7.74		
Ash		1.22	0.032	16		1		1.04	0.67		
Carbohydrate, by difference		0.00	0.032	0	z	7		0.00	0.00		
Fiber, total dietary		0.00		0	z	7		0.0	0.00		
Sugars, total		0.0		Ŭ	_	•		0.0	0.0		
Starch											
Starch	9										
<u> Minerals:</u>											
Calcium, Ca	_	26		16		1		22	14		
Iron, Fe		2.70	0.150	16		1		2.30	1.49		
Magnesium, Mg		29	0.811	16		1		25	16		
Phosphorus, P		232 338	5.278 8.806	16 16		1 1		197 287	128 186		
Potassium, K		338 76	1.802	16		1		28 / 65	186 42		
Sodium, NaZinc, Zn		7.30	0.317	16		1		6.21	4.02		
Copper, Cu		0.154		15		1		0.131	0.085		
Manganese, Mn		0.028		0		1		0.024	0.015		
Selenium, Se		37.8		0	BFYN	4		32.1	20.8		
<u>Vitamins:</u>						_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.070		16		1		0.060	0.039		
Riboflavin		0.270		16 16		1 1		0.230	0.149		
Niacin		6.330 0.620		16		1		5.381	3.482		
Pantothenic acid Vitamin B-6		0.620		9		1		0.527 0.111	0.341 0.072		
Folate, total	_	22	1.959	16		1		19	12		
Folic acid		0	1.939	0	z	7		0	0		
Folate, food	-	22	1.959	16	_	1		19	12		
Folate, DFE		22	1.333	0	NC	4		19	12		
Vitamin B-12		2.65	0.130	16		1		2.25	1.46		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.18		0		1		0.15	0.10		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	5.030	)	0		1		4.276	2.767		
4:0											
6:0											
8:0	g										
10:0	g	0.030	1	107		1		0.026	0.017		
12:0	g	0.040	1	107		1		0.034	0.022		
13:0	-										
14:0	-	0.440	)	107		1		0.374	0.242		
15:0	_										
16:0	-	2.710	1	107		1		2.304	1.491		
17:0	_					_		<b>.</b>			
18:0	-	1.730	1	107		1		1.471	0.952		
20:0	-										
22:0	9										

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number of Data	Deriv Source	Confidence	<u></u>		•	
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.170	0	1		5.245	3.394		
14:1g								
15:1g								
16:1 undifferentiatedg	0.420	107	1		0.357	0.231		
17:1g								
18:1 undifferentiatedg	5.720	107	1		4.862	3.146		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	0.920	0	1		0.782	0.506		
18:2 undifferentiatedg	0.750	107	1		0.638	0.413		
18:3 undifferentiatedg	0.080	107	1		0.068	0.044		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.090	107	1		0.077	0.050		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg			_					
Cholesterol mg	121	3.155 16	1		103	67		
Phytosterols mg								
Amino Acids:								
Tryptophang	0.415	0	1		0.353	0.228		
Threonineg	1.521	0	1		1.293	0.837		
Isoleucineg	1.715	0	1		1.458	0.943		
Leucine	2.764	0	1		2.349	1.520		
Lysineg	3.138	0	1		2.667	1.726		
Methionine	0.912	0	1		0.775	0.502		
Cystineg	0.424	0	1		0.360	0.233		
Phenylalanineg	1.447	0	1		1.230	0.796		
Tyrosineg	1.194	0	1		1.015	0.657		
Valineg	1.918	0	1		1.630	1.055		
Arginineg	2.111	0	1		1.794	1.161		
Histidineg	1.126	0	1		0.957	0.619		
Alanineg	2.137	0	1		1.816	1.175		
Aspartic acidg	3.128	0	1		2.659	1.720		
Glutamic acidg	5.157	0	1		4.383	2.836		
Glycineg	1.736	0	1		1.476	0.955		
Prolineg	1.491	0	1		1.267	0.820		
Serineg	1.321	0	1		1.123	0.727		
Hydroxyprolineg								

# **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. 17049 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 36% Bone 19%, separable fat 17%

		<u>A</u>	mount in 100 g	grams	of edib	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nι	umber				<u>m</u>	easures of food	_
			of	f Data	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error P	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	62.28		0		1		52.94	46.09	
Energy	-	200		0	NC	4		170	148	
· ·		837		U	NC	4		711		
Energy				•					619	
Protein (N x 6.25)		27.71		0		1		23.55	20.51	
Total lipid (fat)		9.02		0		1		7.67	6.67	
Ash		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:	m.c.			_		_				
Calcium, Ca	_	17		0		1		14	13	
Iron, Fe	-	2.31		0		1		1.96	1.71	
Magnesium, Mg		30		0		1		26	22	
Phosphorus, P	•	219		0		1		186	162	
Potassium, K		340		0		1		289	252	
Sodium, Na		82		0		1		70	61	
Zinc, Zn	mg	5.73		0		1		4.87	4.24	
Copper, Cu	mg	0.145	5	0		1		0.123	0.107	
Manganese, Mn	<u>mg</u>	0.028	3	0		1		0.024	0.021	
Selenium, Se	mcg	31.5		0	BFYN	4		26.8	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.100	`	0	_	1		0.085	0.074	
Riboflavin	_	0.100		0		1		0.083	0.215	
		6.810		0		1		5.789	5.039	
Niacin				0		1				
Pantothenic acid		0.710				_		0.604	0.525	
Vitamin B-6	-	0.140	)	0		1		0.119	0.104	
Folate, total		23		0		1		20	17	
Folic acid		0		0	Z	7		0	0	
Folate, food		23		0		1		20	17	
Folate, DFE		23		0	NC	4		20	17	
Vitamin B-12		3.00		0		1		2.55	2.22	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.20		0		1		0.17	0.15	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	a	3.420	`	0		1		2.907	2.531	
•		3.420	,	U		_		2.907	2.531	
4:0										
6:0	-									
8:0	-					_				
10:0		0.020		0		1		0.017	0.015	
12:0	-	0.030	J	0		1		0.026	0.022	
13:0	-									
14:0	-	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										

	<u>Ar</u>	mount in 100		of edib	le portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number		_		<u></u>	easures or room	
Nutrients and Units	5	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		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	<sub>.</sub> mg									
Amino Asids										
Amino Acids:		0.324		0		1		0.275	0.240	
Tryptophan		1.186		0		1		1.008	0.240	
Threonine	_			0		1				
Isoleucine		1.337		0		1		1.136	0.989	
Leucine		2.155		0		1		1.832	1.595	
Lysine	-	2.447		0		1		2.080	1.811	
Methionine	-	0.711		-		_		0.604	0.526	
Cystine		0.331		0		1		0.281	0.245	
Phenylalanine		1.128		0		1		0.959	0.835	
Tyrosine	_	0.931		0		1 1		0.791	0.689	
Valine		1.495		0		_		1.271	1.106	
Arginine		1.646		0		1		1.399	1.218	
Histidine	•	0.878		0		1		0.746	0.650	
Alanine	_	1.666		0		1		1.416	1.233	
Aspartic acid		2.439		0		1		2.073	1.805	
Glutamic acid	-	4.021		0		1		3.418	2.976	
Glycine		1.353		0		1		1.150	1.001	
Proline	•	1.162		0		1		0.988	0.860	
Serine	_	1.030		0		1		0.876	0.762	
Hydroxyproline	g									

## **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. 17050 Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 35% Bone 17%, separable fat 18%

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common		
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure
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)		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		202		0		1		452	172	
Potassium, K		277		0		1		620	235	
Sodium, Na		67		0		1		150	57	
Zinc, Zn		5.25		0		1		11.76	4.46	
Copper, Cu	-	0.120		0		1		0.269	0.102	
Manganese, Mn		0.026		0		1		0.058	0.022	
Selenium, Se	mcg	29.1		0	BFYN	4		65.2	24.7	
<u>/itamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.100		0		1		0.224	0.085	
Riboflavin		0.270		0		1		0.605	0.230	
Niacin		6.340		0		1		14.202	5.389	
Pantothenic acid		0.740		0		1		1.658	0.629	
Vitamin B-6	-	0.140	)	0		1		0.314	0.119	
Folate, total		25		0		1		56	21	
Folic acid	-	0		0	Z	7		0	0	
Folate, food		25		0		1		56	21	
Folate, DFE		25		0	NC	4		56	21	
Vitamin B-12		2.61		0		1		5.85	2.22	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0 0		4 4		0 0	0 0	
Retinol		0.17		0		1		0.38	0.14	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.17		U		1		0.38	0.14	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>_ipids:</u> Fatty acids, total saturated	ď	3.590	1	0		1		8.042	3.052	
4:0		3.330	,	Ū		-		0.042	3.032	
6:0										
8:0	-									
10:0	-	0.020	)	0		1		0.045	0.017	
12:0		0.030		0		1		0.067	0.026	
13:0	-									
14:0	-	0.290	)	0		1		0.650	0.247	
15:0	-									
16:0	-	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									

		<u>Aı</u>	nount in 10		ole portio	<u>n</u>	Amount in edible portion of common measures of food			
				Number	_		<u> </u>	easures or roou		
Nutrients and Un	its	Mean	Std. Error	of Data Points	 Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	3.760		0	1		8.422	3.196		
14:1										
15:1	-	0.280		0	1		0.627	0.238		
16:1 undifferentiated	_	0.280		U	1		0.627	0.238		
17:1 18:1 undifferentiated		3.390		0	1		7.594	2.882		
20:1		3.330		v	•		7.334	2.002		
22:1 undifferentiated	-									
24:1 c										
Fatty acids, total polyunsaturated	-	0.800		0	1		1.792	0.680		
18:2 undifferentiated		0.600		0	1		1.344	0.510		
18:3 undifferentiated	-	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										
Fatty acids, total trans	_									
Cholesterol	_	86		0	1		193	73		
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.298		0	1		0.668	0.253		
Threonine		1.090		0	1		2.442	0.927		
Isoleucine	g	1.228		0	1		2.751	1.044		
Leucine	-	1.980		0	1		4.435	1.683		
Lysine	_	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	_	1.531		0	1		3.429	1.301		
Aspartic acid		2.241		0	1		5.020	1.905		
Glutamic acid	g	3.695		0	1		8.277	3.141		
Glycine		1.243		0	1		2.784	1.057		
Proline	• • • • • • • • • • • • • • • • • • • •	1.068		0	1		2.392	0.908		
Serine	-	0.947		0	1		2.121	0.805		
Hydroxyproline	g									

# **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. 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				mber				Amount in edible portion of common measures of food		
		Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		74.14	0.208	32		1		21.02	74.88	
Energy		132		0	NC	4		37	133	
Energy		552				4		157	558	
Protein (N x 6.25)		19.99	0.196	32		1		5.67	20.19	
Total lipid (fat)		5.20 1.07	0.200 0.011	32 32		1 1		1.47 0.30	5.25 1.08	
Ash		0.00	0.011	32 0	z	7		0.30	0.00	
Carbohydrate, by difference Fiber, total dietary		0.00		0	Z	7		0.00	0.00	
Sugars, total		0.0		U	4	,		0.0	0.0	
Starch										
Starch	9									
Minerals:						_		_		
Calcium, Ca	-	12	0.749	32		1		3	12	
Iron, FeMagnesium, Mg	-	1.74 25	0.091 0.901	32 32		1 1		0.49 7	1.76 25	
Phosphorus, P	-	25 186	2.729	32 16		1		, 53	25 188	
Potassium, K	•	287	13.392	32		1		81	290	
Sodium, Na		69	3.291	32		1		20	70	
Zine, Zn		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		6.000		16		1		1.701	6.060	
Pantothenic acid		0.720		16		1		0.204	0.727	
Vitamin B-6		0.150		9		1		0.043	0.152	
Folate, total		24	1.393	16	_	1 7		7 0	24	
Folia ford		0 24	1.393	0 16	Z	1		7	0 24	
Folate, foodFolate, DFE		24	1.393	0	NC	4		7	24	
Vitamin B-12		2.67	0.161	16	110	1		0.76	2.70	
Vitamin A, IU		0	0.101	0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0		1		0.06	0.22	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini k (pilynoquinone)	11109									
<u>Lipids:</u>										
Fatty acids, total saturated		1.860		0		1		0.527	1.879	
4:0										
6:0										
8:0 10:0	-	0.010		373		1		0.003	0.010	
12:0	_	0.010		373		1		0.003	0.010	
13:0	_	0.010				-			0.020	
14:0	_	0.130	ı	373		1		0.037	0.131	
15:0										
16:0	g	1.010		373		1		0.286	1.020	
17:0	_									
18:0	_	0.620		373		1		0.176	0.626	
20:0	_									
22:0 24:0	_									

		<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
			Numbe of Date	er a Deriv Source	Confidence	<u></u>			
Nutrients and Units	3	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3	
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									
Fatty acids, total polyunsaturated	g	0.480	0	1		0.136	0.485		
18:2 undifferentiated		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	a	0.234	0	1		0.066	0.236		
Threonine		0.254	0	1		0.243	0.865		
Isoleucine	-	0.965	0	1		0.274	0.975		
Leucine		1.555	0	1		0.441	1.571		
Lysine		1.766	0	1		0.501	1.784		
Methionine	_	0.513	0	1		0.145	0.518		
Cystine	-	0.313	0	1		0.145	0.241		
Phenylalanine		0.239	0	1		0.231	0.241		
Tyrosine		0.814	0	1		0.231	0.822		
Valine	-	1.079	0	1		0.191	1.090		
		1.188	0	1		0.337	1.090		
Arginine Histidine		0.633	0	1		0.337	0.639		
Alanine	•	1.202	0	1		0.341	1.214		
	_	1.760	0	1		0.499	1.214		
Aspartic acidGlutamic acid		2.901	0	1		0.499	2.930		
Glycine	-	0.976	0	1		0.822	0.986		
Proline		0.839	0	1		0.277	0.986		
	•	0.839	0	1		0.238			
Serine	-	0.743	U	1		0.211	0.750		
Hydroxyproline	9								

# **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. 17052 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 28% Bone

		<u>A</u>	mount in 100			ole portio	<u> </u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		45.18		0		1		94.43	38.40	
Energy		345		0	NC	4		721	293	
Energy		1443		•		4		3017	1227	
Protein (N x 6.25)		28.51		0		1 1		59.59	24.23	
Total lipid (fat)	-	24.73 1.53		0		1		51.69 3.20	21.02 1.30	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	-	0.00		0	Z	7		0.00	0.00	
Sugars, total		0.0		·	-	•		0.0	0.0	
Starch										
Minerals:				_						
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	27		0		1		56	23 2.00	
Iron, FeMagnesium, Mg		2.35 24		0		1 1		4.91 50	2.00 20	
Phosphorus, P		185		0		1		387	157	
Potassium, K	-	243		0		1		508	207	
Sodium, Na	-	75		0		1		157	64	
Zine, Zn		6.86		0		1		14.34	5.83	
Copper, Cu		0.121	L	0		1		0.253	0.103	
Manganese, Mn	mg	0.027	7	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	-	0.060	)	0		1		0.125	0.051	
Riboflavin	mg	0.210	)	0		1		0.439	0.179	
Niacin	<u>mg</u>	6.040	)	0		1		12.624	5.134	
Pantothenic acid		0.610	)	0		1		1.275	0.519	
Vitamin B-6		0.110	)	0		1		0.230	0.094	
Folate, total		18		0	_	1		38	15	
Folic acid		0		0	Z	7		0	0	
Folate, foodFolate, DFE		18 18		0 0	NC	1 4		38 38	15 15	
Vitamin B-12		2.83		0	NC	1		5.91	2.41	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.16		0		1		0.33	0.14	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Vitamin K (phynoquinone)	Illog									
Lipids:										
Fatty acids, total saturated		10.290	)	0		1		21.506	8.747	
4:0										
6:0	-									
8:0 10:0	-	0.060	1	0		1		0.125	0.051	
12:0	-	0.100		0		1		0.125	0.085	
13:0		3.100		•		-		0.203	2.005	
14:0	-	0.900	)	0		1		1.881	0.765	
15:0										
16:0	g	5.270	)	0		1		11.014	4.480	
17:0	-									
18:0	-	3.280	)	0		1		6.855	2.788	
20:0	-									
22:0	-									
24:0	9									

NDB No. 17052 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

	<u>Aı</u>	nount in 100		edible porti	<u>on</u>	Amount in edible portion of common			
			umber			<u>m</u>	easures of food		
Nutrients and Units	Mean	Std. Error			Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	10.100		0	1		21.109	8.585		
14:1g									
15:1g									
16:1 undifferentiatedg	0.730		0	1		1.526	0.621		
17:1g									
18:1 undifferentiatedg	9.080		0	1		18.977	7.718		
20:1g									
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	2.030		0	1		4.243	1.726		
18:2 undifferentiatedg	1.500		0	1		3.135	1.275		
18:3 undifferentiatedg	0.410		0	1		0.857	0.349		
18:4g									
20:2 n-6 c.cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.120		0	1		0.251	0.102		
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterol mg	116		0	1		242	99		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.333		0	1		0.696	0.283		
Threonineg	1.220		0	1		2.550	1.037		
Isoleucineg	1.376		0	1		2.876	1.170		
Leucineg	2.218		0	1		4.636	1.885		
Lysineg	2.518		0	1		5.263	2.140		
Methionineg	0.732		0	1		1.530	0.622		
Cystineg	0.340		0	1		0.711	0.289		
Phenylalanineg	1.161		0	1		2.426	0.987		
Tyrosineg	0.958		0	1		2.002	0.814		
Valineg	1.539		0	1		3.217	1.308		
Arginine9	1.694		0	1		3.540	1.440		
Histidineg	0.903		0	1		1.887	0.768		
Alanine	1.715		0	1		3.584	1.458		
Aspartic acid	2.510		0	1		5.246	2.134		
Glutamic acidg	4.138		0	1		8.648	3.517		
Glycineg	1.393		0	1		2.911	1.184		
Prolineg	1.196		0	1		2.500	1.017		
Serineg	1.060		0	1		2.215	0.901		
Hydroxyprolineg									

# **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. 17053 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 27% Bone

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	! Measure 3
- Tautono ana on		moun	Otal Ello					modouro i	oaoa.o z	ououro e
Proximates:										
Water	g	55.92		0		1		140.92	47.53	
Energy	kcal	278		0	NC	4		701	236	
Energy	kj	1163				4		2931	989	
Protein (N x 6.25)		23.08		0		1		58.16	19.62	
Total lipid (fat)		19.94		0		1		50.25	16.95	
Ash		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		198		0		1		499	168	
Potassium, K		336		0		1		847	286	
Sodium, Na		82		0		1		207	70	
Zinc, Zn		5.62		0		1		14.16	4.78	
Copper, Cu		0.122		0		1		0.307	0.104	
Manganese, Mn		0.024	ŀ	0		1		0.060	0.020	
Selenium, Se	nicg	27.4		0	BFYN	4		69.0	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin		0.090		0		1		0.227	0.077	
Riboflavin	-	0.250		0		1		0.630	0.213	
Niacin		6.380		0		1		16.078	5.423	
Pantothenic acid		0.670		0		1		1.688	0.570	
Vitamin B-6	-	0.150	)	0		1		0.378	0.128	
Folate, total		18		0	_	1		45	15	
Folic acid		0		0	Z	7		0	0	
Folate, food		18 18		0 0	NC	1 4		45 45	15 15	
Folate, DFE		2.73		0	NC	1		45 6.88	2.32	
Vitamin B-12 Vitamin A, IU		0		0		4		0.88	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		Ö		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.15		0		1		0.38	0.13	
Tocopherol, beta		V.13		•		-		0.50	0.13	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	4.4		0	BFSN	4		11.0	3.7	
Lipids:										
Fatty acids, total saturated	a	8.180	)	0		1		20.614	6.953	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.050		0		1		0.126	0.043	
12:0	-	0.080		0		1		0.202	0.068	
13:0										
14:0		0.750	)	0		1		1.890	0.638	
15:0	-									
16:0	-	4.190	)	0		1		10.559	3.562	
17:0										
18:0	-	2.660	)	0		1		6.703	2.261	
20:0	g									
22:0	g									
24:0	a									

					ible portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and U	nits	Mean	Num of D Std. Error Poir	ata Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturate	d a	8.460		0	1		21.319	7.191	
14:1	g								
15:1	g	0.580		0	1		1.462	0.493	
17:1 18:1 undifferentiated	-	7.700		0	1		19.404	6.545	
20:1	-	0.000		)	1		0.000	0.000	
22:1 undifferentiated	•	0.000		0	1		0.000	0.000	
24:1 c		1.420		0	1		2 570	1 007	
Fatty acids, total polyunsaturated.		1.420		)	1		3.578 2.722	1.207 0.918	
18:2 undifferentiated 18:3 undifferentiated		0.260		)	1		0.655	0.221	
18:4	-	0.000		)	1		0.000	0.000	
20:2 n-6 c.c.		0.000			-		0.000	0.000	
20:3 undifferentiated	-								
20:4 undifferentiated	-	0.080		)	1		0.202	0.068	
20:5 n-3	g	0.000		)	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		כ	1		0.000	0.000	
Fatty acids, total trans	g								
Cholesterol	_	95		ס	1		239	81	
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.270		0	1		0.680	0.230	
Threonine		0.988		0	1		2.490	0.840	
Isoleucine	-	1.113		)	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		ס	1		1.492	0.503	
Cystine	g	0.275		ס	1		0.693	0.234	
Phenylalanine	g	0.940		)	1		2.369	0.799	
Tyrosine	g	0.776		)	1		1.956	0.660	
Valine	-	1.245		0	1		3.137	1.058	
Arginine	-	1.371		)	1		3.455	1.165	
Histidine	-	0.731		0	1		1.842	0.621	
Alanine		1.388		)	1		3.498	1.180	
Aspartic acid		2.031		) )	1 1		5.118	1.726 2.847	
Glutamic acid	-	3.349 1.127		)	1		8.439 2.840	0.958	
Glycine Proline	<del>-</del>	0.968		)	1		2.439	0.958	
Serine	-	0.858		)	1		2.162	0.729	
Hydroxyproline		0.000			-		2.102	0.723	
Others:				_	_				
Alcohol, ethyl		0.0		) _	7		0.0	0.0	
Caffeine		0		0 z 0 z	7 7		0 0	0 0	
Theobromine	9	U		. Z	,		U	U	
Carotenoids:									
Carotene, beta		0		) z	7		0.000	0.000	
Carotene, alpha		0		) z	7		0.000	0.000	
Cryptoxanthin, beta		0		) z	7		0.000	0.000	
Lycopene		0		) z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0 z	7		0.000	0.000	

### **Common Measures:**

Measure 1 = 252g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17053

Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17054 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 25% Bone

		<u>A</u> 1	mount in 100			le portio	<u>n</u>		edible portion of	of common
Nutrients and Un	its	Mean		lumber of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		55.85		0		1		144.09	47.47	
Energy		281		0	NC	4		725	239	
Energy		1176 22.25		•		4		3033	999	
Protein (N x 6.25)				0		1 1		57.41	18.91	
Total lipid (fat)	-	20.61 1.19		0		1		53.17 3.07	17.52 1.01	
Ash				0		7				
Carbohydrate, by difference		0.00 0.0		0	z z	7		0.00	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
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		183		0		1		472	156	
Potassium, K		246		0		1		635	209	
Sodium, Na		66		0		1		170	56	
Zinc, Zn	_	5.58		0		1		14.40	4.74	
Copper, Cu		0.106		0		1		0.273	0.090	
Manganese, Mn		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		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		21		0		1		54	18	
Folate, DFE	mcg_DFE	21		0	NC	4		54	18	
Vitamin B-12		2.67		0		1		6.89	2.27	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.14		0		1		0.36	0.12	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicg									
Lipids:										
Fatty acids, total saturated	g	8.640	)	0		1		22.291	7.344	
4:0										
6:0										
8:0	-									
10:0	g	0.050	)	0		1		0.129	0.043	
12:0	-	0.080	)	0		1		0.206	0.068	
13:0	-									
14:0		0.760	)	0		1		1.961	0.646	
15:0	-									
16:0	-	4.410	)	0		1		11.378	3.749	
17:0	-			_				_		
18:0	-	2.750	)	0		1		7.095	2.338	
20:0	-									
22:0	-									
24:0	g									

NDB No. 17054 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Number			<u></u>	easures or roou		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	8.420	0	1		21.724	7.157		
14:1g								
15:1g								
16:1 undifferentiatedg	0.600	0	1		1.548	0.510		
17:19								
18:1 undifferentiated	7.570	0	1		19.531	6.435		
20:1g								
22:1 undifferentiated								
24:1 cg								
Fatty acids, total polyunsaturatedg	1.680	0	1		4.334	1.428		
18:2 undifferentiatedg	1.240	0	1		3.199	1.054		
18:3 undifferentiated	0.350	0	1		0.903	0.298		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiated								
20:4 undifferentiated	0.100	0	1		0.258	0.085		
20:5 n-3								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolmg	92	0	1		237	78		
Phytosterolsmg								
•								
Amino Acids:								
Tryptophang	0.260	0	1		0.671	0.221		
Threonineg	0.952	0	1		2.456	0.809		
Isoleucineg	1.073	0	1		2.768	0.912		
Leucineg	1.730	0	1		4.463	1.471		
Lysineg	1.964	0	1		5.067	1.669		
Methionineg	0.571	0	1		1.473	0.485		
Cystineg	0.266	0	1		0.686	0.226		
Phenylalanineg	0.906	0	1		2.337	0.770		
Tyrosineg	0.748	0	1		1.930	0.636		
Valineg	1.200	0	1		3.096	1.020		
Arginineg	1.322	0	1		3.411	1.124		
Histidineg	0.705	0	1		1.819	0.599		
Alanineg	1.338	0	1		3.452	1.137		
Aspartic acidg	1.958	0	1		5.052	1.664		
Glutamic acidg	3.228	0	1		8.328	2.744		
Glycineg	1.086	0	1		2.802	0.923		
Prolineg	0.933	0	1		2.407	0.793		
Serineg	0.827	0	1		2.134	0.703		
Hydroxyprolineg								

# **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. 17051 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw

Refuse: 24% Bone

Nutrients and Units									Amount in edible portion of common measures of food		
Nutrients and Units	•	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Proximates:	a	61.90		0		1		17.55	280.78		
Water Energy		259		0	NC	4		73	1175		
Energy		1084		U	NC	4		307	4915		
Protein (N x 6.25)		16.63		0		1		4.71	75.43		
Total lipid (fat)		20.86		0		1		5.91	94.62		
Ash	-	0.89		0		1		0.25	4.04		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total				•	_	•		0.0	0.0		
Starch											
Starch	9										
Minerals:											
Calcium, Ca	_	17		0		1		5	77		
Iron, Fe	-	1.48		0		1		0.42	6.71		
Magnesium, Mg	_	21		0		1		6	95		
Phosphorus, P		160		0		1		45	726		
Potassium, K		229		0		1		65	1039		
Sodium, Na		62		0		1		18	281		
Zinc, Zn	_	4.28		0		1 1		1.21	19.41		
Copper, Cu		0.096		0 0		1		0.027 0.006	0. <b>4</b> 35 0.091		
Manganese, Mn Selenium, Se		19.2	,	0	PIE	4		5.4	87.1		
Scienium, Se	niog	19.2		U	FIE	•		3.4	07.1		
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		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		19		0		1		5	86		
Folic acid		0		0	Z	7		0	0		
Folate, food		19		0		1		5	86		
Folate, DFE		19		0	NC	4		5	86		
Vitamin B-12		2.59		0		1		0.73	11.75		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.22		0		1		0.06	1.00		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
v namm K (pnynoqumone)											
<u>Lipids:</u>											
Fatty acids, total saturated		8.930	)	0		1		2.532	40.506		
4:0											
6:0	-										
8:0	-			_		_					
10:0		0.050		0		1		0.014	0.227		
12:0	_	0.090	)	0		1		0.026	0.408		
13:0	_	0.000		^							
14:0		0.800	,	0		1		0.227	3.629		
15:0	_	4 500		^				1 001	00 500		
16:0	_	4.520	)	0		1		1.281	20.503		
17:0	_	0.000		^		4		0.000	10 005		
18:0	_	2.830	,	0		1		0.802	12.837		
20:0	_										
22:0 24:0	_										

	<u>A</u> 1	mount in 100 grams		<u>ion</u>	Amount in edible portion of common measures of food			
		Numbe			<u>m</u>	easures of 1000		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code		Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	8.540	0	1		2.421	38.737		
14:1g								
15:1g								
16:1 undifferentiatedg	0.610	0	1		0.173	2.767		
17:1g								
18:1 undifferentiatedg	7.670	0	1		2.174	34.791		
20:1g								
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturated	1.680	0	1		0.476	7.620		
18:2 undifferentiatedg	1.230	0	1		0.349	5.579		
18:3 undifferentiatedg	0.360	0	1		0.102	1.633		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.080	0	1		0.023	0.363		
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total transg								
Cholesterolmg	72	0	1		20	327		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.194		1		0.055	0.880		
Threonineg	0.712		1		0.202	3.230		
Isoleucineg	0.802		1		0.227	3.638		
Leucineg	1.294		1		0.367	5.870		
Lysineg	1.469		1		0.416	6.663		
Methionineg	0.427		1		0.121	1.937		
Cystineg	0.199		1		0.056	0.903		
Phenylalanineg	0.677		1		0.192	3.071		
Tyrosineg	0.559		1		0.158	2.536		
Valineg	0.897		1		0.254	4.069		
Arginineg	0.988		1		0.280	4.482		
Histidineg	0.527		1		0.149	2.390		
Alanineg	1.000		1		0.284	4.536		
Aspartic acidg	1.464		1		0.415	6.641		
Glutamic acidg	2.413		1		0.684	10.945		
Glycineg	0.812		1		0.230	3.683		
Prolineg	0.698		1		0.198	3.166		
Serineg	0.618	0	1		0.175	2.803		
Hydroxyprolineg								

## **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. 17251 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

Refuse: 29% Bone

		<u>A</u>	mount in 10			le portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		45.65		0	PAE	4		94.50	38.80	
Energy		339		0	NC	4		702	288	
Energy		1418				4		2936	1206	
Protein (N x 6.25)		28.92		0	PAE	4		59.86	24.58	
Total lipid (fat)		23.88		0	PAE	4		49.43	20.30	
Ash		1.55		0	PAE	4		3.21	1.32	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	27		0	PAE	4		56	23	
Iron, Fe	_	2.38		0	PAE	4		4.93	2.02	
Magnesium, Mg	_	24		0	PAE	4		50	20	
Phosphorus, P		187		0	PAE	4		387	159	
Potassium, K		244		0	PAE	4		505	207	
Sodium, Na		75		0	PAE	4		155	64	
Zinc, Zn	mg	6.98		0	PAE	4		14.45	5.93	
Copper, Cu	mg	0.121	L	0	PAE	4		0.250	0.103	
Manganese, Mn	mg	0.027	7	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	mα	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.060	)	0	PAE	4		0.124	0.051	
Riboflavin	_	0.210		0	PAE	4		0.435	0.179	
Niacin	_	6.000		0	PAE	4		12.420	5.100	
Pantothenic acid		0.610		0	PAE	4		1.263	0.519	
Vitamin B-6		0.110		0	PAE	4		0.228	0.094	
Folate, total		18		0	PAE	4		37	15	
Folic acid	_	0		0	z	7		0	0	
Folate, food		18		0	PAE	4		37	15	
Folate, DFE		18		0	NC	4		37	15	
Vitamin B-12		2.84		0	PAE	4		5.88	2.41	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	9.880	)	0	PAE	4		20.452	8.398	
4:0				-	_	•			- /	
6:0										
8:0										
10:0	g	0.050	)	0	PAE	4		0.104	0.043	
12:0	g	0.090	)	0	PAE	4		0.186	0.077	
13:0	g									
14:0	g	0.860	)	0	PAE	4		1.780	0.731	
15:0										
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									

NDB No. 17251 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

	<u>Ar</u>	nount in 10		<u>on</u>	Amount in edible portion of common measures of food					
Nutrients and Units	<b>;</b>	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				_						
Fatty acids, total monounsaturated		9.740		0	PAE	4		20.162	8.279	
14:1	_									
15:1		0.700		0	D3.0			1 440	0 505	
16:1 undifferentiated	-	0.700		U	PAE	4		1.449	0.595	
17:1		0.770		•				40.454		
18:1 undifferentiated		8.770		0	PAE	4		18.154	7.455	
20:1		0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated	•									
24:1 c	•			_						
Fatty acids, total polyunsaturated		1.970		0	PAE	4		4.078	1.675	
18:2 undifferentiated		1.450		0	PAE	4		3.002	1.233	
18:3 undifferentiated		0.400		0	PAE	4		0.828	0.340	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.120		0	PAE	4		0.248	0.102	
20:5 n-3										
22:5 n-3	g									
22:6 n-3										
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	116		0	PAE	4		240	99	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.338		0	PAE	4		0.700	0.287	
Threonine		1.238		0	PAE	4		2.563	1.052	
Isoleucine	-	1.395		0	PAE	4		2.888	1.186	
Leucine		2.249		0	PAE	4		4.655	1.912	
Lysine		2.554		0	PAE	4		5.287	2.171	
3	-	0.742		0	PAE	4		1.536	0.631	
Methionine	-	0.742		0	PAE	4		0.714	0.631	
Cystine				0		4			1.000	
Phenylalanine		1.177		0	PAE PAE	4		2.436		
Tyrosine	-	0.972				_		2.012	0.826	
Valine		1.560		0	PAE	4		3.229	1.326	
Arginine	-	1.718		0	PAE	4		3.556	1.460	
Histidine	-	0.916		0	PAE	4		1.896	0.779	
Alanine		1.739		0	PAE	4		3.600	1.478	
Aspartic acid		2.545		0	PAE	4		5.268	2.163	
Glutamic acid	-	4.196		0	PAE	4		8.686	3.567	
Glycine	-	1.412		0	PAE	4		2.923	1.200	
Proline		1.213		0	PAE	4		2.511	1.031	
Serine	-	1.075		0	PAE	4		2.225	0.914	
Hydroxyproline	g									

## **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. 17252 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 28% Bone

		<u>A</u>	mount in 10			le portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure	
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		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch											
<u>Minerals:</u>											
Calcium, Ca	_	24		0	PAE	4		60	20		
Iron, Fe		1.73		0	PAE	4		4.33	1.47		
Magnesium, Mg		24		0	PAE	4		60	20		
Phosphorus, P		201		0	PAE	4		503	171		
Potassium, K	mg	341		0	PAE	4		853	290		
Sodium, Na		83		0	PAE	4		208	71		
Zinc, Zn		5.77		0	PAE	4		14.43	4.90		
Copper, Cu	-	0.123		0	PAE	4		0.308	0.105		
Manganese, Mn		0.024	l	0	PAE	4		0.060	0.020		
Selenium, Se	mcg	27.8		0	BFNN	4		69.5	23.6		
<u>/itamins:</u>											
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		
Vitamin B-12		2.74		0	PAE	4		6.85	2.33		
Vitamin A, IU	IU	0		0	PAE	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0		
Retinol		0		0	PAE	4		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
ipids:											
Fatty acids, total saturated	а	7.490	)	0	PAE	4		18.725	6.367		
4:0											
6:0	_										
8:0											
10:0		0.050	)	0	PAE	4		0.125	0.043		
12:0		0.070		0	PAE	4		0.175	0.060		
13:0											
14:0	_	0.690	)	0	PAE	4		1.725	0.587		
15:0	_			-		-		==			
16:0	_	3.860	)	0	PAE	4		9.650	3.281		
17:0	_			-							
18:0	-	2.450	)	0	PAE	4		6.125	2.083		
20:0	_	2.130		•		-		3			
22:0	-										
24:0	-										

NDB No. 17252 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

	<u>Ar</u>	nount in 10		<u>on</u>	Amount in edible portion of common measures of food					
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		7.880		0	PAE	4		19.700	6.698	
14:1	-									
15:1		0.540		•				1 250	0.450	
16:1 undifferentiated	-	0.540		0	PAE	4		1.350	0.459	
17:1		7 100		•				4.5.055		
18:1 undifferentiated		7.190		0	PAE	4		17.975	6.112	
20:1		0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated	•									
24:1 c	•			•				2 252		
Fatty acids, total polyunsaturated		1.300		0	PAE	4		3.250	1.105	
18:2 undifferentiated		1.000		0	PAE	4		2.500	0.850	
18:3 undifferentiated		0.230		0	PAE	4		0.575	0.196	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.080		0	PAE	4		0.200	0.068	
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans										
Cholesterol		95		0	PAE	4		238	81	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.274		0	PAE	4		0.685	0.233	
Threonine		1.005		0	PAE	4		2.513	0.854	
Isoleucine	-	1.133		0	PAE	4		2.833	0.963	
Leucine		1.826		0	PAE	4		4.565	1.552	
Lysine		2.073		0	PAE	4		5.183	1.762	
Methionine	-	0.603		0	PAE	4		1.508	0.513	
Cystine	-	0.280		0	PAE	4		0.700	0.238	
Phenylalanine		0.256		0	PAE	4		2.390	0.813	
Tyrosine		0.789		0	PAE	4		1.973	0.671	
Valine	-	1.267		0	PAE	4		3.168	1.077	
Arginine		1.395		0	PAE	4		3.488	1.186	
Histidine	-	0.744		0	PAE	4		1.860	0.632	
Alanine	-	1.412		0	PAE	4		3.530	1.200	
		2.067		0	PAE	4		5.168	1.757	
Aspartic acid		3.407		0	PAE	4		8.518	2.896	
Glutamic acid	-			0		4				
Glycine	-	1.147 0.985		0	PAE PAE	4		2.868 2.463	0.975	
Proline									0.837	
Serine	-	0.873		0	PAE	4		2.183	0.742	
Hydroxyproline	y									

# **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. 17253 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 26% Bone

		<u>A</u> 1	mount in 10			le portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
P										
Proximates: Water	a	56.95		0	PAE	4		145.79	48.41	
Energy		270		0	NC	4		691	230	
Energy		1130		·	1.0	4		2892	960	
Protein (N x 6.25)		22.62		0	PAE	4		57.91	19.23	
Total lipid (fat)		19.19		0	PAE	4		49.13	16.31	
Ash		1.21		0	PAE	4		3.10	1.03	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:				_	_	_				
Calcium, Ca	_	21		0	PAE	4		54	18	
Iron, Fe	-	1.95		0	PAE	4		4.99	1.66	
Magnesium, Mg	_	23 185		0 0	PAE PAE	4 4		59 474	20 157	
Phosphorus, P Potassium, K		185 248		0	PAE	4		4 / 4 635	211	
Sodium, Na		248 67		0	PAE	4		172	57	
Zinc, Zn		5.72		0	PAE	4		14.64	4.86	
Copper, Cu	_	0.107	,	0	PAE	4		0.274	0.091	
Manganese, Mn		0.022		0	PAE	4		0.056	0.019	
Selenium, Se		25.6		0	BFNN	4		65.5	21.8	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.090		0	PAE	4		0.230	0.077	
Riboflavin	-	0.240		0	PAE	4		0.614	0.204	
Niacin		5.840		0	PAE	4		14.950	4.964	
Pantothenic acid		0.700		0	PAE	4		1.792	0.595	
Vitamin B-6		0.130	)	0	PAE	4		0.333	0.111	
Folate, total		21		0	PAE	4		54	18	
Folic acid		0		0	Z	7		0	0	
Folate, food		21 21		0 0	PAE	4 4		54 54	18	
Folate, DFE		2.68		0	NC	4		6.86	18 2.28	
Vitamin B-12 Vitamin A, IU		0		0	PAE PAE	4		0	0	
Vitamin A, IU	mea BAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)		O		U	FAL	-		U	U	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Tinia										
Lipids:	~	7 060		0	D. 10	4		20 270	6 766	
Fatty acids, total saturated		7.960	,	0	PAE	4		20.378	6.766	
4:0 6:0										
8:0										
10:0	-	0.040	)	0	PAE	4		0.102	0.034	
12:0.	-	0.070		0	PAE	4		0.102	0.060	
13:0				•		-		0.1.5	3.000	
14:0	-	0.690	)	0	PAE	4		1.766	0.587	
15:0	_			-		-				
16:0	_	4.080	)	0	PAE	4		10.445	3.468	
17:0										
18:0	_	2.540	)	0	PAE	4		6.502	2.159	
20:0	_									
22:0	g									
24:0	q									

NDB No. 17253 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

		<u>Ar</u>	nount in 10			<u>on</u>	Amount in edible portion of common measures of food			
				Number				<u>m</u>	easures of food	
Nutrients and Units	5	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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	-									
18:1 undifferentiated	-	7.050		0	PAE	4		18.048	5.993	
20:1	-	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated										
24:1 c	-									
Fatty acids, total polyunsaturated	•	1.580		0	PAE	4		4.045	1.343	
18:2 undifferentiated	-	1.170		0	PAE	4		2.995	0.995	
18:3 undifferentiated		0.320		0	PAE	4		0.819	0.272	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated	-	0 100		0	D3.0			0.056	0.005	
20:4 undifferentiated	-	0.100		U	PAE	4		0.256	0.085	
20:5 n-3										
22:6 n-3Fatty acids, total trans										
Cholesterol	-	92		0	PAE	4		236	78	
Phytosterols	_	32		·		•		230	, 0	
1 Hy tosterois	9									
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	_	1.997		0	PAE	4		5.112	1.697	
Methionine		0.580		0	PAE	4		1.485	0.493	
Cystine		0.270		0	PAE	4		0.691	0.230	
Phenylalanine		0.921		0	PAE	4		2.358	0.783	
Tyrosine	_	0.760		0	PAE	4		1.946	0.646	
Valine		1.221		0	PAE	4		3.126	1.038	
Arginine	-	1.344		0	PAE	4		3.441	1.142	
Histidine		0.717		0	PAE	4		1.836	0.609	
Alanine		1.360		0	PAE	4		3.482	1.156	
Aspartic acid		1.991		0	PAE	4		5.097	1.692	
Glutamic acid	-	3.282		0	PAE	4		8.402	2.790	
Glycine	-	1.105		0	PAE	4		2.829	0.939	
Proline		0.949		0	PAE	4		2.429	0.807	
Serine	_	0.841		0	PAE	4		2.153	0.715	
Hydroxyproline	9									

# **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. 17250 Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 25% Bone

		<u>A</u>	mount in 100 gra	Amount in edible portion of common					
			Num	ber			<u>m</u>	easures of food	
			of D	ata Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	63.39		0 PAE	4		17.97	287.54	
Energy	-	244		0 NC	4		69	1107	
Energy		1021		o no	4		289	4631	
Protein (N x 6.25)		17.01		O PAE	=		4.82	77.16	
Total lipid (fat)		18.97		O PAE			5.38	86.05	
Ash		0.91		O PAE			0.26	4.13	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 Z	7		0.0	0.0	
Sugars, total				_	•		0.0	0.0	
Starch	-								
Starch	9								
<u>Minerals:</u>									
Calcium, Ca		17		O PAE	4		5	77	
Iron, Fe	-	1.50		O PAE	4		0.43	6.80	
Magnesium, Mg		21		O PAE	4		6	95	
Phosphorus, P	-	163		O PAE	4		46	739	
Potassium, K		234		O PAE	4		66	1061	
Sodium, Na		63		O PAE	4		18	286	
Zinc, Zn		4.40		O PAE	4		1.25	19.96	
Copper, Cu		0.098		O PAE	4		0.028	0.445	
Manganese, Mn		0.020		O PAE	4		0.006	0.091	
Selenium, Se	mcg	19.6		0 BFNN	4		5.6	88.9	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		0 <b>z</b>	7		0.0	0.0	
Thiamin	mg	0.110	)	O PAE	4		0.031	0.499	
Riboflavin	mg	0.210	)	O PAE	4		0.060	0.953	
Niacin	mg	5.400	)	O PAE	4		1.531	24.494	
Pantothenic acid	<u>mg</u>	0.680	)	O PAE	4		0.193	3.084	
Vitamin B-6	mg	0.140	)	O PAE	4		0.040	0.635	
Folate, total	mcg	20		O PAE	4		6	91	
Folic acid		0		0 <b>z</b>	7		0	0	
Folate, food	mcg	20		O PAE	4		6	91	
Folate, DFE	mcg_DFE	20		0 NC	4		6	91	
Vitamin B-12	mcg	2.62		O PAE	4		0.74	11.88	
Vitamin A, IU		0		O PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		O PAE	4		0	0	
Retinol	mcg	0		O PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D.									
Vitamin K (phylloquinone)	Ilicy								
<u>Lipids:</u>									
Fatty acids, total saturated	g	8.040	)	0 PAE	4		2.279	36.469	
4:0									
6:0	g								
8:0	-								
10:0		0.050		O PAE	4		0.014	0.227	
12:0	g	0.080	)	O PAE	4		0.023	0.363	
13:0	g								
14:0	g	0.720	)	O PAE	4		0.204	3.266	
15:0	-								
16:0	-	4.090	)	O PAE	4		1.160	18.552	
17:0	g								
18:0	g	2.550	)	O PAE	4		0.723	11.567	
20:0	a								
22:0	-								

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number		_	Camfidanaa	<u> </u>	easures or roou	
Nutrients and Units		Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	7.760		0	PAE	4		2.200	35.199	
14:1										
15:1	-									
16:1 undifferentiated	-	0.560		0	PAE	4		0.159	2.540	
17:1										
18:1 undifferentiated		6.970		0	PAE	4		1.976	31.616	
20:1	_	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated	-									
24:1 c	•									
Fatty acids, total polyunsaturated	-	1.540		0	PAE	4		0.437	6.985	
18:2 undifferentiated		1.130		0	PAE	4		0.320	5.126	
18:3 undifferentiated		0.320		0	PAE	4		0.091	1.452	
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated		0.000		•						
20:4 undifferentiated		0.080		0	PAE	4		0.023	0.363	
20:5 n-3	-									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans		71		0	PAE	4		20	322	
Phytosterols	-	/-		Ū	IAL	-		20	322	
T Hytosterois	9									
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		0.918		0	PAE	4		0.260	4.164	
Arginine	-	1.011		0	PAE	4		0.287	4.586	
Histidine	_	0.539		0	PAE	4		0.153	2.445	
Alanine	-	1.023		0	PAE	4		0.290	4.640	
Aspartic acid		1.497		0	PAE	4		0.424	6.790	
Glutamic acid	_	2.468		0	PAE	4		0.700	11.195	
Glycine	_	0.831		0	PAE	4		0.236	3.769	
Proline	_	0.714		0	PAE	4		0.202	3.239	
Serine	• • • • • • • • • • • • • • • • • • • •	0.632		0	PAE	4		0.179	2.867	
Hydroxyproline	g									

## **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. 17056 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 42% Bone 28%, separable fat 14%

		<u>A</u> 1	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure	
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)		16.64		0		1		27.96	14.14		
Ash		1.73		0		1		2.91	1.47		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch											
Staron											
<u> Minerals:</u>											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	28		0		1		47	24		
Iron, Fe		2.60		0		1		4.37	2.21		
Magnesium, Mg		26		0		1		44	22		
Phosphorus, P		202		0		1		339	172		
Potassium, K		254		0		1		427	216		
Sodium, Na		79		0		1		133	67		
Zinc, Zn		8.06		0		1		13.54	6.85		
Copper, Cu	-	0.128		0		1		0.215	0.109		
Manganese, Mn		0.032	2	0		1		0.054	0.027		
Selenium, Se	mcg	36.6		0	BFYN	4		61.5	31.1		
<u>'itamins:</u>											
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0		
Thiamin		0.060		0		1		0.101	0.051		
Riboflavin		0.220		0		1		0.370	0.187		
Niacin		5.630		0		1		9.458	4.786		
Pantothenic acid		0.610		0		1		1.025	0.519		
Vitamin B-6	-	0.120	)	0		1		0.202	0.102		
Folate, total		21		0		1		35	18		
Folic acid	-	0		0	Z	7		0	0		
Folate, food		21		0		1		35	18		
Folate, DFE		21		0	NC	4		35	18		
Vitamin B-12		2.94		0		1		4.94	2.50		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.20		0		1		0.34	0.17		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin D Vitamin K (phylloquinone)											
	y										
Lipids:	a	6 353	,	^		4		10 500			
Fatty acids, total saturated		6.370	,	0		1		10.702	5.415		
4:0											
6:0											
8:0		0.030	,	0		1		0.050	0.000		
10:0		0.030		0		1		0.050 0.084	0.026 0.043		
12:0	-	0.050	•	U		_		0.004	0.043		
14:0	-	0.500	1	0		1		0.840	0.425		
15:0	-	0.500	•	U		1		0.040	0.425		
16:0	_	3.370	1	0		1		5.662	2.865		
17:0	-	3.3/0	•	U		-		3.002	2.003		
18:0		2.080	)	0		1		3.494	1.768		
20:0	-	2.000	•	U		1		J. 474	1.768		
22:0	-										
44.V	g g										

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food				
		Number			<u></u>	easures or roou	
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Source Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 6.7 <b>4</b> 0	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		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 <b>117</b>	0	1		197	99	
Phytosterols	mg						
Amino Asids							
Amino Acids:	0.378	0	1		0.635	0.321	
Tryptophan		0	1		2.327	1.177	
Threonine	•	0	1		2.327		
Isoleucine		0	1			1.327 2.139	
Leucine	•		1		4.227		
Lysine	-	0			4.800	2.428	
Methionine		0	1		1.394	0.706	
Cystine		0	1		0.648	0.328	
Phenylalanine		0	1		2.213	1.119	
Tyrosine	=	0	1		1.826	0.924	
Valine		0	1		2.933	1.484	
Arginine		0	1		3.229	1.634	
Histidine	•	0	1		1.722	0.871	
Alanine	=	0	1		3.269	1.654	
Aspartic acid		0	1		4.783	2.420	
Glutamic acid		0	1		7.886	3.990	
Glycine		0	1		2.654	1.343	
Proline	•	0	1		2.280	1.153	
Serine	g 1.203	0	1		2.021	1.023	
Hydroxyproline	g						

## **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. 17057 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 40% Bone 27%, separable fat 13%

		<u>Aı</u>	mount in 100 gr		of edik	ole portio	<u>on</u>	Amount in edible portion of common		
			of E			Source Code	Confidence Code		easures of food	-
Nutrients and Un	ITS	Mean	Std. Error Points		Coue	Code	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)		25.48		16		1		52.74	21.66	
Total lipid (fat)		11.32	0.554	15		1		23.43	9.62	
Ash		1.26	0.012	16	_	1		2.61	1.07	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	24		16		1		50	20	
Iron, Fe	mg	1.81		16		1		3.75	1.54	
Magnesium, Mg		26		16		1		54	22	
Phosphorus, P		216		16		1		447	184	
Potassium, K		368		16		1		762	313	
Sodium, Na		88		16		1		182	75	
Zinc, Zn		6.48		16		1		13.41	5.51	
Copper, Cu		0.129		16		1 1		0.267	0.110	
Manganese, Mn		0.028 30.9	•	0	BFYN	4		0.058 64.0	0.024 26.3	
Selenium, Se	nicg	30.9		U	DEIN	4		64.0	20.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		0.100	0.005	16		1		0.207	0.085	
Riboflavin	-	0.260		16		1		0.538	0.221	
Niacin		6.070		16		1		12.565	5.160	
Pantothenic acid		0.690		16		1		1.428	0.587	
Vitamin B-6	-	0.170		0		1		0.352	0.145	
Folate, total		21 0	1.196	15 0	z	1 7		43 0	18 0	
Folic acid		21	1.196	15	2	1		43	18	
Folate, foodFolate, DFE		21	1.196	0	NC	4		43	18	
Vitamin B-12		2.81	0.154	16	NC	1		5.82	2.39	
Vitamin A, IU		0	0.134	0		4		0	0	
Vitamin A, RAE	mca RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.17		0		1		0.35	0.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.040	)	0		1		8.363	3.434	
4:0										
6:0										
8:0	g									
10:0	g	0.020	) :	107		1		0.041	0.017	
12:0	-	0.030	)	107		1		0.062	0.026	
13:0	-									
14:0	-	0.350	) :	107		1		0.725	0.298	
15:0	-					_				
16:0	-	2.180	)	107		1		4.513	1.853	
17:0	-	1 200		107		4		0 077	1 100	
18:0	-	1.390		107		1		2.877	1.182	
20:0 22:0	-									
24:0										

NDB No. 17057 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

	<u>Ar</u>	nount in 100 grams	Amount in edible portion of common measures of food				
		Number		0 6 -1	<u></u>	casares or room	
Nutrients and Units	Mean	Std. Error Points	Deriv Source Code Code	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	4.960	0	1		10.267	4.216	
14:1g							
15:1g							
16:1 undifferentiatedg	0.340	107	1		0.704	0.289	
17:1g							
18:1 undifferentiatedg	4.590	107	1		9.501	3.902	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturatedg	0.740	0	1		1.532	0.629	
18:2 undifferentiatedg	0.600	107	1		1.242	0.510	
18:3 undifferentiatedg	0.070	107	1		0.145	0.060	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.070	107	1		0.145	0.060	
20:5 n-3g							
22:5 n-3g							
22:6 n-3							
Fatty acids, total trans	91	2.320 16	1		188	77	
<del>-</del>	91	2.320 16	1		188	//	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.298	0	1		0.617	0.253	
Threonineg	1.090	0	1		2.256	0.927	
Isoleucineg	1.229	0	1		2.544	1.045	
Leucineg	1.982	0	1		4.103	1.685	
Lysineg	2.250	0	1		4.658	1.913	
Methionineg	0.654	0	1		1.354	0.556	
Cystineg	0.304	0	1		0.629	0.258	
Phenylalanineg	1.037	0	1		2.147	0.881	
Tyrosineg	0.856	0	1		1.772	0.728	
Valineg	1.375	0	1		2.846	1.169	
Arginineg	1.514	0	1		3.134	1.287	
Histidineg	0.807	0	1		1.670	0.686	
Alanineg	1.532	0	1		3.171	1.302	
Aspartic acidg	2.243	0	1		4.643	1.907	
Glutamic acidg	3.697	0	1		7.653	3.142	
Glycineg	1.244	0	1		2.575	1.057	
Prolineg	1.069	0	1		2.213	0.909	
Serineg	0.947	0	1		1.960	0.805	
Hydroxyprolineg							

## **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. 17058 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 39% Bone 25%, separable fat 14%

		<u>A</u>	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common			
			Num	ber			measures of food			
			of D	ata Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poir	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	62.82		0	1		131.92	53.40		
Energy	-	209		0 NC	4		439	178		
Energy		874			4		1836	743		
Protein (N x 6.25)		24.61		0	1		51.68	20.92		
Total lipid (fat)		11.57		0	1		24.30	9.83		
Ash		1.31		0	1		2.75	1.11		
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00		
Fiber, total dietary		0.0		0 Z	7		0.0	0.0		
Sugars, total				_	•			• • •		
Starch	-									
Starcii	9									
Minerals:										
Calcium, Ca	-	21		ס	1		44	18		
Iron, Fe	-	2.07		0	1		4.35	1.76		
Magnesium, Mg		25		0	1		53	21		
Phosphorus, P	•	199		0	1		418	169		
Potassium, K		258		)	1		542	219		
Sodium, Na		68		0	1		143	58		
Zinc, Zn		6.48		0	1		13.61	5.51		
Copper, Cu		0.110		) )	1 1		0.231	0.094		
Manganese, Mn Selenium, Se		0.026 28.1		) D BFYN			0.055 59.0	0.022 23.9		
Seienium, Se	Illog	20.1		) brin	4		59.0	23.9		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		) z	7		0.0	0.0		
Thiamin	mg	0.090	)	)	1		0.189	0.077		
Riboflavin	mg	0.250	)	)	1		0.525	0.213		
Niacin	<u>mg</u>	5.470	)	)	1		11.487	4.650		
Pantothenic acid	mg	0.720	)	)	1		1.512	0.612		
Vitamin B-6	mg	0.150	)	)	1		0.315	0.128		
Folate, total		25		)	1		53	21		
Folic acid	mcg	0		) z	7		0	0		
Folate, food		25		)	1		53	21		
Folate, DFE		25		) NC	4		53	21		
Vitamin B-12		2.74		ס	1		5.75	2.33		
Vitamin A, IU		0		0	4		0	0		
Vitamin A, RAE		0		)	4		0	0		
Retinol		0		0	4		0	0		
Vitamin E (alpha-tocopherol)		0.17		0	1		0.36	0.14		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
Lipids:	<u>-</u>									
Fatty acids, total saturated	а	4.340	)	0	1		9.114	3.689		
4:0		4.540	•	-	-		J.114	3.009		
6:0										
8:0	-									
10:0	-	0.020	)	0	1		0.042	0.017		
12:0		0.030		)	1		0.063	0.026		
13:0	-									
14:0	-	0.330	)	0	1		0.693	0.281		
15:0	-							<b>-</b>		
16:0	-	2.310	)	0	1		4.851	1.964		
17:0	-				=					
18:0	-	1.420	)	0	1		2.982	1.207		
20:0	_									
22:0										
24:0										

		<u>Ar</u>	mount in 100 g		Amount in edible portion of common measures of food				
				ımber			<u></u>	easures or roou	
Nutrients and Units	S	Mean	Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	4.680		0	1		9.828	3.978	
14:1	g								
15:1	g								
16:1 undifferentiated	-	0.350		0	1		0.735	0.298	
17:1									
18:1 undifferentiated		4.220		0	1		8.862	3.587	
20:1	g								
22:1 undifferentiated	-								
24:1 c									
Fatty acids, total polyunsaturated		1.030		0	1		2.163	0.876	
18:2 undifferentiated	g	0.770		0	1		1.617	0.655	
18:3 undifferentiated	_	0.170		0	1		0.357	0.145	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.090		0	1		0.189	0.077	
20:5 n-3									
22:5 n-3	_								
22:6 n-3	_								
Fatty acids, total trans									
Cholesterol	_	87		0	1		183	74	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.288		0	1		0.605	0.245	
Threonine		1.053		0	1		2.211	0.895	
Isoleucine	-	1.187		0	1		2.493	1.009	
Leucine		1.914		0	1		4.019	1.627	
Lysine		2.174		0	1		4.565	1.848	
Methionine	-	0.632		0	1		1.327	0.537	
Cystine	-	0.294		0	1		0.617	0.250	
Phenylalanine		1.002		0	1		2.104	0.852	
Tyrosine		0.827		0	1		1.737	0.703	
Valine	-	1.328		0	1		2.789	1.129	
Arginine		1.462		0	1		3.070	1.243	
Histidine		0.780		0	1		1.638	0.663	
Alanine	•	1.480		0	1		3.108	1.258	
Aspartic acid	-	2.166		0	1		4.549	1.841	
Glutamic acid		3.572		0	1		7.501	3.036	
Glycine	-	1.202		0	1		2.524	1.022	
Proline		1.032		0	1		2.167	0.877	
Serine	•	0.915		0	1		1.922	0.778	
Hydroxyproline	-	0.515		-	-			0.,,0	
11ydroxypronne	y								

# **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. 17055 Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw

Refuse: 40% Bone 24%, separable fat 16%

		<u>Aı</u>	mount in 100 gr	ams o	<u>n</u>	Amount in edible portion of common				
			Nun	nber				m	easures of food	_
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	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	mq	16	0.740	32		1		5	73	
Iron, Fe	_	1.62		32		1		0.46	7.35	
Magnesium, Mg		24		32		1		7	109	
Phosphorus, P		183		16		1		52	830	
Potassium, K		268	12.629	32		1		76	1216	
Sodium, Na		70	3.068	32		1		20	318	
Zinc, Zn	mg	5.11	0.165	32		1		1.45	23.18	
Copper, Cu		0.107	0.003	32		1		0.030	0.485	
Manganese, Mn		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		0.120	0.006	16		1		0.034	0.544	
Riboflavin		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		0		0	Z	7		0	0	
Folate, food		23	1.266	16		1		7	104	
Folate, DFE		23		0	NC	4		7	104	
Vitamin B-12		2.83	0.166	16		1		0.80	12.84	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.22		0		1		0.06	1.00	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_					_				
Fatty acids, total saturated		2.730		0		1		0.774	12.383	
4:0 6:0										
8:0										
10:0		0.010		373		1		0.003	0.045	
12:0		0.010		373 373		1		0.003	0.045	
13:0	_	3.020	•			-		2.000	0.001	
14:0	-	0.200		373		1		0.057	0.907	
15:0										
16:0	_	1.480	:	373		1		0.420	6.713	
17:0	_									
18:0	g	0.910	:	373		1		0.258	4.128	
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 100 gram	Amount in edible portion of common measures of food				
			Numbe of Dat	er a Deriv Source	e Confidence			
Nutrients and Units	S	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	3.070	0	1		0.870	13.926	
14:1	g							
15:1								
16:1 undifferentiated	-	0.230	373	1		0.065	1.043	
17:1								
18:1 undifferentiated		2.780	373	1		0.788	12.610	
20:1								
22:1 undifferentiated	-							
24:1 c			_	_				
Fatty acids, total polyunsaturated		0.700	0	1		0.198	3.175	
18:2 undifferentiated	•	0.520	373			0.147	2.359	
18:3 undifferentiated	_	0.100	373	1		0.028	0.454	
18:4								
20:2 n-6 c,c								
20:3 undifferentiated		0.070	373	1		0.020	0.318	
20:4 undifferentiated 20:5 n-3	-	0.070	373			0.020	0.316	
20.5 n-3								
22:6 n-3	_							
Fatty acids, total trans	_							
Cholesterol		67	1.532 16	1		19	304	
Phytosterols	_	<b>.</b>	1.002 10	_			301	
-								
Amino Acids:								
Tryptophan		0.225	0	1		0.064	1.021	
Threonine	-	0.825	0	1		0.234	3.742	
Isoleucine		0.930	0	1		0.264	4.218	
Leucine		1.500	0	1		0.425	6.804	
Lysine	-	1.703	0	1		0.483	7.725	
Methionine	-	0.495	0	1		0.140	2.245	
Cystine		0.230	0	1		0.065	1.043	
Phenylalanine		0.785	0	1		0.223	3.561	
Tyrosine	-	0.648	0	1		0.184	2.939	
Valine		1.041	0	1		0.295	4.722	
Arginine		1.146	0	1		0.325	5.198	
Histidine	•	0.611	0	1		0.173	2.771	
Alanine	-	1.160	0	1		0.329	5.262	
Aspartic acid		1.698	0	1 1		0.481	7.702	
Glutamic acid	-	2.799				0.794	12.696	
Glycine		0.942	0	1		0.267	4.273	
Proline	•	0.809	0	1 1		0.229	3.670	
Serine	-	0.717	U	1		0.203	3.252	
Hydroxyproline	9							

## **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. 17036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

Refuse: 25% Bone

		<u>A</u>	mount in 100			ole portio	<u> </u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		45.20		0		1		98.54	38.42	
Energy		344		0	NC	4		750	292	
Energy		1439		•		4 1		3138	1223	
Protein (N x 6.25)		28.68 24.55		0 0		1		62.52 53.52	24.38 20.87	
Total lipid (fat) Ash		1.54		0		1		3.36	1.31	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary	_	0.0		0	z	7		0.0	0.0	
Sugars, total					_	•			• • •	
Starch										
Minerals:		0.5				_				
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	25 2.40		0 0		1 1		55 5.23	21 2.04	
Iron, FeMagnesium, Mg		2.40		0		1		5.23 52	2.04	
Phosphorus, P	-	186		0		1		405	158	
Potassium, K	•	248		0		1		541	211	
Sodium, Na	-	75		0		1		164	64	
Zinc, Zn		6.37		0		1		13.89	5.41	
Copper, Cu		0.123	3	0		1		0.268	0.105	
Manganese, Mn	mg	0.026	5	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	-	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		0.610	)	0		1		1.330	0.519	
Vitamin B-6		0.100	)	0		1		0.218	0.085	
Folate, total		17		0	_	1		37	14	
Folic acid		0		0	Z	7		0	0	
Folate, food		17 17		0 0	NC	1 4		37 37	14	
Folate, DFEVitamin B-12		2.80		0	NC	1		6.10	14 2.38	
Vitamin A, IU		0		0		4		0.10	0	
Vitamin A, RAE	mca RAE	0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.16		0		1		0.35	0.14	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
Lipids:										
Fatty acids, total saturated	g	10.340	)	0		1		22.541	8.789	
4:0										
6:0										
8:0	-	0.000		•					0.054	
10:0 12:0.	-	0.060		0		1 1		0.131 0.218	0.051 0.085	
13:0		0.100	•	U		1		0.210	0.063	
14:0	-	0.910	)	0		1		1.984	0.774	
15:0				-		-			· · · · ·	
16:0	-	5.270	)	0		1		11.489	4.480	
17:0	-									
18:0	g	3.290	)	0		1		7.172	2.797	
20:0	-									
22:0	-									
24:0	g									

NDB No. 17036 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised

		<u>Aı</u>	mount in 100		f edib	le portio	<u>n</u>	Amount in edible portion of common measures of food			
			N	lumber				<u>m</u> :	easures of food		
Nutrients and Un	nits	Mean	Std. Error	of Data D Points C		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	10.040		0		1		21.887	8.534		
14:1	g										
15:1	-										
16:1 undifferentiated	g	0.720		0		1		1.570	0.612		
17:1											
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											
Fatty acids, total trans	-										
Cholesterol	_	116		0		1		253	99		
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.335		0		1		0.730	0.285		
Threonine		1.227		0		1		2.675	1.043		
Isoleucine		1.384		0		1		3.017	1.176		
Leucine	-	2.231		0		1		4.864	1.896		
Lysine	_	2.532		0		1		5.520	2.152		
Methionine		0.736		0		1		1.604	0.626		
Cystine		0.342		0		1		0.746	0.291		
Phenylalanine		1.167		0		1		2.544	0.992		
Tyrosine		0.964		0		1		2.102	0.819		
Valine		1.547		0		1		3.372	1.315		
Arginine	-	1.704		0		1		3.715	1.448		
Histidine		0.908		0		1		1.979	0.772		
Alanine	•	1.725		0		1		3.761	1.466		
Aspartic acid	_	2.524		0		1		5.502	2.145		
Glutamic acid		4.161		0		1		9.071	3.537		
Glycine		1.401		0		1		3.054	1.191		
Proline		1.203		0		1		2.623	1.023		
Serine	• • • • • • • • • • • • • • • • • • • •	1.066		0		1		2.324	0.906		
Hydroxyproline	-	1.000		Ū		-		2.324	0.500		
ттушолургонне	У										

# **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. 17037 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

Refuse: 24% Bone

		<u>A</u>	mount in 100 gi	ams of e	dible p	ortio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	[
			of l	Data De	riv Soi	urce	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints Co	de Co	ode	Code	Measure 1	Measure 2	Measure 3
Proximates:		EE 03		0		1		126 47	46.70	
Water	_	55.03		0		4		136.47	46.78	
Energy		278 1163		U	NC	4		689 2885	236	
Energy		24.42		0		1		60.56	989 20.76	
Protein (N x 6.25) Total lipid (fat)		19.26		0		1		47.76	20.76 16.37	
Ash		1.31		0		1		3.25	1.11	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.00	
Sugars, total		0.0		·	_	•		0.0	0.0	
Starch	_									
Starcii	9									
Minerals:										
Calcium, Ca	_	21		0		1		52	18	
Iron, Fe	_	2.03		0		1		5.03	1.73	
Magnesium, Mg		26		0		1		64	22	
Phosphorus, P	•	198		0		1 1		491	168	
Potassium, K		301 78		0		1		746 193	256 66	
Sodium, NaZinc, Zn		78 5.72		0		1		14.19	4.86	
Copper, Cu		0.128	2	0		1		0.317	0.109	
Manganese, Mn		0.024		0		1		0.060	0.020	
Selenium, Se		27.4	•		YN	4		68.0	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7		0.0	0.0	
Thiamin	_	0.090		0		1		0.223	0.077	
Riboflavin		0.260		0		1		0.645	0.221	
Niacin		6.450		0		1		15.996	5.483	
Pantothenic acid		0.670		0		1		1.662	0.570	
Vitamin B-6	_	0.120	)	0		1		0.298	0.102	
Folate, total		19 0		0	z	1 7		47 0	16 0	
Folic acid		19		0		1		47	16	
Folate, foodFolate, DFE		19			IC	4		47	16	
Vitamin B-12		2.97		0		1		7.37	2.52	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.16		0		1		0.40	0.14	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.040	)	0		1		19.939	6.834	
4:0										
6:0										
8:0										
10:0	g	0.050	)	0		1		0.124	0.043	
12:0	g	0.080	)	0		1		0.198	0.068	
13:0	-									
14:0	-	0.700	)	0		1		1.736	0.595	
15:0	-									
16:0	-	4.110	)	0		1		10.193	3.494	
17:0	-			_		_				
18:0	_	2.560	)	0		1		6.349	2.176	
20:0										
22:0	g									

NDB No. 17037 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled

		<u>Aı</u>	mount in 10		of edik	ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number		_		<u></u>	easures or room		
Nutrients and Unit	ts	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
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		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										
A A											
Amino Acids:	~	0.005		•				0.707	0.040		
Tryptophan		0.285		0		1 1		0.707	0.242		
Threonine	-	1.045		0		_		2.592	0.888		
Isoleucine		1.178		0		1		2.921	1.001		
Leucine		1.900		0		1		4.712	1.615		
Lysine	_	2.157		0		1		5.349	1.833		
Methionine	-	0.627		0		1		1.555	0.533		
Cystine		0.292		0		1		0.724	0.248		
Phenylalanine		0.994		0		1		2.465	0.845		
Tyrosine	-	0.821		0		1		2.036	0.698		
Valine		1.318		0		1		3.269	1.120		
Arginine		1.451		0		1		3.598	1.233		
Histidine	•	0.774		0		1		1.920	0.658		
Alanine	_	1.469		0		1		3.643	1.249		
Aspartic acid		2.150		0		1		5.332	1.828		
Glutamic acid	-	3.544		0		1		8.789	3.012		
Glycine		1.193		0		1		2.959	1.014		
Proline	•	1.024		0		1		2.540	0.870		
Serine	-	0.908		0		1		2.252	0.772		
Hydroxyproline	g										

# **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. 17038 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Refuse: 22% Bone

		<u>A</u>	mount in 10			ole portio	<u></u>		edible portion of easures of food	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		56.26		0		1		151.34	47.82	
Energy		276		0	NC	4		742	235	
Energy		1155				4		3106	982	
Protein (N x 6.25)		22.51		0		1		60.55	19.13	
Total lipid (fat)		19.97		0		1		53.72	16.97	
Ash		1.21		0	_	1		3.25	1.03	
Carbohydrate, by difference	_	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	mg	20		0		1		54	17	
Iron, Fe		1.97		0		1		5.30	1.67	
Magnesium, Mg	-	23		0		1		62	20	
Phosphorus, P	•	184		0		1		495	156	
Potassium, K	_	251		0		1		675	213	
Sodium, Na		66		0		1		178	56	
Zinc, Zn		5.23		0 0		1 1		14.07	4.45 0.092	
Copper, Cu Manganese, Mn		0.108		0		1		0.291 0.059	0.092	
Selenium, Se	_	26.2		0	BFYN	4		70.5	22.3	
Selemum, Se	1110g	20.2		v	Drin	-		70.5	22.3	
Vitamins:										
Vitamin C, total ascorbic acid	-	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.090		0		1		0.242	0.077	
Riboflavin	-	0.240		0		1		0.646	0.204	
Niacin		6.150		0		1		16.544	5.228	
Pantothenic acid		0.700		0		1		1.883	0.595	
Vitamin B-6		0.130	)	0 0		1		0.350	0.111	
Folate, totalFolic acid		21 0		0	z	1 7		56 0	18 0	
Folate, food		21		0	2	1		56	18	
Folate, DFE		21		0	NC	4		56	18	
Vitamin B-12		2.64		0	110	1		7.10	2.24	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.14		0		1		0.38	0.12	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
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		0.000		0		1		0.000	0.000	
6:0		0.000	)	0		1		0.000	0.000	
8:0	_	0.000	)	0		1		0.000	0.000	
10:0	g	0.050	)	0		1		0.135	0.043	
12:0	g	0.080	)	0		1		0.215	0.068	
13:0	-									
14:0	_	0.750	)	0		1		2.018	0.638	
15:0						_				
16:0	_	4.300	)	0		1		11.567	3.655	
17:0		2 -		_		_				
18:0	-	2.680	)	0		1		7.209	2.278	
20:0	-									
22:0	-									
24:0	9									

NDB No. 17038 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

	<u>Ar</u>	nount in 100 grams		e portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
- Nationio and Onico	ou.i	0.0. 2.10.				modouro :		modeli o	
Fatty acids, total monounsaturatedg	8.170	0		1		21.977	6.945		
14:1g									
15:1g									
16:1 undifferentiatedg		0		1		1.560	0.493		
17:1g									
18:1 undifferentiatedg		0		1		19.745	6.239		
20:1g		0		1		0.000	0.000		
22:1 undifferentiatedg		0		1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturated9		0		1		4.358	1.377		
18:2 undifferentiatedg		0		1		3.201	1.012		
18:3 undifferentiatedg		0		1		0.915	0.289		
18:4g		0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.090	0		1		0.242	0.077		
20:5 n-3g		0		1		0.000	0.000		
22:5 n-3g		0		1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total transg									
Cholesterolm	ng 92	0		1		247	78		
Phytosterolsm	ng								
Amino Acids:									
	0.263	0		1		0.707	0.224		
Tryptophan		0		1		2.590			
Threonine		0		1			0.819		
Isoleucine		0		1		2.921 4.710	0.923		
Leucine		0		1			1.488		
Lysine		0		1		5.348	1.690		
Methionine						1.555	0.491		
Cystine 9		0		1		0.724	0.229		
Phenylalanine		0		1		2.464	0.779		
Tyrosine				1		2.034	0.643		
Valine		0		1		3.268	1.033		
Arginine		0		1		3.597	1.136		
Histidine9				1		1.918	0.606		
Alanine		0		1		3.642	1.151		
Aspartic acid9		0		1		5.329	1.684		
Glutamic acid		0		1		8.786	2.776		
Glycine9		0		1		2.956	0.934		
Proline	0.944	0		1		2.539	0.802		
Serineg		0		1		2.252	0.711		
Hydroxyprolineg									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeine mg		0	z	7		0	0.0		
Theobromine mg		0	Z	7		0	0		
	,	Ū	4	,		U	3		
<u>Carotenoids:</u>									
Carotene, betamc		0	Z	7		0.000	0.000		
Carotene, alphamc	g 0	0	Z	7		0.000	0.000		
Cryptoxanthin, betamc	-	0	Z	7		0.000	0.000		
Lycopenemc	g 0	0	Z	7		0.000	0.000		
Lutein + zeaxanthin mc	g 0	0	Z	7		0.000	0.000		

## **Common Measures:**

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17038

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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%

		<u>A</u> :	mount in 10	0 grams	of edib	ole portio	<u>on</u>		edible portion	
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	! Measure 3
Proximates:										
Water	_	61.39		0		1		17.40	278.47	
Energy		264		0	NC	4		75	1198	
Energy		1105				4		313	5010	
Protein (N x 6.25)		16.58		0		1		4.70	75.21	
Total lipid (fat)		21.45		0		1		6.08	97.30	
Ash		0.89		0		1		0.25	4.04	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		5	73	
Iron, Fe		1.50		0		1		0.43	6.80	
Magnesium, Mg		21		0		1		6	95	
Phosphorus, P		158		0		1		45	717	
Potassium, K		230		0		1		65	1043	
Sodium, Na		61		0		1		17	277	
Zinc, Zn		3.94	_	0		1		1.12	17.87	
Copper, Cu		0.097		0		1 1		0.027 0.005	0.440 0.086	
Manganese, Mn		0.019 19.2	,	0 0	PIE	4		5.4	87.1	
Selenium, Se	Tricg	19.2		U	PIE	4		5.4	87.1	
Vitamins:										
Vitamin C, total ascorbic acid	_	0.0		0	Z	7		0.0	0.0	
Thiamin		0.110		0		1		0.031	0.499	
Riboflavin	_	0.210		0		1		0.060	0.953	
Niacin		5.660		0		1		1.605	25.674	
Pantothenic acid		0.680		0		1		0.193	3.084	
Vitamin B-6	-	0.130	)	0		1		0.037	0.590	
Folate, total		19		0	_	1		5	86	
Folic acid		0		0	Z	7		0 5	0	
Folate, food		19 19		0 0	NC	1 4		5 5	86 86	
Folate, DFEVitamin B-12		2.53		0	NC	1		0.72	11.48	
Vitamin B-12 Vitamin A, IU		0		0		4		0.72	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	Ö	
Vitamin E (alpha-tocopherol)		0.22		0		1		0.06	1.00	
Tocopherol, beta		V		·		_		0.00	2.00	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.4		0	BFYN	4		1.0	15.4	
I inide:										
Lipids: Fatty acids, total saturated	a	9.280	1	0		1		2.631	42.094	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.050		0		1		0.014	0.227	
12:0	_	0.090		0		1		0.026	0.408	
13:0	_			-		-				
14:0		0.840	)	0		1		0.238	3.810	
15:0	_									
16:0	_	4.680	)	0		1		1.327	21.228	
17:0										
18:0	-	2.930	)	0		1		0.831	13.290	
20:0	_									
22:0	_									
24:0	-									

NDB No. 17035 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence	<u>m</u>	easures of food		
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	atedg	8.790	)	0		1		2.492	39.871		
14:1	_										
15:1 16:1 undifferentiated	-	0.620	)	0		1		0.176	2.812		
17:1	-	7 000		0		1		0.040	25 024		
18:1 undifferentiated 20:1	_	7.900 0.000		0		1		2.240 0.000	35.834 0.000		
22:1 undifferentiated	-	0.000		0		1		0.000	0.000		
24:1 c	•										
Fatty acids, total polyunsatura	tedg	1.710	)	0		1		0.485	7.757		
18:2 undifferentiated		1.250		0		1		0.354	5.670		
18:3 undifferentiated	_	0.380		0		1		0.108	1.724		
18:4		0.000	)	0		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated	_	0.000		0		1		0.000	0.262		
20:4 undifferentiated	_	0.080		0 0		1		0.023	0.363		
20:5 n-3 22:5 n-3	_	0.000		0		1		0.000 0.000	0.000 0.000		
22:6 n-3	-	0.000		0		1		0.000	0.000		
Fatty acids, total trans		0.000	•	Ū		-		0.000	0.000		
Cholesterol		72		0		1		20	327		
Phytosterols	_			-		_		=-			
-	<b>U</b>										
Amino Acids:											
Tryptophan		0.194		0		1		0.055	0.880		
Threonine		0.710		0 0		1 1		0.201	3.221		
Isoleucine	_	0.800 1.290		0		1		0.227 0.366	3.629 5.851		
Lysine	-	1.464		0		1		0.415	6.641		
Methionine		0.426		0		1		0.121	1.932		
Cystine		0.198		0		1		0.056	0.898		
Phenylalanine		0.675		0		1		0.191	3.062		
Tyrosine		0.557		0		1		0.158	2.527		
Valine	g	0.895	5	0		1		0.254	4.060		
Arginine	g	0.985	5	0		1		0.279	4.468		
Histidine	g	0.525	<b>i</b>	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		2.406		0		1		0.682	10.914		
Glycine	<del>-</del>	0.810		0		1		0.230	3.674		
Proline	_	0.696		0		1		0.197	3.157		
Serine		0.616	5	0		1		0.175	2.794		
Hydroxyproline	g										
Others:											
Alcohol, ethyl		0.0		0		7		0.0	0.0		
Caffeine	-	0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

## **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 17035

Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

		<u>A</u>	mount in 10			ie portio	<u>on</u>		edible portion	
				Number of Data		0	Confidence	<u>m</u> :	easures of food	<u>.</u>
Nutrients and Uni	ts	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	45.46		0	PAE	4		96.83	38.64	
Energy	-	338		0	NC	4		720	287	
Energy		1414		·	110	4		3012	1202	
Protein (N x 6.25)		29.46		0	PAE	4		62.75	25.04	
Total lipid (fat)		23.57		0	PAE	4		50.20	20.03	
Ash		1.44		0	PAE	4		3.07	1.22	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
	_									
Minerals:	ma	07		^	D	4		F.0	0.3	
Calcium, Ca	-	27 2.39		0 0	PAE PAE	4 4		58 5.09	23 2.03	
Iron, Fe		2.39		0	PAE	4		5.09 53	2.03	
Magnesium, Mg Phosphorus, P		25 193		0	PAE	4		53 411	21 164	
Potassium, K		261		0	PAE	4		556	222	
Sodium, Na		74		0	PAE	4		158	63	
Zinc, Zn		6.80		0	PAE	4		14.48	5.78	
Copper, Cu		0.126	5	0	PAE	4		0.268	0.107	
Manganese, Mn		0.026	5	0	PAE	4		0.055	0.022	
Selenium, Se		33.8		0	BFNN	4		72.0	28.7	
/itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		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		18		0	PAE	4		38	15	
Folic acid	-	0		0	Z	7		0	0	
Folate, food		18		0	PAE	4		38	15	
Folate, DFE		18		0	NC	4		38	15	
Vitamin B-12		2.78		0	PAE	4		5.92	2.36	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE		0		0 0	PAE	4		0 0	0	
Retinol		0		Ü	PAE	4		Ü	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
ipids:										
Fatty acids, total saturated	g	9.710	)	0	PAE	4		20.682	8.254	
4:0										
6:0										
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									
14:0	-	0.850	)	0	PAE	4		1.811	0.723	
15:0	-									
16:0	-	4.980	)	0	PAE	4		10.607	4.233	
17:0	-									
18:0	-	3.120	)	0	PAE	4		6.646	2.652	
20:0	-									
22:0	g									

NDB No. 17243 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised

		<u>Ar</u>	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u></u>	easures or roou	
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	9.720		0	PAE	4		20.704	8.262	
14:1										
15:1	-					_				
16:1 undifferentiated	-	0.690		0	PAE	4		1.470	0.587	
17:1		8.770		0	PAE	4		10 600	7 455	
18:1 undifferentiated		0.000		0	PAE	4		18.680	7.455	
20:1	-	0.000		U	PAE	4		0.000	0.000	
22:1 undifferentiated 24:1 c	-									
Fatty acids, total polyunsaturated	•	1.880		0	PAE	4		4.004	1.598	
18:2 undifferentiated	-	1.400		0	PAE	4		2.982	1.190	
18:3 undifferentiated		0.370		0	PAE	4		0.788	0.315	
18:4		0.570		·		•		0.700	0.515	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.110		0	PAE	4		0.234	0.094	
20:5 n-3										
22:5 n-3	-									
22:6 n-3	g									
Fatty acids, total trans	g									
Cholesterol	mg	117		0	PAE	4		249	99	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.344		0	PAE	4		0.733	0.292	
Threonine		1.261		0	PAE	4		2.686	1.072	
Isoleucine		1.421		0	PAE	4		3.027	1.208	
Leucine		2.292		0	PAE	4		4.882	1.948	
Lysine	-	2.602		0	PAE	4		5.542	2.212	
Methionine		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		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	-	1.439		0	PAE	4		3.065	1.223	
Proline	g	1.236		0	PAE	4		2.633	1.051	
Serine		1.095		0	PAE	4		2.332	0.931	
Hydroxyproline	g									

# **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. 17244 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

Refuse: 26% Bone

		Aı	mount in 100			le portio	<u></u>		edible portion of easures of food	of common
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		56.70		0	PAE	4		137.21	48.20	
Energy		268		0	NC	4		649	228	
Energy		1121		•		4		2714	953	
Protein (N x 6.25)		23.84		0	PAE	4 4		57.69	20.26	
Total lipid (fat)		18.39		0	PAE	4		44.50	15.63	
Ash		1.21			PAE Z	4 7		2.93	1.03	
Carbohydrate, by difference	-	0.00		0		7		0.00	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	23		0	PAE	4		56	20	
Iron, Fe	-	1.83		0	PAE	4		4.43	1.56	
Magnesium, 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	i	0	PAE	4		0.305	0.107	
Manganese, Mn	mg	0.024	ŀ	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	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.100	)	0	PAE	4		0.242	0.085	
Riboflavin	-	0.260		0	PAE	4		0.629	0.221	
Niacin	-	6.490		0	PAE	4		15.706	5.517	
Pantothenic acid		0.680	)	0	PAE	4		1.646	0.578	
Vitamin B-6		0.140	)	0	PAE	4		0.339	0.119	
Folate, total		18		0	PAE	4		44	15	
Folic acid		0		0	Z	7		0	0	
Folate, food		18		0	PAE	4		44	15	
Folate, DFE		18		0	NC	4		44	15	
Vitamin B-12		2.78		0	PAE	4		6.73	2.36	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.530	)	0	PAE	4		18.223	6.401	
4:0										
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									
14:0	g	0.690	)	0	PAE	4		1.670	0.587	
15:0	g									
16:0	=	3.860	)	0	PAE	4		9.341	3.281	
17:0	-									
18:0	-	2.440	1	0	PAE	4		5.905	2.074	
20:0	-									
22:0	-									
24:0	g									

NDB No. 17244 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
					Deriv	Source	Confidence	<u></u>		
Nutrients and Units	1	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	7.750		0	PAE	4		18.755	6.588	
14:1										
15:1	-									
16:1 undifferentiated	g	0.540		0	PAE	4		1.307	0.459	
17:1	-									
18:1 undifferentiated	g	7.050		0	PAE	4		17.061	5.993	
20:1		0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	•	1.340		0	PAE	4		3.243	1.139	
18:2 undifferentiated		1.020		0	PAE	4		2.468	0.867	
18:3 undifferentiated		0.250		0	PAE	4		0.605	0.213	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.080		0	PAE	4		0.194	0.068	
20:5 n-3	-									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol		95		0	PAE	4		230	81	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.279		0	PAE	4		0.675	0.237	
Threonine		1.020		0	PAE	4		2.468	0.867	
Isoleucine	-	1.150		0	PAE	4		2.783	0.807	
Leucine		1.854		0	PAE	4		4.487	1.576	
Lysine		2.105		0	PAE	4		5.094	1.789	
Methionine	-	0.612		0	PAE	4		1.481	0.520	
Cystine	-	0.812		0	PAE	4		0.690	0.520	
<u> </u>		0.285		0	PAE	4		2.347	0.242	
Phenylalanine Tyrosine		0.801		0	PAE	4		1.938	0.825	
•	_	1.286		0	PAE	4		3.112	1.093	
Valine		1.286		0	PAE	4		3.112	1.093	
Arginine	-	0.755		0	PAE	4		3.427 1.827	0.642	
Histidine	-	1.434		0	PAE	4		3.470	1.219	
Alanine		2.098		0	PAE	4		3.470 5.077	1.219	
Aspartic acid		3.459		0	PAE	4		8.371	2.940	
Glutamic acid	-			0		4				
Glycine	-	1.164 1.000		0	PAE PAE	4		2.817 2.420	0.989	
Proline				0		4			0.850	
Serine	-	0.886		U	PAE	4		2.144	0.753	
Hydroxyproline	y									

# **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. 17245 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

Refuse: 24% Bone

		<u>A</u>	mount in 10			le portio	<u>on</u>		edible portion of easures of food	
Nutrients and Un	nits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	a	56.98		0	PAE	4		149.86	48.43	
Water Energy		269		0	NC NC	4		707	48.43 229	
Energy		1125		U	NC	4		2960	957	
Protein (N x 6.25)		22.70		0	PAE	4		59.70	19.30	
Total lipid (fat)		19.08		0	PAE	4		50.18	16.22	
Ash		1.22		0	PAE	4		3.21	1.04	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		U	4	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	20		0	PAE	4		53	17	
Iron, Fe	mg	1.97		0	PAE	4		5.18	1.67	
Magnesium, Mg		23		0	PAE	4		60	20	
Phosphorus, P		185		0	PAE	4		487	157	
Potassium, K		251		0	PAE	4		660	213	
Sodium, Na		66		0	PAE	4		174	56	
Zinc, Zn		5.44		0	PAE	4		14.31	4.62	
Copper, Cu		0.108		0	PAE	4		0.284	0.092	
Manganese, Mn		0.022	2	0	PAE	4		0.058	0.019	
Selenium, Se	Ilicg	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		21		0	PAE	4		55	18	
Folate, DFE		21		0	NC	4		55	18	
Vitamin B-12		2.65		0	PAE	4		6.97	2.25	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	nicy									
Lipids:										
Fatty acids, total saturated	g	7.980	)	0	PAE	4		20.987	6.783	
4:0										
6:0										
8:0	-									
10:0	-	0.050		0	PAE	4		0.132	0.043	
12:0		0.080	)	0	PAE	4		0.210	0.068	
13:0	-									
14:0	_	0.700	)	0	PAE	4		1.841	0.595	
15:0	_	_				_				
16:0		4.080	)	0	PAE	4		10.730	3.468	
17:0	_			_	_	_				
18:0	_	2.540	)	0	PAE	4		6.680	2.159	
20:0	_									
22:0	_									
24:0	g									

NDB No. 17245 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
					Deriv		Confidence	<u></u>		
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	q	7.790		0	PAE	4		20.488	6.622	
14:1										
15:1	-									
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	а	0.265		0	PAE	4		0.697	0.225	
Threonine		0.971		0	PAE	4		2.554	0.825	
Isoleucine	-	1.095		0	PAE	4		2.880	0.931	
Leucine		1.765		0	PAE	4		4.642	1.500	
Lysine		2.004		0	PAE	4		5.271	1.703	
Methionine	-	0.582		0	PAE	4		1.531	0.495	
Cystine	-	0.271		0	PAE	4		0.713	0.230	
Phenylalanine		0.924		0	PAE	4		2.430	0.785	
Tyrosine		0.763		0	PAE	4		2.007	0.649	
Valine	-	1.225		0	PAE	4		3.222	1.041	
Arginine		1.348		0	PAE	4		3.545	1.146	
Histidine	-	0.719		0	PAE	4		1.891	0.611	
Alanine	-	1.365		0	PAE	4		3.590	1.160	
Aspartic acid		1.998		0	PAE	4		5.255	1.698	
Glutamic acid		3.294		0	PAE	4		8.663	2.800	
Glycine	-	1.109		0	PAE	4		2.917	0.943	
Proline	-	0.952		0	PAE	4		2.504	0.809	
Serine		0.844		0	PAE	4		2.220	0.717	
Hydroxyproline	-	5.011		•		-		0	· · · - /	
113 at Oxyptoline	<del>y</del>									

# **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. 17242 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw

Refuse: 22% Bone

		<u>A</u>	mount in 100	grams	ot edik	ie portic	<u>on</u>	Amount in	edible portion	of common
			1	Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	63.36		0	PAE	4		17.96	287.40	
Energy	=	244		0	NC	4		69	1107	
		1021		U	NC	4		289		
Energy	=			•					4631	
Protein (N x 6.25)	-	17.07		0	PAE	4		4.84	77.43	
Total lipid (fat)		18.96		0	PAE	4		5.38	86.00	
Ash		0.91		0	PAE	4		0.26	4.13	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
M:1										
Minerals:	ma	1.0		^	D2 10	4		F	73	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	16		0	PAE	4		5	73	
Iron, Fe	-	1.53		0 0	PAE	4 4		0.43	6.94	
Magnesium, Mg		21			PAE			6	95	
Phosphorus, P		163		0	PAE	4		46	739	
Potassium, K		237		0	PAE	4		67	1075	
Sodium, Na	-	63		0	PAE	4		18	286	
Zinc, Zn		4.12		0	PAE	4		1.17	18.69	
Copper, Cu		0.100		0	PAE	4		0.028	0.454	
Manganese, Mn		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	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.110	1	0	PAE	4		0.031	0.499	
Riboflavin	-	0.210		0	PAE	4		0.060	0.953	
Niacin		5.620		0	PAE	4		1.593	25.492	
Pantothenic acid		0.680		0	PAE	4		0.193	3.084	
				0		4		0.193		
Vitamin B-6	-	0.140	,		PAE				0.635	
Folate, total		19		0	PAE	4		5	86	
Folic acid		0		0	Z	7		0	0	
Folate, food		19		0	PAE	4		5	86	
Folate, DFE		19		0	NC	4		5	86	
Vitamin B-12		2.57		0	PAE	4		0.73	11.66	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
	a	8.100	1	0	PAE	4		2.296	36.742	
Fatty acids, total saturated		8.100	,	U	FAL	-		2.290	30.742	
4:0										
6:0	-									
8:0	-	0.050	,	•	ייי אורו	4		0.014	0 007	
10:0	-	0.050		0	PAE	4		0.014	0.227	
12:0		0.080	J	0	PAE	4		0.023	0.363	
13:0	-		_					_		
14:0	-	0.730	)	0	PAE	4		0.207	3.311	
15:0	-									
16:0	-	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	-									

NDB No. 17242 Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number		_		<u> </u>	easures or roou	
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	7.760		0	PAE	4		2.200	35.199	
14:1										
15:1	-									
16:1 undifferentiated	-	0.550		0	PAE	4		0.156	2.495	
17:1		6 070		•				4 000	04 64 6	
18:1 undifferentiated		6.970		0	PAE PAE	4		1.976	31.616	
20:1	-	0.000		0	PAE	4		0.000	0.000	
22:1 undifferentiated 24:1 c	-									
Fatty acids, total polyunsaturated	•	1.520		0	PAE	4		0.431	6.895	
18:2 undifferentiated	-	1.120		0	PAE	4		0.431	5.080	
18:3 undifferentiated		0.330		0	PAE	4		0.318	1.497	
18:4		0.550		Ū	FAL	-		0.034	1.457	
20:2 n-6 c,c	-									
20:3 undifferentiated										
20:4 undifferentiated		0.080		0	PAE	4		0.023	0.363	
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans	g									
Cholesterol		71		0	PAE	4		20	322	
Phytosterols	mg									
Amino Acids:										
Tryptophan	0	0.199		0	PAE	4		0.056	0.903	
Threonine		0.730		0	PAE	4		0.207	3.311	
Isoleucine		0.730		0	PAE	4		0.233	3.733	
Leucine		1.328		0	PAE	4		0.233	6.024	
Lysine	-	1.520		0	PAE	4		0.427	6.836	
Methionine		0.438		0	PAE	4		0.124	1.987	
Cystine		0.204		0	PAE	4		0.058	0.925	
Phenylalanine	-	0.695		0	PAE	4		0.197	3.153	
Tyrosine		0.574		0	PAE	4		0.163	2.604	
Valine		0.921		0	PAE	4		0.261	4.178	
Arginine		1.014		0	PAE	4		0.287	4.600	
Histidine	_	0.541		0	PAE	4		0.153	2.454	
Alanine	-	1.026		0	PAE	4		0.291	4.654	
Aspartic acid	_	1.502		0	PAE	4		0.426	6.813	
Glutamic acid		2.477		0	PAE	4		0.702	11.236	
Glycine	g	0.834		0	PAE	4		0.236	3.783	
Proline	-	0.716		0	PAE	4		0.203	3.248	
Serine	g	0.635		0	PAE	4		0.180	2.880	
Hydroxyproline	g									

# **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. 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%

		<u>A</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion o	f common
				Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	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	ma	26		0		1		45	22	
Iron, Fe	_	2.67		0		1		4.65	2.27	
Magnesium, Mg	-	27		0		1		47	23	
Phosphorus, P		204		0		1		355	173	
Potassium, K	-	261		0		1		454	222	
Sodium, Na	-	79		0		1		137	67	
Zinc, Zn	mg	7.52		0		1		13.08	6.39	
Copper, Cu	mg	0.132	2	0		1		0.230	0.112	
Manganese, Mn		0.032	2	0		1		0.056	0.027	
Selenium, Se	mcg	37.0		0	BFYN	4		64.4	31.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.060	)	0		1		0.104	0.051	
Riboflavin		0.230	)	0		1		0.400	0.196	
Niacin	mg	5.960	)	0		1		10.370	5.066	
Pantothenic acid	mg	0.620	ס	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		21		0		1		37	18	
Folate, DFE		21		0	NC	4		37	18	
Vitamin B-12		2.91		0		1		5.06	2.47	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol	-	0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.20		0		1		0.35	0.17	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	6 17		0				40 506		
Fatty acids, total saturated		6.170	,	U		1		10.736	5.245	
4:0 6:0										
8:0	-									
10:0	-	0.030	)	0		1		0.052	0.026	
12:0	-	0.050		0		1		0.087	0.043	
13:0	-									
14:0	-	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	ס	0		1		3.480	1.700	
20:0										
22:0										
24:0	g									

NDB No. 17040 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised

		<u>A</u> 1	mount in 100 g	rams of ed	<u>on</u>	Amount in edible portion of common			
			Nu	mber			<u>m</u>	easures of food	
Nutrients and Un	its	Mean	of Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.		6.450	)	0	1		11.223	5.483	
14:1	-								
15:1									
16:1 undifferentiated	_	0.470	1	0	1		0.818	0.400	
17:1									
18:1 undifferentiated	_	5.810	1	0	1		10.109	4.939	
20:1	-								
22:1 undifferentiated	_								
24:1 c				_					
Fatty acids, total polyunsaturated		1.380		0	1		2.401	1.173	
18:2 undifferentiated	•	1.020		0	1		1.775	0.867	
18:3 undifferentiated	-	0.240	1	0	1		0.418	0.204	
18:4									
20:2 n-6 c,c									
20:3 undifferentiated	-								
20:4 undifferentiated		0.110	1	0	1		0.191	0.094	
20:5 n-3									
22:5 n-3	_								
22:6 n-3	-								
Fatty acids, total trans				_	_				
Cholesterol	_	117		0	1		204	99	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.383	1	0	1		0.666	0.326	
Threonine	-	1.404		0	1		2.443	1.193	
Isoleucine	-	1.583		0	1		2.754	1.346	
Leucine		2.552		0	1		4.440	2.169	
Lysine		2.897		0	1		5.041	2.462	
Methionine		0.842		0	1		1.465	0.716	
Cystine	_	0.392		0	1		0.682	0.333	
Phenylalanine		1.336		0	1		2.325	1.136	
Tyrosine		1.103		0	1		1.919	0.938	
Valine	-	1.770		0	1		3.080	1.505	
Arginine		1.949		0	1		3.391	1.657	
Histidine		1.039		0	1		1.808	0.883	
Alanine	•	1.973		0	1		3.433	1.677	
Aspartic acid		2.888		0	1		5.025	2.455	
Glutamic acid		4.761		0	1		8.284	4.047	
Glycine		1.602		0	1		2.787	1.362	
Proline		1.376		0	1		2.394	1.170	
Serine	_	1.220		0	1		2.123	1.037	
Hydroxyproline	-	1.220		ŭ	-		2.123	1.037	
11yuroxypronne	9								

# **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. 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%

		<u>A</u> :	mount in 100			ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	easures of food  Measure 2	Measure 3
Proximates:										
Water	-	61.38		0		1		123.99	52.17	
Energy		210		0	NC	4		424	179	
Energy		879				4		1775	747	
Protein (N x 6.25)		27.12		0		1		54.78	23.05	
Total lipid (fat)		10.50		0		1		21.21	8.93	
Ash		1.45		0	_	1		2.93	1.23	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		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		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		0.137		0		1		0.277	0.116	
Manganese, Mn	<u>mg</u>	0.028	3	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	-	0.100	)	0		1		0.202	0.085	
Riboflavin		0.280	)	0		1		0.566	0.238	
Niacin	-	6.150	)	0		1		12.423	5.228	
Pantothenic acid		0.690	)	0		1		1.394	0.587	
Vitamin B-6		0.140	)	0		1		0.283	0.119	
Folate, total	_	23		0		1		46	20	
Folic acid		0		0	Z	7		0	0	
Folate, food		23		0		1		46	20	
Folate, DFE		23		0	NC	4		46	20	
Vitamin B-12		3.11		0		1		6.28	2.64	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.20		0		1		0.40	0.17	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.7		0	BFYN	4		11.5	4.8	
Lipids:										
Fatty acids, total saturated	q	3.880	)	0		1		7.838	3.298	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.020		0		1		0.040	0.017	
12:0.	-	0.030		0		1		0.061	0.026	
13:0										
14:0		0.290	)	0		1		0.586	0.247	
15:0	-								- /	
16:0		2.080	)	0		1		4.202	1.768	
17:0										
18:0	-	1.280	)	0		1		2.586	1.088	
20:0	-									
22:0	-									
24:0	-									

NDB No. 17041 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

		<u>A</u>	mount in 100			ole portio	<u>on</u>		edible portion o	of common
				Number of Data	Deriv		Confidence	<u>m</u> .	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ıtedg	4.240	1	0		1		8.565	3.604	
14:1	_									
15:1	-	0.320		0		1		0.646	0.272	
16:1 undifferentiated 17:1	_	0.320		U		1		0.646	0.272	
18:1 undifferentiated	-	3.830	1	0		1		7.737	3.256	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturate		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	-									
20:4 undifferentiated	-	0.090		0		1		0.182	0.077	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000	1	0		1		0.000	0.000	
Fatty acids, total trans										
Cholesterol	-	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	1	0		1		2.642	1.112	
Leucine	g	2.109	)	0		1		4.260	1.793	
Lysine	g	2.395	i	0		1		4.838	2.036	
Methionine	g	0.696	i	0		1		1.406	0.592	
Cystine	g	0.324	ŀ	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	_	1.463		0		1		2.955	1.244	
Arginine		1.611		0		1		3.254	1.369	
Histidine	_	0.859		0		1		1.735	0.730	
Alanine		1.631		0		1		3.295	1.386	
Aspartic acid		2.387		0		1		4.822	2.029	
Glutamic acid		3.935		0		1		7.949	3.345	
Glycine	<del>-</del>	1.324		0		1		2.674	1.125	
Proline	_	1.137		0		1		2.297	0.966	
Serine		1.008	•	U		1		2.036	0.857	
Hydroxyproline	y									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine	-	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

## **Common Measures:**

Measure 1 = 202g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17041

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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%

		<u>A</u> 1	mount in 100	grams	of edik	ole portio	<u>n</u>		edible portion	
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	<u>mo</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:	<b>a</b>	63.32		0		1		127 40	F2 00	
Water	-	204		0		1		137.40	53.82	
Energy		204 854		U	NC	4 4		443 1852	173 726	
Energy		24.94		0		1		54.12		
Protein (N x 6.25)		10.77		0		1		23.37	21.20 9.15	
Total lipid (fat)		1.33		0		1		23.37		
Ash		0.00		0	z	7		0.00	1.13	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary				0		7			0.0	
Sugars, total		0.00		U	Z	,		0.00	0.00	
Starch	y									
Minerals:										
Calcium, Ca	-	19		0		1		41	16	
Iron, Fe		2.13		0		1		4.62	1.81	
Magnesium, Mg		25		0		1		54	21	
Phosphorus, P		200		0		1		434	170	
Potassium, K		265		0		1		575	225	
Sodium, Na		68		0		1		148	58	
Zinc, Zn		6.04		0		1		13.11	5.13	
Copper, Cu		0.113		0		1		0.245	0.096	
Manganese, Mn		0.026	5	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		25		0		1		54	21	
Folate, DFE	mcg_DFE	25		0	NC	4		54	21	
Vitamin B-12	mcg	2.70		0		1		5.86	2.30	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.18		0		1		0.39	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
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		0.000		0		1		0.000	0.000	
6:0		0.000	)	0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	-	0.020		0		1		0.043	0.017	
12:0	g	0.030	)	0		1		0.065	0.026	
13:0	-									
14:0		0.320	)	0		1		0.694	0.272	
15:0	g									
16:0		2.170	)	0		1		4.709	1.845	
17:0										
18:0	-	1.330	)	0		1		2.886	1.131	
20:0	g									
22:0	-									
24:0	-									

NDB No. 17042 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

	<u>A</u> 1	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common measures of food			
		Numbe	r			<u>m</u>	easures of food		
Nutrients and Units	Mean	of Data Std. Error Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fetter with total management of	4.360	0		1		9.461	3.706		
Fatty acids, total monounsaturatedg	4.500	· ·		-		9.401	3.706		
15:1g									
16:1 undifferentiatedg	0.320	0		1		0.694	0.272		
17:1g									
18:1 undifferentiatedg	3.930			1		8.528	3.341		
20:1g	0.000			1		0.000	0.000		
22:1 undifferentiatedg	0.000	0		1		0.000	0.000		
24:1 cg									
Fatty acids, total polyunsaturatedg	0.950			1		2.062	0.808		
18:2 undifferentiatedg	0.710			1		1.541	0.604		
18:3 undifferentiatedg	0.160			1		0.347	0.136		
18:4g	0.000	0		1		0.000	0.000		
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.080			1		0.174	0.068		
20:5 n-3g	0.000			1		0.000	0.000		
22:5 n-3g	0.000			1		0.000	0.000		
22:6 n-3g	0.000	0		1		0.000	0.000		
Fatty acids, total trans9									
Cholesterol mg	87	0		1		189	74		
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.291	. 0		1		0.631	0.247		
Threonineg	1.067			1		2.315	0.907		
Isoleucine 9	1.203			1		2.611	1.023		
Leucine	1.940			1		4.210	1.649		
Lysine	2.202			1		4.778	1.872		
Methionineg	0.640			1		1.389	0.544		
Cystine	0.298			1		0.647	0.253		
Phenylalanineg	1.015			1		2.203	0.863		
Tyrosineg	0.838			1		1.818	0.712		
Valineg	1.346			1		2.921	1.144		
Arginine	1.482			1		3.216	1.260		
Histidine	0.790			1		1.714	0.672		
Alanine	1.500			1		3.255	1.275		
Aspartic acid	2.195			1		4.763	1.866		
Glutamic acid	3.619			1		7.853	3.076		
Glycine	1.218			1		2.643	1.035		
Proline	1.046			1		2.270	0.889		
Serine	0.927			1		2.012	0.788		
Hydroxyproline	0.327	· ·		_		2.012	0.788		
nydroxypronne9									
Others:									
Alcohol, ethylg	0.0	0		7		0.0	0.0		
Caffeinemg	0	0	z	7		0	0		
Theobromine mg	0	0	Z	7		0	0		
Carotenoids:									
Carotene, betamcg	0	0	z	7		0.000	0.000		
Carotene, alphamcg	0	0	Z	7		0.000	0.000		
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000		
Lycopenemcg	0	0	Z	7		0.000	0.000		
Lycopene mcg  Lutein + zeaxanthin mcg	0	0	Z	7		0.000	0.000		
Luteni + zeaxantininiiicg	U	U	4	,		0.000	0.000		

## **Common Measures:**

Measure 1 = 217g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17042

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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%

		<u>Aı</u>	mount in 100 g			le portic	<u>on</u>		edible portion of	of common
			Nu	mbe	r			<u>m</u> e	easures of food	
Nutrients and Un	nits	Mean	of Std. Error Po		Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:	2	72.99	0.277	32		1		20.69	221 00	
Water	-		0.277	3∠ 0	NG.				331.08	
Energy		144		U	NC	4 4		41 171	653	
Energy		602	0.156	20		1			2733	
Protein (N x 6.25)	=	19.55 6.76	0.156 0.251	32 32		1		5.54 1.92	88.68	
Total lipid (fat)		1.04	0.231	32		1		0.29	30.66 4.72	
Ash		0.00	0.010	0	z	7		0.29	0.00	
Carbohydrate, by difference	=	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary				0	Z	7				
Sugars, total		0.00		U	Z	,		0.00	0.00	
Starch	9									
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		4.77	0.152	32		1		1.35	21.64	
Copper, Cu		0.109		32		1		0.031	0.494	
Manganese, Mn		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	_	0.120	0.006	16		1		0.034	0.544	
Riboflavin		0.220	0.012	16		1		0.062	0.998	
Niacin	mg	5.450	0.241	16		1		1.545	24.721	
Pantothenic acid		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		23	1.182	16		1		7	104	
Folate, DFE		23		0	NC	4		7	104	
Vitamin B-12	mcg	2.78	0.141	16		1		0.79	12.61	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.22		0		1		0.06	1.00	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D		3.4		0	BFYN	4		1.0	15 4	
Vitamin K (phylloquinone)	illeg	3.4		U	Drin	4		1.0	15.4	
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.420	)	0		1		0.686	10.977	
4:0	g	0.000	1	0		1		0.000	0.000	
6:0	g	0.000	1	0		1		0.000	0.000	
8:0	g	0.000	1	0		1		0.000	0.000	
10:0	g	0.010	1	373		1		0.003	0.045	
12:0		0.020	1	373		1		0.006	0.091	
13:0										
14:0	g	0.180	1	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									

NDB No. 17039 Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw

		<u>A</u>	mount in 100 grams		le portio	<u>on</u>		edible portion of easures of food	
				Deriv	Source Code	Confidence Code			
Nutrients and	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	atad O	2.720	0		1		0.771	12.338	
14:1	g		·		_		0.772	12.330	
15:1 16:1 undifferentiated	_	0.210	373		1		0.060	0.953	
17:1	_								
18:1 undifferentiated	_	2.460			1		0.697	11.159	
20:1	• • • • • • • • • • • • • • • • • • • •	0.000			1		0.000	0.000	
22:1 undifferentiated 24:1 c	•	0.000	0		1		0.000	0.000	
Fatty acids, total polyunsatural		0.620	0		1		0.176	2.812	
18:2 undifferentiated		0.460			1		0.130	2.087	
18:3 undifferentiated		0.090			1		0.026	0.408	
18:4	=	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			1		0.000	0.000	
22:5 n-3	-	0.000			1		0.000	0.000	
22:6 n-3		0.000	0		1		0.000	0.000	
Fatty acids, total trans					_				
Cholesterol	_	66	1.113 16		1		19	299	
Phytosterols	riig								
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	-	1.521			1		0.431	6.899	
Lysine		1.726			1		0.489	7.829	
Methionine		0.502			1		0.142	2.277	
Cystine		0.233			1		0.066	1.057	
Phenylalanine		0.796			1		0.226	3.611	
Tyrosine	=	0.657			1 1		0.186	2.980	
ValineArginine	-	1.055 1.161			1		0.299 0.329	4.785 5.266	
Histidine		0.619			1		0.329	2.808	
Alanine		1.176			1		0.333	5.334	
Aspartic acid		1.721			1		0.488	7.806	
Glutamic acid		2.837			1		0.804	12.869	
Glycine	=	0.955			1		0.271	4.332	
Proline		0.820			1		0.232	3.720	
Serine		0.727			1		0.206	3.298	
Hydroxyproline		0	·		-		0.200	0.250	
	g								
Others:	~		-		_		0 0		
Alcohol, ethyl		0.0	0	_	7		0.0	0.0	
Caffeine		0	0	z z	7 7		0	0	
Theobromine	9	U	Ü	z	,		U	0	
Carotenoids:									
Carotene, beta		0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z	7		0.000	0.000	
Lycopene		0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000	0.000	

## **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 17039

Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

		<u>A</u> :	mount in 100	<u>0 grams</u>	of edib	le portio	<u>n</u>	Amount in edible portion of common		
			ļ	Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	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				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		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	ma	22		0		1		69	19	
Iron. Fe.	-	1.79		0		1		5.60	1.52	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24		0		1		75	20	
Phosphorus, P		201		0		1		629	171	
Potassium, K	-	339		0		1		1061	288	
Sodium, Na		81		0		1		254	69	
Zinc, Zn	mg	4.67		0		1		14.62	3.97	
Copper, Cu	mg	0.128	3	0		1		0.401	0.109	
Manganese, Mn	mg	0.024	l	0		1		0.075	0.020	
Selenium, Se	mcg	27.7		0	BFNN	4		86.7	23.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.100	1	0	_	1		0.313	0.085	
Riboflavin	_	0.250		0		1		0.783	0.213	
Niacin	_	6.700		0		1		20.971	5.695	
Pantothenic acid	-	0.660		0		1		2.066	0.561	
Vitamin B-6	-	0.140		0		1		0.438	0.119	
Folate, total	-	19		0		1		59	16	
Folic acid		0		0	z	7		0	0	
Folate, food		19		0		1		59	16	
Folate, DFE		19		0	NC	4		59	16	
Vitamin B-12		2.61		0		1		8.17	2.22	
Vitamin A, IU	IU -	0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.14		0		1		0.44	0.12	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	5.3		0	BFYN	4		16.4	4.5	
Lipids:										
Fatty acids, total saturated	q	8.120	)	0		1		25.416	6.902	
4:0		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	
12:0	g	0.080	)	0		1		0.250	0.068	
13:0										
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	-	2.630	)	0		1		8.232	2.236	
20:0	-									
22:0	g									
24:0	g									

		<u>A</u> 1	mount in 100 g		Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean		mber Data Der ints Cod		Confidence Code	Measure 1	Measure 2	Measure 3
E-thid- total management	9	8.320		0	1		26.042	7.072	
Fatty acids, total monounsaturated.	g	0.320		v	-		20.042	7.072	
15:1	g	0.570		0	1		1.784	0.485	
17:1 18:1 undifferentiated	g	7.570		0	1		23.694	6.435	
20:1 22:1 undifferentiated		0.000		0 0	1 1		0.000 0.000	0.000 0.000	
24:1 cFatty acids, total polyunsaturated		1.400	ı	0	1		4.382	1.190	
18:2 undifferentiated	g	1.070		0	1 1		3.349 0.814	0.910 0.221	
18:4	g	0.000		0	1		0.814	0.000	
20:2 n-6 c,c 20:3 undifferentiated	g								
20:4 undifferentiated 20:5 n-3	_	0.070 0.000		0 0	1 1		0.219 0.000	0.060 0.000	
22:5 n-3	-	0.000		0 0	1 1		0.000	0.000	
Fatty acids, total trans		97		0	1		304	82	
Phytosterols	_								
Amino Acids: Tryptophan	а	0.289	ı	0	1		0.905	0.246	
Threonine	g	1.059	ı	0	1		3.315	0.900	
IsoleucineLeucine	g	1.194 1.925		0 0	1 1		3.737 6.025	1.015 1.636	
Lysine Methionine		2.186 0.635		0 0	1 1		6.842 1.988	1.858 0.540	
CystinePhenylalanine		0.295 1.008		0	1 1		0.923 3.155	0.251 0.857	
Tyrosine	g	0.832		0	1		2.604	0.707	
ValineArginine	g	1.335 1.470		0 0	1 1		4.179 4.601	1.135 1.250	
HistidineAlanine		0.784 1.488		0 0	1 1		2.454 4.657	0.666 1.265	
Aspartic acidGlutamic acid	g	2.178 3.591		0	1 1		6.817 11.240	1.851 3.052	
Glycine	g	1.209	ı	0	1		3.784 3.249	1.028	
Proline	g	1.038 0.920		0 0	1 1		2.880	0.882 0.782	
Hydroxyproline	g								
Others: Alcohol, ethyl		0.0			z 7		0.0	0.0	
Caffeine Theobromine		0 0		0 2			0 0	0 0	
Carotenoids:									
Carotene, beta Carotene, alpha		0 0		0 2	z 7 z 7		0.000 0.000	0.000 0.000	
Cryptoxanthin, beta		0 0			z 7 z 7		0.000	0.000	
Lutein + zeaxanthin		0			7		0.000	0.000	

# **Common Measures:**

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

Measure 2 = 85g: 3 oz

NDB No. 17225

Lamb, ground, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

		<u>Aı</u>	mount in 10	0 grams		edible portion				
				Number	•			<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	59.47		0		1		16.86	67.20	
Energy	kcal	282		0	NC	4		80	319	
Energy	kj	1180				4		334	1333	
Protein (N x 6.25)		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									
<b>1</b> :										
Minerals:	ma	16		0		1		5	18	
Calcium, Ca	-	1.55		0		1		0.44	18 1.75	
Magnesium, Mg		21		0		1		6	24	
Phosphorus, P		157		0		1		45	177	
Potassium, K	-	222		0		1		63	251	
Sodium, Na	-	59		0		1		17	67	
Zinc, Zn	-	3.41		0		1		0.97	3.85	
Copper, Cu		0.101	_	0		1		0.029	0.114	
Manganese, Mn		0.019		0		1		0.005	0.021	
Selenium, Se		18.8		0	BFNN	4		5.3	21.2	
7:4 :										
<u>Vitamins:</u>		0.0		0	Z	7		0.0		
Vitamin C, total ascorbic acid	-	0.0		0	Z	1			0.0	
Thiamin		0.110 0.210		0		1		0.031 0.060	0.124 0.237	
Riboflavin		5.960		0		1		1.690	6.735	
Niacin Pantothenic acid		0.650		0		1		0.184	0.735	
Vitamin B-6		0.030		0		1		0.184	0.147	
Folate, total	-	18	•	0		1		5	20	
Folic acid		0		0	z	7		0	0	
Folate, food		18		0	_	1		5	20	
Folate, DFE		18		0	NC	4		5	20	
Vitamin B-12		2.31		0		1		0.65	2.61	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.20		0		1		0.06	0.23	
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	3.6		0	BFSN	4		1.0	4.0	
Lipids:										
Fatty acids, total saturated	q	10.190	)	0		1		2.889	11.515	
4:0		0.000	)	0		1		0.000	0.000	
6:0	g	0.000	)	0		1		0.000	0.000	
8:0	_	0.000	)	0		1		0.000	0.000	
10:0	g	0.060	)	0		1		0.017	0.068	
12:0	g	0.100	)	0		1		0.028	0.113	
13:0										
14:0	g	0.930	)	0		1		0.264	1.051	
15:0										
16:0	g	5.130	)	0		1		1.454	5.797	
17:0	_									
18:0	_	3.220	)	0		1		0.913	3.639	
20:0	_									
22:0	0									

		<u>Ar</u>	nount in 10	Amount in edible portion of common measures of food						
Nutrients and Un	iite	Mean	Std. Error	Number of Data		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and On		Weali	Stu. Elloi					Weasure I	Weasure 2	Weasure 3
Fatty acids, total monounsaturated.	g	9.600		0		1		2.722	10.848	
14:1	g									
15:1 16:1 undifferentiated		0.680		0		1		0.193	0.768	
17:1	_	8.620		0		1		0.444	0.741	
20:1		0.000		0		1		2.444 0.000	9.741 0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•	0.000		Ū		-		0.000	0.000	
Fatty acids, total polyunsaturated		1.850		0		1		0.524	2.091	
18:2 undifferentiated		1.360		0		1		0.386	1.537	
18:3 undifferentiated		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	_	0.080		0		1		0.023	0.090	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3		0.000		0		1		0.000	0.000	
22:6 n-3		0.000		0		1		0.000	0.000	
Fatty acids, total trans									••	
Cholesterol		73		0		1		21	82	
Phytosterols	Ing									
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		0.996		0		1		0.282	1.125	
Aspartic acid	-	1.457		0		1		0.413	1.646	
Glutamic acid	-	2.402		0		1		0.681	2.714	
Glycine		0.809		0		1		0.229	0.914	
Proline	_	0.694		0		1		0.197	0.784	
Serine		0.615		0		1		0.174	0.695	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:	-									
Carotene, beta	mca	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	z	, 7		0.000	0.000	
L 1 CODCIIC	g	Ū		•	Z	•		0.000	3.000	

# **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz NDB No. 17224 Lamb, ground, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

		A	mount in 10			Amount in edible portion of common measures of food				
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		54.80		0	PAE	4		132.62	46.58	
Energy		270		0	NC	4		653	230	
Energy		1130 25.26		•	D3.0	4 4		2734 61.13	960	
Protein (N x 6.25) Total lipid (fat)		17.98		0	PAE PAE	4		43.51	21.47 15.28	
Ash		1.40		0	PAE	4		3.39	1.19	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	_	0.0		0	z	7		0.0	0.0	
Sugars, total				-	_	·			• • •	
Starch										
Minerals:								0.6		
Calcium, Ca	-	15 2.08		0 0	PAE PAE	4 4		36 5.03	13 1.77	
Iron, FeMagnesium, Mg		19		0	PAE	4		46	16	
Phosphorus, P		211		0	PAE	4		511	179	
Potassium, K	•	161		0	PAE	4		390	137	
Sodium, Na	-	46		0	PAE	4		111	39	
Zinc, Zn		3.61		0	PAE	4		8.74	3.07	
Copper, Cu	mg	0.102	2	0	PAE	4		0.247	0.087	
Manganese, Mn	<u>mg</u>	0.023	3	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		7.310	)	0	PAE	4		17.690	6.214	
Pantothenic acid		0.530		0	PAE	4		1.283	0.451	
Vitamin B-6		0.110	)	0	PAE	4		0.266	0.094	
Folate, total		1		0	PAE	4		2 0	1	
Folic acid		0 1		0 0	Z	7 4		2	0 1	
Folate, foodFolate, DFE		1		0	PAE NC	4		2	1	
Vitamin B-12		2.71		0	PAE	4		6.56	2.30	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	inog									
Lipids:										
Fatty acids, total saturated		8.760	)	0	PAE	4		21.199	7.446	
4:0										
6:0										
8:0 10:0	-	0.050	1	0	PAE	4		0.121	0.043	
12:0	-	0.030		0	PAE	4		0.121	0.043	
13:0	_	2.070		•		-		0.103	2.000	
14:0	-	0.690	)	0	PAE	4		1.670	0.587	
15:0										
16:0		3.920	)	0	PAE	4		9.486	3.332	
17:0	g									
18:0	-	3.350	)	0	PAE	4		8.107	2.848	
20:0	-									
22:0	-									
24:0	9									

NDB No. 17255
Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked

		<u>Ar</u>	nount in 10		Amount in edible portion of common measures of food					
Nutrients and Units	<b>;</b>	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		6.960		0	PAE	4		16.843	5.916	
14:1	-									
15:1		0.240		0	D3.0			0 000	0.000	
16:1 undifferentiated	-	0.340		U	PAE	4		0.823	0.289	
17:1		6 400		•				45 506		
18:1 undifferentiated		6.490		0	PAE	4		15.706	5.517	
20:1		0.020		0	PAE	4		0.048	0.017	
22:1 undifferentiated	•									
24:1 c	•			•				0.100		
Fatty acids, total polyunsaturated		0.880		0	PAE	4		2.130	0.748	
18:2 undifferentiated		0.530		0	PAE	4		1.283	0.451	
18:3 undifferentiated		0.320		0	PAE	4		0.774	0.272	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	0.030		0	PAE	4		0.073	0.026	
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	106		0	PAE	4		257	90	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.295		0	PAE	4		0.714	0.251	
Threonine		1.081		0	PAE	4		2.616	0.919	
Isoleucine	-	1.218		0	PAE	4		2.948	1.035	
Leucine		1.964		0	PAE	4		4.753	1.669	
Lysine		2.230		0	PAE	4		5.397	1.896	
Methionine	-	0.648		0	PAE	4		1.568	0.551	
Cystine	-	0.301		0	PAE	4		0.728	0.256	
Phenylalanine		1.028		0	PAE	4		2.488	0.874	
Tyrosine		0.849		0	PAE	4		2.055	0.722	
2	-	1.363		0	PAE	4		3.298	1.159	
ValineArginine		1.500		0	PAE	4		3.630	1.159	
Histidine	-	0.800		0	PAE	4		1.936	0.680	
Alanine	-	1.519		0	PAE	4		3.676	1.291	
		2.223		0	PAE	4		5.380	1.291	
Aspartic acid		3.665		0	PAE	4		8.869	3.115	
Glutamic acid	-			0		4				
Glycine	-	1.233 1.059		0	PAE PAE	4		2.984 2.563	1.048	
Proline									0.900	
Serine	-	0.939		0	PAE	4		2.272	0.798	
Hydroxyproline	9									

# **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. 17254 Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 27% Bone

		<u>A</u> i	mount in 10			ne portio	<u>n</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	easures of food  Measure 2	<u>l</u> Measure
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									
Ainerals:										
Calcium, Ca	mg	11		0	PAE	4		3	50	
Iron, Fe	-	1.54		0	PAE	4		0.44	6.99	
Magnesium, Mg		16		0	PAE	4		5	73	
Phosphorus, P		179		0	PAE	4		51	812	
Potassium, K	mg	147		0	PAE	4		42	667	
Sodium, Na		41		0	PAE	4		12	186	
Zinc, Zn		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	
itamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	z	7		0.0	0.0	
Thiamin		0.130	)	0	PAE	4		0.037	0.590	
Riboflavin	mg	0.350	)	0	PAE	4		0.099	1.588	
Niacin		6.570	)	0	PAE	4		1.863	29.802	
Pantothenic acid		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		0		0	Z	7		0	0	
Folate, food	mcg	1		0	PAE	4		0	5	
Folate, DFE		1		0	NC	4		0	5	
Vitamin B-12		2.50		0	PAE	4		0.71	11.34	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	g	8.640	)	0	PAE	4		2.449	39.191	
4:0	g									
6:0	-									
8:0										
10:0	-	0.050		0	PAE	4		0.014	0.227	
12:0		0.070	)	0	PAE	4		0.020	0.318	
13:0	-			_	_	_				
14:0		0.700	)	0	PAE	4		0.198	3.175	
15:0	-			_	_	_				
16:0	-	3.770	)	0	PAE	4		1.069	17.101	
17:0	-			_		_				
18:0	-	3.400	)	0	PAE	4		0.964	15.422	
20:0										
22:0	a									

NDB No. 17254
Lamb, new zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw

	<u>Ar</u>	nount in 100 grar		ble portic	<u>on</u>	Amount in edible portion of common measures of food			
		Numb		_		<u></u>	easures or roou		
Nutrients and Units	Mean	of Da Std. Error Point	ta Deriv s Code		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	6.600	0	PAE	4		1.871	29.938		
14:1g									
15:1g									
16:1 undifferentiated	0.290	0	PAE	4		0.082	1.315		
17:1g									
18:1 undifferentiatedg	6.170	0		4		1.749	27.987		
20:1g	0.030	0	PAE	4		0.009	0.136		
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	0.750	0		4		0.213	3.402		
18:2 undifferentiatedg	0.420	0		4		0.119	1.905		
18:3 undifferentiatedg	0.310	0	PAE	4		0.088	1.406		
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.020	0	PAE	4		0.006	0.091		
20:5 n-3g									
22:5 n-3g									
22:6 n-3									
Fatty acids, total trans	77	0	PAE	4		22	349		
Phytosterols mg	,,	•	FAL	-		22	349		
Fliytosterois									
Amino Acids:									
Tryptophang	0.210	0	PAE	4		0.060	0.953		
Threonineg	0.768	0	PAE	4		0.218	3.484		
Isoleucineg	0.866	0	PAE	4		0.246	3.928		
Leucineg	1.396	0	PAE	4		0.396	6.332		
Lysineg	1.585	0	PAE	4		0.449	7.190		
Methionineg	0.461	0	PAE	4		0.131	2.091		
Cystineg	0.214	0	PAE	4		0.061	0.971		
Phenylalanineg	0.731	0		4		0.207	3.316		
Tyrosineg	0.603	0		4		0.171	2.735		
Valineg	0.968	0		4		0.274	4.391		
Arginineg	1.066	0		4		0.302	4.835		
Histidine	0.569	0		4		0.161	2.581		
Alanineg	1.079	0		4		0.306	4.894		
Aspartic acidg	1.580	0		4		0.448	7.167		
Glutamic acid	2.604	0		4		0.738	11.812		
Glycineg	0.877	0		4		0.249	3.978		
Proline	0.753	0		4		0.213	3.416		
Serineg	0.667	0	PAE	4		0.189	3.026		
Hydroxyprolineg									

### **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. 17257 Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

Refuse: 50% Bone

		<u>A</u>	mount in 10			le portio	<u>on</u>		edible portion	
				Number of Data	Deriv	Source Code	Confidence Code		easures of food	-
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
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		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:										
Calcium, Ca	_	14		0	PAE	4		24	12	
Iron, Fe		2.07		0	PAE	4		3.48	1.76	
Magnesium, Mg		15		0	PAE	4		25	13	
Phosphorus, P		175		0	PAE	4		294	149	
Potassium, K		118		0	PAE	4		198	100	
Sodium, Na		47		0	PAE	4		79	40	
Zinc, Zn		4.80		0	PAE	4		8.06	4.08	
Copper, Cu		0.102		0	PAE	4		0.171	0.087	
Manganese, Mn		0.024	Į.	0	PAE	4		0.040	0.020	
Selenium, Se	mcg	5.3		0	BFZN	4		8.9	4.5	
<del>'itamins:</del>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	-	0.070	)	0	PAE	4		0.118	0.060	
Riboflavin		0.330	)	0	PAE	4		0.554	0.281	
Niacin		6.070		0	PAE	4		10.198	5.160	
Pantothenic acid	mg	0.410		0	PAE	4		0.689	0.349	
Vitamin B-6	_	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		1		0	PAE	4		2	1	
Folate, DFE	mcg_DFE	1		0	NC	4		2	1	
Vitamin B-12		2.44		0	PAE	4		4.10	2.07	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> ipids:</u>										
Fatty acids, total saturated	g	7.820	)	0	PAE	4		13.138	6.647	
4:0	g									
6:0	-									
8:0	g									
10:0		0.050		0	PAE	4		0.084	0.043	
12:0	g	0.060	)	0	PAE	4		0.101	0.051	
13:0	-									
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									

NDB No. 17257 Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised

	<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units		Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
				_						
Fatty acids, total monounsaturated		6.100		0	PAE	4		10.248	5.185	
14:1	_									
15:1		0.000		0	D3.0			0.470	0.000	
16:1 undifferentiated	-	0.280		U	PAE	4		0.470	0.238	
17:1		F 700		•					4 045	
18:1 undifferentiated		5.700		0	PAE	4		9.576	4.845	
20:1		0.020		0	PAE	4		0.034	0.017	
22:1 undifferentiated	•									
24:1 c	•									
Fatty acids, total polyunsaturated		0.730		0	PAE	4		1.226	0.621	
18:2 undifferentiated		0.430		0	PAE	4		0.722	0.366	
18:3 undifferentiated		0.280		0	PAE	4		0.470	0.238	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated	-	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	-	0.322		0	PAE	4		0.541	0.274	
Phenylalanine		1.098		0	PAE	4		1.845	0.933	
Tyrosine		0.906		0	PAE	4		1.522	0.770	
Valine	-	1.455		0	PAE	4		2.444	1.237	
Arginine		1.602		0	PAE	4		2.691	1.362	
Histidine	-	0.854		0	PAE	4		1.435	0.726	
Alanine	-	1.622		0	PAE	4		2.725	1.379	
Aspartic acid		2.374		0	PAE	4		3.988	2.018	
Glutamic acid		3.914		0	PAE	4		6.576	3.327	
Glycine	-	1.317		0	PAE	4		2.213	1.119	
Proline	-	1.317		0	PAE	4		1.900		
									0.961	
Serine	-	1.003		0	PAE	4		1.685	0.853	
Hydroxyproline	y									

## **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. 17256 Lamb, new zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 45% Bone

		<u>A</u>	mount in 10			le portic	on		edible portion o	of common
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		66.02		0	PAE	4		18.72	299.47	
Energy		223		0	NC	4		63	1012	
Energy		933		•		4		265	4232	
Protein (N x 6.25)		18.04		0 0	PAE	4 4		5.11	81.83	
Total lipid (fat)		16.15		0	PAE	4		4.58	73.26	
Ash		1.06		0	PAE Z	7		0.30	4.81	
Carbohydrate, by difference	-	0.00		0	Z	7		0.00 0.0	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	10		0	PAE	4		3	45	
Iron, Fe	mg	1.49		0	PAE	4		0.42	6.76	
Magnesium, Mg		15		0	PAE	4		4	68	
Phosphorus, P	•	170		0	PAE	4		48	771	
Potassium, K	-	131		0	PAE	4		37	594	
Sodium, Na		45		0	PAE	4		13	204	
Zinc, Zn	-	3.37		0	PAE	4		0.96	15.29	
Copper, Cu		0.095		0	PAE	4		0.027	0.431	
Manganese, Mn		0.020	1	0	PAE	4		0.006	0.091	
Selenium, Se	mcg	3.5		U	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	1	0	PAE	4		0.102	1.633	
Niacin		6.300	)	0	PAE	4		1.786	28.577	
Pantothenic acid		0.510		0	PAE	4		0.145	2.313	
Vitamin B-6		0.110	)	0	PAE	4		0.031	0.499	
Folate, total		1		0	PAE	4		0	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0	PAE	4		0	5	
Folate, DFE		1		0	NC	4		0	5	
Vitamin B-12		2.53		0	PAE	4		0.72	11.48	
Vitamin A, IU	IU	0 0		0 0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE PAE	4 4		0	0 0	
Retinol		U		U	PAL	4		U	U	
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	~	0 100		•				0.210	27 104	
Fatty acids, total saturated		8.180	•	0	PAE	4		2.319	37.104	
4:0 6:0										
8:0										
10:0	-	0.050	)	0	PAE	4		0.014	0.227	
12:0	_	0.060		0	PAE	4		0.017	0.272	
13:0	_			-		=		- · · · ·	· · · · ·	
14:0	_	0.670	1	0	PAE	4		0.190	3.039	
15:0										
16:0		3.550	1	0	PAE	4		1.006	16.103	
17:0	-									
18:0	g	3.220	)	0	PAE	4		0.913	14.606	
20:0	g									
22:0	_									
24:0	g									

		<u>Aı</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	a	6.190		0	PAE	4		1.755	28.078		
14:1		0.130		Ū	FAL	-		1.755	20.076		
15:1											
16:1 undifferentiated	-	0.280		0	PAE	4		0.079	1.270		
17:1	_										
18:1 undifferentiated		5.790		0	PAE	4		1.641	26.263		
20:1		0.030		0	PAE	4		0.009	0.136		
22:1 undifferentiated	-										
24:1 c											
Fatty acids, total polyunsaturated	•	0.700		0	PAE	4		0.198	3.175		
18:2 undifferentiated	-	0.390		0	PAE	4		0.111	1.769		
18:3 undifferentiated		0.290		0	PAE	4		0.082	1.315		
18:4											
20:2 n-6 c,c	_										
20:3 undifferentiated.											
20:4 undifferentiated		0.010		0	PAE	4		0.003	0.045		
20:5 n-3											
22:5 n-3	_										
22:6 n-3											
Fatty acids, total trans	-										
Cholesterol	_	71		0	PAE	4		20	322		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.211		0	PAE	4		0.060	0.957		
Threonine		0.772		0	PAE	4		0.219	3.502		
Isoleucine		0.870		0	PAE	4		0.247	3.946		
Leucine		1.403		0	PAE	4		0.398	6.364		
Lysine	-	1.593		0	PAE	4		0.452	7.226		
Methionine		0.463		0	PAE	4		0.131	2.100		
Cystine		0.215		0	PAE	4		0.061	0.975		
Phenylalanine	-	0.734		0	PAE	4		0.208	3.329		
Tyrosine		0.754		0	PAE	4		0.172	2.749		
Valine		0.974		0	PAE	4		0.276	4.418		
Arginine	_	1.072		0	PAE	4		0.304	4.863		
Histidine	_	0.572		0	PAE	4		0.162	2.595		
Alanine	-	1.085		0	PAE	4		0.308	4.922		
Aspartic acid		1.588		0	PAE	4		0.450	7.203		
Glutamic acid		2.618		0	PAE	4		0.742	11.875		
Glycine	-	0.881		0	PAE	4		0.250	3.996		
Proline	-	0.757		0	PAE	4		0.215	3.434		
Serine	-	0.671		0	PAE	4		0.190	3.044		
Hydroxyproline		0.571		Ū		•		3.130	3.044		
11yaroxypronne	9										

## **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. 17259
Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 25% Bone

		<u>A</u>	mount in 100 gra	ns of edi	ole portic	<u>on</u>		edible portion	
			Numl	er			<u>m</u>	easures of food	<u>l</u>
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Poin	s Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	59.01	(	PAE	4		149.30	50.16	
Energy		234	(	NC	4		592	199	
Energy		979			4		2477	832	
Protein (N x 6.25)	g	25.34	(	PAE	4		64.11	21.54	
Total lipid (fat)		13.95	(	PAE	4		35.29	11.86	
Ash		1.41	(	PAE	4		3.57	1.20	
Carbohydrate, by difference		0.00	(	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0	(	Z	7		0.0	0.0	
Sugars, total	g								
Starch									
Minerals:	ma	^	,				22	•	
Calcium, Ca		9 2.13	(		4 4		23 5.39	8 1.81	
Iron, Fe		2.13	(		4		5.39 51	1.81 17	
Magnesium, Mg		20	(		4		51 559	17	
Phosphorus, P Potassium, K	-	170	(		4		430	145	
Sodium, Na	-	44	(		4		111	37	
Zinc, Zn		3.67	Č		4		9.29	3.12	
Copper, Cu		0.105			4		0.266	0.089	
Manganese, Mn		0.024			4		0.061	0.020	
Selenium, Se		4.1	(	BFNN	4		10.4	3.5	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	_	0.0	(		7		0.0	0.0	
Thiamin	• • • • • • • • • • • • • • • • • • • •	0.120			4		0.304	0.102	
Riboflavin	• • • • • • • • • • • • • • • • • • • •	0.460			4		1.164	0.391	
Niacin	-	7.570			4		19.152	6.435	
Pantothenic acid		0.550			4		1.392	0.468	
Vitamin B-6		0.130			4		0.329	0.111	
Folate, total		1 0	(		4 7		3 0	1	
Folic acid		1	(	_	4		3	0 1	
Folate, food		1	(		4		3 3	1	
Folate, DFE		2.61	(		4		6.60	2.22	
Vitamin B-12 Vitamin A, IU		0	(		4		0	0	
Vitamin A, RAE	mca PAF	0	(		4		0	0	
Retinol		0	(		4		0	0	
Vitamin E (alpha-tocopherol)		Ū	`	FAL	•		Ū	U	
Tocopherol, beta	ma								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
<u>Lipids:</u>									
Fatty acids, total saturated		6.750	) (	PAE	4		17.078	5.738	
4:0									
6:0 8:0									
10:0	-	0.040	) (	PAE	4		0.101	0.034	
12:0	-	0.040			4		0.101	0.034	
13:0	-	0.050		FAL	-		0.127	0.043	
14:0	-	0.530	) (	PAE	4		1.341	0.451	
15:0	-	0.550	`		•		541	0.401	
16:0	-	3.030	) (	PAE	4		7.666	2.576	
17:0	-	2.030	`		-		7.000	2.570	
18:0		2.590	) (	PAE	4		6.553	2.202	
	-								
20:0	q								

	<u>A</u> 1	nount in 100 grams		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g								
Fatty acids, total monounsaturatedg	5.400	0	PAE	4		13.662	4.590	
14:1g								
15:1g								
16:1 undifferentiatedg	0.260	0	PAE	4		0.658	0.221	
17:1g								
18:1 undifferentiatedg	5.040		PAE	4		12.751	4.284	
20:1g	0.010	0	PAE	4		0.025	0.009	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.680		PAE	4		1.720	0.578	
18:2 undifferentiatedg	0.410		PAE	4		1.037	0.349	
18:3 undifferentiatedg	0.250	0	PAE	4		0.633	0.213	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.020	0	PAE	4		0.051	0.017	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans								
Cholesterol mg	101	0	PAE	4		256	86	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.296	0	PAE	4		0.749	0.252	
Threonineg	1.085	0	PAE	4		2.745	0.922	
Isoleucineg	1.223	0	PAE	4		3.094	1.040	
Leucineg	1.971	. 0	PAE	4		4.987	1.675	
Lysineg	2.238	0	PAE	4		5.662	1.902	
Methionineg	0.650	0	PAE	4		1.645	0.553	
Cystineg	0.302	0	PAE	4		0.764	0.257	
Phenylalanineg	1.032	0	PAE	4		2.611	0.877	
Tyrosineg	0.852	0	PAE	4		2.156	0.724	
Valineg	1.367	0	PAE	4		3.459	1.162	
Arginineg	1.506	0	PAE	4		3.810	1.280	
Histidineg	0.803	0	PAE	4		2.032	0.683	
Alanineg	1.524		PAE	4		3.856	1.295	
Aspartic acidg	2.231	. 0	PAE	4		5.644	1.896	
Glutamic acidg	3.678	0	PAE	4		9.305	3.126	
Glycineg	1.238	0	PAE	4		3.132	1.052	
Prolineg	1.063	0	PAE	4		2.689	0.904	
Serineg	0.942	0	PAE	4		2.383	0.801	
Hydroxyprolineg								

## **Common Measures:**

Measure 1 = 253g: 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. 17258 Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 24% Bone

		<u>A</u>	mount in 10			le portio	<u>n</u>		edible portion	
Nutrients and Un	ite	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure
rathents and on		Wican	Ota. Error					Wicusure 1	MCGGGTC 2	measare
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)		18.76		0	PAE	4		5.32	85.10	
Total lipid (fat)		13.37		0	PAE	4		3.79	60.65	
Ash		1.03		0	PAE	4		0.29	4.67	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
		0.00		0	z	7		0.00		
Fiber, total dietary		0.0		U	4	,		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	7		0	PAE	4		2	32	
Iron, Fe	-	1.60		0	PAE	4		0.45	7.26	
Magnesium, Mg		18		0	PAE	4		5	82	
Phosphorus, P		189		0	PAE	4		54	857	
Potassium, K		160		0	PAE	4		45	726	
Sodium, Na		41		0	PAE	4		12	186	
Zinc, Zn		2.72		0	PAE	4		0.77	12.34	
Copper, Cu		0.095		0	PAE	4		0.027	0.431	
• •		0.093		0	PAE	4		0.027	0.431	
Manganese, Mn		3.0	L	0	BFNN	4		0.008	13.6	
Selenium, Se	Tilog	3.0		U	DEMN	-		0.9	13.0	
<u>/itamins:</u>										
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		6.860	)	0	PAE	4		1.945	31.117	
Pantothenic acid		0.510	)	0	PAE	4		0.145	2.313	
Vitamin B-6		0.130		0	PAE	4		0.037	0.590	
Folate, total	-	1		0	PAE	4		0	5	
Folic acid		0		0	z	7		0	0	
Folate, food	-	1		0	PAE	4		0	5	
Folate, DFE		1		0	NC	4		0	5	
Vitamin B-12		2.47		0	PAE	4		0.70	11.20	
		0		0	PAE	4		0.70	0	
Vitamin A, IU		0		-				•		
Vitamin A, RAE				0 0	PAE	4		0	0	
Retinol		0		U	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u>ipids:</u>										
Fatty acids, total saturated	q	6.670	)	0	PAE	4		1.891	30.255	
4:0				•		-				
6:0	-									
8:0	-									
10:0		0.040	)	0	PAE	4		0.011	0.181	
12:0	-	0.050		0	PAE	4		0.011	0.181	
		0.030	-	U	FAE	-		0.014	0.221	
13:0	-	0 500	,	^	D210	4		0 150	0.404	
14:0		0.530	,	0	PAE	4		0.150	2.404	
15:0	_			_		_				
16:0	_	2.920	,	0	PAE	4		0.828	13.245	
17:0	-									
18:0	-	2.620	)	0	PAE	4		0.743	11.884	
20:0	-									
22:0	g									
24:0	g									

NDB No. 17258
Lamb, new zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.		5.130		0	PAE	4		1.454	23.270		
14:1 15:1											
16:1 undifferentiated	_	0.230		0	PAE	4		0.065	1.043		
17:1	-	0.230		U	PAL	4		0.065	1.043		
18:1 undifferentiated		4.800		0	PAE	4		1.361	21.773		
20:1		0.020		0	PAE	4		0.006	0.091		
	_	0.020		U	PAL	4		0.006	0.091		
22:1 undifferentiated 24:1 c	_										
Fatty acids, total polyunsaturated	•	0.590		0	PAE	4		0.167	2.676		
18:2 undifferentiated	_	0.330		0	PAE	4		0.167	1.497		
18:3 undifferentiated		0.330		0	PAE	4		0.094	1.497		
18:4		0.240		U	PAL	4		0.066	1.009		
20:2 n-6 c,c	-										
20:3 undifferentiated											
20:4 undifferentiated		0.010		0	PAE	4		0.003	0.045		
20:5 n-3		0.010		Ū	FAL	-		0.003	0.045		
20.5 n-3	-										
22:6 n-3											
Fatty acids, total trans	-										
Cholesterol		75		0	PAE	4		21	340		
Phytosterols	-	, ,		·		-			0.10		
1 113 103101013											
Amino Acids:											
Tryptophan		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										

## **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. 17261 Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

Refuse: 28% Bone

		<u>A</u>	mount in 100 gra	ms of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Num	ber			<u>m</u>	easures of food	<u>l</u>
			of Da	ata Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	52.17		0 PAE	4		44.34	21.91	
Energy	-	296		0 NC	4		252	124	
23		1238		U NC	4		1053	520	
Energy				O PAE					
Protein (N x 6.25)		24.41					20.75	10.25	
Total lipid (fat)		21.28			4		18.09	8.94	
Ash		1.34		O PAE	4		1.14	0.56	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 z	7		0.0	0.0	
Sugars, total	-								
Starch	g								
Minerals:									
Calcium, Ca	ma	23		O PAE	4		20	10	
Iron, Fe	_	2.10		O PAE	4		1.79	0.88	
Magnesium, Mg	_	20		O PAE	4		17	8	
Phosphorus, P		213		O PAE	4		181	89	
Potassium, K	•	164		O PAE	4		139	69	
Sodium, Na		50		O PAE	4		43	21	
Zinc, Zn		2.76		O PAE	4		2.35	1.16	
Copper, Cu		0.112		O PAE	4		0.095	0.047	
Manganese, Mn		0.022		O PAE	4		0.019	0.009	
Selenium, Se		2.1		0 BFNN	4		1.8	0.9	
Scientini, Sc	9				-			0.5	
Vitamins:									
Vitamin C, total ascorbic acid	<u>mg</u>	0.0		0 <b>z</b>	7		0.0	0.0	
Thiamin	mg	0.120	)	O PAE	4		0.102	0.050	
Riboflavin	mg	0.370	)	O PAE	4		0.315	0.155	
Niacin	<u>mg</u>	7.920	)	0 PAE	4		6.732	3.326	
Pantothenic acid	mg	0.490	)	O 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		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	
Vitamin B-12		2.54		0 PAE	4		2.16	1.07	
Vitamin A, IU	IU	0		O PAE	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0 PAE	4		0	0	
Retinol		0		O PAE	4		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
inide.									
Lipids:		10 560	,	O PAE			0.076	4 425	
Fatty acids, total saturated		10.560	,	O PAE	4		8.976	4.435	
4:0									
6:0									
8:0	-	0.066	,	0 535			0.051	0.005	
10:0		0.060		O PAE	4		0.051	0.025	
12:0	_	0.080	,	O PAE	4		0.068	0.034	
13:0	-	0.000	`	·	,		0.500	0 0==	
14:0	-	0.850	J	O PAE	4		0.723	0.357	
15:0	-							==	
16:0	-	4.660	)	O PAE	4		3.961	1.957	
17:0	-			_	_				
18:0	-	4.090	)	O PAE	4		3.477	1.718	
	a								
20:0 22:0	-								

NDB No. 17261 Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled

		<u>Aı</u>	nount in 10	00 grams Numbei		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Ur	nits	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	a	8.200		0	PAE	4		6.970	3.444		
14:1		0.200		·		•		0.570	3.444		
15:1	-										
16:1 undifferentiated		0.380		0	PAE	4		0.323	0.160		
17:1	_	0.550		·		-		0.525	0.200		
18:1 undifferentiated		7.660		0	PAE	4		6.511	3.217		
20:1	-	0.030		0	PAE	4		0.026	0.013		
22:1 undifferentiated		0.030		•		•		0.020	0.013		
24:1 c											
Fatty acids, total polyunsaturated	•	0.990		0	PAE	4		0.842	0.416		
18:2 undifferentiated	9	0.580		0	PAE	4		0.493	0.244		
18:3 undifferentiated		0.380		0	PAE	4		0.493	0.160		
		0.380		U	FAL	-		0.323	0.100		
18:4											
20:2 n-6 c,c 20:3 undifferentiated											
		0.020		0	PAE	4		0.017	0.008		
20:4 undifferentiated	-	0.020		U	PAL	4		0.017	0.008		
20:5 n-3											
22:5 n-3	-										
22:6 n-3											
Fatty acids, total trans		113		0	PAE	4		96	47		
Cholesterol	• • • • • • • • • • • • • • • • • • • •	113		U	PAE	4		96	4 /		
Phytosterols	IIIG										
Amino Acids:											
Tryptophan	q	0.285		0	PAE	4		0.242	0.120		
Threonine		1.045		0	PAE	4		0.888	0.439		
Isoleucine	-	1.178		0	PAE	4		1.001	0.495		
Leucine		1.898		0	PAE	4		1.613	0.797		
Lysine		2.155		0	PAE	4		1.832	0.905		
Methionine	-	0.626		0	PAE	4		0.532	0.263		
Cystine	-	0.020		0	PAE	4		0.247	0.122		
Phenylalanine		0.994		0	PAE	4		0.845	0.417		
Tyrosine		0.820		0	PAE	4		0.697	0.417		
Valine	-	1.317		0	PAE	4		1.119	0.544		
		1.450		0	PAE	4		1.233	0.609		
Arginine Histidine	-	0.773		0	PAE	4		0.657	0.809		
	-	1.468		0	PAE	4		1.248	0.325		
Alanine	-	2.148		0	PAE	4		1.248	0.617		
Aspartic acid		3.542		0	PAE	4		3.011			
Glutamic acid	-								1.488		
Glycine	•	1.192		0	PAE	4		1.013	0.501		
Proline		1.024		0	PAE	4		0.870	0.430		
Serine	-	0.907		0	PAE	4		0.771	0.381		
Hydroxyproline	9										

## **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. 17260 Lamb, new zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 26% Bone

		<u>A</u> 1	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	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										
N. 6. 1											
Minerals:	ma	17		^	D3.00	4		F	11		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	17		0 0	PAE	4 4		5 0.45	11 1.00		
Iron, Fe	-	1.59 15		0	PAE PAE	4		0.45 4	1.00 9		
		170		0	PAE	4		48	107		
Phosphorus, P Potassium, K		170		0	PAE	4		48 36	81		
Sodium, Na		39		0	PAE	4		11	25		
Zinc, Zn	-	1.94		0	PAE	4		0.55	1.22		
Copper, Cu		0.087	7	0	PAE	4		0.025	0.055		
Manganese, Mn		0.018		0	PAE	4		0.005	0.011		
Selenium, Se		1.5		0	BFNN	4		0.4	0.9		
Vitamins:											
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0		
Thiamin		0.130	)	0	PAE	4		0.037	0.082		
Riboflavin	-	0.300		0	PAE	4		0.085	0.189		
Niacin		6.850		0	PAE	4		1.942	4.316		
Pantothenic acid		0.500	)	0	PAE	4		0.142	0.315		
Vitamin B-6		0.120	)	0	PAE	4		0.034	0.076		
Folate, total	-	1		0	PAE	4		0	1		
Folic acid		0		0	z	7		0	0		
Folate, food		1		0	PAE	4		0	1		
Folate, DFE		1		0	NC	4		0	1		
Vitamin B-12		2.13		0	PAE	4		0.60	1.34		
Vitamin A, IU	IU	0		0	PAE	4		0	0		
Vitamin A, RAE	mcg_RAE	0		0	PAE	4		0	0		
Retinol		0		0	PAE	4		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	incg										
Lipids:	a	11.230	1	0	PAE	4		3.184	7.075		
Fatty acids, total saturated		11.230	,	U	PAE	4		3.184	7.075		
6:0	-										
8:0	_										
10:0	-	0.070	)	0	PAE	4		0.020	0.044		
12:0		0.090		0	PAE	4		0.026	0.057		
13:0	-	0.000		•		-		3.020	0.007		
14:0	-	0.930	)	0	PAE	4		0.264	0.586		
15:0	-	2.550	-	•		-		0.204	2.500		
16:0	-	4.870	)	0	PAE	4		1.381	3.068		
17:0	-	2.070	-	•		-		1.501	5.000		
18:0	-	4.430	)	0	PAE	4		1.256	2.791		
20:0	_	1.150	-	v		•			2.,51		
	-										
22:0	a										

		<u>Ar</u>	nount in 10	00 grams Number		ole portic	<u>on</u>	Amount in	of common	
Nutrients and Units	<b>3</b>	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		8.470		0	PAE	4		2.401	5.336	
14:1	-									
15:1										
16:1 undifferentiated	-	0.380		0	PAE	4		0.108	0.239	
17:1										
18:1 undifferentiated		7.920		0	PAE	4		2.245	4.990	
20:1		0.040		0	PAE	4		0.011	0.025	
22:1 undifferentiated	•									
24:1 c	•									
Fatty acids, total polyunsaturated		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										
22:6 n-3	g									
Fatty acids, total trans										
Cholesterol		82		0	PAE	4		23	52	
Phytosterols	mg									
Amino Acids:										
•	a	0.201		0	PAE	4		0.057	0.127	
Tryptophan		0.735		0	PAE	4		0.208	0.127	
Threonine	-			-						
Isoleucine		0.829		0	PAE	4		0.235	0.522	
Leucine		1.336		-	PAE	4		0.379	0.842	
Lysine	_	1.517		0	PAE	4		0.430	0.956	
Methionine	_	0.441		0	PAE	4		0.125	0.278	
Cystine		0.205		0	PAE	4		0.058	0.129	
Phenylalanine		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	-									

## **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. 17263 Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

Refuse: 34% Bone

		<u>A</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ts	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	Measure 2	<u>l</u> Measure	
Matricines and on		Mouri	Ota. Error					mousure r	Micadare 2	ModSarc	
Proximates:											
Water	g	52.47		0	PAE	4		122.26	44.60		
Energy	kcal	317		0	NC	4		739	269		
Energy		1326				4		3090	1127		
Protein (N x 6.25)		19.86		0	PAE	4		46.27	16.88		
Total lipid (fat)		25.74		0	PAE	4		59.97	21.88		
Ash		1.11		0	PAE	4		2.59	0.94		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
		0.0		U	2	,		0.0	0.0		
Sugars, total											
Starch	9										
Ainerals:											
Calcium, Ca	mg	18		0	PAE	4		42	15		
Iron, Fe	_	1.74		0	PAE	4		4.05	1.48		
Magnesium, Mg		15		0	PAE	4		35	13		
Phosphorus, P		173		0	PAE	4		403	147		
Potassium, K		128		0	PAE	4		298	109		
Sodium, Na		44		0	PAE	4		103	37		
Zine, Zn		2.73		0	PAE	4		6.36	2.32		
Copper, Cu		0.072	•	0	PAE	4		0.168	0.061		
Manganese, Mn		0.018		0	PAE	4		0.042	0.015		
Selenium, Se		1.8	,	0	BFNN	4		4.2	1.5		
Scientini, Sc	9	1.0			DIM	•			1.5		
<u>/itamins:</u>											
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		6.720	)	0	PAE	4		15.658	5.712		
Pantothenic acid		0.500	)	0	PAE	4		1.165	0.425		
Vitamin B-6		0.080		0	PAE	4		0.186	0.068		
Folate, total	_	1		0	PAE	4		2	1		
Folic acid		0		0	Z	7		0	0		
Folate, food	_	1		0	PAE	4		2	1		
Folate, DFE		1		0	NC	4		2	1		
Vitamin B-12		2.32		0	PAE	4		5.41	1.97		
Vitamin A, IU		0		0	PAE	4		0	0		
Vitamin A, RAE		0		0	PAE	4		0	Ö		
Retinol		Ö		0	PAE	4		0	Ö		
Vitamin E (alpha-tocopherol)		U		U	FAE	-		O	U		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	IIICY										
Lipids:											
Fatty acids, total saturated	а	12.820	)	0	PAE	4		29.871	10.897		
4:0		–		-							
6:0	_										
8:0	-										
10:0		0.070	)	0	PAE	4		0.163	0.060		
12:0	_	0.100		0	PAE	4		0.233	0.085		
13:0		0.200		•		-		3.233	0.005		
14:0	_	1.050	1	0	PAE	4		2.447	0.893		
	_	1.030	•	U	FAE	-		4.44/	0.093		
15:0	_	E 656	,	0	ייי אנו	4		10 105	4 000		
16:0	_	5.650	,	U	PAE	4		13.165	4.803		
17:0	-	4 050		^				11 500	4 00-		
18:0	_	4.970	,	0	PAE	4		11.580	4.225		
20:0	9										
22:0	_										

NDB No. 17263 Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in	f common	
Nutrients and Units	5	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	easures of food  Measure 2	Measure 3
Fatty acids, total monounsaturated	a	9.930		0	PAE	4		23.137	8.441	
14:1								201201	0	
15:1	-									
16:1 undifferentiated		0.470		0	PAE	4		1.095	0.400	
17:1	-									
18:1 undifferentiated		9.260		0	PAE	4		21.576	7.871	
20:1		0.040		0	PAE	4		0.093	0.034	
22:1 undifferentiated										
24:1 c	•									
Fatty acids, total polyunsaturated	•	1.190		0	PAE	4		2.773	1.012	
18:2 undifferentiated		0.700		0	PAE	4		1.631	0.595	
18:3 undifferentiated		0.470		0	PAE	4		1.095	0.400	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated										
20:4 undifferentiated		0.030		0	PAE	4		0.070	0.026	
20:5 n-3	-									
22:5 n-3										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol		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		2.882		0	PAE	4		6.715	2.450	
Glycine	g	0.970		0	PAE	4		2.260	0.825	
Proline	-	0.833		0	PAE	4		1.941	0.708	
Serine	g	0.738		0	PAE	4		1.720	0.627	
Hydroxyproline	-									

## **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. 17262 Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 33% Bone

		<u>A</u>	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	iits	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Province										
Proximates: Water	q	56.61		0	PAE	4		16.05	256.78	
Energy		311		0	NC	4		88	1411	
Energy		1301				4		369	5902	
Protein (N x 6.25)		15.87		0	PAE	4		4.50	71.99	
Total lipid (fat)	_	27.00		0	PAE	4		7.65	122.47	
Ash		0.85		0	PAE	4		0.24	3.86	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Survii										
Minerals:										
Calcium, Ca	_	15		0	PAE	4		4	68	
Iron, Fe	_	1.43		0	PAE	4		0.41	6.49	
Magnesium, Mg		13		0	PAE	4		4	59	
Phosphorus, P		153		0	PAE	4		43	694	
Potassium, K		120		0	PAE	4		34	544	
Sodium, Na		42		0 0	PAE	4 4		12 0.62	191 9.93	
Zinc, Zn	_	2.19 0.067	,	0	PAE PAE	4		0.62	0.304	
Copper, Cu		0.007		0	PAE	4		0.019	0.304	
Selenium, Se		1.3		0	BFNN	4		0.4	5.9	
Scienium, Se		1.3		Ū	DIMM	-		0.4	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		0.034	0.544	
Riboflavin	mg	0.260	)	0	PAE	4		0.074	1.179	
Niacin		6.290	)	0	PAE	4		1.783	28.531	
Pantothenic acid		0.500	)	0	PAE	4		0.142	2.268	
Vitamin B-6		0.090	)	0	PAE	4		0.026	0.408	
Folate, total		1		0	PAE	4		0	5	
Folic acid		0		0	Z	7		0	0	
Folate, food		1		0	PAE	4		0	5	
Folate, DFE		1		0	NC	4		0	5	
Vitamin B-12		2.22		0	PAE	4		0.63	10.07	
Vitamin A, IU	IU	0		0	PAE	4		0	0	
Vitamin A, RAE		0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin D Vitamin K (phylloquinone)										
v namm K (phymoquinone)	nog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	13.700	)	0	PAE	4		3.884	62.143	
4:0										
6:0										
8:0	-			_	_	_		_		
10:0	-	0.080		0	PAE	4		0.023	0.363	
12:0		0.110	)	0	PAE	4		0.031	0.499	
13:0	-			_		_				
14:0		1.130	)	0	PAE	4		0.320	5.126	
15:0				_		_				
16:0		5.950	)	0	PAE	4		1.687	26.989	
17:0	-			_		_				
18:0	-	5.400	)	0	PAE	4		1.531	24.494	
20:0	-									
22:0	-									
24:0	g									

	<u>Aı</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	10.350		0	PAE	4		2.934	46.948	
14:1g									
15:1g									
16:1 undifferentiatedg	0.460		0	PAE	4		0.130	2.087	
17:1g									
18:1 undifferentiatedg	9.680		0	PAE	4		2.744	43.908	
20:1g	0.040		0	PAE	4		0.011	0.181	
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	1.160		0	PAE	4		0.329	5.262	
18:2 undifferentiatedg	0.650		0	PAE	4		0.184	2.948	
18:3 undifferentiatedg	0.490		0	PAE	4		0.139	2.223	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.020		0	PAE	4		0.006	0.091	
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total trans9									
Cholesterolmg	80		0	PAE	4		23	363	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.186		0	PAE	4		0.053	0.844	
Threonineg	0.679		0	PAE	4		0.192	3.080	
Isoleucineg	0.766		0	PAE	4		0.217	3.475	
Leucineg	1.235		0	PAE	4		0.350	5.602	
Lysineg	1.402		0	PAE	4		0.397	6.359	
Methionineg	0.407		0	PAE	4		0.115	1.846	
Cystineg	0.189		0	PAE	4		0.054	0.857	
Phenylalanineg	0.646		0	PAE	4		0.183	2.930	
Tyrosineg	0.533		0	PAE	4		0.151	2.418	
Valineg	0.857		0	PAE	4		0.243	3.887	
Arginineg	0.943		0	PAE	4		0.267	4.277	
Histidineg	0.503		0	PAE	4		0.143	2.282	
Alanineg	0.955		0	PAE	4		0.271	4.332	
Aspartic acidg	1.397		0	PAE	4		0.396	6.337	
Glutamic acidg	2.304		0	PAE	4		0.653	10.451	
Glycineg	0.775		0	PAE	4		0.220	3.515	
Prolineg	0.666		0	PAE	4		0.189	3.021	
Serineg	0.590		0	PAE	4		0.167	2.676	
Hydroxyproline9									

### **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

Refuse: 20% Bone

		<u>A</u> 1	<u>mount in 100 gra</u> Nun		ble porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean		ata Deriv		e Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	43.73		0 PAI	E 4		101.89	37.17	
Energy	-	342		0 NC	4		797	291	
Energy		1431			4		3334	1216	
Protein (N x 6.25)		29.43		0 PAI	E 4		68.57	25.02	
Total lipid (fat)		24.03		0 PAI	E 4		55.99	20.43	
Ash	_	1.63		0 PAI	E 4		3.80	1.39	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 z	7		0.0	0.0	
Sugars, total									
Starch									
Minerals:					_				
Calcium, Ca	_	27		0 PAE			63	23	
Iron, Fe		2.16		O PAE			5.03	1.84	
Magnesium, Mg Phosphorus, P		18 200		0 PAE 0 PAE			42 466	15 170	
Potassium, K	•	200 151		0 PAE			352	170	
Sodium, Na		52		0 PAE	_		121	44	
Zinc, Zn		4.76		0 PAE			11.09	4.05	
Copper, Cu	-	0.106	5	0 PAE			0.247	0.090	
Manganese, Mn	_	0.026		0 PAE			0.061	0.022	
Selenium, Se		4.4		0 BFNI			10.3	3.7	
<u>Vitamins:</u>					_				
Vitamin C, total ascorbic acid	_	0.0		0 Z	7		0.0	0.0	
Thiamin	_	0.080		0 PAE			0.186	0.068	
Riboflavin	-	0.330		0 PAE			0.769	0.281	
Niacin	-	6.260 0.520		0 PAE 0 PAE			14.586 1.212	5.321	
Pantothenic acid		0.520		0 PAE			0.163	0.442 0.060	
Vitamin B-6 Folate, total		1	,	0 PAE	4		2	1	
Folic acid	-	0		0 Z	7		0	0	
Folate, food		1		0 PAE			2	1	
Folate, DFE		1		0 NC	4		2	1	
Vitamin B-12		3.47		0 PAE			8.09	2.95	
Vitamin A, IU		0		0 PAE			0	0	
Vitamin A, RAE	mcg RAE	0		0 PAE			0	0	
Retinol		0		0 PAE	4		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	q	11.500	)	0 PAE	4		26.795	9.775	
4:0					-			3	
6:0									
8:0	g								
10:0	g	0.070	)	0 PAE	4		0.163	0.060	
12:0	g	0.090	)	0 PAE	4		0.210	0.077	
13:0	g								
14:0	-	0.910	)	0 PAE	4		2.120	0.774	
15:0	-								
16:0	-	5.240	)	0 PAE	4		12.209	4.454	
17:0	-			_	_				
18:0	-	4.320	)	0 PAE	4		10.066	3.672	
20:0	g								

Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braise

	<u>A</u> 1	nount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0g Fatty acids, total monounsaturatedg	9.370		0	PAE	4		21.832	7.965	
14:1g	3.370		ŭ		•		21.032	7.303	
15:1g									
16:1 undifferentiatedg	0.480		0	PAE	4		1.118	0.408	
17:1g									
18:1 undifferentiatedg	8.700		0	PAE	4		20.271	7.395	
20:1g	0.020		0	PAE	4		0.047	0.017	
22:1 undifferentiatedg									
24:1 cg									
Fatty acids, total polyunsaturatedg	1.250		0	PAE	4		2.913	1.063	
18:2 undifferentiatedg	0.780		0	PAE	4		1.817	0.663	
18:3 undifferentiatedg	0.430		0	PAE	4		1.002	0.366	
18:4g									
20:2 n-6 c,cg									
20:3 undifferentiatedg									
20:4 undifferentiatedg	0.040		0	PAE	4		0.093	0.034	
20:5 n-3g									
22:5 n-3g									
22:6 n-3g									
Fatty acids, total transg									
Cholesterolmg	123		0	PAE	4		287	105	
Phytosterolsmg									
Amino Acids:									
Tryptophang	0.344		0	PAE	4		0.802	0.292	
Threonineg	1.260		0	PAE	4		2.936	1.071	
Isoleucineg	1.420		0	PAE	4		3.309	1.207	
Leucineg	2.289		0	PAE	4		5.333	1.946	
Lysineg	2.599		0	PAE	4		6.056	2.209	
Methionineg	0.755		0	PAE	4		1.759	0.642	
Cystineg	0.351		0	PAE	4		0.818	0.298	
Phenylalanineg	1.198		0	PAE	4		2.791	1.018	
Tyrosineg	0.989		0	PAE	4		2.304	0.841	
Valineg	1.588		0	PAE	4		3.700	1.350	
Arginineg	1.748		0	PAE	4		4.073	1.486	
Histidineg	0.932		0	PAE	4		2.172	0.792	
Alanineg	1.770		0	PAE	4		4.124	1.505	
Aspartic acidg	2.590		0	PAE	4		6.035	2.202	
Glutamic acidg	4.271		0	PAE	4		9.951	3.630	
Glycineg	1.437		0	PAE	4		3.348	1.221	
Prolineg	1.234		0	PAE	4		2.875	1.049	
Serineg	1.094		0	PAE	4		2.549	0.930	
Hydroxyprolineg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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. 17264 Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw

Refuse: 26% Bone

		<u>A</u> 1	mount in 100			le portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Ur	nits	Mean		Number of Data Points	Deriv	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		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									
Minl										
Minerals: Calcium, Ca	ma	17		0	PAE	4		5	77	
Iron, Fe	-	1.36		0	PAE	4		0.39	6.17	
Magnesium, Mg	-	15		0	PAE	4		4	68	
Phosphorus, P	-	168		0	PAE	4		48	762	
Potassium, K		137		0	PAE	4		39	621	
Sodium, Na		42		0	PAE	4		12	191	
Zinc, Zn		2.91		0	PAE	4		0.82	13.20	
Copper, Cu	-	0.083	3	0	PAE	4		0.024	0.376	
Manganese, Mn		0.019	)	0	PAE	4		0.005	0.086	
Selenium, Se		2.7		0	BFNN	4		0.8	12.2	
¥7:4										
Vitamins:	ma	0.0		•	-	7		0.0	0.0	
Vitamin C, total ascorbic acid	-	0.0		0 0	Z	7		0.0	0.0 0.544	
Thiamin	-	0.120		0	PAE PAE	4 4		0.034		
Riboflavin	-	0.310 5.460		0	PAE	4		0.088 1.548	1.406 24.767	
NiacinPantothenic acid		0.550		0	PAE	4		0.156	2.495	
Vitamin B-6		0.080		0	PAE	4		0.136	0.363	
Folate, total		1	•	0	PAE	4		0.023	5	
Folic acid		0		0	Z	7		Ö	0	
Folate, food		1		0	PAE	4		0	5	
Folate, DFE		1		0	NC	4		0	5	
Vitamin B-12		3.14		0	PAE	4		0.89	14.24	
Vitamin A, IU		0		0	PAE	4		0	0	
Vitamin A, RAE	mcg RAE	0		0	PAE	4		0	0	
Retinol		0		0	PAE	4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	9.900	)	0	PAE	4		2.807	44.906	
4:0										
6:0										
8:0	g									
10:0	-	0.060	)	0	PAE	4		0.017	0.272	
12:0	g	0.080	)	0	PAE	4		0.023	0.363	
13:0	g									
14:0	g	0.800	)	0	PAE	4		0.227	3.629	
15:0	g									
16:0	g	4.320	)	0	PAE	4		1.225	19.596	
17:0	-									
18:0	-	3.900	)	0	PAE	4		1.106	17.690	
20:0	-									
22:0	-									
24:0	g									

NDB No. 17264
Lamb, new zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw

	<u>Ar</u>	nount in 100 gran		ble portio	<u>on</u>	Amount in edible portion of common measures of food		
		Numb		_		<u>m</u>	easures of 1000	
Nutrients and Units	Mean	of Date	a Deriv S Code		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	7.570	0	PAE	4		2.146	34.338	
14:1g								
15:1g								
16:1 undifferentiatedg	0.340	0	PAE	4		0.096	1.542	
17:1g								
18:1 undifferentiatedg	7.080	0	PAE	4		2.007	32.115	
20:1g	0.030	0	PAE	4		0.009	0.136	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.860	0	PAE	4		0.244	3.901	
18:2 undifferentiatedg	0.490	0	PAE	4		0.139	2.223	
18:3 undifferentiatedg	0.360	0	PAE	4		0.102	1.633	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiated		_						
20:4 undifferentiatedg	0.020	0	PAE	4		0.006	0.091	
20:5 n-3g								
22:5 n-3g								
22:6 n-3								
Fatty acids, total trans	74	0	PAE	4		21	336	
Cholesterol mg	/4	· ·	PAL	4		21	336	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.201	0	PAE	4		0.057	0.912	
Threonineg	0.736	0	PAE	4		0.209	3.338	
Isoleucineg	0.829	0	PAE	4		0.235	3.760	
Leucineg	1.337	0	PAE	4		0.379	6.065	
Lysineg	1.518	0	PAE	4		0.430	6.886	
Methionineg	0.441	0	PAE	4		0.125	2.000	
Cystineg	0.205	0	PAE	4		0.058	0.930	
Phenylalanineg	0.700	0	PAE	4		0.198	3.175	
Tyrosineg	0.578	0	PAE	4		0.164	2.622	
Valineg	0.927	0	PAE	4		0.263	4.205	
Arginineg	1.021	0	PAE	4		0.289	4.631	
Histidineg	0.544	0	PAE	4		0.154	2.468	
Alanineg	1.034	0	PAE	4		0.293	4.690	
Aspartic acid	1.513	0	PAE	4		0.429	6.863	
Glutamic acidg	2.494	0	PAE	4		0.707	11.313	
Glycineg	0.839	0	PAE	4		0.238	3.806	
Proline	0.721	0	PAE	4		0.204	3.270	
Serineg	0.639	0	PAE	4		0.181	2.899	
Hydroxyprolineg								

### **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. 17186 Lamb, variety meats and by-products, brain, cooked, braised

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams	of edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				me	easures of food	<u> </u>
					Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	75.73	0.784	6		1		262.78	64.37	
	_	145	0.764	0	NC	4		503	123	
Energy		607		U	NC	4		2105	516	
Energy			0.100	_		_				
Protein (N x 6.25)		12.55	0.192	6		1		43.55	10.67	
Total lipid (fat)		10.17	1.015	6		1		35.29	8.64	
Ash		1.36	0.049	5	_	1		4.72	1.16	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	-									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		2		1		42	10	
Iron, Fe.		1.68	0.147	3		1		5.83	1.43	
Magnesium, Mg	_	14	1.017	3		1		49	12	
Phosphorus, P		337		2		1		1169	286	
Potassium, K	_	205	39.435	3		1		711	174	
Sodium, Na		134	39.074	3		1		465	114	
Zinc, Zn		1.36	0.086	3		1		4.72	1.16	
Copper, Cu		0.210	)	1		1		0.729	0.179	
Manganese, Mn		0.059	)	1		1		0.205	0.050	
Selenium, Se		12.0	1.638	3	A	1		41.6	10.2	
Vitamina										
Vitamins: Vitamin C, total ascorbic acid	ma	12.0		2		1		41.6	10.2	
Thiamin		0.110	0.010	3		1		0.382	0.094	
Riboflavin		0.110		3		1		0.833	0.204	
		2.470		3		1		8.571	2.100	
Niacin Pantothenic acid		0.990		2		1		3.435	0.842	
Vitamin B-6		0.110		2		1		0.382	0.094	
	-	5		2		1		17	4	
Folate, total		0		0	z	7		0	0	
Folic acidFolate, food		5		2	4	1		17	4	
Folate, DFE	meg DEE	5		0	NC	4		17	4	
		9.25		2	NC	1		32.10	7.86	
Vitamin B-12		9.25		1		4		0		
Vitamin A, IU		0				_		0	0	
Vitamin A, RAE		0		1 1		4 4		0	0 0	
Retinol		U		_		4		U	U	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
<u> ipids:</u>								_		
Fatty acids, total saturated		2.600		0		1		9.022	2.210	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.000		0		1		0.000	0.000	
12:0	-	0.000	1	2		1		0.000	0.000	
13:0	-			_				_		
14:0	-	0.040	1	2		1		0.139	0.034	
15:0	-									
16:0	-	1.250	1	2		1		4.338	1.063	
17:0										
18:0		1.270	1	2		1		4.407	1.080	
20:0	-									
22:0	g									

		<u>Ar</u>	nount in 100 gram	s of edible porti	ion	Amount in edible portion of common			
			Numbe	er		<u>m</u>	easures of food		
Nutrients and Unit	ts	Mean	of Data Std. Error Points		e Confidence Code	Measure 1	Measure 2	Measure 3	
	_	1 040	0						
Fatty acids, total monounsaturated	g	1.840	0	1		6.385	1.564		
15:1	g	0.060	2	1		0.208	0.051		
17:1 18:1 undifferentiated		1.530	2	1		5.309	1.301		
20:1		0.150	2	1		0.521	0.128		
22:1 undifferentiated		0.000	2	1		0.000	0.000		
24:1 c	•	0.000	_	-		0.000	0.000		
Fatty acids, total polyunsaturated		1.040	0	1		3.609	0.884		
18:2 undifferentiated		0.030	2	1		0.104	0.026		
18:3 undifferentiated		0.000	2	1		0.000	0.000		
18:4	-	0.000	0	1		0.000	0.000		
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated		0.270	2	1		0.937	0.230		
20:5 n-3		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	-	0.590	2	1		2.047	0.502		
Fatty acids, total trans									
Cholesterol		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		0.459	0	1		1.593	0.390		
Valine		0.598	0	1		2.075	0.508		
Arginine		0.846		1		2.936	0.719		
Histidine	-	0.333		1		1.156	0.283		
Alanine		0.711	0	1		2.467	0.604		
Aspartic acid		1.047	0	1		3.633	0.890		
Glutamic acid		1.487	0	1		5.160	1.264		
Glycine		0.594	0	1		2.061	0.505		
Proline		0.540		1		1.874	0.459		
Serine		0.653	0	1		2.266	0.555		
Hydroxyproline	g								
Others:	_		_	_		0.5			
Alcohol, ethyl		0.0	0	7		0.0	0.0		
Caffeine									
Theobromine	<u>mg</u>								

### **Common Measures:**

Measure 1 = 347g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17187 Lamb, variety meats and by-products, brain, cooked, pan-fried

Refuse: 0%

		<u>A</u>	mount in 100 gr	ams of ed	ible porti	<u>on</u>	Amount in edible portion of common			
			Num	ber			<u>m</u>	easures of food	<u>l</u>	
			of D	ata Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	60.71		1	1		145.70	51.60		
Energy	-	273		0 NC			655	232		
Energy		1142		0 NC	4		2741	971		
0.		16.97		1	1		40.73	14.42		
Protein (N x 6.25) Total lipid (fat)		22.19		1	1		53.26	18.86		
•		1.82		1	1		4.37	1.55		
AshCarbohydrate, by difference		0.00		0 z	7		0.00	0.00		
		0.00		0 Z	7		0.0	0.00		
Fiber, total dietary		0.0		0 2	,		0.0	0.0		
Sugars, total	-									
Starch	9									
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	-	157		1	1		377	133		
Zinc, Zn	mg	2.00		1	1		4.80	1.70		
Copper, Cu		0.480		1	1		1.152	0.408		
Manganese, Mn		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	ma	23.0		1	1		55.2	19.6		
Thiamin		0.170	)	1	1		0.408	0.145		
Riboflavin		0.370		1	1		0.888	0.315		
Niacin	-	4.550		1	1		10.920	3.868		
Pantothenic acid		1.560		1	1		3.744	1.326		
Vitamin B-6		0.230		1	1		0.552	0.196		
Folate, total	-	7		1	1		17	6		
Folic acid		0		0 z	7		0	0		
Folate, food		7		1	1		17	6		
Folate, DFE		7		0 NC	4		17	6		
Vitamin B-12		24.10		1	1		57.84	20.49		
Vitamin A, IU		0		1	4		0	0		
Vitamin A, RAE		0		1	4		0	0		
Retinol		0		1	4		0	0		
Vitamin E (alpha-tocopherol)		·		-	-		· ·	Ü		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	5.670	)	0	1		13.608	4.820		
4:0										
6:0										
8:0	g									
10:0	g									
12:0	g	0.000	)	2	1		0.000	0.000		
13:0	g									
14:0	g	0.090	)	2	1		0.216	0.077		
15:0										
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	-									
22:0	-									
24:0	-									
	-									

		<u>A</u> 1	mount in 100		<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	4.020		0	1		9.648	3.417	
14:1									
15:1	_	0.100		•			0.210	0 111	
16:1 undifferentiated	_	0.130		2	1		0.312	0.111	
17:1		2 220		•				0.001	
18:1 undifferentiated		3.330		2	1		7.992	2.831	
20:1	_	0.320		2	1		0.768	0.272	
22:1 undifferentiated		0.000		2	1		0.000	0.000	
24:1 c		0.000		•				4 05-	
Fatty acids, total polyunsaturated		2.280		0	1		5.472	1.938	
18:2 undifferentiated	-	0.070		2	1		0.168	0.060	
18:3 undifferentiated		0.000		2	1		0.000	0.000	
18:4	_								
20:2 n-6 c,c	-								
20:3 undifferentiated	-			_	_				
20:4 undifferentiated	_	0.600		2	1		1.440	0.510	
20:5 n-3		0.000		2	1		0.000	0.000	
22:5 n-3		0.330		2	1		0.792	0.281	
22:6 n-3		1.280		2	1		3.072	1.088	
Fatty acids, total trans	_			_	_				
Cholesterol	_	2504		1	1		6010	2128	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.175		6	1		0.420	0.149	
Threonine		0.760		7	1		1.824	0.646	
Isoleucine	-	0.675		7	1		1.620	0.574	
Leucine	-	1.326		7	1		3.182	1.127	
Lysine	_	1.088		7	1		2.611	0.925	
Methionine	-	0.338		7	1		0.811	0.287	
Cystine	-	0.177		6	1		0.425	0.150	
Phenylalanine		0.818		7	1		1.963	0.695	
Tyrosine	_	0.621		7	1		1.490	0.528	
Valine		0.808		7	1		1.939	0.687	
Arginine		1.144		7	1		2.746	0.007	
Histidine	_	0.450		7	1		1.080	0.383	
Alanine	-	0.962		7	1		2.309	0.818	
Aspartic acid	-	1.416		7	1		3.398	1.204	
Glutamic acid	-	2.012		7	1		4.829	1.710	
Glycine		0.804		7	1		1.930	0.683	
Proline		0.731		7	1		1.754	0.621	
Serine		0.883		7	1		2.119	0.751	
Hydroxyproline	-	0.363		•	-			0.731	
ттумголургонис									

## **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

Refuse: 2% Blood clots and membranes

		<u>A</u>	mount in 100 gr	rams o	of edik	ole portic	<u>on</u>	Amount in	edible portion of	of common
			Nur	nber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	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)		10.40	0.512	6		1		2.95	11.75	
Total lipid (fat)		8.58	0.504	5		1		2.43	9.70	
Ash		1.33	0.047	5		1		0.38	1.50	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	=									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		2		1		3	10	
Iron, Fe	-	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	-	112	6.597	6		1		32	127	
Zinc, Zn	mg	1.17	0.075	4		1		0.33	1.32	
Copper, Cu		0.240		1		1		0.068	0.271	
Manganese, Mn		0.044		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		0.130	0.033	40		1		0.037	0.147	
Riboflavin		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		0		0	Z	7		0	0	
Folate, food		3		1		1		1	3	
Folate, DFE		3		0	NC	4		1	3	
Vitamin B-12		11.30		1		1		3.20	12.77	
Vitamin A, IU	IU	0		9		1		0	0	
Vitamin A, RAE		0	0.000	9		1		0	0	
Retinol		0	0.000	9		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_			•		_		2 521	0 455	
Fatty acids, total saturated		2.190	)	0		1		0.621	2.475	
4:0 6:0	-									
8:0										
10:0										
12:0	-	0.000	)	2		1		0.000	0.000	
13:0									- /	
14:0		0.040	)	2		1		0.011	0.045	
15:0										
16:0	-	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									

		<u>A</u> 1	mount in 10		<u>n</u>	Amount in edible portion of common measures of food				
Nutrients and Un	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	a	1.550		0		1		0.430	1 750	
Fatty acids, total monounsaturated		1.550		U		1		0.439	1.752	
15:1										
16:1 undifferentiated		0.050		2		1		0.014	0.057	
17:1	-	0.030		-		-		0.014	0.037	
18:1 undifferentiated.		1.290		2		1		0.366	1.458	
20:1		0.120		2		1		0.034	0.136	
22:1 undifferentiated	-	0.000		2		1		0.000	0.000	
24:1 c		3.000		-		-		0.000	3.500	
Fatty acids, total polyunsaturated		0.880		0		1		0.249	0.994	
18:2 undifferentiated		0.030		2		1		0.009	0.034	
18:3 undifferentiated	-	0.000		2		1		0.000	0.000	
18:4		0.000		_		_		0.000	0.000	
20:2 n-6 c.c.										
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.230		2		1		0.065	0.260	
20:5 n-3	-	0.000		2		1		0.000	0.000	
22:5 n-3	_	0.130		2		1		0.037	0.147	
22:6 n-3		0.490		2		1		0.139	0.554	
Fatty acids, total trans										
Cholesterol	-	1352		1		1		383	1528	
Phytosterols	_									
-										
Amino Acids:										
Tryptophan	-	0.107		6		1		0.030	0.121	
Threonine	_	0.466		7		1		0.132	0.527	
Isoleucine	_	0.414		7		1		0.117	0.468	
Leucine	-	0.813		7		1		0.230	0.919	
Lysine	_	0.667		7		1		0.189	0.754	
Methionine	_	0.207		7		1		0.059	0.234	
Cystine		0.108		6		1		0.031	0.122	
Phenylalanine	_	0.501		7		1		0.142	0.566	
Tyrosine	_	0.380		7		1		0.108	0.429	
Valine		0.495		7		1		0.140	0.559	
Arginine	_	0.701		7		1		0.199	0.792	
Histidine		0.276		7		1		0.078	0.312	
Alanine	_	0.589		7		1		0.167	0.666	
Aspartic acid	-	0.868		7		1		0.246	0.981	
Glutamic acid		1.233		7		1		0.350	1.393	
Glycine	_	0.492		7		1		0.139	0.556	
Proline		0.448		7		1		0.127	0.506	
Serine	_	0.541		7		1		0.153	0.611	
Hydroxyproline	g									

# **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. 17192 Lamb, variety meats and by-products, heart, cooked, braised

Refuse: 0%

		<u>Aı</u>	mount in 100 g	rams of	edib	le portio	<u>n</u>	Amount in	edible portion	of common
			Nu	mber				<u>m</u>	easures of food	
			of	Data D	eriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Po	ints C	ode	Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	64.20	0.762	6		1		122.62	54.57	
Energy	-	185	0.702	0	NC	4		353	157	
Energy		774		Ū	МС	4		1478	658	
Protein (N x 6.25)	=	24.97		1		1		47.69	21.22	
Total lipid (fat)		7.91	0.578	6		1		15.11	6.72	
Ash		0.99	0.570	1		1		1.89	0.72	
Carbohydrate, by difference		1.93		0	NC	4		3.69	1.64	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.0		Ū	_	•		0.0	0.0	
Starch	-									
Starcii	9									
<u> Minerals:</u>										
Calcium, Ca	_	14		1		1		27	12	
Iron, Fe.	_	5.52		1		1		10.54	4.69	
Magnesium, Mg		24		1		1		46	20	
Phosphorus, P	_	254		1		1		485	216	
Potassium, K		188		1		1		359	160	
Sodium, Na		63		1		1		120	54	
Zinc, Zn		3.68		1		1		7.03	3.13	
Copper, Cu		0.610		1		1		1.165	0.519	
Manganese, Mn		0.055 47.0	5.783	1 3	A	1 1		0.105 89.8	0.047 40.0	
Selenium, Se	IIICG	47.0	5.763	3	A	1		09.0	40.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	7.0		1		1		13.4	6.0	
Thiamin	mg	0.170	1	1		1		0.325	0.145	
Riboflavin	mg	1.190	1	1		1		2.273	1.012	
Niacin	mg	4.360	1	1		1		8.328	3.706	
Pantothenic acid	mg	1.370	1	1		1		2.617	1.165	
Vitamin B-6	mg	0.300	ı	1		1		0.573	0.255	
Folate, total	mcg	2		1		1		4	2	
Folic acid		0		0	Z	7		0	0	
Folate, food	mcg	2		1		1		4	2	
Folate, DFE		2		0	NC	4		4	2	
Vitamin B-12		11.20		1		1		21.39	9.52	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitanini K (phynoquinone)	inog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.140	ı	0		1		5.997	2.669	
4:0										
6:0	-									
8:0	-									
10:0				_				_		
12:0		0.020		3		1		0.038	0.017	
13:0						_				
14:0		0.180		3		1		0.344	0.153	
15:0	-			2		_				
16:0	-	1.200		3		1		2.292	1.020	
17:0	-			2						
18:0	-	1.620		3		1		3.094	1.377	
20:0 22:0	-									
	а									

		<u>Ar</u>	mount in 100			o <u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	-	2.220		0		1		4.240	1.887	
14:1										
15:1	-	0 100		•		1		0 101	0.005	
16:1 undifferentiated	-	0.100		3		1		0.191	0.085	
17:1		1.920		3		1		3.667	1 620	
18:1 undifferentiated									1.632	
20:1	-	0.000		3		1		0.000	0.000	
22:1 undifferentiated		0.060		3		1		0.115	0.051	
24:1 c		0 770		0		1		1 477	0.655	
Fatty acids, total polyunsaturated		0.770		0		_		1.471	0.655	
18:2 undifferentiated	-	0.330		3		1		0.630	0.281	
18:3 undifferentiated		0.180		3		1		0.344	0.153	
18:4	-									
20:2 n-6 c,c	-									
20:3 undifferentiated	-			_		_				
20:4 undifferentiated	-	0.120		3		1		0.229	0.102	
20:5 n-3		0.060		3		1		0.115	0.051	
22:5 n-3		0.040				1		0.076	0.034	
22:6 n-3		0.040		3		1		0.076	0.034	
Fatty acids, total trans	-									
Cholesterol	-	249		1		1		476	212	
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a	0.271		0		1		0.518	0.230	
Threonine		1.178		0		1		2.250	1.001	
Isoleucine	-	1.082		0		1		2.067	0.920	
Leucine	-	2.124		0		1		4.057	1.805	
Lysine	-	1.881		0		1		3.593	1.599	
Methionine	-	0.547		0		1		1.045	0.465	
Cystine	-	0.209		0		1		0.399	0.178	
Phenylalanine		1.080		0		1		2.063	0.918	
Tyrosine	-	0.778		0		1		1.486	0.661	
Valine	-	1.243		0		1		2.374	1.057	
Arginine	-	1.633		0		1		3.119	1.388	
Histidine	-	0.571		0		1		1.091	0.485	
Alanine	-	1.516		0		1		2.896	1.289	
Aspartic acid	-	2.152		0		1		4.110	1.829	
Glutamic acid	-	3.188		0		1		6.089	2.710	
Glycine		1.205		0		1		2.302	1.024	
Proline		1.133		0		1		2.164	0.963	
Serine		0.965		0		1		1.843	0.963	
	-	0.965		U		_		1.043	0.620	
Hydroxyproline	9									

## **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

Refuse: 22% Fat and valves

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				m	easures of food	<u> </u>	
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	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		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	-	4.60	0.150	18		1		1.30	5.20		
Magnesium, Mg		17	0.858	7		1		5	19		
Phosphorus, P		175	9.816	6		1		50	198		
Potassium, K	mg	316	3.041	87		1		90	357		
Sodium, Na		89	0.828	83		1		25	101		
Zinc, Zn		1.87	0.098	18		1		0.53	2.11		
Copper, Cu		0.397		13		1		0.113	0.449		
Manganese, Mn		0.046		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	<u>mg</u>	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	-	6.140		3		1		1.741	6.938		
Pantothenic acid		2.630		2		1		0.746	2.972		
Vitamin B-6	-	0.390	)	2		1		0.111	0.441		
Folate, total		2		2	_	1		1	2		
Folic acid		0 2		0 2	Z	7 1		0 1	0 2		
Folate, food	Ilicg	2		0	NC	4		1	2		
Folate, DFEVitamin B-12		10.25		2	NC	1		2.91	11.58		
Vitamin B-12		0		9		1		0	0		
Vitamin A, RAE		0	0.000	9		1		0	0		
Retinol		Ö	0.000	9		1		0	0		
Vitamin E (alpha-tocopherol)									-		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	g	2.250	)	0		1		0.638	2.543		
4:0											
6:0	g										
8:0											
10:0				_		_		_			
12:0		0.020	)	3		1		0.006	0.023		
13:0	_	0 100		•							
14:0		0.130	,	3		1		0.037	0.147		
15:0	-	0 960		2		1		0.244	0.972		
16:0 17:0	-	0.860	•	3		_		U.∠44	0.972		
18:0	-	1.160	)	3		1		0.329	1.311		
20:0	-	1.100		-		-		3.323	1.511		
22:0	-										
24:0	-										

		<u>Ar</u>	nount in 100	) grams o	of edible po	rtion	Amount in edible portion of common measures of food			
Nutrients and Units		Mean		of Data		ce Confidence le Code	Measure 1	Measure 2	Measure 3	
F	<b>a</b>	1.600		0	1		0.454	1 000		
Fatty acids, total monounsaturated		1.600		U	1		0.454	1.808		
15:1	-									
16:1 undifferentiated		0.070		3	1		0.020	0.079		
17:1	-	0.070		3	_		0.020	0.079		
18:1 undifferentiated		1.380		3	1		0.391	1.559		
20:1	-	0.000		3	1		0.391	0.000		
				3	1					
22:1 undifferentiated		0.040		3	1		0.011	0.045		
24:1 c		0.550		0	1		0.156	0.000		
Fatty acids, total polyunsaturated				3	1		0.156	0.622		
18:2 undifferentiated		0.240		3	1		0.068	0.271		
18:3 undifferentiated		0.130		3	1		0.037	0.147		
18:4	-									
20:2 n-6 c,c	-									
20:3 undifferentiated					_					
20:4 undifferentiated	-	0.090		3	1		0.026	0.102		
20:5 n-3		0.040		3	_		0.011	0.045		
22:5 n-3	-	0.030	0.00		1		0.009	0.034		
22:6 n-3	-	0.030		3	1		0.009	0.034		
Fatty acids, total trans	-	405		_	_					
Cholesterol		135		2	1		38	153		
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.178		4	1		0.050	0.201		
Threonine		0.777		5	1		0.220	0.878		
Isoleucine	_	0.714		5	1		0.202	0.807		
Leucine		1.401		5	1		0.397	1.583		
Lysine		1.240		5	1		0.352	1.401		
Methionine		0.361		5	1		0.102	0.408		
Cystine	-	0.138		4	1		0.039	0.156		
Phenylalanine	_	0.712		5	1		0.202	0.805		
Tyrosine		0.513		5	1		0.145	0.580		
Valine	-	0.819		5	1		0.232	0.925		
Arginine		1.077		5	1		0.305	1.217		
Histidine	_	0.377		5	1		0.107	0.426		
Alanine	_	1.000		5	1		0.284	1.130		
Aspartic acid	_	1.419		5	1		0.402	1.603		
Glutamic acid		2.103		5	1		0.596	2.376		
Glycine		0.795		5	1		0.225	0.898		
Proline	-	0.747		5	1		0.212	0.844		
Serine		0.636		5	1		0.180	0.719		
		0.636		J			0.100	0.719		
Hydroxyproline	9									

# **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. 17196 Lamb, variety meats and by-products, kidneys, cooked, braised

Refuse: 0%

		<u>A</u>	mount in 100 grar	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	q	70.45	0.677 5	i	1		179.65	59.88	
Energy		137	O		4		349	116	
Energy		573			4		1462	487	
Protein (N x 6.25)		23.65	0.805 5	i	1		60.31	20.10	
Total lipid (fat)		3.62	0.177 5		1		9.23	3.08	
Ash		1.29	0.077 5		1		3.29	1.10	
Carbohydrate, by difference		0.99	0.077		4		2.52	0.84	
Fiber, total dietary		0.99	0		7		0.0	0.84	
Sugars, total		0.0	•		,		0.0	0.0	
9 ,									
Starch	9								
Minerals:									
Calcium, Ca	mg	18	2		1		46	15	
Iron, Fe	mg	12.40	2		1		31.62	10.54	
Magnesium, Mg		20	2		1		51	17	
Phosphorus, P		290	1		1		740	247	
Potassium, K	mg	178	2		1		454	151	
Sodium, Na		151	2		1		385	128	
Zinc, Zn	mg	3.80	2		1		9.69	3.23	
Copper, Cu		0.370	) 1		1		0.944	0.315	
Manganese, Mn	<u>mg</u>	0.144	l 1		1		0.367	0.122	
Selenium, Se	mcg	218.8	0	BFYN	4		557.9	186.0	
Vitamins:									
	ma	12.0	2		1		30.6	10.2	
Vitamin C, total ascorbic acid		0.350			1		0.893	0.298	
ThiaminRiboflavin		2.070			1		5.279	1.760	
		5.990			1		15.275	5.092	
Niacin Pantothenic acid	_	2.040			1		5.202	1.734	
		0.120			1		0.306		
Vitamin B-6	-	81	, 1		1		207	0.102 69	
Folate, total		91	0		7		0	0	
Folic acid		81	1		1		207	69	
Folate, food	nicy	81	0		4		207		
Folate, DFE								69	
Vitamin B-12		78.90	9.204 6		1 1		201.20	67.07	
Vitamin A, IU		455	2				1160	387	
Vitamin A, RAE		137	2		1 1		348	116	
Retinol		137	2		1		348	116	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini K (phynoquinone)	1110g								
<u>Lipids:</u>									
Fatty acids, total saturated	g	1.230	) 0		1		3.137	1.046	
4:0									
6:0									
8:0									
10:0					_		_		
12:0		0.010	) 3		1		0.026	0.009	
13:0							_	_	
14:0		0.040	) 3		1		0.102	0.034	
15:0	-	_					_	_	
16:0	-	0.510	) 3		1		1.301	0.434	
17:0	-	_							
18:0	-	0.630	) 3		1		1.607	0.536	
20:0	-								
22:0	-								
24:0	g								

		<u>Aı</u>	mount in 100		<u>on</u>	Amount in edible portion of common measures of food			
			r	Number			<u>m</u>	easures of food	
Nutrients and Unit	ts	Mean	Std. Error		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	0.770		0	1		1.964	0.655	
14:1									
15:1		0.050		_			0 100	0.040	
16:1 undifferentiated		0.050		3	1		0.128	0.043	
17:1	-	0.680		3	1		1 724	0 570	
18:1 undifferentiated				3	1		1.734	0.578	
20:1	-	0.000					0.000	0.000	
22:1 undifferentiated	•	0.010		3	1		0.026	0.009	
24:1 cFatty acids, total polyunsaturated	-	0.670		0	1		1.709	0.570	
18:2 undifferentiated		0.260		3	1		0.663	0.370	
18:3 undifferentiated	-	0.280		3	1		0.863	0.221	
18:4	-	0.090		3	_		0.230	0.077	
20:2 n-6 c.c									
20:3 undifferentiated	-								
20:4 undifferentiated		0.170		3	1		0.434	0.145	
20:5 n-3	-	0.060		3	1		0.153	0.051	
22:5 n-3	_	0.050			1		0.128	0.043	
22:6 n-3		0.040		3	1		0.102	0.034	
Fatty acids, total trans		0.010		•	-		0.102	0.051	
Cholesterol	-	565		2	1		1441	480	
Phytosterols	_			_	_			100	
,									
Amino Acids:									
Tryptophan		0.319		0	1		0.813	0.271	
Threonine		1.113		0	1		2.838	0.946	
Isoleucine	-	0.941		0	1		2.400	0.800	
Leucine	-	1.775		0	1		4.526	1.509	
Lysine	_	1.533		0	1		3.909	1.303	
Methionine		0.480		0	1		1.224	0.408	
Cystine	-	0.270		0	1		0.689	0.230	
Phenylalanine	_	1.095		0	1		2.792	0.931	
Tyrosine		0.833		0	1		2.124	0.708	
Valine	-	1.387		0	1		3.537	1.179	
Arginine		1.365		0	1		3.481	1.160	
Histidine		0.595		0	1		1.517	0.506	
Alanine		1.282		0	1		3.269	1.090	
Aspartic acid		2.037		0	1		5.194	1.731	
Glutamic acid		2.565		0	1		6.541	2.180	
Glycine		1.375		0	1		3.506	1.169	
Proline		1.209		0	1		3.083	1.028	
Serine		1.103		0	1		2.813	0.938	
Hydroxyproline	g								

# **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

Refuse: 3% Connective tissue, fat, and veins

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portic	<u>on</u>	Amount in	edible portion of	of common
			Nu	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	79.23	0.209	35		1		22.46	89.53	
Energy	_	97		0	NC	4		27	110	
Energy		406				4		115	459	
Protein (N x 6.25)		15.74	0.234	12		1		4.46	17.79	
Total lipid (fat)	_	2.95	0.159	21		1		0.84	3.33	
Ash		1.26	0.026	11		1		0.36	1.42	
Carbohydrate, by difference		0.82		0	NC	4		0.23	0.93	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch	=									
5 ta 1 ta										
Minerals:										
Calcium, Ca	-	13	1.120	8		1		4	15	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	6.38	0.355	19		1		1.81	7.21	
Magnesium, Mg		17	0.456	7		1		5	19	
Phosphorus, P	-	246	6.649	6		1		70	278	
Potassium, K	-	277	1.944	77		1		79	313	
Sodium, Na	-	156	1.984	75		1		44	176	
Zinc, Zn		2.24	0.100	23		1		0.64	2.53	
Copper, Cu		0.446		519		1		0.126	0.504	
Manganese, Mn		0.118		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		2.240	0.081	8		1		0.635	2.531	
Niacin	mg	7.510	0.185	8		1		2.129	8.486	
Pantothenic acid		4.220	0.330	3		1		1.196	4.769	
Vitamin B-6	mg	0.220	)	2		1		0.062	0.249	
Folate, total		28	1.778	3		1		8	32	
Folic acid		0		0	Z	7		0	0	
Folate, food		28	1.778	3		1		8	32	
Folate, DFE		28		0	NC	4		8	32	
Vitamin B-12		52.41	9.038	4		1		14.86	59.22	
Vitamin A, IU	IU	316	23.433	18		1		90	357	
Vitamin A, RAE	mcg_RAE	95	7.037	18		1		27	107	
Retinol		95	7.037	18		1		27	107	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	1.000	)	0		1		0.284	1.130	
4:0				-		_				
6:0										
8:0	_									
10:0	-									
12:0	_	0.010	)	3		1		0.003	0.011	
13:0	_									
14:0		0.030	)	3		1		0.009	0.034	
15:0										
16:0	_	0.420	)	3		1		0.119	0.475	
17:0	-									
18:0	_	0.520	)	3		1		0.147	0.588	
20:0	-							•		
22:0	-									
24:0	-									
∠¬.∪										

		An	nount in 10	0 grams o	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	•	Mean		of Data D		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	O	0.630		0	1		0.179	0.712	
14:1		0.030		·	-		0.173	0.712	
15:1	_								
16:1 undifferentiated		0.040		3	1		0.011	0.045	
17:1	-	0.010		•	_		0.011	0.010	
18:1 undifferentiated		0.550		3	1		0.156	0.622	
20:1	-	0.000		3	1		0.000	0.000	
22:1 undifferentiated.		0.010		3	1		0.003	0.011	
24:1 c		0.010		J	_		0.003	0.011	
Fatty acids, total polyunsaturated		0.550		0	1		0.156	0.622	
18:2 undifferentiated		0.330		3	1		0.150	0.022	
18:3 undifferentiated		0.210		3	1		0.020	0.237	
18:4		0.070		3	_		0.020	0.079	
	_								
20:2 n-6 c,c 20:3 undifferentiated	-								
20:4 undifferentiated		0.140		3	1		0.040	0.158	
	_	0.140		3	1		0.040	0.158	
20:5 n-3			0.00		1				
22:5 n-3	_	0.040	0.00				0.011	0.045	
22:6 n-3	-	0.030		3	1		0.009	0.034	
Fatty acids, total trans	-	227	04.05				0.0	224	
Cholesterol		337	24.37	75 8	1		96	381	
Phytosterols	mg								
Amino Acids:									
Tryptophan	a	0.212		4	1		0.060	0.240	
Threonine		0.741		5	1		0.210	0.837	
Isoleucine	-	0.626		5	1		0.177	0.707	
Leucine		1.181		5	1		0.335	1.335	
Lysine		1.020		5	1		0.289	1.153	
Methionine		0.319		5	- 1		0.090	0.360	
Cystine	-	0.179		4	1		0.051	0.202	
Phenylalanine	-	0.729		5	1		0.207	0.824	
Tyrosine		0.729		5	1		0.157	0.624	
Valine	-	0.923		5	1		0.262	1.043	
Arginine		0.908		5	1		0.257	1.026	
Histidine	-	0.396		5	1		0.237	0.447	
Alanine	-	0.853		5	1		0.112	0.447	
		1.355		5	1		0.384	1.531	
Aspartic acidGlutamic acid		1.707		5	1		0.484	1.929	
Glycine		0.915		5	1		0.484	1.034	
Proline	-	0.915		5 5	1		0.239	0.909	
		0.804		5	1		0.228		
Serine		0.734		3	1		0.208	0.829	
Hydroxyproline	y								

## **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Refuse: 0%

		<u>A</u>	mount in 100	grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common		
			N	lumber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
D										
Proximates: Water	а	56.67		1		1		190.41	48.17	
Energy	=	220		0	NC	4		739	187	
Energy		920				4		3093	782	
Protein (N x 6.25)		30.57		1		1		102.72	25.98	
Total lipid (fat)	_	8.81		1		1		29.60	7.49	
Ash		1.42		1		1		4.77	1.21	
Carbohydrate, by difference		2.53		0	NC	4		8.50	2.15	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	=									
Starch	9									
Minerals:										
Calcium, Ca	-	8		1		1		27	7	
Iron, Fe		8.28		1		1		27.82	7.04	
Magnesium, Mg		22		1		1		74	19	
Phosphorus, P	-	420		1		1		1411	357	
Potassium, K	-	221		1		1		743	188	
Sodium, Na	_	56		1 1		1 1		188	48	
Zinc, Zn		7.89 7.074	4	1		1		26.51 23.769	6.71 6.013	
Copper, Cu		0.520		1		1		23.769 1.747	0.442	
Selenium, Se		111.4	,	0	BFYN	4		374.3	94.7	
Selemum, Se	11109	111.4		Ū	DIIM	-		3/4.3	54.7	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid		4.0		1		1		13.4	3.4	
Thiamin		0.230		1		1		0.773	0.196	
Riboflavin	-	4.030	)	1		1		13.541	3.426	
Niacin		12.150		1		1		40.824	10.328	
Pantothenic acid		3.960		1		1		13.306	3.366	
Vitamin B-6		0.490	)	1		1		1.646	0.417	
Folate, total		73		1		1		245	62	
Folic acid		0		0	Z	7		0	0	
Folate, food		73		1		1		245	62	
Folate, DFE		73		0	NC	4		245	62	
Vitamin B-12		76.50		1		1		257.04	65.03	
Vitamin A, IU	IU	24945		1		1		83815	21203	
Vitamin A, RAE		7491		1		1		25170	6367	
Retinol	-	7491		1		1		25170	6367	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		3.410		0		1		11.458	2.899	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0	_	0.000	J	0		1		0.000	0.000	
13:0	_	0.10		0.1						
14:0	_	0.100	J	21		1		0.336	0.085	
15:0		1 000	,	01				4 000	1 000	
16:0		1.200	,	21		1		4.032	1.020	
17:0		1 000	n	21		1		6 506	1	
18:0		1.960	,	21		1		6.586	1.666	
20:0										
22:0										
24:0	y									

	<u>Amou</u>	int in 100 grams of ed Number	lible portion	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Sto	of Data Deriv d. Error Points Code	v Source Confidence e Code Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.840	0	1	6.182	1.564	
14:1g	1.840	Ū	1	6.182	1.564	
15:1g						
16:1 undifferentiatedg	0.220	21	1	0.739	0.187	
17:1g	1 600	01	4	- 440	4 000	
18:1 undifferentiated	1.620	21	1	5.443	1.377	
20:1g	0.000	0	1	0.000	0.000	
22:1 undifferentiatedg	0.000	0	1	0.000	0.000	
24:1 c	1.310	0	1	4 400	1 114	
Fatty acids, total polyunsaturated9	0.570	21	1	4.402 1.915	1.114 0.485	
18:2 undifferentiated	0.570	21 21	1	0.403	0.485 0.102	
<del>-</del>	0.120	0	1	0.403	0.102	
18:4g	0.000	U	1	0.000	0.000	
20:2 n-6 c,cg 20:3 undifferentiatedg						
20:4 undifferentiated	0.630	21	1	2.117	0.536	
20:5 n-3g	0.000	0	1	0.000	0.000	
20.5 n-3g	0.000	0	1	0.000	0.000	
22:6 n-3	0.000	0	1	0.000	0.000	
Fatty acids, total trans	0.000	V	-	0.000	0.000	
Cholesterolmg	501	1	1	1683	426	
Phytosterols mg	301	-	-	1003	120	
Amino Acids:	0.355	0	1	1.193	0.302	
Tryptophan	1.322	0	1	4.442	1.124	
Isoleucine	1.322	0	1	4.422	1.124	
Leucine	2.497	0	1	8.390	2.122	
Lysineg	1.653	0	1	5.554	1.405	
Methionineg	0.664	0	1	2.231	0.564	
_	0.320	0	1	1.075	0.364	
Cystine	1.365	0	1	4.586	1.160	
Tyrosine	1.090	0	1	3.662	0.927	
Valineg	1.683	0	1	5.655	1.431	
Arginine	1.714	0	1	5.759	1.457	
Histidine	0.718	0	1	2.412	0.610	
Alanine 9	1.533	0	1	5.151	1.303	
Aspartic acid	2.636	0	1	8.857	2.241	
Glutamic acid	3.297	0	1	11.078	2.802	
Glycine	1.478	0	1	4.966	1.256	
Proline 9	1.462	0	1	4.912	1.243	
Serine	1.316	0	1	4.422	1.119	
Hydroxyproline	•	-	_		<b></b>	
Others:						
Alcohol, ethylg	0.0	0	7	0.0	0.0	
Caffeine mg		-			2.0	
Theobromine mg						

### **Common Measures:**

Measure 1 = 336g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17201 Lamb, variety meats and by-products, liver, cooked, pan-fried

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	ımber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	56.20	1.815	3		1		180.96	47.77	
Energy	=	238	2.020	0	NC	4		766	202	
Energy		996		•	2.0	4		3206	846	
Protein (N x 6.25)		25.53	1.312	3		1		82.21	21.70	
Total lipid (fat)	_	12.65	1.200	3		1		40.73	10.75	
Ash		1.83	1.200	2		1		5.89	1.56	
Carbohydrate, by difference		3.78		0	NC	4		12.17	3.21	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total		0.0		U		•		0.0	0.0	
Starch	=									
Starcii	9									
Minerals:										
Calcium, Ca	mg	9	1.481	3		1		29	8	
Iron, Fe		10.20	0.473	3		1		32.84	8.67	
Magnesium, Mg		23	0.393	3		1		74	20	
Phosphorus, P	-	427		2		1		1375	363	
Potassium, K	-	352	26.407	3		1		1133	299	
Sodium, Na	-	124	33.617	3		1		399	105	
Zinc, Zn		5.63	0.949	3		1		18.13	4.79	
Copper, Cu		9.830		1		1		31.653	8.356	
Manganese, Mn		0.594	ŀ	1		1		1.913	0.505	
Selenium, Se	Tricg	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	<u>mg</u>	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		0		0	Z	7		0	0	
Folate, food		400		2		1		1288	340	
Folate, DFE		400		0	NC	4		1288	340	
Vitamin B-12		85.70		2		1		275.95	72.85	
Vitamin A, IU	IU	25998		1		1		83714	22098	
Vitamin A, RAE		7782		0	NC	4		25058	6615	
Retinol	-	7777		0	NC	4		25042	6610	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
vitamin K (phynodumone)	9									
Lipids:										
Fatty acids, total saturated	g	4.900	)	0		1		15.778	4.165	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.000	)	0		1		0.000	0.000	
13:0	-			~-		_				
14:0	-	0.140	)	21		1		0.451	0.119	
15:0						_				
16:0		1.720	)	21		1		5.538	1.462	
17:0				0.5		_				
18:0		2.820	)	21		1		9.080	2.397	
20:0										
22:0										
24:0	g									

	<u>A</u> 1	mount in 100 grams Number	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
	0.640				0.501		
Fatty acids, total monounsaturatedg	2.640	0	1		8.501	2.244	
15:1g							
16:1 undifferentiated	0.320	21	1		1.030	0.272	
17:1g							
18:1 undifferentiatedg	2.330	21	1		7.503	1.981	
20:1	0.000	0	1		0.000	0.000	
22:1 undifferentiatedg	0.000	0	1		0.000	0.000	
24:1 cg							
Fatty acids, total polyunsaturatedg	1.890	0	1		6.086	1.607	
18:2 undifferentiatedg	0.810	21	1		2.608	0.689	
18:3 undifferentiatedg	0.170	21	1		0.547	0.145	
18:4g	0.000	0	1		0.000	0.000	
20:2 n-6 c,cg							
20:3 undifferentiatedg							
20:4 undifferentiatedg	0.900	21	1		2.898	0.765	
20:5 n-3g	0.000	0	1		0.000	0.000	
22:5 n-3g	0.000	0	1		0.000	0.000	
22:6 n-3g	0.000	0	1		0.000	0.000	
Fatty acids, total transg							
Cholesterolmg	493	2	1		1587	419	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.296	0	1		0.953	0.252	
Threonineg	1.104	0	1		3.555	0.938	
Isoleucineg	1.100	0	1		3.542	0.935	
Leucineg	2.086	0	1		6.717	1.773	
Lysineg	1.381	. 0	1		4.447	1.174	
Methionineg	0.554	0	1		1.784	0.471	
Cystineg	0.268	0	1		0.863	0.228	
Phenylalanineg	1.140	0	1		3.671	0.969	
Tyrosineg	0.910	0	1		2.930	0.774	
Valineg	1.405	0	1		4.524	1.194	
Arginineg	1.432	0	1		4.611	1.217	
Histidineg	0.600	0	1		1.932	0.510	
Alanine	1.281	0	1		4.125	1.089	
Aspartic acid	2.202		1		7.090	1.872	
Glutamic acid	2.754		1		8.868	2.341	
Glycine	1.234	0	1		3.973	1.049	
Prolineg	1.221	. 0	1		3.932	1.038	
Serine	1.100	0	1		3.542	0.935	
Hydroxyproline							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobrominemg							

### **Common Measures:**

Measure 1 = 322g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 gr	rams of	edibl	e portio	<u>n</u>	Amount in edible portion of common			
			Nur	mber				<u>m</u>	easures of food		
			of l	Data De	riv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints Co	de	Code	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	ma	7		1		1		2	8		
Iron, Fe	-	7.37		1		1		2.09	8.33		
Magnesium, Mg		19		1		1		5	21		
Phosphorus, P		364		1		1		103	411		
Potassium, K	_	313		1		1		89	354		
Sodium, Na		70		1		1		20	79		
Zinc, Zn		4.66	0.375	8		1		1.32	5.27		
Copper, Cu		6.979	0.228	520		1		1.979	7.886		
Manganese, Mn	<u>mg</u>	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	ma	4.0		1		1		1.1	4.5		
Thiamin		0.340	1	1		1		0.096	0.384		
Riboflavin		3.630		1		1		1.029	4.102		
Niacin		16.110		1		1		4.567	18.204		
Pantothenic acid	_	6.130	)	1		1		1.738	6.927		
Vitamin B-6		0.900	1	1		1		0.255	1.017		
Folate, total	-	230	19.068	4		1		65	260		
Folic acid		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		
Vitamin B-12	mcg	90.05	5.464	19		1		25.53	101.76		
Vitamin A, IU		24612		2		1		6978	27812		
Vitamin A, RAE		7391		2		1		2095	8352		
Retinol		7391		2		1		2095	8352		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D Vitamin K (phylloquinone)											
vitanini K (phynoquinone)	nog										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.940	1	0		1		0.550	2.192		
4:0											
6:0											
8:0											
10:0											
12:0 13:0											
14:0		0.050	1	21		1		0.014	0.057		
15:0		0.030				-		0.014	0.037		
16:0		0.680	)	21		1		0.193	0.768		
17:0		2.200				-		3.133	0.700		
18:0	-	1.120	1	21		1		0.318	1.266		
20:0	-										
22:0	-										
24:0	-										

Faty acids, total monounsaturated			<u>Ar</u>	nount in 100 gram	s of edible	<u>n</u>	Amount in edible portion of common			
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 3				Numbe	er			<u>m</u>	easures of food	
14	Nutrients and Uni	its	Mean					Measure 1	Measure 2	Measure 3
14			1 050	•					4 405	
15-			1.050	U		1		0.298	1.187	
16   Indifferentiated		-								
17-1			0 130	21		1		0 037	0 147	
18.1 undifferentiated.   9   9   9   9   9   9   9   9   9		-	0.130	21		_		0.037	0.147	
201		-	0 920	21		1		0 261	1 040	
22-1   midiferentiated		_	0.520			-		0.201	1.040	
24.1 c.         9         0.750         0         1         0.213         0.848           18.2 undifferentiated.         9         0.320         21         1         0.091         0.362           18.3 undifferentiated.         9         0.070         21         1         0.020         0.079           18.4         9         0.22 n.6 c.         9         9         0.360         21         1         0.102         0.407           20.3 undifferentiated.         9         0.360         21         1         0.102         0.407           20.5 n-3.         9         22.5 n-3         9         2.5 n-3         9         2.5 n-3         9         2.5 n-3         1		-								
Fatty acids, total polymenturated. 9   0.750   0   1   0.213   0.848     18.2 undifferentiated. 9   0.070   21   1   0.020   0.079     18.4   9   20.2 n.6 c.c. 9   20.3 undifferentiated. 9   0.360   21   1   0.102   0.407     20.3 undifferentiated. 9   0.360   21   1   0.102   0.407     20.5 n.3   9   2.2 n.3   9   2.2 n.3   9   2.2 n.3   9   0.360   0.79     Fatty acids, total trans. 9   0.700   0.700   0.700   0.407     Fatty acids, total trans. 9   0.700   0.700   0.700   0.700     Fatty acids, total trans. 9   0.700   0.700   0.700   0.700   0.700     Fatty acids, total trans. 9   0.700   0.700   0.700   0.700   0.700   0.700   0.700     Fatty acids, total trans. 9   0.700   0.70		_								
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         9         0.00         20         0.00			0.750	0		1		0.213	0.848	
18.3 undifferentiated 9 0.070 21 1 0.020 0.079  18.4 9 20.2 n o c.c. 9 20.3 undifferentiated 9 20.4 undifferentiated 9 20.5 n-3 9 22.5 n-3 9 22.5 n-3 9 22.5 n-3 9 22.5 n-3 9 24.5 n-3 9 25.5 n-3 9 25.5 n-3 9 26.5 n-3 9 27.5 n-3 9 28.5 n-3 9 29.5 n-3 9 29.5 n-3 9 29.5 n-3 9 20.5 n-4 9 20										
18:4. 9 20:2 n-6 c, 9 20:3 undifferentiated 9 20:4 undifferentiated 9 20:5 n-3 9 22:5 n-3 9 22:5 n-3 9 22:5 n-3 9 22:6 n-3 10.5 10.5 10.5 10.5 10.5 10.5 10.5 10.5		•				_				
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		-						****		
20.3 undifferentiated.   g   20.4 undifferentiated.   g   0.360   21   1   0.102   0.407   20.5 n.3										
20.4 undifferentiated										
20.5 n-3		_	0.360	21		1		0.102	0.407	
Party acids, total trans		_								
Fatty acids, total trans         9           Cholesterol         mg         371         43.495         4         1         105         419           Phytosterols           mg           Amino Acids:           Tryptophan         9         0.236         6         1         0.067         0.267           Threonine         9         0.882         6         1         0.250         0.997           Isoleucine         9         0.878         6         1         0.249         0.992           Isoleucine         9         1.665         6         1         0.472         1.881           Lysine         9         1.102         6         1         0.472         1.881           Lysine         9         0.442         6         1         0.125         0.499           Cystine         9         0.214         6         1         0.061         0.242           Phenylalanine         9         0.727         6         1         0.258         1.028           Tyrosine         9         0.727         6         1         0.234         1.292           Histidine	22:5 n-3	g								
Cholesterol.         mg         371         43.495         4         1         105         419           Phytosterols.         mg           Amino Acids:           Tryptophan.         9         0.236         6         1         0.067         0.267           Threonine.         9         0.882         6         1         0.250         0.997           Isoleucine.         9         0.878         6         1         0.249         0.992           Leuine.         9         1.665         6         1         0.472         1.881           Lysine.         9         1.102         6         1         0.472         1.881           Lysine.         9         0.442         6         1         0.125         0.499           Cystine.         9         0.214         6         1         0.061         0.242           Phenylalanine.         9         0.727         6         1         0.258         1.028           Tyrosine.         9         0.727         6         1         0.318         1.268           Arginine.         9         1.122         6         1         0.334	22:6 n-3	g								
Phytosterols	Fatty acids, total trans	g								
Amino Acids:         Tryptophan         9         0.236         6         1         0.067         0.267           Threonine         9         0.882         6         1         0.250         0.997           Isoleucine         9         0.878         6         1         0.249         0.992           Leucine         9         1.665         6         1         0.472         1.881           Lysine         9         1.102         6         1         0.312         1.245           Methionine         9         0.442         6         1         0.125         0.499           Cystine         9         0.214         6         1         0.061         0.242           Phenylalanine         9         0.910         6         1         0.258         1.028           Tyrosine         9         0.727         6         1         0.258         1.028           Valine         9         1.143         6         1         0.318         1.268           Arginine         9         1.143         6         1         0.324         1.292           Alamine         9         1.758         6         1         0	Cholesterol	mg	371	43.495 4		1		105	419	
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         0.472         1.881           Lysine         g         1.102         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         0.258         1.028           Valine         g         1.143         6         1         0.318         1.268	Phytosterols	<u>mg</u>								
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         0.472         1.881           Lysine         g         1.102         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         0.258         1.028           Valine         g         1.143         6         1         0.318         1.268	Amino Asids									
Threonine         9         0.882         6         1         0.250         0.997           Isoleucine         9         0.878         6         1         0.249         0.992           Leucine         9         1.665         6         1         0.472         1.881           Lysine         9         1.102         6         1         0.312         1.245           Methionine         9         0.442         6         1         0.125         0.499           Cystine         9         0.214         6         1         0.125         0.499           Cystine         9         0.214         6         1         0.061         0.242           Phenylalanine         9         0.910         6         1         0.258         1.028           Tyrosine         9         0.727         6         1         0.258         1.028           Tyrosine         9         1.143         6         1         0.318         1.268           Arginine         9         1.143         6         1         0.324         1.292           Histidine         9         0.479         6         1         0.136         0.541 </td <td></td> <td>~</td> <td>0.026</td> <td></td> <td></td> <td></td> <td></td> <td>0.067</td> <td>0.067</td> <td></td>		~	0.026					0.067	0.067	
Soleucine.	51 1	_								
Leucine       9       1.665       6       1       0.472       1.881         Lysine       9       1.102       6       1       0.312       1.245         Methionine       9       0.442       6       1       0.125       0.499         Cystine       9       0.214       6       1       0.061       0.242         Phenylalanine       9       0.910       6       1       0.258       1.028         Tyrosine       9       0.727       6       1       0.206       0.822         Valine       9       1.122       6       1       0.318       1.268         Arginine       9       1.143       6       1       0.324       1.292         Histidine       9       0.479       6       1       0.324       1.292         Histidine       9       1.022       6       1       0.136       0.541         Alanine       9       1.758       6       1       0.498       1.987         Glutamic acid       9       2.198       6       1       0.623       2.484         Glycine       9       0.994       6       1       0.276       1.101 <td></td> <td></td> <td></td> <td></td> <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td>						_				
Lysine       9       1.102       6       1       0.312       1.245         Methionine       9       0.442       6       1       0.125       0.499         Cystine       9       0.214       6       1       0.061       0.242         Phenylalanine       9       0.910       6       1       0.258       1.028         Tyrosine       9       0.727       6       1       0.206       0.822         Valine       9       1.122       6       1       0.318       1.268         Arginine       9       1.143       6       1       0.324       1.292         Histidine       9       0.479       6       1       0.136       0.541         Alanine       9       1.022       6       1       0.290       1.155         Aspartic acid       9       1.758       6       1       0.498       1.987         Glutamic acid       9       2.198       6       1       0.623       2.484         Glycine       9       0.985       6       1       0.279       1.113         Proline       9       0.878       6       1       0.249       0.99						_				
Methionine       9       0.442       6       1       0.125       0.499         Cystine       9       0.214       6       1       0.061       0.242         Phenylalanine       9       0.910       6       1       0.258       1.028         Tyrosine       9       0.727       6       1       0.206       0.822         Valine       9       1.122       6       1       0.318       1.268         Arginine       9       1.143       6       1       0.324       1.292         Histidine       9       0.479       6       1       0.136       0.541         Alanine       9       1.022       6       1       0.290       1.155         Aspartic acid       9       1.758       6       1       0.498       1.987         Glutamic acid       9       2.198       6       1       0.623       2.484         Glycine       9       0.985       6       1       0.279       1.113         Proline       9       0.974       6       1       0.276       1.101         Serine       9       0.878       6       1       0.249       0.99		_								
Cystine         9         0.214         6         1         0.061         0.242           Phenylalanine         9         0.910         6         1         0.258         1.028           Tyrosine         9         0.727         6         1         0.206         0.822           Valine         9         1.122         6         1         0.318         1.268           Arginine         9         1.143         6         1         0.324         1.292           Histidine         9         0.479         6         1         0.136         0.541           Alanine         9         1.022         6         1         0.290         1.155           Aspartic acid         9         1.758         6         1         0.498         1.987           Glutamic acid         9         2.198         6         1         0.623         2.484           Glycine         9         0.985         6         1         0.279         1.113           Proline         9         0.974         6         1         0.276         1.101           Serine         9         0.878         6         1         0.249         0.992	,					_				
Phenylalanine         9         0.910         6         1         0.258         1.028           Tyrosine         9         0.727         6         1         0.206         0.822           Valine         9         1.122         6         1         0.318         1.268           Arginine         9         1.143         6         1         0.324         1.292           Histidine         9         0.479         6         1         0.136         0.541           Alanine         9         1.022         6         1         0.290         1.155           Aspartic acid         9         1.758         6         1         0.498         1.987           Glutamic acid         9         2.198         6         1         0.623         2.484           Glycine         9         0.985         6         1         0.279         1.113           Proline         9         0.974         6         1         0.276         1.101           Serine         9         0.878         6         1         0.249         0.992		_				-				
Tyrosine.         9         0.727         6         1         0.206         0.822           Valine.         9         1.122         6         1         0.318         1.268           Arginine.         9         1.143         6         1         0.324         1.292           Histidine.         9         0.479         6         1         0.136         0.541           Alanine.         9         1.022         6         1         0.290         1.155           Aspartic acid.         9         1.758         6         1         0.498         1.987           Glutamic acid.         9         2.198         6         1         0.623         2.484           Glycine.         9         0.985         6         1         0.279         1.113           Proline.         9         0.974         6         1         0.276         1.101           Serine.         9         0.878         6         1         0.249         0.992	•									
Valine       9       1.122       6       1       0.318       1.268         Arginine       9       1.143       6       1       0.324       1.292         Histidine       9       0.479       6       1       0.136       0.541         Alanine       9       1.022       6       1       0.290       1.155         Aspartic acid       9       1.758       6       1       0.498       1.987         Glutamic acid       9       2.198       6       1       0.623       2.484         Glycine       9       0.985       6       1       0.279       1.113         Proline       9       0.974       6       1       0.276       1.101         Serine       9       0.878       6       1       0.249       0.992	=					_				
Arginine       9       1.143       6       1       0.324       1.292         Histidine       9       0.479       6       1       0.136       0.541         Alanine       9       1.022       6       1       0.290       1.155         Aspartic acid       9       1.758       6       1       0.498       1.987         Glutamic acid       9       2.198       6       1       0.623       2.484         Glycine       9       0.985       6       1       0.279       1.113         Proline       9       0.974       6       1       0.276       1.101         Serine       9       0.878       6       1       0.249       0.992	2	-								
Histidine       9       0.479       6       1       0.136       0.541         Alanine       9       1.022       6       1       0.290       1.155         Aspartic acid       9       1.758       6       1       0.498       1.987         Glutamic acid       9       2.198       6       1       0.623       2.484         Glycine       9       0.985       6       1       0.279       1.113         Proline       9       0.974       6       1       0.276       1.101         Serine       9       0.878       6       1       0.249       0.992						_				
Alanine       9       1.022       6       1       0.290       1.155         Aspartic acid       9       1.758       6       1       0.498       1.987         Glutamic acid       9       2.198       6       1       0.623       2.484         Glycine       9       0.985       6       1       0.279       1.113         Proline       9       0.974       6       1       0.276       1.101         Serine       9       0.878       6       1       0.249       0.992	_					_				
Aspartic acid.       9       1.758       6       1       0.498       1.987         Glutamic acid.       9       2.198       6       1       0.623       2.484         Glycine.       9       0.985       6       1       0.279       1.113         Proline.       9       0.974       6       1       0.276       1.101         Serine.       9       0.878       6       1       0.249       0.992		•								
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		-				_				
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										
Proline     g     0.974     6     1     0.276     1.101       Serine     g     0.878     6     1     0.249     0.992						_				
Serine	- ,					_				
<b>V</b>		•								
Hydroxynroline U	Hydroxyproline	_	2.0.0	· ·		-			0.002	

# **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. 17206 Lamb, variety meats and by-products, lungs, cooked, braised

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	75.83		0		1		288.91	64.46		
Energy		113		0	NC	4		431	96		
Energy		473				4		1801	402		
Protein (N x 6.25)	-	19.88		0		1		75.74	16.90		
Total lipid (fat)		3.10		0		1		11.81	2.64		
Ash		1.31		0	_	1		4.99	1.11		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	12		0		1		46	10		
Iron, Fe	-	4.57		0		1		17.41	3.88		
Magnesium, Mg	-	11		0		1		42	9		
Phosphorus, P	mg	188		0		1		716	160		
Potassium, K	mg	127		0		1		484	108		
Sodium, Na	• • • • • • • • • • • • • • • • • • • •	84		0		1		320	71		
Zinc, Zn		1.93		0		1		7.35	1.64		
Copper, Cu		0.234		0		1		0.892	0.199		
Manganese, Mn		0.016	i	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	-	0.034		0		1		0.130	0.029		
Riboflavin		0.139	1	0		1		0.530	0.118		
Niacin		2.428		0		1		9.251	2.064		
Pantothenic acid											
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		8		0		1		30	7		
Folate, DFE		8		0	NC	4		30	7		
Vitamin B-12		2.52		0		1		9.60	2.14		
Vitamin A, IU		106		0		1		404	90		
Vitamin A, RAE		32		0		1		121	27		
Retinol		32		0		1		121	27		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated	g	1.060		0		1		4.039	0.901		
Fatty acids, total monounsaturated		0.800		0		1		3.048	0.680		
Fatty acids, total polyunsaturated		0.430	1	0		1		1.638	0.366		
Fatty acids, total trans				_		_					
CholesterolPhytosterols		284		0		1		1082	241		
Amino Acids:											
Tryptophan	g	0.204		0		1		0.777	0.173		
Threonine		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	i	0		1		4.900	1.093		
Methionine	g	0.359	1	0		1		1.368	0.305		
Cystine	a	0.312		0		1		1.189	0.265		

	Amo	unt in 100 gra	Amount in edible portion of common					
Nutrients and Units	Moon St	Numb of Da td. Error Point	ta Deriv		Confidence Code		Massure 2	
Nutrients and Onits	Mean St	la. Error 1 om	3 0000	0000	Ooue	Measure 1	Measure 2	Measure 3
Phenylalanineg	0.819	C		1		3.120	0.696	
Tyrosineg	0.560	C		1		2.134	0.476	
Valineg	1.095	C		1		4.172	0.931	
Arginineg	1.196	C		1		4.557	1.017	
Histidineg	0.500	C		1		1.905	0.425	
Alanineg	1.253	C		1		4.774	1.065	
Aspartic acidg	1.569	C		1		5.978	1.334	
Glutamic acidg	2.137	C		1		8.142	1.816	
Glycineg	1.677	C		1		6.389	1.425	
Prolineg	1.269	C		1		4.835	1.079	
Serineg	0.793	C		1		3.021	0.674	
Hydroxyprolineg								

#### **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

Refuse: 24% Blood clots and membranes

		<u>Aı</u>	mount in 100	grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common			
				lumbe	r			m	easures of food		
						Source	Confidence				
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	79.70	0.28	6 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	0.23	1 3		1		4.73	18.87		
Total lipid (fat)	g	2.60	0.05	3		1		0.74	2.94		
Ash	g	1.10	0.05	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										
M:											
Minerals:	ma	10		0		1		3	11		
Calcium, Ca Iron, Fe	_	6.40	0.52			1		1.81	7.23		
Magnesium, Mg	-	14	0.52	0		1		4	16		
Phosphorus, P		219		0		1		<del>1</del> 62	247		
Potassium, K	•	238	4.39			1		67	269		
Sodium, Na		157	1.22			1		45	177		
Zinc, Zn		1.80		2		1		0.51	2.03		
Copper, Cu		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		
Vitamina											
Vitamins:		21.0	0.60	6 5		1		8.8	25.0		
Vitamin C, total ascorbic acid		31.0 0.048	0.62	0		1		0.014	35.0 0.054		
Thiamin		0.048		0		1		0.014			
Riboflavin		4.124		0		1		1.169	0.268 4.660		
Niacin Pantothenic acid	-	4.124		U		_		1.169	4.660		
Vitamin B-6		0.110	1	1		1		0.031	0.124		
Folate, total		12		0		1		3	14		
Folic acid		0		0	z	7		0	0		
Folate, food	-	12		0	-	1		3	14		
Folate, DFE		12		0	NC	4		3	14		
Vitamin B-12	mca	3.93		0		1		1.11	4.44		
Vitamin A, IU		89	10.17	5 8		1		25	101		
Vitamin A, RAE	mcg RAE	27	3.05			1		8	30		
Retinol		27	3.05	6 8		1		8	30		
Vitamin E (alpha-tocopherol)	_										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	0.890	)	0		1		0.252	1.006		
Fatty acids, total monounsaturated		0.670		0		1		0.190	0.757		
Fatty acids, total polyunsaturated		0.350		0		1		0.099	0.396		
Fatty acids, total trans		0.550		•		-		3.055	0.550		
Cholesterol											
Phytosterols											
Amino Acids:	-										
Tryptophan	а	0.171		1		1		0.048	0.193		
Threonine		0.171		2		1		0.174	0.193		
Isoleucine	_	0.527		2		1		0.149	0.596		
Leucine	-	1.337		2		1		0.379	1.511		
Lysine	_	1.080		2		1		0.306	1.220		
Methionine	_	0.301		2		1		0.085	0.340		
	g g	0.262		2		1		0.074	0.296		

		<u>Ar</u>	nount in 10			ole portio	<u>n</u>	Amount in edible portion of common measures of food		
Nutrients and U	Inits	Mean	Std. Error		Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine	a	0.688		2		1		0.195	0.777	
Tyrosine		0.471		2		1		0.134	0.532	
Valine		0.920		2		1		0.261	1.040	
Arginine		1.005		2		1		0.285	1.136	
Histidine		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		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									

### **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. 17209 Lamb, variety meats and by-products, mechanically separated, raw

Refuse: 0%

		<u>Ar</u>	nount in 10	0 grams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
				Numbe	r			<u>m</u>	easures of food	<u> </u>	
				of Data	Deriv	Source	Confidence				
Nutrients and Units	•	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water		58.68	4.6			1		16.64	133.20		
Energy		276		0	NC	4		78	627		
Energy		1155				4		327	2621		
Protein (N x 6.25)		14.97		1		1		4.24	33.98		
Total lipid (fat)		23.54	4.6			1		6.67	53.44		
Ash		1.21		1		1		0.34	2.75		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	162	23.9	58 5		1		46	368		
Iron, Fe	-	5.90		0		1		1.67	13.39		
Magnesium, Mg	-	18		0		1		5	41		
Phosphorus, P		337		0		1		96	765		
Potassium, K	•	288		0		1		82	654		
Sodium, Na		59		0		1		17	134		
Zinc, Zn	mg	3.72		0		1		1.05	8.44		
Copper, Cu	<sub>.</sub> mg	0.058		0		1		0.016	0.132		
Manganese, Mn		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	ma										
Thiamin	_	0.072		0		1		0.020	0.163		
Riboflavin	-	0.118		0		1		0.033	0.268		
Niacin		2.546		0		1		0.722	5.779		
Pantothenic acid											
Vitamin B-6	-	0.110		1		1		0.031	0.250		
Folate, total	-	5		0		1		1	11		
Folic acid	mcg	0		0	Z	7		0	0		
Folate, food	mcg	5		0		1		1	11		
Folate, DFE		5		0	NC	4		1	11		
Vitamin B-12		2.56		0		1		0.73	5.81		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE	mcg_RAE	0		0		1		0	0		
Retinol	mcg	0		0		1		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	-										
Vitamin D											
Vitamin K (phylloquinone)	incg										
<u>Lipids:</u>											
Fatty acids, total saturated	g	11.790		0		1		3.342	26.763		
Fatty acids, total monounsaturated		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											
Cholesterol	mg	213		0		1		60	484		
Phytosterols	<sub>.</sub> mg										
Amino Acids:											
Tryptophan	а										
Threonine		0.525		1		1		0.149	1.192		
Isoleucine		0.838		1		1		0.238	1.902		
Leucine	_	1.138		1		1		0.323	2.583		
Lysine	-	1.138		1		1		0.323	2.583		
Methionine		0.419		1		1		0.119	0.951		
Cystine		0.419		_		_		0.119	0.931		

	<u>Am</u>	ount in 100 grams	Amount in edible portion of common				
Nutrients and Units	Mean S	Number of Data Std. Error Points	Deriv Source		<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Phenylalanineg	0.584	1	1		0.166	1.326	
Tyrosine         9           Valine         9           Arginine         9	0.719 1.063	1	1		0.204 0.301	1.632 2.413	
Histidine         9           Alanine         9           Aspartic acid         9	0.525	1	1		0.149	1.192	
Glutamic acid							
Hydroxyprolineg							

# **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 227g: 8 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

NDB No. 17211 Lamb, variety meats and by-products, pancreas, cooked, braised

		<u>A</u>	mount in 100 grai	ns of edi	ble portic	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u> </u>	
				ta Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	59.65	(	)	1		137.79	50.70		
Energy	-	234	(	NC NC	4		541	199		
Energy		979			4		2262	832		
Protein (N x 6.25)		22.83	(	)	1		52.74	19.41		
Total lipid (fat)		15.12	(	)	1		34.93	12.85		
Ash		2.15	(	)	1		4.97	1.83		
Carbohydrate, by difference		0.00	(	Z	7		0.00	0.00		
Fiber, total dietary		0.0	(	Z	7		0.0	0.0		
Sugars, total										
Starch	-									
Minerals:		4 -			_					
Calcium, Ca	-	12	C		1		28	10		
Iron, Fe	-	2.12 19	C		1 1		4.90	1.80		
Magnesium, Mg			-		_		44	16		
Phosphorus, P	•	431	C		1 1		996	366		
Potassium, K		291	C		1		672	247		
Sodium, Na		52 2.68	0		1		120 6.19	44 2.28		
Zinc, Zn		0.083			1		0.192	0.071		
Copper, Cu		0.083			1		0.192	0.071		
Manganese, Mn Selenium, Se		64.8					149.7	55.1		
Selemuni, Se	Illog	04.0	•	DEIN	-		149.7	33.1		
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	20.0	C		1		46.2	17.0		
Thiamin	mg	0.020	) (		1		0.046	0.017		
Riboflavin	mg	0.210	) (		1		0.485	0.179		
Niacin	<u>mg</u>	2.560	) (		1		5.914	2.176		
Pantothenic acid	mg	0.850	) (		1		1.964	0.723		
Vitamin B-6	mg	0.050	) (		1		0.116	0.043		
Folate, total	mcg	13	C		1		30	11		
Folic acid		0	C	Z	7		0	0		
Folate, food	mcg	13	C		1		30	11		
Folate, DFE	mcg_DFE	13	C	NC	4		30	11		
Vitamin B-12		5.54	C		1		12.80	4.71		
Vitamin A, IU		0	C		1		0	0		
Vitamin A, RAE	mcg_RAE	0	C		1		0	0		
Retinol	mcg	0	C		1		0	0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.840	) (		1		15.800	5.814		
4:0										
6:0	-									
8:0	-									
10:0										
12:0		0.090	) (		1		0.208	0.077		
13:0										
14:0		0.650	) (		1		1.502	0.553		
15:0										
16:0	g	2.890	) (		1		6.676	2.457		
17:0	g									
18:0	g	2.980	) (		1		6.884	2.533		
20:0	g									
22:0	-									
24:0	a									

	<u>Ar</u>	nount in 100 grams Numbe		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	5.450	0	1		12.590	4.633		
14:1g								
15:1g		•						
16:1 undifferentiated	0.350	0	1		0.809	0.298		
17:1g	4 000	•			44 000			
18:1 undifferentiated	4.930	0	1		11.388	4.191		
20:1g	0.000	0	1		0.000	0.000		
22:1 undifferentiatedg								
24:1 cg		•	1		1.709	0.600		
Fatty acids, total polyunsaturatedg	0.740	0	1			0.629		
18:2 undifferentiated	0.280		1		0.647	0.238		
18:3 undifferentiated	0.290	0	1		0.670	0.247		
18:4g								
20:2 n-6 c,cg 20:3 undifferentiatedg								
_	0.170	0	1		0.393	0.145		
20:4 undifferentiated	0.170	U	1		0.393	0.145		
20:5 n-3								
22:5 n-3								
Fatty acids, total trans								
Cholesterolg	400	0	1		924	340		
Phytosterolsmg	•	v	-		J24	340		
1 llytosterois	,							
Amino Acids:								
Tryptophang	0.292	0	1		0.675	0.248		
Threonineg	0.840	0	1		1.940	0.714		
Isoleucineg	0.804	0	1		1.857	0.683		
Leucineg	1.461	0	1		3.375	1.242		
Lysineg	1.972	0	1		4.555	1.676		
Methionineg	0.329	0	1		0.760	0.280		
Cystineg	0.292	0	1		0.675	0.248		
Phenylalanineg	0.767	0	1		1.772	0.652		
Tyrosineg	0.548	0	1		1.266	0.466		
Valineg	0.986	0	1		2.278	0.838		
Arginineg	1.351	0	1		3.121	1.148		
Histidineg	0.657	0	1		1.518	0.558		
Alanineg	1.169	0	1		2.700	0.994		
Aspartic acidg	1.570	0	1		3.627	1.335		
Glutamic acidg	3.178	0	1		7.341	2.701		
Glycineg	1.424	0	1		3.289	1.210		
Prolineg	1.169	0	1		2.700	0.994		
Serineg	0.913	0	1		2.109	0.776		
Hydroxyprolineg								

### **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

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>n</u>	Amount in edible portion of common			
			Nui	mber				<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Unit	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	73.77	0.707	4		1		20.91	83.36		
	_	152	0.707	0	NC	4		43	172		
Energy		636		U	NC	4		180	719		
Energy			0.010			=					
Protein (N x 6.25)		14.84	0.213	4		1 1		4.21	16.77		
Total lipid (fat)		9.82	0.885	4		_		2.78	11.10		
Ash		1.40	0.058	3	_	1		0.40	1.58		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium. Ca	ma	8		1		1		2	9		
Iron, Fe		2.30	0.286	4		1		0.65	2.60		
Magnesium, Mg.	_	21	3.200	1		1		6	24		
Phosphorus, P		400		1		1		113	452		
Potassium, K	-	420		1		1		119	475		
Sodium, Na		75		1		1		21	85		
Zinc, Zn		1.93	0.260	3		1		0.55	2.18		
Copper, Cu		0.061		0		1		0.017	0.069		
Manganese, Mn		0.040		1		1		0.011	0.045		
Selenium, Se		34.3	•	0	BFNN	4		9.7	38.8		
Scientini, Sc	9	31.3		Ū		-			30.0		
<u> Vitamins:</u>											
Vitamin C, total ascorbic acid		18.0	0.626	5		1		5.1	20.3		
Thiamin		0.030		1		1		0.009	0.034		
Riboflavin	mg	0.250	)	1		1		0.071	0.283		
Niacin	-	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		0		0	Z	7		0	0		
Folate, food	mcg	13		1		1		4	15		
Folate, DFE	mcg_DFE	13		0	NC	4		4	15		
Vitamin B-12	mcg	6.00		1		1		1.70	6.78		
Vitamin A, IU		0	0.000	8		1		0	0		
Vitamin A, RAE	mcg_RAE	0	0.000	8		1		0	0		
Retinol		0	0.000	8		1		0	0		
Vitamin E (alpha-tocopherol)	mg										
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
Lipids:											
	0	4.440	1	0		1		1.259	5.017		
Fatty acids, total saturated		4.440	,	U		_		1.239	3.017		
4:0 6:0											
8:0											
10:0	_										
12:0		0.060	)	1		1		0.017	0.068		
13:0		0.000	-	-		-		0.017	0.000		
14:0		0.420	)	1		1		0.119	0.475		
15:0		0.420	•	-		-		0.119	0.4/3		
16:0	_	1.880	1	1		1		0.533	2.124		
17:0	_	1.000	•	-		-		0.555	2.124		
	_	1.940	1	1		1		0 550	2 102		
18:0 20:0	_	1.940	,	Τ.		1		0.550	2.192		
	u										
22:0	_										

		<u>Ar</u>	nount in 100		of edible po	<u>ortion</u>		Amount in edible portion of common measures of food			
			of			rce Confidence	<u></u>				
Nutrients and Units		Mean	Std. Error P	oints C	Code Co	de Code	Measure 1	Measure 2	Measure 3		
Fatty acids, total monounsaturated	g	3.540		0	:	L	1.004	4.000			
14:1											
15:1	g										
16:1 undifferentiated	g	0.220		1	:	L	0.062	0.249			
17:1	g										
18:1 undifferentiated	g	3.210		1	:	L	0.910	3.627			
20:1		0.000		1	:	L	0.000	0.000			
22:1 undifferentiated											
24:1 c	•										
Fatty acids, total polyunsaturated	•	0.480		0	:	L	0.136	0.542			
18:2 undifferentiated		0.180		1	:	L	0.051	0.203			
18:3 undifferentiated		0.190		1	-	L	0.054	0.215			
18:4											
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated		0.110		1	-	L	0.031	0.124			
20:5 n-3	-										
22:5 n-3											
22:6 n-3	-										
Fatty acids, total trans											
Cholesterol		260		1	-	L	74	294			
Phytosterols											
Amino Asider											
Amino Acids:	~	0 100		1			0.054	0.015			
Tryptophan		0.190 0.546		1	•		0.054	0.215			
Threonine	-			_	-	=	0.155	0.617			
Isoleucine		0.522		1	:		0.148	0.590			
Leucine		0.950		1	:	=	0.269	1.074			
Lysine	-	1.282		1 1	:	=	0.363	1.449			
Methionine	-	0.214			-	=	0.061	0.242			
Cystine		0.190		1			0.054	0.215			
Phenylalanine		0.499		1	-	L	0.141	0.564			
Tyrosine	_	0.356		1			0.101	0.402			
Valine		0.641		1		=	0.182	0.724			
Arginine	-	0.878		1			0.249	0.992			
Histidine	-	0.427		1	:	=	0.121	0.483			
Alanine		0.760		1	-	L	0.215	0.859			
Aspartic acid		1.021		1	:	=	0.289	1.154			
Glutamic acid	-	2.065		1			0.585	2.333			
Glycine	-	0.926		1		L	0.263	1.046			
Proline	g	0.760		1		L	0.215	0.859			
Serine	g	0.593		1	:	L	0.168	0.670			
Hydroxyproline	g										

### **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. 17215 Lamb, variety meats and by-products, spleen, cooked, braised

		<u>Aı</u>	mount in 10	00 grams	of edik	ole portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	_	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water		66.38		0		1		195.82	56.42		
Energy		156		0	NC	4		460	133		
Energy		653				4		1925	555		
Protein (N x 6.25)	-	26.46		0		1		78.06	22.49		
Total lipid (fat)		4.77		0		1		14.07	4.05		
Ash		2.00		0	_	1		5.90	1.70		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch	g										
Minerals:											
Calcium, Ca	mg	13		0		1		38	11		
Iron, Fe	-	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	_	58		0		1		171	49		
Zinc, Zn		3.94		0		1		11.62	3.35		
Copper, Cu		0.139		0		1		0.410	0.118		
Manganese, Mn		0.062	2	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	_	0.051	_	0		1		0.150	0.043		
Riboflavin		0.316	5	0		1		0.932	0.269		
Niacin		5.868	3	0		1		17.311	4.988		
Pantothenic acid											
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		4		0		1		12	3		
Folate, DFE		4		0	NC	4		12	3		
Vitamin B-12		5.29		0		1		15.61	4.50		
Vitamin A, IU		0		0		1		0	0		
Vitamin A, RAE		0		0		1		0	0		
Retinol		0		0		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, deltaVitamin D											
Vitamin K (phylloquinone)											
Lipids:											
Fatty acids, total saturated		1.580		0		1		4.661	1.343		
Fatty acids, total monounsaturated		1.270		0		1		3.747	1.080		
Fatty acids, total polyunsaturated		0.350	)	0		1		1.033	0.298		
Fatty acids, total trans		225		_		_		4400			
CholesterolPhytosterols		385		0		1		1136	327		
Amino Acids:	•										
Tryptophan	g	0.292	?	0		1		0.861	0.248		
Threonine		1.080	)	0		1		3.186	0.918		
Isoleucine	g	1.677	,	0		1		4.947	1.425		
Leucine	g	2.354	<u> </u>	0		1		6.944	2.001		
Lysine	g	2.049	)	0		1		6.045	1.742		
Methionine	g	0.504	ļ	0		1		1.487	0.428		
Cystine		0.339	1	0		1		1.000	0.288		

NDB No. 17215 Lamb, variety meats and by-products, spleen, cooked, braised

	Amou	nt in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common		
			Deriv Source		<u>m</u>	easures of food	
Nutrients and Units	Mean Std	l. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Phenylalanineg	1.202	0	1		3.546	1.022	
Tyrosineg	0.771	0	1		2.274	0.655	
Valineg	1.727	0	1		5.095	1.468	
Arginineg	1.672	0	1		4.932	1.421	
Histidineg	0.881	0	1		2.599	0.749	
Alanineg	1.710	0	1		5.045	1.454	
Aspartic acidg	2.295	0	1		6.770	1.951	
Glutamic acidg	3.082	0	1		9.092	2.620	
Glycineg	1.719	0	1		5.071	1.461	
Prolineg	1.473	0	1		4.345	1.252	
Serineg	1.156	0	1		3.410	0.983	
Hydroxyprolineg							

#### **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

NDB No. 17214 Lamb, variety meats and by-products, spleen, raw

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mbei	r			<u>m</u>	easures of food	<u> </u>	
			of	Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:											
Water	-	78.15	0.147	11		1		22.16	88.31		
Energy		101		0	NC	4		29	114		
Energy		423				4		120	478		
Protein (N x 6.25)		17.20	0.404	3		1		4.88	19.44		
Total lipid (fat)		3.10	0.116	3		1		0.88	3.50		
Ash		1.30	0.000	3	_	1		0.37	1.47		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
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	-	280		0		1		79	316		
Potassium, K		358	5.332	4		1		101	405		
Sodium, Na	-	84	1.047	4		1		24	95		
Zinc, Zn		2.84	0.162	11		1		0.81	3.21		
Copper, Cu		0.121		8		1		0.034	0.137		
Manganese, Mn		0.051	0.003	26 0		1		0.014	0.058		
Selenium, Se	filicg	32.4		U	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	i	0		1		2.238	8.921		
Pantothenic acid	-										
Vitamin B-6		0.110		1		1		0.031	0.124		
Folate, total		4		0		1		1	5		
Folic acid		0		0	Z	7		0	0		
Folate, food		4		0		1		1	5		
Folate, DFE		4 5.34		0	NC	4 1		1 1.51	5		
Vitamin B-12		0	0.000	8		1		0	6.03 0		
Vitamin A, IUVitamin A, RAE		0	0.000	8		1		0	0		
Retinol		0	0.000	8		1		0	0		
Vitamin E (alpha-tocopherol)		Ū	0.000	Ü		-		Ü	Ü		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	1.030		0		1		0.292	1.164		
Fatty acids, total monounsaturated		0.810		0		1		0.232	0.915		
Fatty acids, total monounsaturated		0.810		0		1		0.230	0.260		
Fatty acids, total trans		0.230		•		_		2.005	0.200		
Cholesterol		250	15.275	3		1		71	283		
Phytosterols											
Amino Acids:											
Tryptophan	g	0.190	1	1		1		0.054	0.215		
Threonine		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	ı	1		1		0.062	0.249		

	<u>n</u>	Amount in edible portion of common					
Nutrients and Units	Mean Std. E	Number of Data D rror Points C	eriv Source ode Code	Confidence Code	<u>mo</u> Measure 1	Measure 2	Measure 3
Phenylalanineg	0.782	1	1		0.222	0.884	
Tyrosineg	0.501	1	1		0.142	0.566	
Valineg	1.123	1	1		0.318	1.269	
Arginineg	1.087	1	1		0.308	1.228	
Histidineg	0.572	1	1		0.162	0.646	
Alanineg	1.112	1	1		0.315	1.257	
Aspartic acidg	1.492	1	1		0.423	1.686	
Glutamic acidg	2.003	1	1		0.568	2.263	
Glycineg	1.117	1	1		0.317	1.262	
Prolineg	0.958	1	1		0.272	1.083	
Serineg	0.751	1	1		0.213	0.849	
Hydroxyprolineg							

#### **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. 17221 Lamb, variety meats and by-products, tongue, cooked, braised

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	<u>[</u>	
					Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	57.86	0.551	5		1		147.54	49.18		
	_	275	0.551	0	NC	4		701	234		
Energy		1151		U	NC	4		2934			
Energy			0.640	_		_			978		
Protein (N x 6.25)		21.57	0.643	5		1		55.00	18.33		
Total lipid (fat)		20.28	0.320	5		1		51.71	17.24		
Ash		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:		1.0		•		_		0.6	•		
Calcium, Ca	_	10		2		1		26	9		
Iron, Fe	_	2.63		2		1		6.71	2.24		
Magnesium, Mg		16		2		1		41	14		
Phosphorus, P	_	134		1		1		342	114		
Potassium, K		158		2		1		403	134		
Sodium, Na	-	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		1		0.084	0.028		
Selenium, Se	mcg	28.0	2.603	3	A	1		71.4	23.8		
Vitamins:											
	ma	7.0		1		1		17.9	6.0		
Vitamin C, total ascorbic acid											
Thiamin		0.080		2		1		0.204	0.068		
Riboflavin		0.420		2		1		1.071	0.357		
Niacin	_	3.690		2		1		9.410	3.137		
Pantothenic acid		0.340		1		1		0.867	0.289		
Vitamin B-6	-	0.170	1	1		1		0.434	0.145		
Folate, total	mcg	3		1		1		8	3		
Folic acid		0		0	Z	7		0	0		
Folate, food	mcg	3		1		1		8	3		
Folate, DFE	mcg_DFE	3		0	NC	4		8	3		
Vitamin B-12	mcg	6.30		1		1		16.07	5.36		
Vitamin A, IU	IU	0		0		1		0	0		
Vitamin A, RAE	mcg_RAE	0		0		1		0	0		
Retinol		0		0		1		0	0		
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
<u> Lipids:</u>											
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										
14:0		0.570	1	1		1		1.454	0.485		
15:0											
16:0	-	3.890	1	1		1		9.920	3.307		
17:0	-					-					
18:0	-	2.980	)	1		1		7.599	2.533		
20:0	-	2.500		-		-			2.555		
22:0	-										
24:0	-										

		<u>A</u> 1	mount in 100		of edible	portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean				Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	-	10.000	)	0		1		25.500	8.500		
14:1											
15:1	-	0.540				_					
16:1 undifferentiated	-	0.510	1	1		1		1.301	0.434		
17:1						_					
18:1 undifferentiated		9.240		1		1		23.562	7.854		
20:1	-	0.000		1		1		0.000	0.000		
22:1 undifferentiated		0.230	1	1		1		0.587	0.196		
24:1 c		1 0=0		•				0.40-	4 065		
Fatty acids, total polyunsaturated		1.250		0		1		3.188	1.063		
18:2 undifferentiated	_	0.570		0		1		1.454	0.485		
18:3 undifferentiated		0.610	1	1		1		1.556	0.519		
18:4	-										
20:2 n-6 c,c	_										
20:3 undifferentiated	_			_		_					
20:4 undifferentiated	-	0.080		1		1		0.204	0.068		
20:5 n-3		0.000		1		1		0.000	0.000		
22:5 n-3		0.000		1		1		0.000	0.000		
22:6 n-3		0.000	1	1		1		0.000	0.000		
Fatty acids, total trans	-			_		_					
Cholesterol	_	189		2		1		482	161		
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.218	1	0		1		0.556	0.185		
Threonine		0.975		0		1		2.486	0.829		
Isoleucine	_	0.843	1	0		1		2.150	0.717		
Leucine	_	1.535		0		1		3.914	1.305		
Lysine	-	1.527		0		1		3.894	1.298		
Methionine	_	0.457		0		1		1.165	0.388		
Cystine	_	0.236		0		1		0.602	0.201		
Phenylalanine		0.805		0		1		2.053	0.684		
Tyrosine	-	0.639		0		1		1.629	0.543		
Valine		1.033		0		1		2.634	0.878		
Arginine		1.421		0		1		3.624	1.208		
Histidine	-	0.477		0		1		1.216	0.405		
Alanine	_	1.237		0		1		3.154	1.051		
Aspartic acid	_	1.928		0		1		4.916	1.639		
Glutamic acid	_	2.783		0		1		7.097	2.366		
Glycine		1.404		0		1		3.580	1.193		
Proline		1.135		0		1		2.894	0.965		
Serine		0.849		0		1		2.165	0.722		
Hydroxyproline	_	0.043		•		-		2.233	0.722		
11yaroxypromic											

# **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

Refuse: 16% Connective tissue and cartilage

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.60	0.437	7		1		18.88	75.26	
Energy	-	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		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:	ma	^	1 204	7		4		2	10	
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	9 2.65	1.394 0.200	7 10		1 1		3 0.75	10 2.99	
Iron, FeMagnesium, Mg	• • • • • • • • • • • • • • • • • • • •	2.65	2.386	7		1		0.75 6	2.99 24	
Phosphorus, P		184	14.570	6		1		52	24	
Potassium, K		257	17.682	7		1		73	290	
Sodium, Na		78	17.002	2		1		22	88	
Zinc, Zn		2.32	0.177	7		1		0.66	2.62	
Copper, Cu		0.212		5		1		0.060	0.240	
Manganese, Mn		0.049		6		1		0.014	0.055	
Selenium, Se		15.0	0.998	3	A	1		4.3	17.0	
ŕ										
Vitamins:				_		_				
Vitamin C, total ascorbic acid		6.0	0.959	6		1		1.7	6.8	
Thiamin		0.150		3		1 1		0.043	0.170	
Riboflavin	-	0.380		3		1		0.108	0.429	
Niacin		4.650 0.970		3 2		1		1.318	5.255	
Pantothenic acid		0.970		3		1		0.275 0.051	1.096 0.203	
Vitamin B-6		4	0.044	2		1		1	0.203 5	
Folia eqid		0		0	z	7		0	0	
Folic acidFolate, food		4		2	2	1		1	5	
Folate, DFE		4		0	NC	4		1	5	
Vitamin B-12		7.20		2	NC	1		2.04	8.14	
Vitamin A, IU		0	0.000	9		1		0	0	
Vitamin A, RAE	mca RAF	0	0.000	9		1		0	0	
Retinol		ō	0.000	9		1		0	0	
Vitamin E (alpha-tocopherol)		-		-		_		•	·	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	a	6.630	)	0		1		1.880	7.492	
4:0				-		_				
6:0	_									
8:0	-									
10:0	_									
12:0	-	0.030	)	1		1		0.009	0.034	
13:0	g									
14:0	g	0.480	)	1		1		0.136	0.542	
15:0										
16:0	_	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									

		<u>A</u> 1	mount in 100			ole portio	<u>n</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	ite	Mean			Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Nutrients and On		IVICALI	Sta. Elloi					Weasure 1	Wedsule 2	Measure 3	
Fatty acids, total monounsaturated	_	8.460	1	0		1		2.398	9.560		
15:1											
16:1 undifferentiated	_	0.430		1		1		0.122	0.486		
	_	0.430		_		1		0.122	0.400		
17:1 18:1 undifferentiated		7.820		1		1		2.217	8.837		
		0.000		1		1					
20:1	_	0.000		1		1		0.000 0.054	0.000		
22:1 undifferentiated		0.190	,	1		1		0.054	0.215		
24:1 c		1.060		0		1		0.301	1.198		
Fatty acids, total polyunsaturated		0.480		1		1		0.301	0.542		
18:2 undifferentiated	-	0.480		1		1		0.136	0.542		
18:3 undifferentiated		0.510	•	_		_		0.145	0.576		
18:4	_										
20:2 n-6 c,c	-										
20:3 undifferentiated	-	0.060		1		1		0.017	0.068		
20:4 undifferentiated	_			1		1					
20:5 n-3		0.000		1		1		0.000	0.000		
22:5 n-3		0.000				1		0.000	0.000		
22:6 n-3		0.000	1	1		1		0.000	0.000		
Fatty acids, total trans	_	156		•				4.4	176		
Cholesterol	_	156		2		1		44	176		
Phytosterols	<u>mg</u>										
Amino Acids:											
Tryptophan	а	0.159	)	4		1		0.045	0.180		
Threonine		0.710	)	5		1		0.201	0.802		
Isoleucine	_	0.613	1	5		1		0.174	0.693		
Leucine	_	1.117	,	5		1		0.317	1.262		
Lysine	-	1.112		5		1		0.315	1.257		
Methionine	_	0.333	1	5		1		0.094	0.376		
Cystine	_	0.171		4		1		0.048	0.193		
Phenylalanine		0.586		5		1		0.166	0.662		
Tyrosine	_	0.465		5		1		0.132	0.525		
Valine	_	0.752		5		1		0.213	0.850		
Arginine		1.034		5		1		0.293	1.168		
Histidine	-	0.347		5		1		0.098	0.392		
Alanine	_	0.900		5		1		0.255	1.017		
Aspartic acid	_	1.403		5		1		0.398	1.585		
Glutamic acid	_	2.026		5		1		0.574	2.289		
Glycine		1.022		5		1		0.290	1.155		
Proline		0.826		5		1		0.234	0.933		
Serine		0.618		5		1		0.175	0.698		
Hydroxyproline	_	0.010	•	3		-		0.175	0.096		
Trydroxypronne	я										

### **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. 17273 Veal, breast, plate half, boneless, separable lean and fat, cooked, braised Bos taurus

Refuse: 11% Connective tissue

		<u>A</u>	mount in 100	grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	54.77		0	PAK	1		159.38	46.55		
Energy	-	282		0	NC	4		821	240		
Energy		1180				4		3433	1003		
Protein (N x 6.25)	·=	25.93		0	PAK	1		75.46	22.04		
Total lipid (fat)		18.95		0	PAK	1		55.14	16.11		
Ash	-	0.86		0	PAK	1		2.50	0.73		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary									0.00		
Sugars, total											
Starch	-										
Starcii	9										
<u>Minerals:</u>											
Calcium, Ca	-	8		0	PAK	1		23	7		
Iron, Fe	-	0.75		0	PAK	1		2.18	0.64		
Magnesium, Mg		19		0	PAK	1		55	16		
Phosphorus, P		186		0	PAK	1		541	158		
Potassium, K	-	266		0	PAK	1		774	226		
Sodium, Na	-	64		0	PAK	1		186	54		
Zinc, Zn		3.47		0	PAK	1		10.10	2.95		
Copper, Cu		0.069		0	PAK	1		0.201	0.059		
Manganese, Mn		0.008	3	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		0.053	3	0	PAK	1		0.154	0.045		
Riboflavin	-	0.296	5	0	PAK	1		0.861	0.252		
Niacin	-	7.895	5	0	PAK	1		22.974	6.711		
Pantothenic acid		1.031	L	0	PAK	1		3.000	0.876		
Vitamin B-6		0.261	L	0	PAK	1		0.760	0.222		
Folate, total		13		0	PAK	1		38	11		
Folic acid		0		0	z	7		0	0		
Folate, food		13		0	PAK	1		38	11		
Folate, DFE		13		0	NC	4		38	11		
Vitamin B-12		1.33		0	PAK	1		3.87	1.13		
Vitamin A, IU											
Vitamin A, RAE	mcg_RAE										
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	7.434	i	0	PAK	1		21.633	6.319		
4:0		7.45	•	Ū	rm	-		21.033	0.515		
6:0											
8:0											
10:0	-										
12:0	-	0.125	5	0	PAK	1		0.364	0.106		
13:0	-	32.		-		_		0.504	3.100		
14:0	-	1.113	3	0	PAK	1		3.239	0.946		
15:0	-			ū		-		3.233	0.540		
16:0	•	4.309	•	0	PAK	1		12.539	3.663		
17:0	•	1.50.		ū		_			2.003		
18:0		1.780	)	0	PAK	1		5.180	1.513		
20:0				•		-		3.100	1.515		
22:0											
24:0	-										

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
Nutrients and Ur	nits	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	9.107		0	PAK	1		26.501	7.741	
14:1	g									
15:1 16:1 undifferentiated		0.843		0	PAK	1		2.453	0.717	
17:1		0.043		O	FAIC	-		2.433	0.717	
18:1 undifferentiated	-	7.872		0	PAK	1		22.908	6.691	
20:1	-	0.076		0	PAK	1		0.221	0.065	
22:1 undifferentiated	-									
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										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	• • • • • • • • • • • • • • • • • • • •	112		0	PAK	1		326	95	
Phytosterols	mg									
Amino Acids:										
Tryptophan	q	0.262		0	PAK	1		0.762	0.223	
Threonine		1.132		0	PAK	1		3.294	0.962	
Isoleucine	-	1.277		0	PAK	1		3.716	1.085	
Leucine	-	2.062		0	PAK	1		6.000	1.753	
Lysine	g	2.136		0	PAK	1		6.216	1.816	
Methionine	-	0.606		0	PAK	1		1.763	0.515	
Cystine	g	0.294		0	PAK	1		0.856	0.250	
Phenylalanine		1.045		0	PAK	1		3.041	0.888	
Tyrosine		0.825		0	PAK	1		2.401	0.701	
Valine		1.431		0	PAK	1		4.164	1.216	
Arginine	g	1.526		0	PAK	1		4.441	1.297	
Histidine	_	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		4.103		0	PAK	1		11.940	3.488	
Glycine		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									

### **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. 17274 Veal, breast, point half, boneless, separable lean and fat, cooked, braised Bos taurus

Refuse: 4% Connective tissue

		<u>A</u>	mount in 10			ole portic	<u>on</u>		edible portion	
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food Measure 2	Measure 3
Proximates:										
Water	-	57.36		0	PAK	1		157.17	48.76	
Energy		248		0	NC	4		680	211	
Energy		1038				4		2843	882	
Protein (N x 6.25)	-	28.23		0	PAK	1		77.35	24.00	
Total lipid (fat)		14.16		0	PAK	1		38.80	12.04	
Ash		0.92		0	PAK	1		2.52	0.78	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary										
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca	mg	9		0	PAK	1		25	8	
Iron, Fe	-	0.79		0	PAK	1		2.16	0.67	
Magnesium, Mg	-	21		0	PAK	1		58	18	
Phosphorus, P		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	3	0	PAK	1		0.200	0.062	
Manganese, Mn	mg	0.008	3	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	ma									
Thiamin	-	0.056	;	0	PAK	1		0.153	0.048	
Riboflavin	-	0.309		0	PAK	1		0.847	0.263	
Niacin		8.352		0	PAK	1		22.884	7.099	
Pantothenic acid		1.071		0	PAK	1		2.935	0.910	
Vitamin B-6		0.272		0	PAK	1		0.745	0.231	
Folate, total		14		0	PAK	1		38	12	
Folic acid		0		0	Z	7		0	0	
Folate, food	_	14		0	PAK	1		38	12	
Folate, DFE		14		0	NC	4		38	12	
Vitamin B-12		1.39		0	PAK	1		3.81	1.18	
Vitamin A, IU										
Vitamin A, RAE	mcg_RAE									
Retinol	mcg									
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	5.489	)	0	PAK	1		15.040	4.666	
4:0										
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.094	Į.	0	PAK	1		0.258	0.080	
13:0	g									
14:0	g	0.806	i	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										
22:0	g									
24:0	g									

		<u>Aı</u>	mount in 10		Amount in edible portion of common measures of food					
				Number				<u>m</u>	easures of 1000	
Nutrients and Un	its	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	-	6.698		0	PAK	1		18.353	5.693	
15:1										
16:1 undifferentiated		0.621		0	PAK	1		1.702	0.528	
17:1		0.021		U	FAI	_		1.702	0.328	
18:1 undifferentiated	-	5.791		0	PAK	1		15.867	4.922	
20:1	-	0.056		0	PAK	1		0.153	0.048	
22:1 undifferentiated	-	0.000		·		-		0.133	0.040	
24:1 c	•									
Fatty acids, total polyunsaturated	•	0.996		0	PAK	1		2.729	0.847	
18:2 undifferentiated	-	0.825		0	PAK	1		2.261	0.701	
18:3 undifferentiated	-	0.047		0	PAK	1		0.129	0.040	
18:4	-									
20:2 n-6 c,c	-									
20:3 undifferentiated										
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		1.233		0	PAK	1		3.378	1.048	
Isoleucine	-	1.391		0	PAK	1		3.811	1.182	
Leucine	-	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		1.138		0	PAK	1		3.118	0.967	
Tyrosine		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									

### **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

		<u>A</u> 1	mount in 100 gr	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	<u>l</u>
			of I	Data	Deriv	Source	Confidence			
Nutrients and Ur	nits	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure
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										
Starch										
<u> Minerals:</u>										
Calcium, Ca	-	6		2	A	1		2		
Iron, Fe	-	0.45		2	A	1		0.13		
Magnesium, Mg		10		2	A	1		3		
Phosphorus, P	-	102		2	A	1		29		
Potassium, K		181		2	A	1		51		
Sodium, Na	•	49		2	A	1		14		
Zinc, Zn		0.76		2	A	1		0.22		
Copper, Cu		0.042		2	A	1		0.012		
Manganese, Mn		0.010		2	A	1		0.003		
Selenium, Se	mcg	5.5		2	A	1		1.6		
Vitamins:										
Vitamin C, total ascorbic acid	ma									
Thiamin	-	0.020	ı	0	BFPN	4		0.006		
Riboflavin	-	0.120		0	BFPN	4		0.034		
Niacin		2.790		0	BFPN	4		0.791		
Pantothenic acid		0.450		0	BFPN	4		0.128		
Vitamin B-6	-	0.110		0	BFPN	4		0.031		
Folate, total		5		0	BFPN	4		1		
Folic acid		0		0	Z	7		0		
Folate, food		5		0	BFPN	4		1		
Folate, DFE		5		0	NC	4		1		
Vitamin B-12		0.55		0	BFPN	4		0.16		
Vitamin A, IU		0.00		·		-		0.20		
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	······ <b>J</b>									
<u>Lipids:</u>				_		_		_		
Fatty acids, total saturated		21.407		0		1		6.069		
4:0	-									
6:0										
8:0	_									
10:0	_	0 0		^				0.100		
12:0	_	0.351		0		1		0.100		
13:0	-			^		_				
14:0		3.319	1	0		1		0.941		
15:0	•			_		_				
16:0	•	12.497		0		1		3.543		
17:0	-			_		_				
18:0	-	4.934		0		1		1.399		
20:0										
22:0										
24:0	g									

	<u>Ar</u>	nount in 100 gram Numbe		<u>tion</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean		Deriv Sour	ce Confidence e Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g 26.410	0	1		7.487		
14:1							
15:1	=						
16:1 undifferentiated	-	0	1		0.692		
17:1	•						
18:1 undifferentiated	-	0	1		6.469		
20:1	-	0	1		0.062		
22:1 undifferentiated	•	-	_		0.002		
24:1 c	•						
Fatty acids, total polyunsaturated		0	1		0.812		
18:2 undifferentiated			1		0.746		
18:3 undifferentiated		0	- 1		0.048		
18:4	-	v	-		0.040		
20:2 n-6 c.c.							
20:3 undifferentiated	•						
20:4 undifferentiated	-	0	1		0.000		
20:5 n-3	=	·	_		0.000		
22:5 n-3	-						
22:6 n-3	-						
Fatty acids, total trans	-						
Cholesterol	=	2	A 1		27		
Phytosterols	_	_					
1 Hytosterois	9						
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 <b>0.747</b>	0	1		0.212		
Lysine	g 0.775	0	1		0.220		
Methionine		0	1		0.062		
Cystine	g 0.107	0	1		0.030		
Phenylalanine	g 0.379	0	1		0.107		
Tyrosine	-	0	1		0.085		
Valine	=	0	1		0.147		
Arginine		0	1		0.157		
Histidine	•	0	1		0.097		
Alanine	g 0.559	0	1		0.158		
Aspartic acid	-	0	1		0.230		
Glutamic acid		0	1		0.422		
Glycine	-	0	1		0.137		
Proline			1		0.111		
Serine			1		0.100		
Hydroxyproline	-	•	_				

#### **Common Measures:**

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate

NDB No. 17272 Veal, breast, whole, boneless, separable lean and fat, cooked, braised Bos taurus

Refuse: 7% Connective tissue

		<u>A</u>	mount in 10	0 grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
				Number				<u>m</u>	easures of food	•	
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:											
Water	g	55.95		0	PAK	1		158.34	47.56		
Energy	=	266		0	NC	4		753	226		
Energy		1113				4		3150	946		
Protein (N x 6.25)		26.97		0	PAK	1		76.33	22.92		
Total lipid (fat)		16.77		0	PAK	1		47.46	14.25		
Ash	-	0.89		0	PAK	1		2.52	0.76		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary											
Sugars, total											
Starch	=										
	5										
Minerals:											
Calcium, Ca	_	9		0	PAK	1		25	8		
Iron, Fe	-	0.77		0	PAK	1		2.18	0.65		
Magnesium, Mg		20		0	PAK	1		57	17		
Phosphorus, P		191		0	PAK	1		541	162		
Potassium, K	_	272		0	PAK	1		770	231		
Sodium, Na	-	65		0	PAK	1 1		184	55		
Zinc, Zn		3.64		0	PAK	1		10.30	3.09		
Copper, Cu		0.071		0	PAK PAK	1		0.201 0.023	0.060 0.007		
Manganese, Mn Selenium, Se		11.0	,	0	PAK	1		31.1	9.4		
Selemum, Se	1110g	11.0		Ū	IM	-		31.1	3.4		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	mg										
Thiamin	mg	0.054	1	0	PAK	1		0.153	0.046		
Riboflavin	mg	0.296	5	0	PAK	1		0.838	0.252		
Niacin	mg	7.981	L	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	L	0	PAK	1		0.739	0.222		
Folate, total		13		0	PAK	1		37	11		
Folic acid		0		0	Z	7		0	0		
Folate, food		13		0	PAK	1		37	11		
Folate, DFE		13		0	NC	4		37	11		
Vitamin B-12		1.33		0	PAK	1		3.76	1.13		
Vitamin A, IU	IU										
Vitamin A, RAE											
Retinol	-										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta Vitamin D											
Vitamin K (phylloquinone)											
vitanini k (pnynoqunone)											
<u>Lipids:</u>											
Fatty acids, total saturated	g	6.550	)	0	PAK	1		18.537	5.568		
4:0	g										
6:0	-										
8:0	-										
10:0	-			_		_					
12:0	-	0.111	L	0	PAK	1		0.314	0.094		
13:0	-			_		_					
14:0	-	0.974	ł	0	PAK	1		2.756	0.828		
15:0	•			_		_		10 700	2 225		
16:0	•	3.790	)	0	PAK	1		10.726	3.222		
17:0		4		•							
18:0		1.580	J	0	PAK	1		4.471	1.343		
20:0											
22:0	a										

	<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u></u>		
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	8.012		0	PAK	1		22.674	6.810	
14:1	g									
15:1										
16:1 undifferentiated	-	0.742		0	PAK	1		2.100	0.631	
17:1										
18:1 undifferentiated		6.926		0	PAK	1		19.601	5.887	
20:1	g	0.067		0	PAK	1		0.190	0.057	
22:1 undifferentiated	•									
24:1 c	•									
Fatty acids, total polyunsaturated		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										
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										
Cholesterol		113		0	PAK	1		320	96	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.272		0	PAK	1		0.770	0.231	
Threonine		1.178		0	PAK	1		3.334	1.001	
Isoleucine	-	1.329		0	PAK	1		3.761	1.130	
Leucine		2.145		0	PAK	1		6.070	1.823	
Lysine		2.222		0	PAK	1		6.288	1.889	
Methionine	_	0.630		0	PAK	1		1.783	0.536	
Cystine	_	0.306		0	PAK	1		0.866	0.260	
Phenylalanine		1.087		0	PAK	1		3.076	0.924	
Tyrosine		0.858		0	PAK	1		2.428	0.729	
Valine	-	1.489		0	PAK	1		4.214	1.266	
Arginine		1.588		0	PAK	1		4.494	1.350	
Histidine	_	0.979		0	PAK	1		2.771	0.832	
Alanine	_	1.606		0	PAK	1		4.545	1.365	
Aspartic acid		2.326		0	PAK	1		6.583	1.977	
Glutamic acid		4.268		0	PAK	1		12.078	3.628	
Glycine	_	1.385		0	PAK	1		3.920	1.177	
Proline	_	1.126		0	PAK	1		3.187	0.957	
Serine		1.010		0	PAK	1		2.858	0.957	
	-	1.010		U	PAR	1		2.038	0.659	
Hydroxyproline	9									

### **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. 17271 Veal, breast, whole, boneless, separable lean and fat, raw Bos taurus

		<u>Ai</u>	mount in 100 gran	is of edi	pie portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	67.67	1.260 6	A	1		19.18	306.95	
Energy	-	208	0	NC	4		59	943	
Energy		870	O	NC	4		247	3948	
Protein (N x 6.25)	<del>-</del>	17.47	0.420 6	A	1		4.95	79.24	
Total lipid (fat)		14.75	1.640 6	A	1		4.18	66.91	
Ash		0.90	0.020 6	A	1		0.26	4.08	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.00	·	_	•		0.00	0.00	
Sugars, total									
Starch									
Starch	9								
Minerals:									
Calcium, Ca	_	7	2	A	1		2	32	
Iron, Fe	-	0.53	2	A	1		0.15	2.40	
Magnesium, Mg		18	2	A	1		5	82	
Phosphorus, P	-	172	2	A	1		49	780	
Potassium, K		286 71	2	A A	1 1		81 20	1297 322	
Sodium, Na	-	2.33	2	A	1		0.66	10.57	
Zinc, Zn Copper, Cu		0.094		A	1		0.027	0.426	
Manganese, Mn	-	0.010		A	1		0.027	0.045	
Selenium, Se		6.6	0	BFYN			1.9	29.9	
·			•						
<u>Lipids:</u>									
Fatty acids, total saturated		5.896	0		1		1.672	26.744	
4:0	-								
6:0	_								
8:0	-								
10:0					_				
12:0		0.094	0		1		0.027	0.426	
13:0		0.871	. 0		1		0.247	3.951	
14:0 15:0		0.871	. 0		1		0.247	3.951	
16:0	_	3.405	0		1		0.965	15.445	
17:0	-	3.403	·		-		0.903	13.443	
18:0	_	1.446	. 0		1		0.410	6.559	
20:0					_		0.120	0.000	
22:0									
24:0	_								
Fatty acids, total monounsaturated		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		0.061	. 0		1		0.017	0.277	
22:1 undifferentiated	g								
24:1 c	_								
Fatty acids, total polyunsaturated		0.952			1		0.270	4.318	
18:2 undifferentiated	_	0.824			1		0.234	3.738	
18:3 undifferentiated	_	0.052	0		1		0.015	0.236	
18:4	_								
20:2 n-6 c,c	_								
20:3 undifferentiated		0.055	•		4		0.016	0.050	
20:4 undifferentiated		0.057	0		1		0.016	0.259	
20:5 n-3									
22:5 n-3									
22:6 n-3									
Fatty acids, total trans Cholesterol		71	2	A	1		20	322	
Cholesterol	<sup>111</sup>	/ 1	Z	A	1		20	322	

		Ame	ount in 100 grams	of edible portion	<u>on</u>	Amount in edible portion of common		
Nutrients a	and Units	Mean S	Number of Data Std. Error Points	Deriv Source	Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Amino Acids:								
Tryptophan		0.176	0	1		0.050	0.798	
Threonine	-	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	•	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							

### **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. 17275 Veal, breast, whole, boneless, separable lean only, cooked, braised Bos taurus

Refuse: 22% Connective tissue 7%, separable fat 15%

		<u>A</u> 1	mount in 100 gra	ams of ed	ible porti	<u>on</u>	Amount in edible portion of common			
			Num	ber			measures of food			
			of D	ata Deriv	/ Source	Confidence				
Nutrients and Unit	s	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	-	59.72	0.400	6 A			141.54	50.76		
Energy		218		0 NO			517	185		
Energy		912			4		2162	775		
Protein (N x 6.25)		30.32	0.280	6 A			71.86	25.77		
Total lipid (fat)	-	9.80	0.560	6 A			23.23	8.33		
Ash		0.97	0.030	6 A			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	ma	9		2 A	1		21	8		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.83		2 A	1		1.97	0.71		
Magnesium, Mg	_	22		2 A	1		52	19		
Phosphorus, P		208		2 A	1		493	177		
Potassium, K	-	289		2 A	1		685	246		
Sodium, Na	-	68		2 A	1		161	58		
Zinc, Zn	-	4.19		2 A	1		9.93	3.56		
Copper, Cu		0.076	5	2 A	1		0.180	0.065		
Manganese, Mn.	-	0.008	3	2 A	1		0.019	0.007		
Selenium, Se		12.5		2 A	1		29.6	10.6		
£7*4 *										
Vitamins:										
Vitamin C, total ascorbic acid	-	0.000					0 140	0.054		
Thiamin	-	0.060		0 BFP			0.142	0.051		
Riboflavin	_	0.330		0 BFP			0.782	0.281		
Niacin		8.970		0 BFP			21.259	7.625		
Pantothenic acid		1.140		0 BFP			2.702	0.969		
Vitamin B-6	-	0.290	)	0 BFP			0.687	0.247		
Folate, total	-	15		0 BFP			36	13		
Folic acid		0		0 Z	7		0	0		
Folate, food		15		0 BFP			36	13		
Folate, DFE		15		0 NC			36	13		
Vitamin B-12		1.48		0 BFP	N 4		3.51	1.26		
Vitamin A, IU	IU									
Vitamin A, RAE										
Retinol										
Vitamin E (alpha-tocopherol) Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta Vitamin D										
Vitamin K (phylloquinone)										
v mainin K (phynoquinone)	g									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.720	)	0	1		8.816	3.162		
4:0										
6:0	-									
8:0	-									
10:0	-									
12:0	-	0.065	Ò	0	1		0.154	0.055		
13:0	-	_		_						
14:0		0.527	1	0	1		1.249	0.448		
15:0	•									
16:0	•	2.132	!	0	1		5.053	1.812		
17:0	-									
18:0	-	0.941	-	0	1		2.230	0.800		
20:0	g									

	<u>Aı</u>	mount in 100	grams umber		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		f Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	4.508		0		1		10.684	3.832	
14:1		4.500		Ū		-		10.004	3.632	
15:1	-									
16:1 undifferentiated		0.419		0		1		0.993	0.356	
17:1	-	0.113		·		-		0.555	0.550	
18:1 undifferentiated		3.899		0		1		9.241	3.314	
20:1	_	0.038		0		1		0.090	0.032	
22:1 undifferentiated		0.030		Ū		-		0.090	0.032	
24:1 c	• • • • • • • • • • • • • • • • • • • •									
	•	0.788		0		1		1.868	0.670	
Fatty acids, total polyunsaturated 18:2 undifferentiated	g	0.788		0		1		1.479	0.530	
18:3 undifferentiated		0.033		0		1		0.078	0.530	
		0.033		U		1		0.076	0.028	
18:4										
20:2 n-6 c,c										
20:3 undifferentiated		0.098		0		1		0.232	0.083	
20:4 undifferentiated	_	0.096		U		1		0.232	0.083	
20:5 n-3										
22:5 n-3	-									
22:6 n-3										
Fatty acids, total trans		116		2	A	1		275	99	
	• • • • • • • • • • • • • • • • • • • •	110		2	A	1		275	99	
Phytosterols	<u>.</u> ing									
Amino Acids:										
Tryptophan	g	0.306		0		1		0.725	0.260	
Threonine		1.324		0		1		3.138	1.125	
Isoleucine	-	1.494		0		1		3.541	1.270	
Leucine		2.411		0		1		5.714	2.049	
Lysine		2.498		0		1		5.920	2.123	
Methionine	_	0.708		0		1		1.678	0.602	
Cystine	_	0.344		0		1		0.815	0.292	
Phenylalanine		1.222		0		1		2.896	1.039	
Tyrosine		0.965		0		1		2.287	0.820	
Valine	-	1.674		0		1		3.967	1.423	
Arginine		1.785		0		1		4.230	1.517	
Histidine	_	1.101		0		1		2.609	0.936	
Alanine	_	1.805		0		1		4.278	1.534	
Aspartic acid	_	2.615		0		1		6.198	2.223	
Glutamic acid		4.798		0		1		11.371	4.078	
Glycine	-	1.557		0		1		3.690	1.323	
Proline	•	1.266		0		1		3.690	1.323	
						1				
Serine	-	1.135		0		1		2.690	0.965	
Hydroxyproline	y									

### **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

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber	•			<u>m</u>	easures of food	<u>l</u>
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
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									
Ain analas										
<u>/Iinerals:</u> Calcium, Ca	ma	4		0		1		12	3	
Iron. Fe.	-	1.00		0		1		2.90	0.85	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	10	0.676	8		1		29	9	
Phosphorus, P		116	8.620	8		1		336	99	
Potassium, K	-	173	3.320	0		1		502	147	
Sodium, Na	-	57		0		1		165	48	
Zinc, Zn	_	0.87		0		1		2.52	0.74	
Copper, Cu		0.044	Į.	0		1		0.128	0.037	
Manganese, Mn	mg	0.012	2	0		1		0.035	0.010	
Selenium, Se	mcg	5.5		2	A	1		16.0	4.7	
itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.020	1	0		1		0.058	0.017	
Riboflavin		0.120		0		1		0.348	0.102	
Niacin		2.790		0		1		8.091	2.372	
Pantothenic acid		0.450		0		1		1.305	0.383	
Vitamin B-6		0.110		0		1		0.319	0.094	
Folate, total	-	5		0		1		15	4	
Folic acid		0		0	z	7		0	0	
Folate, food		5		0		1		15	4	
Folate, DFE		5		0	NC	4		15	4	
Vitamin B-12		0.55		0		1		1.60	0.47	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.25		0		1		0.73	0.21	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
ipids:										
Fatty acids, total saturated	g	32.390	)	0		1		93.931	27.532	
4:0										
6:0	g									
8:0	g									
10:0	g	0.090	)	67		1		0.261	0.077	
12:0		0.260	)	67		1		0.754	0.221	
13:0	g									
14:0	g	3.640	)	67		1		10.556	3.094	
15:0	-									
16:0	-	16.610	)	67		1		48.169	14.119	
17:0	-									
18:0	-	10.460	)	67		1		30.334	8.891	
20:0										
22:0	g									

	<u>Ar</u>	nount in 100 grams	<u>ion</u>	Amount in edible portion of common measures of food			
		Numbe			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		e Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	27.980	0	1		81.142	23.783	
14:1g							
15:1g							
16:1 undifferentiatedg	3.400	67	1		9.860	2.890	
17:1g							
18:1 undifferentiatedg	23.660	67	1		68.614	20.111	
20:1g							
22:1 undifferentiatedg 24:1 cg							
Fatty acids, total polyunsaturated	3.230	0	1		9.367	2.746	
18:2 undifferentiatedg	2.660		1		7.714	2.261	
18:3 undifferentiated	0.570		1		1.653	0.485	
18:4g	0.0.0	•	_		1.055	0.403	
20:2 n-6 c.c. 9							
20:3 undifferentiated							
20:4 undifferentiated							
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total transg							
Cholesterol mg	73	2	1		212	62	
Phytosterolsmg							
Amino Acids:							
Tryptophan	0.095	0	1		0.276	0.081	
Threonineg	0.412	0	1		1.195	0.350	
Isoleucineg	0.464	0	1		1.346	0.394	
Leucineg	0.750	0	1		2.175	0.638	
Lysineg	0.776	0	1		2.250	0.660	
Methionineg	0.220	0	1		0.638	0.187	
Cystineg	0.106	0	1		0.307	0.090	
Phenylalanine9	0.380	0	1		1.102	0.323	
Tyrosine9	0.300	0	1		0.870	0.255	
Valineg	0.521	0	1		1.511	0.443	
Arginine9	0.554	0	1		1.607	0.471	
Histidineg	0.342	0	1		0.992	0.291	
Alanine	0.560	0	1		1.624	0.476	
Aspartic acidg	0.813		1		2.358	0.691	
Glutamic acid	1.490	0	1		4.321	1.267	
Glycineg	0.484	0	1		1.404	0.411	
Prolineg	0.393		1		1.140	0.334	
Serineg	0.353	0	1		1.024	0.300	
Hydroxyprolineg							

## **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

		<u>A</u> :	mount in 100 gı	rams of	edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	_
					riv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints Co	de	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	24.77	2.207	3		1		7.02	112.36	
Energy	kcal	638		0	NC	4		181	2894	
Energy		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	ma	7		0		1		2	32	
Iron, Fe	-	0.60		0		1		0.17	2.72	
Magnesium, Mg		5		0		1		1	23	
Phosphorus, P		73		0		1		21	331	
Potassium, K	•	107		0		1		30	485	
Sodium, Na		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		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	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.020	)	0	_	1		0.006	0.091	
Riboflavin		0.080		0		1		0.023	0.363	
Niacin		2.370	)	0		1		0.672	10.750	
Pantothenic acid	-	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		0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	18	
Folate, DFE	mcg_DFE	4		0	NC	4		1	18	
Vitamin B-12		0.43		0		1		0.12	1.95	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.31		0		1		0.09	1.41	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>	_					_			<b>.</b>	
Fatty acids, total saturated		32.920	1	0		1		9.333	149.325	
4:0										
6:0 8:0										
10:0		0.090	)	67		1		0.026	0.408	
12:0		0.260		67		1		0.074	1.179	
13:0	-	0.200		٠.		-		3.074	1.1,3	
14:0	-	3.700	)	67		1		1.049	16.783	
15:0										
16:0	-	16.880	)	67		1		4.785	76.568	
17:0	-									
18:0	-	10.640	)	67		1		3.016	48.263	
20:0	-									
22:0	-									
24:0	a									

	<u>Ar</u>	nount in 100 grams	<u>on</u>	Amount in edible portion of common measures of food			
		Numbe of Data	r Deriv Source	Confidence	<u></u>		•
Nutrients and Units	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	28.440	0	1		8.063	129.004	
14:1g							
15:1g			_				
16:1 undifferentiatedg	3.460	67	1		0.981	15.695	
17:1g	04.050		_				
18:1 undifferentiated	24.050	67	1		6.818	109.091	
20:1g							
22:1 undifferentiatedg							
24:1 cg	3.280	0	1		0.020	14.878	
Fatty acids, total polyunsaturated9 18:2 undifferentiatedg	2.700	67	1		0.930 0.765	14.878	
18:3 undifferentiatedg	0.580	67	1		0.765	2.631	
18:4g	0.380	07	-		0.164	2.631	
20:2 n-6 c,cg							
20:3 undifferentiated 9							
20:4 undifferentiated							
20:5 n-3							
22:5 n-3							
22:6 n-3g							
Fatty acids, total transg							
Cholesterol mg	73	3.495 5	1		21	331	
Phytosterolsmg							
Amino Acids:							
Tryptophang	0.061	0	1		0.017	0.277	
Threonineg	0.263	0	1		0.075	1.193	
Isoleucine	0.296	0	1		0.084	1.343	
Leucine	0.479	0	1		0.136	2.173	
Lysine	0.496	0	1		0.141	2.250	
Methionine 9	0.140	0	1		0.040	0.635	
Cystineg	0.068	0	1		0.019	0.308	
Phenylalanine	0.243	0	1		0.069	1.102	
Tyrosineg	0.192	0	1		0.054	0.871	
Valineg	0.333	0	1		0.094	1.510	
Arginine9	0.354	0	1		0.100	1.606	
Histidineg	0.218	0	1		0.062	0.989	
Alanineg	0.358	0	1		0.101	1.624	
Aspartic acidg	0.519	0	1		0.147	2.354	
Glutamic acidg	0.952	0	1		0.270	4.318	
Glycineg	0.309	0	1		0.088	1.402	
Prolineg	0.251	0	1		0.071	1.139	
Serineg	0.226	0	1		0.064	1.025	
Hydroxyprolineg							

## **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

Refuse: 28% Bone

		<u>A</u>	mount in 100 gran	is of edi	ole portio	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	<u> </u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	57.08	0		1		119.30	48.52	
Energy	-	231	0	NC	4		483	196	
Energy		967			4		2020	822	
Protein (N x 6.25)		30.10	0		1		62.91	25.59	
Total lipid (fat)		11.39	0		1		23.81	9.68	
Ash		1.20	0		1		2.51	1.02	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch	-								
<u>Minerals:</u>					_				
Calcium, Ca		22	0		1		46	19	
Iron, Fe	_	1.15	0		1		2.40	0.98	
Magnesium, Mg		26	0		1		54	22	
Phosphorus, P	•	239 325	0		1 1		500 679	203 276	
Potassium, K		325 87	0		1		182	276 74	
Sodium, NaZinc, Zn		4.76	0		1		9.95	4.05	
Copper, Cu		0.114			1		0.238	0.097	
Manganese, Mn		0.036			1		0.075	0.031	
Selenium, Se		12.3	, 0	PIE	4		25.7	10.5	
Scientini, Sci					_				
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.060			1		0.125	0.051	
Riboflavin		0.320			1		0.669	0.272	
Niacin		7.970			1		16.657	6.775	
Pantothenic acid		1.260			1		2.633	1.071	
Vitamin B-6	-	0.310			1		0.648	0.264	
Folate, total		15	0	_	1		31	13	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	15	0		1		31	13	
Folate, DFE		15	0	NC	4		31	13	
Vitamin B-12		1.57 0	0		1 4		3.28 0	1.33	
Vitamin A, IU Vitamin A, RAE		0	0	NC	4		0	0 0	
Retinol		0	0	NR NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.40	0	NK	1		0.84	0.34	
Tocopherol, beta		0.40	· ·		-		0.04	0.54	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		6.6	0	BFZN	4		13.8	5.6	
<u>Lipids:</u>					_		• • • •		
Fatty acids, total saturated		4.280			1		8.945	3.638	
4:0		0.000			1		0.000	0.000	
6:0	-	0.000			1		0.000	0.000	
8:0		0.000			1 1		0.000	0.000	
10:0 12:0.	-	0.010			1		0.021	0.009	
13:0		0.030	, 0		1		0.063	0.026	
14:0	-	0.410	0		1		0.057	0 240	
15:0	-	0.410	, 0		1		0.857	0.349	
16:0	-	2.320	0		1		4.849	1.972	
17:0		2.320	, 0		1		4.549	1.9/2	
18:0	-	1.410	0		1		2.947	1.199	
20:0	-	1.41	, 0		1		2.341	1.139	
22:0	-								
44.V	y								

			mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number				<u>m</u> e	easures of food	
Nutrients and l	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat		4.400	1	0		1		9.196	3.740	
14:1	-									
15:1	-	0.470		0		1		0.982	0.400	
16:1 undifferentiated	-	0.470	•	U		1		0.982	0.400	
17:1 18:1 undifferentiated	-	3.840		0		1		8.026	3.264	
	-	0.000		0		1		0.000		
20:1	-			0		1			0.000	
22:1 undifferentiated	•	0.000	•	U		1		0.000	0.000	
24:1 c		0.800		0		1		1 670	0.600	
Fatty acids, total polyunsaturate		0.630		0		1		1.672 1.317	0.680 0.536	
18:2 undifferentiated		0.630		0		1				
18:3 undifferentiated	-	0.070		0		1		0.146 0.000	0.060 0.000	
		0.000	•	U		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-	0.100		0		1		0 200	0.005	
20:4 undifferentiated	-	0.000		0		1		0.209	0.085	
20:5 n-3	-			0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000		U		1		0.000	0.000	
Fatty acids, total trans	-	114		0		1		238	97	
Cholesterol	-	114		U		1		236	91	
Phytosterols										
Amino Acids:										
Tryptophan	g	0.305	i	0		1		0.637	0.259	
Threonine	g	1.315	i	0		1		2.748	1.118	
Isoleucine	g	1.482	!	0		1		3.097	1.260	
Leucine	g	2.395	i	0		1		5.006	2.036	
Lysine	g	2.480	)	0		1		5.183	2.108	
Methionine		0.702	!	0		1		1.467	0.597	
Cystine	g	0.340	1	0		1		0.711	0.289	
Phenylalanine		1.215	i	0		1		2.539	1.033	
Tyrosine		0.960	)	0		1		2.006	0.816	
Valine	_	1.663		0		1		3.476	1.414	
Arginine	-	1.770	1	0		1		3.699	1.505	
Histidine		1.092	!	0		1		2.282	0.928	
Alanine	-	1.790		0		1		3.741	1.522	
Aspartic acid		2.596		0		1		5.426	2.207	
Glutamic acid		4.761		0		1		9.950	4.047	
Glycine	_	1.547	,	0		1		3.233	1.315	
Proline	<del>-</del>	1.257		0		1		2.627	1.068	
Serine		1.128		0		1		2.358	0.959	
Hydroxyproline										
	<u> </u>									
Others:				_		_			_	
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	-	0		0	Z	7		0	0	
Theobromine	mg	0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mcq	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 209g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Veal, composite of trimmed retail cuts, separable lean and fat, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

NDB No. 17088 Veal, composite of trimmed retail cuts, separable lean and fat, raw Bos taurus

Refuse: 31% Bone

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	<u> </u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	72.84	0		1		20.65	330.40	
Energy	-	144	0	NC	4		41	653	
Energy		602			4		171	2733	
Protein (N x 6.25)		19.35	0		1		5.49	87.77	
Total lipid (fat)		6.77	0		1		1.92	30.71	
Ash		1.04	0		1		0.29	4.72	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total									
Starch									
Minerals:					_				
Calcium, Ca	-	15	0		1		4	68	
Iron, Fe	-	0.83	0		1		0.24	3.76	
Magnesium, Mg		24	0		1 1		7	109	
Phosphorus, P	-	203 315	0		1		58 89	921 1429	
Potassium, K		315 82	0		1		89 23	1429 372	
Sodium, NaZinc, Zn		3.06	0		1		0.87	13.88	
Copper, Cu		0.109			1		0.07	0.494	
Manganese, Mn		0.028			1		0.008	0.127	
Selenium, Se		8.4	0	PIE	4		2.4	38.1	
Scientini, Sci			•		_				
<u> Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.080			1		0.023	0.363	
Riboflavin		0.270			1		0.077	1.225	
Niacin		7.500			1		2.126	34.020	
Pantothenic acid		1.310			1		0.371	5.942	
Vitamin B-6	_	0.410			1		0.116	1.860	
Folate, total		13 0	0	_	1 7		4 0	59	
Folic acid				Z			4	0 59	
Folate, food	IIICG	13 13	0	NC	1 4		4	59 59	
Folate, DFE		1.34	0	NC	1		0.38	6.08	
Vitamin B-12 Vitamin A, IU		0	0		4		0.38	0	
Vitamin A, RAE		0	0		4		0	0	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)		0.26	0		1		0.07	1.18	
Tocopherol, beta		0.20	·		-		0.07	1.10	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:	~	0.700						10 0==	
Fatty acids, total saturated		2.790			1		0.791	12.655	
4:0		0.000			1		0.000	0.000	
6:0	_	0.000			1 1		0.000	0.000	
8:0 10:0	_	0.000			1		0.000 0.003	0.000 0.045	
12:0	_	0.010			1		0.003	0.045	
	_	0.020	, 0		1		0.006	0.091	
13:0 14:0.	_	0.260	0		1		0.074	1.179	
15:0		0.260	, 0		1		0.074	1.1/9	
16:0		1.480	0		1		0.420	6.713	
17:0		1.400			1		0.420	0.713	
18:0		0.920	0		1		0.261	4.173	
20:0	-	0.520			-		0.201	4.1/3	
22:0	_								
24:0	_								

	<u>Aı</u>	mount in 100 grams	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units	Mean	Numbe of Data Std. Error Points	Deriv Source	Confidence	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.570	0	1		0.729	11.658	
14:1g							
15:1g			_			4 04 5	
16:1 undifferentiated	0.290	0	1		0.082	1.315	
17:1	2.210	0	1		0.627	10.025	
18:1 undifferentiated	0.000		1				
	0.000		1		0.000 0.000	0.000 0.000	
22:1 undifferentiatedg	0.000	U	1		0.000	0.000	
24:1 cg  Fatty acids, total polyunsaturatedg	0.480	0	1		0.136	2.177	
18:2 undifferentiatedg	0.360		1		0.136	1.633	
18:2 undifferentiated 9	0.040		1		0.102	0.181	
18:4g	0.000		1		0.011	0.181	
20:2 n-6 c.cg	0.000	· ·	-		0.000	0.000	
20:3 undifferentiated							
20:4 undifferentiated	0.070	0	1		0.020	0.318	
20:5 n-3g	0.000		1		0.020	0.000	
22:5 n-3	0.000		1		0.000	0.000	
22:6 n-3	0.000		1		0.000	0.000	
Fatty acids, total trans9	0.000	·	-		0.000	0.000	
Cholesterolg	82	0	1		23	372	
Phytosterolsmg	02	v	-		23	372	
•							
Amino Acids:							
Tryptophang	0.196		1		0.056	0.889	
Threonineg	0.845		1		0.240	3.833	
Isoleucineg	0.953		1		0.270	4.323	
Leucineg	1.540		1		0.437	6.985	
Lysineg	1.594		1		0.452	7.230	
Methionineg	0.452		1		0.128	2.050	
Cystineg	0.218		1		0.062	0.989	
Phenylalanineg	0.781		1		0.221	3.543	
Tyrosineg	0.617		1		0.175	2.799	
Valineg	1.069		1		0.303	4.849	
Arginineg	1.138		1		0.323	5.162	
Histidineg	0.702		1		0.199	3.184	
Alanineg	1.151		1		0.326	5.221	
Aspartic acidg	1.669		1		0.473	7.571	
Glutamic acidg	3.060		1		0.868	13.880	
Glycine9	0.994		1		0.282	4.509	
Prolineg	0.808		1		0.229	3.665	
Serineg	0.725	0	1		0.206	3.289	
Hydroxyprolineg							
Others:							
Alcohol, ethylg	0.0	0	z 7		0.0	0.0	
Caffeinemg							
Theobromine mg							

### **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

Refuse: 34% Bone 28%, separable fat 6%

		<u>Aı</u>	mount in 100 gr	ams o	of edib	ole portio	<u>n</u>	Amount in edible portion of common		
			Nun	nber					easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	g	60.16	0.129	12		1		115.51	51.14	
Energy	=	196		0	NC	4		376	167	
Energy		820				4		1575	697	
Protein (N x 6.25)		31.90	0.233	12		1		61.25	27.12	
Total lipid (fat)	_	6.58	0.160	12		1		12.63	5.59	
Ash		1.23	0.015	12		1		2.36	1.05	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	=	0.00		•	_	•		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	24		12		1		46	20	
Iron, Fe		1.16		12		1		2.23	0.99	
Magnesium, Mg		28		12		1		54	24	
Phosphorus, P	_	250		12		1		480	213	
Potassium, K	_	338		12		1		649	287	
Sodium, Na	-	89		12		1		171	76	
Zinc, Zn		5.10		12		1		9.79	4.34	
Copper, Cu		0.120		12		1		0.230	0.102	
Manganese, Mn		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		0.060	0.005	12		1		0.115	0.051	
Riboflavin		0.340	0.015	12		1		0.653	0.289	
Niacin	_	8.420	0.708	12		1		16.166	7.157	
Pantothenic acid		1.330	0.224	12		1		2.554	1.131	
Vitamin B-6		0.330	0.046	12		1		0.634	0.281	
Folate, total		16	2.334	12		1		31	14	
Folic acid		0		0	z	7		0	0	
Folate, food		16	2.334	12		1		31	14	
Folate, DFE		16		0	NC	4		31	14	
Vitamin B-12		1.65	0.247	12		1		3.17	1.40	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.42		0		1		0.81	0.36	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	6.6		0	BFZN	4		12.7	5.6	
Lipids:										
	a	1.840		0		1		3.533	1.564	
Fatty acids, total saturated		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.000		73		1		0.000	0.000	
12:0	-	0.000		73 73		1		0.019	0.009	
13:0		0.010	•	, ,		1		0.019	0.009	
14:0		0.120	1	73		1		0.230	0.102	
15:0		0.120	•	,,		-		0.230	0.102	
16:0		1.070	)	73		1		2.054	0.910	
17:0		1.070		, ,		-		2.034	0.910	
18:0	_	0.630	1	73		1		1.210	0.536	
20:0	_	0.030		, ,		-		1.210	0.550	
22:0	_									
24:0	_									
۵۶.∪	⊎									

		<u>A</u> 1	mount in 100			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u>m</u>	easures of 1000	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	atedg	2.350		0		1		4.512	1.998	
14:1	-									
15:1 16:1 undifferentiated	-	0.210		73		1		0.403	0.179	
17:1	-	0.440				_				
18:1 undifferentiated	-	2.110 0.000		73 0		1 1		4.051 0.000	1.794	
20:1 22:1 undifferentiated	-	0.000		0		1		0.000	0.000 0.000	
24:1 c	•	0.000		U		-		0.000	0.000	
Fatty acids, total polyunsaturat		0.590		0		1		1.133	0.502	
18:2 undifferentiated		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	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.110		73		1		0.211	0.094	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1 1		0.000	0.000	
22:6 n-3		0.000		U		1		0.000	0.000	
Fatty acids, total trans Cholesterol		118	0.90	6 7		1		227	100	
Phytosterols	_	110	0.50	,		-		227	100	
1 Hytosterois										
Amino Acids:										
Tryptophan		0.323		0		1		0.620	0.275	
Threonine	=	1.393		0		1		2.675	1.184	
Isoleucine	-	1.571		0		1		3.016	1.335	
Leucine	-	2.539		0		1 1		4.875	2.158	
Lysine		2.628 0.744		0		1		5.046 1.428	2.234 0.632	
Methionine		0.360		0		1		0.691	0.632	
Phenylalanine		1.287		0		1		2.471	1.094	
Tyrosine		1.017		0		1		1.953	0.864	
Valine	=	1.763		0		1		3.385	1.499	
Arginine	-	1.876		0		1		3.602	1.595	
Histidine		1.158		0		1		2.223	0.984	
Alanine	-	1.897		0		1		3.642	1.612	
Aspartic acid		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		0		0	z	7		0	0	
Theobromine	mg	0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 192g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Veal, composite of trimmed retail cuts, separable lean only, cooked

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 35% Bone 31%, separable fat 4%

		<u>Aı</u>	mount in 100 gra	ams of e	dible p	ortio	<u>on</u>	Amount in edible portion of common		
			Num	nber				<u>m</u>	easures of food	
			of D	Data De	iv So	urce	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi	nts Co	de C	ode	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)		20.20	0.316	12		1		5.73	91.63	
Total lipid (fat)	g	2.87		12		1		0.81	13.02	
Ash		1.08	0.021	12		1		0.31	4.90	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
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		25	0.502	12		1		7	113	
Phosphorus, P	-	211		12		1		60	957	
Potassium, K		328		12		1		93	1488	
Sodium, Na		86		12		1		24	390	
Zinc, Zn		3.23		12		1		0.92	14.65	
Copper, Cu		0.113		12 0		1 1		0.032 0.008	0.513 0.132	
Manganese, Mn Selenium, Se		8.6	•		'YN	4		2.4	39.0	
Selenium, Se	g	8.0		0 51	IN	-		2.4	39.0	
Vitamins:										
Vitamin C, total ascorbic acid		0.0			Z	7		0.0	0.0	
Thiamin		0.080		12		1		0.023	0.363	
Riboflavin		0.280		12		1		0.079	1.270	
Niacin	-	7.830		12		1		2.220	35.517	
Pantothenic acid		1.370		12 13		1 1		0.388	6.214	
Vitamin B-6	-	0.430 13		12		1		0.122 4	1.950 59	
Folate, totalFolic acid		0	2.223		z	7		0	0	
Folate, food		13	2.223	12	-	1		4	59	
Folate, DFE	mca DFE	13	2.225		ıc	4		4	59	
Vitamin B-12		1.40	0.179	12		1		0.40	6.35	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.26		0		1		0.07	1.18	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)										
vitamin K (phynoquinone)	niog									
<u>Lipids:</u>										
Fatty acids, total saturated	g	0.860	)	0		1		0.244	3.901	
4:0										
6:0										
8:0		0.000		147		1		0 000	0 000	
10:0 12:0		0.000		147 147		1		0.000 0.000	0.000 0.000	
13:0	-	0.000				-		3.000	0.000	
14:0		0.040	) 1	147		1		0.011	0.181	
15:0	-								*****	
16:0	-	0.490	1	147		1		0.139	2.223	
17:0	-									
18:0	g	0.300	1	147		1		0.085	1.361	
20:0	g									
22:0	-									
24:0	g									

Nutrients and Units			Amount in 100 grams of edible portion  Number					Amount in edible portion of common measures of food			
Nutrients and Units   Mean   Stid. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 3						ce Confidence	<u></u>	<del></del>			
141.	Nutrients and Unit	s	Mean				Measure 1	Measure 2	Measure 3		
15.1.	Fatty acids, total monounsaturated	g	0.920	0	1		0.261	4.173			
1-11 undifferentiated.   9	14:1	g									
17-1	15:1	g									
181 undifferentiated.   9   0.820   147   1   0.232   3.720     20:1	16:1 undifferentiated	g	0.090	14	7 1		0.026	0.408			
20-1	17:1	g									
221   mdifferentiated	18:1 undifferentiated	g	0.820	14	7 1		0.232	3.720			
Patty acids, total polymenturated   9	20:1	g									
Fatty acids, total polyunsaturated	22:1 undifferentiated	g									
18.2 undifferentiated	24:1 c	g									
18.3 undifferentiated			0.300	0			0.085	1.361			
18.4.       9         20.2 n.6 c.c.       9         20.3 undifferentiated.       9         20.4 undifferentiated.       9         20.5 n.3.       9         22.5 n.3.       9         22.5 n.3.       9         22.5 n.3.       9         22.5 n.3.       9         Extry acids, toal rans.       9         Cholesterol.       mg       8.3       4.512 12       1       24       376         Phytosterols.       mg       8       8       4.512 12       1       24       376         Phytosterols.       mg       8       8       4.512 12       1       0.58       0.925       1         Threonine.	18:2 undifferentiated	g	0.210	14	7 1		0.060	0.953			
20.2 nd cc	18:3 undifferentiated	g	0.010	14	7 1		0.003	0.045			
20:3 undifferentiated											
20.4 undifferentiated											
20.5 n-3											
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         1.608         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         0.028         30         1         0.065         1.034           Phenylalanine         g         0.815         45         1         0.231         3.697           Tyrosine         g         0.116         45 <td></td> <td>-</td> <td>0.080</td> <td>14</td> <td>7 1</td> <td></td> <td>0.023</td> <td>0.363</td> <td></td>		-	0.080	14	7 1		0.023	0.363			
22:6 n-3         9           Fatty acids, total trans.         9         83         4.512         12         1         24         376           Cholesterol.         mg         83         4.512         12         1         24         376           Armino Acids:           Tryptophan.         9         0.204         23         1         0.058         0.925           Threonine.         9         0.882         45         1         0.250         4.001           Isoleucine.         9         0.995         45         1         0.282         4.513           Leucine.         9         1.608         45         1         0.472         7.548           Lysine.         9         1.664         45         1         0.472         7.548           Methionine.         9         0.228         30         1         0.65         7.294           Lysine.         9         0.228         30         1         0.65         1.034           Oystine.         9         0.228         30         1         0.65         1.034           Phenylalanine.         9         0.544         38         1											
Fatty acids, total trans         9           Cholesterol.         mg         83         4.512         12         1         24         376           Phytosterols.           Amino Acids:           Tryptophan.         9         0.204         23         1         0.058         0.925           Threonine         9         0.882         45         1         0.250         4.001           Isoleucine         9         0.995         45         1         0.250         4.01           Isoleucine         9         1.608         45         1         0.282         4.513           Leucine         9         1.608         45         1         0.456         7.294           Lysine         9         1.664         45         1         0.472         7.548           Methionine         9         0.21         35         1         0.134         2.136           Cystine         9         0.228         30         1         0.055         1.034           Phenylalanine         9         0.815         45         1         0.231         3.697           Tyrosine         9         0.186		-									
Cholesterol.         mg         83         4.512         12         1         24         376           Phytosterols         mg           Amino Acids:           Trypophan.         9         0.204         23         1         0.058         0.925           Threonine.         9         0.882         45         1         0.250         4.001           Isoleucine.         9         0.995         45         1         0.282         4.513           Leucine.         9         1.608         45         1         0.456         7.294           Lysine.         9         1.664         45         1         0.472         7.548           Methionine.         9         0.471         45         1         0.472         7.548           Methionine.         9         0.471         45         1         0.134         2.136           Cystine.         9         0.815         45         1         0.231         3.697           Tyrosine.         9         0.815         45         1         0.134         2.91           Valine.         9         1.116         45         1 <th< td=""><td></td><td>_</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>		_									
Phytosterols	,	-									
Amino Acids:         Tryptophan         g         0.204         23         1         0.058         0.925           Threonine		_	83	4.512 12	! 1		24	376			
Tryptophan         9         0.204         23         1         0.058         0.925           Threonine         9         0.882         45         1         0.250         4.001           Isoleucine         9         0.995         45         1         0.282         4.513           Leucine         9         1.608         45         1         0.456         7.294           Lysine         9         1.664         45         1         0.472         7.548           Methionine         9         0.471         45         1         0.134         2.136           Cystine         9         0.228         30         1         0.065         1.034           Phenylalanine         9         0.815         45         1         0.231         3.697           Tyrosine         9         0.644         38         1         0.183         2.921           Valine         9         1.116         45         1         0.183         2.921           Valine         9         0.733         38         1         0.337         5.389           Histidine         9         0.733         38         1         0.208	Phytosterols	mg									
Tryptophan         9         0.204         23         1         0.058         0.925           Threonine         9         0.882         45         1         0.250         4.001           Isoleucine         9         0.995         45         1         0.282         4.513           Leucine         9         1.608         45         1         0.456         7.294           Lysine         9         1.664         45         1         0.472         7.548           Methionine         9         0.471         45         1         0.134         2.136           Cystine         9         0.228         30         1         0.065         1.034           Phenylalanine         9         0.815         45         1         0.231         3.697           Tyrosine         9         0.644         38         1         0.183         2.921           Valine         9         1.116         45         1         0.183         2.921           Valine         9         0.733         38         1         0.337         5.389           Histidine         9         0.733         38         1         0.208	Amino Acids:										
Threonine         9         0.882         45         1         0.250         4.001           Isoleucine         9         0.995         45         1         0.282         4.513           Leucine         9         1.608         45         1         0.456         7.294           Lysine         9         1.664         45         1         0.472         7.548           Methionine         9         0.471         45         1         0.134         2.136           Cystine         9         0.228         30         1         0.065         1.034           Phenylalanine         9         0.815         45         1         0.231         3.697           Tyrosine         9         0.644         38         1         0.183         2.921           Valine         9         1.116         45         1         0.316         5.062           Arginine         9         1.188         38         1         0.337         5.389           Histidine         9         0.733         38         1         0.208         3.325           Alanine         9         1.201         38         1         0.494         <		а	0.204	23	. 1		0.058	0.925			
Soleucine	2			45	1			4.001			
Leucine       9       1.608       45       1       0.456       7.294         Lysine       9       1.664       45       1       0.472       7.548         Methionine       9       0.471       45       1       0.134       2.136         Cystine       9       0.228       30       1       0.065       1.034         Phenylalanine       9       0.815       45       1       0.231       3.697         Tyrosine       9       0.644       38       1       0.183       2.921         Valine       9       1.116       45       1       0.316       5.062         Arginine       9       1.188       38       1       0.337       5.389         Histidine       9       0.733       38       1       0.208       3.325         Alanine       9       1.201       38       1       0.340       5.448         Aspartic acid       9       1.743       38       1       0.494       7.906         Glutamic acid       9       3.195       38       1       0.906       14.493         Glycine       9       0.843       38       1       0.239		-	0.995	45	. 1		0.282	4.513			
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       0.843       38       1       0.294       4.708         Proline.       g       0.843       38       1 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>											
Methionine       9       0.471       45       1       0.134       2.136         Cystine       9       0.228       30       1       0.065       1.034         Phenylalanine       9       0.815       45       1       0.231       3.697         Tyrosine       9       0.644       38       1       0.183       2.921         Valine       9       1.116       45       1       0.316       5.062         Arginine       9       1.188       38       1       0.337       5.389         Histidine       9       0.733       38       1       0.208       3.325         Alanine       9       1.201       38       1       0.340       5.448         Aspartic acid       9       1.743       38       1       0.494       7.906         Glutamic acid       9       3.195       38       1       0.906       14.493         Glycine       9       1.038       38       1       0.294       4.708         Proline       9       0.843       38       1       0.239       3.824         Serine       9       0.757       38       1       0.215											
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	2	_		45	. 1		0.134				
Phenylalanine         9         0.815         45         1         0.231         3.697           Tyrosine         9         0.644         38         1         0.183         2.921           Valine         9         1.116         45         1         0.316         5.062           Arginine         9         1.188         38         1         0.337         5.389           Histidine         9         0.733         38         1         0.208         3.325           Alanine         9         1.201         38         1         0.340         5.448           Aspartic acid         9         1.743         38         1         0.494         7.906           Glutamic acid         9         3.195         38         1         0.906         14.493           Glycine         9         1.038         38         1         0.294         4.708           Proline         9         0.843         38         1         0.239         3.824           Serine         9         0.757         38         1         0.215         3.434		-	0.228	30	1		0.065	1.034			
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			0.815	45	. 1						
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	-										
Arginine       9       1.188       38       1       0.337       5.389         Histidine       9       0.733       38       1       0.208       3.325         Alanine       9       1.201       38       1       0.340       5.448         Aspartic acid       9       1.743       38       1       0.494       7.906         Glutamic acid       9       3.195       38       1       0.906       14.493         Glycine       9       1.038       38       1       0.294       4.708         Proline       9       0.843       38       1       0.239       3.824         Serine       9       0.757       38       1       0.215       3.434	J	-									
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											
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	=										
Aspartic acid     9     1.743     38     1     0.494     7.906       Glutamic acid     9     3.195     38     1     0.906     14.493       Glycine     9     1.038     38     1     0.294     4.708       Proline     9     0.843     38     1     0.239     3.824       Serine     9     0.757     38     1     0.215     3.434		•									
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		_									
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	•			38	1						
Proline		-									
Serine	-										
		•									
		-									

## **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. 17141 Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised

		<u>A</u>	mount in 100 gram	s of edi	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	
			of Dat	a Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	59.29	0		1		155.93	50.40	
Energy	-	188	0	NC	4		494	160	
Energy		787			4		2069	669	
Protein (N x 6.25)		34.94	0		1		91.89	29.70	
Total lipid (fat)		4.31	0		1		11.34	3.66	
Ash		1.89	0		1		4.97	1.61	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total									
Starch	-								
Starch	9								
<u>Minerals:</u>									
Calcium, Ca	_	29	0		1		76	25	
Iron, Fe	_	1.44	0		1		3.79	1.22	
Magnesium, Mg		28	0		1		74	24	
Phosphorus, P	•	239	0		1		629	203	
Potassium, K		342	0		1		899	291	
Sodium, Na		93	0		1		245	79	
Zinc, Zn		6.01	0		1		15.81	5.11	
Copper, Cu		0.153			1		0.402	0.130	
Manganese, Mn		0.040			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		0.070	0		1		0.184	0.060	
Riboflavin		0.400	0		1		1.052	0.340	
Niacin		8.300	0		1		21.829	7.055	
Pantothenic acid		1.190	0		1		3.130	1.012	
Vitamin B-6		0.380	0		1		0.999	0.323	
Folate, total	-	16	0		1		42	14	
Folic acid		0	0	Z	7		0	0	
Folate, food		16	0		1		42	14	
Folate, DFE	mcg DFE	16	0	NC	4		42	14	
Vitamin B-12		1.67	0		1		4.39	1.42	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0		4		0	0	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)		0.45	0		1		1.18	0.38	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
	a	1.300	0		1		3.419	1.105	
Fatty acids, total saturated		1.500	. 0		1		3.419	1.105	
4:0 6:0									
8:0									
10:0		0.000	0		1		0.000	0.000	
12:0		0.010			1		0.026	0.009	
13:0	-	5.010			-		5.020	2.003	
14:0	-	0.070	0		1		0.184	0.060	
15:0	-	5.070			-		0.104	0.000	
16:0	-	0.740	0		1		1.946	0.629	
17:0	-	J. /40	. •		-		1.540	0.023	
18:0	-	0.450	0		1		1.184	0.383	
20:0	-	0.430	. •		-		1.104	0.363	
22:0	-								
24:0									

Nutrients and Units   Nutrients   Nutrient			<u>Ar</u>	mount in 100		tion	Amount in edible portion of common measures of food			
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 3								<u></u>	easures or roou	
14-1.	Nutrients and Units	<b>3</b>	Mean	-				Measure 1	Measure 2	Measure 3
15-1	Fatty acids, total monounsaturated	g	1.390		0	1		3.656	1.182	
1-1	14:1	g								
17-1	15:1	g								
1   1   1   2   2   2   2   2   2   2	16:1 undifferentiated	g	0.140		0	1		0.368	0.119	
201	17:1	g								
22-1   midiferentiated   9	18:1 undifferentiated	g	1.230		0	1		3.235	1.046	
Paty acids, total polyunsaturated	20:1	g								
Fatty acids, total polyunsaturated										
Fatty acids, total polyunsaturated										
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			0.450		0	1		1.184	0.383	
18.3 undifferentiated			0.320		0	1		0.842	0.272	
18.4         9           20.2 n-6 c,c.         9           20.3 undifferentiated.         9           20.4 undifferentiated.         9           20.5 n-3         9           22:5 n-3         9           22:5 n-3         9           22:5 n-3         9           Extly acids, told trans.         9           Cholesterol.         mg         145         0         1         381         123           Phytosterols.           mg           Amino Acids:           Tryptophan         9         0.354         0         1         0.931         0.301           Threonine.         9         1.527         0         1         4.016         1.298           Isoleucine.         9         1.721         0         1         4.526         1.463           Leucine.         9         2.781         0         1         7.514         2.364           Lysine.         9         2.879         0         1         7.572         2.447           Methionine.         9         0.815         0         1         1.036         0.335		•	0.020		0	1		0.053	0.017	
20.2 nef c.c.		-								
20:3 undifferentiated										
20.4 undifferentiated										
20.5 n-3			0.110		0	1		0.289	0.094	
22:5 n-3         9           22:6 n-3         9           Fatty acids, total trans         9           Cholesterol         mg         145         0         1         381         123           Fatty acids, total trans         9         145         0         1         381         123           Fatty colspan="3">Fatty colspan="3">F		-								
Patty acids, total trans   9										
Fatty acids, total trans         9           Cholesterol.         mg         145         0         1         381         123           Phytosterols           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         1.7572         2.447           Methionine.         g         0.815         0         1         1.036         0.335           Phenylalanine.         g         1.410         0         1         2.930         0.947           Valine.         g         1.114         0         1         2.930         0.947           Valine.         g         2.055         0		-								
Cholesterol.         mg         145         0         1         381         123           Phytosterols.         mg           Amino Acids:           Trypophan.         9         0.354         0         1         0.931         0.301           Threonine.         9         1.527         0         1         4.016         1.298           Isoleucine.         9         1.527         0         1         4.526         1.463           Leucine.         9         2.781         0         1         7.314         2.364           Lysine.         9         2.879         0         1         7.572         2.447           Methionine.         9         0.815         0         1         2.143         0.693           Cystine.         9         0.815         0         1         1.036         0.335           Phenylalanine.         9         1.410         0         1         3.708         1.199           Tyrosine.         9         1.931         0         1         5.079         1.641           Arginine.         9         1.931         0         1         5.079         1		-								
Phytosterols   Mg   Phytosterols			145		0	1		381	123	
Amino Acids:         Tryptophan         g         0.354         0         1         0.931         0.301           Threonine         g         1.527         0         1         4.016         1.298           Isolecine         g         1.721         0         1         4.526         1.463           Leucine         g         2.781         0         1         7.572         2.447           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         5.079         1.641           Histidine         g         1.268         0         1		-								
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         7.572         2.447           Leysine         .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         3.335         1.078           Alanine         .g         2.078         0         1         7.929	T fly tosterois									
Threonine         9         1.527         0         1         4.016         1.298           Isoleucine         9         1.721         0         1         4.526         1.463           Leucine         9         2.781         0         1         7.314         2.364           Lysine         9         2.879         0         1         7.572         2.447           Methionine         9         0.815         0         1         2.143         0.693           Cystine         9         0.394         0         1         1.036         0.335           Phenylalanine         9         1.410         0         1         3.708         1.199           Tyrosine         9         1.114         0         1         2.930         0.947           Valine         9         1.931         0         1         5.079         1.641           Arginine         9         2.055         0         1         5.405         1.747           Histidine         9         1.268         0         1         3.335         1.078           Alanine         9         3.015         0         1         7.929         2.563 <td>Amino Acids:</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Amino Acids:									
Soleucine   9	Tryptophan	g	0.354		0	1		0.931	0.301	
Leucine       9       2.781       0       1       7.314       2.364         Lysine       9       2.879       0       1       7.572       2.447         Methionine       9       0.815       0       1       2.143       0.693         Cystine       9       0.394       0       1       1.036       0.335         Phenylalanine       9       1.410       0       1       3.708       1.199         Tyrosine       9       1.114       0       1       2.930       0.947         Valine       9       1.931       0       1       5.079       1.641         Arginine       9       2.055       0       1       5.405       1.747         Histidine       9       1.268       0       1       3.335       1.078         Alanine       9       2.078       0       1       5.465       1.766         Aspartic acid       9       3.015       0       1       7.929       2.563         Glutamic acid       9       5.527       0       1       4.723       1.527         Proline       9       1.459       0       1       3.837       1.24	Threonine	g	1.527		0	1		4.016	1.298	
Lysine       9       2.879       0       1       7.572       2.447         Methionine       9       0.815       0       1       2.143       0.693         Cystine       9       0.394       0       1       1.036       0.335         Phenylalanine       9       1.410       0       1       3.708       1.199         Tyrosine       9       1.114       0       1       2.930       0.947         Valine       9       1.931       0       1       5.079       1.641         Arginine       9       2.055       0       1       5.405       1.747         Histidine       9       1.268       0       1       3.335       1.078         Alanine       9       2.078       0       1       5.465       1.766         Aspartic acid       9       3.015       0       1       7.929       2.563         Glutamic acid       9       5.527       0       1       14.536       4.698         Glycine       9       1.796       0       1       3.837       1.240         Serine       9       1.310       0       1       3.445       1.11	Isoleucine	g	1.721		0	1		4.526	1.463	
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       1.1	Leucine	g	2.781		0	1		7.314	2.364	
Cystine         9         0.394         0         1         1.036         0.335           Phenylalanine         9         1.410         0         1         3.708         1.199           Tyrosine         9         1.114         0         1         2.930         0.947           Valine         9         1.931         0         1         5.079         1.641           Arginine         9         2.055         0         1         5.405         1.747           Histidine         9         1.268         0         1         3.335         1.078           Alanine         9         2.078         0         1         5.465         1.766           Aspartic acid         9         3.015         0         1         7.929         2.563           Glutamic acid         9         5.527         0         1         14.536         4.698           Glycine         9         1.796         0         1         4.723         1.527           Proline         9         1.459         0         1         3.837         1.240           Serine         9         1.310         0         1         3.445         1.11	Lysine	g	2.879		0	1		7.572	2.447	
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	Methionine	g	0.815		0	1		2.143	0.693	
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	Cystine	g	0.394		0	1		1.036	0.335	
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			1.410		0	1		3.708	1.199	
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	<u> </u>		1.114		0	1		2.930	0.947	
Arginine.       9       2.055       0       1       5.405       1.747         Histidine.       9       1.268       0       1       3.335       1.078         Alanine.       9       2.078       0       1       5.465       1.766         Aspartic acid.       9       3.015       0       1       7.929       2.563         Glutamic acid.       9       5.527       0       1       14.536       4.698         Glycine.       9       1.796       0       1       4.723       1.527         Proline.       9       1.459       0       1       3.837       1.240         Serine.       9       1.310       0       1       3.445       1.114	3	-	1.931		0	1		5.079	1.641	
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			2.055		0	1		5.405	1.747	
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	=		1.268		0	1		3.335	1.078	
Aspartic acid       9       3.015       0       1       7.929       2.563         Glutamic acid       9       5.527       0       1       14.536       4.698         Glycine       9       1.796       0       1       4.723       1.527         Proline       9       1.459       0       1       3.837       1.240         Serine       9       1.310       0       1       3.445       1.114		•	2.078		0	1		5.465	1.766	
Glutamic acid.     9     5.527     0     1     14.536     4.698       Glycine		_			0	1				
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	•				0	1				
Proline		-								
Serine	2									
State		•								
	Hydroxyproline	-	1.310		J	_		3.443	1.114	

## **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

		<u>Aı</u>	mount in 100 g			ole portio	<u>n</u>	Amount in edible portion of common		
				mber				<u>m</u>	easures of food	L
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	76.39	0.143	12		1		21.66	346.51	
Energy		109		0	NC	4		31	494	
Energy		456				4		129	2069	
Protein (N x 6.25)	-	20.27	0.282	12		1		5.75	91.94	
Total lipid (fat)		2.50	0.050	12		1		0.71	11.34	
Ash		1.10	0.022	12		1		0.31	4.99	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	9									
Ainerals:										
Calcium, Ca	mg	17	1.349	12		1		5	77	
Iron, Fe	-	0.88	0.036	12		1		0.25	3.99	
Magnesium, Mg	-	25	0.501	12		1		7	113	
Phosphorus, P		213	4.463	12		1		60	966	
Potassium, K	_	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		0.029		0		1		0.008	0.132	
Selenium, Se	mcg	8.8		0	PIE	4		2.5	39.9	
/itamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.090	0.008	12		1		0.026	0.408	
Riboflavin		0.290		12		1		0.082	1.315	
Niacin		7.400	0.721	12		1		2.098	33.566	
Pantothenic acid		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		0		0	Z	7		0	0	
Folate, food	mcg	13	2.351	12		1		4	59	
Folate, DFE		13		0	NC	4		4	59	
Vitamin B-12	mcg	1.49	0.192	12		1		0.42	6.76	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)	<u>mg</u>	0.27		0		1		0.08	1.22	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D.										
Vitamin K (phylloquinone)	nicg									
<u> ipids:</u>										
Fatty acids, total saturated	g	0.750		0		1		0.213	3.402	
4:0										
6:0	g									
8:0										
10:0		0.000		147		1		0.000	0.000	
12:0	_	0.000		147		1		0.000	0.000	
13:0	_					_		_	_	
14:0	_	0.040		147		1		0.011	0.181	
15:0	-					_			<u>.</u>	
16:0	_	0.430		147		1		0.122	1.950	
17:0	_					_				
18:0	_	0.260		147		1		0.074	1.179	
20:0										
22:0	g g									

Nutrients and Units   Number of Data   Deriv   Source   Confidence	Amount in edible portion of common measures of food		
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Measure 1   Measure 2			
14:1	Measure 3		
15:1			
16:1 undifferentiated			
17:1			
18:1 undifferentiated       9       0.710       147       1       0.201       3.221         20:1       9       22:1 undifferentiated       9       22:2 undifferentiated       9       0.260       0       1       0.074       1.179         Fatty acids, total polyunsaturated       9       0.180       147       1       0.051       0.816         18:2 undifferentiated       9       0.010       147       1       0.003       0.045         18:4       9       0.010       147       1       0.003       0.045         18:4       9       0.070       147       1       0.020       0.318         20:2 n-6 c,c       9       20:3 undifferentiated       9       0.070       147       1       0.020       0.318         20:5 n-3       9       22:5 n-3       9       22:5 n-3       9       22:5 n-3       9         22:6 n-3       9       84       4.834       12       1       24       381         Phytosterols         mg       84       4.834       12       1       24       381         Tryptophan       9       0.205       0       1       0.058       0.930<			
20:1			
22:1 undifferentiated			
24:1 c.         9           Fatty acids, total polyunsaturated.         9         0.260         0         1         0.074         1.179           18:2 undifferentiated.         9         0.180         147         1         0.051         0.816           18:3 undifferentiated.         9         0.010         147         1         0.003         0.045           18:4.         9         20:2 n-6 c,c.         9         20:3 undifferentiated.         9         0.070         147         1         0.020         0.318           20:5 n-3.         9         22:5 n-3         9         22:5 n-3         9         22:6 n-3         9           22:5 n-3.         9         22:6 n-3         9         24         381           Phytosterols.         mg         84         4.834         12         1         24         381           Phytosterols.         mg         84         4.834         12         1         24         381           Thytosterols.         mg         84         4.834         12         1         24         381           Thytosterols.         mg         0         1         0.058         0.930           Threonine.         <			
Fatty acids, total polyunsaturated 9 0.260 0 1 0.074 1.179 18:2 undifferentiated 9 0.180 147 1 0.051 0.816 18:3 undifferentiated 9 0.010 147 1 0.003 0.045 18:4. 9 20:2 n-6 c,c. 9 20:3 undifferentiated 9 0.070 147 1 0.020 0.318 20:5 n-3. 9 22:5 n-3. 9 22:6 n-3. 9 Cholesterol mg 84 4.834 12 1 24 381 Phytosterols mg   Amino Acids:  Tryptophan 9 0.205 0 1 0.058 0.930 Threonine 9 0.885 0 1 0.251 4.014 Isoleucine 9 0.998 0 1 0.251 4.014 Isoleucine 9 0.998 0 1 0.251 4.014 Isoleucine 9 1.613 0 1 0.283 4.527 Leucine 9 1.613 0 1 0.457 7.317 Lysine 9 0.473 0 1 0.134 2.146 Cystine 9 0.229 0 1 0.055 1.039			
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			
18:3 undifferentiated       g       0.010       147       1       0.003       0.045         18:4       g       9       9       0.020       9       0.020       0.020       0.318         20:3 undifferentiated       g       0.070       147       1       0.020       0.318         20:4 undifferentiated       g       0.070       147       1       0.020       0.318         20:5 n-3       g       g       22:5 n-3       g       9       0.020       0.318         Fatty acids, total trans       g       0       1       24       381         Phytosterols       mg       84       4.834       12       1       24       381         Phytosterols       mg       84       4.834       12       1       24       381         Phytosterols       mg       8       4.834       12       1       24       381         Phytosterols       mg       0       1       0.058       0.930         Threonine       g       0.885       0       1       0.251       4.014         Isolacine       g       0.998       0       1       0.251       4.014			
18:4			
20:2 n-6 c,c			
20:3 undifferentiated			
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     **Typtophan       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			
20:5 n-3			
22:5 n-3			
22:6 n-3			
Fatty acids, total trans       9         Cholesterol       mg       84       4.834       12       1       24       381         Phytosterols         Amino Acids:         Tryptophan       9       0.205       0       1       0.058       0.930         Threonine       9       0.885       0       1       0.251       4.014         Isoleucine       9       0.998       0       1       0.283       4.527         Leucine       9       1.613       0       1       0.457       7.317         Lysine       9       1.670       0       1       0.473       7.575         Methionine       9       0.473       0       1       0.134       2.146         Cystine       9       0.229       0       1       0.065       1.039			
Cholesterol         mg         84         4.834         12         1         24         381           Phytosterols         mg           Amino Acids:           Tryptophan         9         0.205         0         1         0.058         0.930           Threonine         9         0.885         0         1         0.251         4.014           Isoleucine         9         0.998         0         1         0.283         4.527           Leucine         9         1.613         0         1         0.457         7.317           Lysine         9         1.670         0         1         0.473         7.575           Methionine         9         0.473         0         1         0.134         2.146           Cystine         9         0.229         0         1         0.065         1.039			
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			
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			
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			
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			
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			
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			
Leucine			
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			
Methionine         g         0.473         0         1         0.134         2.146           Cystine         .g         0.229         0         1         0.065         1.039			
Cystine			
Tyrosine			
Valine			
Arginine			
Histidine			
Alanine			
Aspartic acid			
Glutamic acid 9 3.206 0 1 0.909 14.542			
Glycine			
Proline Q 0.846 0 1 0.240 3.837			
Serine			
Hydroxyproline			

## **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

Proximates:  Water	Mean  66.76 172 720 24.38 7.56 1.31 0.00 0.00 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	Std. Error		Deriv	Source Code  1 4 4 1 1 7 7 7 1 1 1 1 1 4 4 7 1	Confidence Code	199.61 514 2152 72.90 22.60 3.92 0.00 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	56.75 146 612 20.72 6.43 1.11 0.00 0.0 0.00  14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	Measure
Proximates:         9           Energy	66.76 172 720 24.38 7.56 1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7		Points  0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	NC Z Z Z Z	Code  1 4 4 1 1 7 7 7 1 1 1 1 1 4 7		199.61 514 2152 72.90 22.60 3.92 0.00 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	56.75 146 612 20.72 6.43 1.11 0.00 0.0 0.00  14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	Measure
Proximates:         9           Energy	66.76 172 720 24.38 7.56 1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7		0 0 0 0 0 0 0 0 0 0	NC Z Z Z Z	1 4 4 1 1 7 7 7	Code	199.61 514 2152 72.90 22.60 3.92 0.00 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	56.75 146 612 20.72 6.43 1.11 0.00 0.0 0.00  14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	Measure
Water         9           Energy         kcal           Energy         kj           Protein (N x 6.25)         9           Total lipid (fat)         9           Ash         9           Carbohydrate, by difference         9           Fiber, total dietary         9           Sugars, total         9           Starch         9           Minerals:         2           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         wcg           Vitamins:         mg           Vitamin C, total ascorbic acid         mg           Thiamin         mg           Polate, total         mg           Polate, total         mcg           Folate, food         mcg           Folate, food         mcg           Folate, DFE <t< th=""><th>172 720 24.38 7.56 1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7</th><th>) ) )</th><th>0 0 0 0 0 0 0 0 0 0</th><th>Z Z Z</th><th>4 4 1 1 7 7 7</th><th></th><th>514 2152 72.90 22.60 3.92 0.00 0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0</th><th>146 612 20.72 6.43 1.11 0.00 0.0 0.00  14 0.84 20 184 286 71 3.29 0.088 0.030 11.6</th><th></th></t<>	172 720 24.38 7.56 1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0	Z Z Z	4 4 1 1 7 7 7		514 2152 72.90 22.60 3.92 0.00 0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	146 612 20.72 6.43 1.11 0.00 0.0 0.00  14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Energy	172 720 24.38 7.56 1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0	Z Z Z	4 4 1 1 7 7 7		514 2152 72.90 22.60 3.92 0.00 0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	146 612 20.72 6.43 1.11 0.00 0.0 0.00  14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Energy	720 24.38 7.56 1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0	Z Z Z	4 1 1 7 7 7 1 1 1 1 1 1 1 4		2152 72.90 22.60 3.92 0.00 0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	612 20.72 6.43 1.11 0.00 0.0 0.00 14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Energy	24.38 7.56 1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0 0	Z Z BFNN	1 1 7 7 7 7 1 1 1 1 1 1 1 1 4		72.90 22.60 3.92 0.00 0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	20.72 6.43 1.11 0.00 0.0 0.00 14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Protein (N x 6.25)	7.56 1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0 0	Z Z BFNN	1 1 7 7 7 1 1 1 1 1 1 1 4		22.60 3.92 0.00 0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	6.43 1.11 0.00 0.0 0.00 14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Total lipid (fat)         g           Ash         9           Carbohydrate, by difference         g           Fiber, total dietary         g           Sugars, total         g           Starch         g           Minerals:         mg           Calcium, Ca         mg           Iron, Fe         mg           Magnesium, Mg         mg           Phosphorus, P         mg           Potassium, K         mg           Sodium, Na         mg           Zinc, Zn         mg           Copper, Cu         mg           Manganese, Mn         mg           Selenium, Se         mcg           Vitamins:         wcg           Vitamin C, total ascorbic acid         mg           Thiamin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folate, food         mcg           Folate, DFE         mcg           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin E (alpha-tocopherol)         mg           <	1.31 0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0	Z Z BFNN	1 7 7 7 1 1 1 1 1 1 1 4		3.92 0.00 0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	1.11 0.00 0.0 0.00 0.00 14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Ash.         9           Carbohydrate, by difference.         9           Fiber, total dietary.         9           Sugars, total.         9           Starch.         9           Ainerals:	0.00 0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Z Z BFNN	7 7 7 7 1 1 1 1 1 1 1 1 4 4 7		0.00 0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	0.00 0.0 0.00 14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Carbohydrate, by difference	0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0	Z Z BFNN	7 7 7 1 1 1 1 1 1 1 1 4 4 7		0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	0.00 0.0 0.00 14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Fiber, total dietary         9           Sugars, total         9           Starch         9           Iinerals:         2           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamin S:         vitamin C, total ascorbic acid         mg           Whairin.         mg           Niacin.         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg	0.0 0.00 17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0	Z Z BFNN	7 1 1 1 1 1 1 4		0.0 0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	0.0 0.00 14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Sugars, total.         9           Starch.         9           Iinerals:         Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wg           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin B, (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg	0.00  17     0.99 24 217 337 83     3.87     0.103     0.035 13.7  0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0 0 0 0	z BFNN	7 1 1 1 1 1 1 4		0.00 51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	0.00 14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Starch.         g           Iinerals:         mg           Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           (itamins:           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg           Tocopherol, delta.         mg	17 0.99 24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0	BFNN	1 1 1 1 1 1 1 1 4		51 2.96 72 649 1008 248 11.57 0.308 0.105 41.0	14 0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Inerals:         Calcium, Ca	0.99 24 217 337 83 3.87 0.103 0.035 13.7  0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0 0 0		1 1 1 1 1 1 1 4		2.96 72 649 1008 248 11.57 0.308 0.105 41.0	0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Calcium, Ca         mg           Iron, Fe	0.99 24 217 337 83 3.87 0.103 0.035 13.7  0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0 0 0		1 1 1 1 1 1 1 4		2.96 72 649 1008 248 11.57 0.308 0.105 41.0	0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Calcium, Ca.         mg           Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         Witamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, Food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mg           Tocopherol, beta         mg           Tocopherol, delta         mg	0.99 24 217 337 83 3.87 0.103 0.035 13.7  0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0 0 0		1 1 1 1 1 1 1 4		2.96 72 649 1008 248 11.57 0.308 0.105 41.0	0.84 20 184 286 71 3.29 0.088 0.030 11.6	
Iron, Fe.         mg           Magnesium, Mg.         mg           Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wg           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mg           Tocopherol, beta.         mg           Tocopherol, gamma         mg           Tocopherol, delta.         mg	24 217 337 83 3.87 0.103 0.035 13.7	) ) )	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0		1 1 1 1 1 1 4		72 649 1008 248 11.57 0.308 0.105 41.0	20 184 286 71 3.29 0.088 0.030 11.6	
Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta         mg           Tocopherol, delta         mg	217 337 83 3.87 0.103 0.035 13.7 0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0 0 0 0		1 1 1 1 1 4		649 1008 248 11.57 0.308 0.105 41.0	184 286 71 3.29 0.088 0.030 11.6	
Phosphorus, P.         mg           Potassium, K.         mg           Sodium, Na.         mg           Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta         mg           Tocopherol, delta         mg	337 83 3.87 0.103 0.035 13.7 0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0 0 0		1 1 1 1 4		1008 248 11.57 0.308 0.105 41.0	286 71 3.29 0.088 0.030 11.6	
Potassium, K	83 3.87 0.103 0.035 13.7 0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0 0 0 0		1 1 1 4		248 11.57 0.308 0.105 41.0	71 3.29 0.088 0.030 11.6	
Sodium, Na	3.87 0.103 0.035 13.7 0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0 0		1 1 1 4		11.57 0.308 0.105 41.0	3.29 0.088 0.030 11.6	
Zinc, Zn.         mg           Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wg           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folic acid.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta.         mg           Tocopherol, delta.         mg	0.103 0.035 13.7 0.0 0.070 0.270 8.030	) ) )	0 0 0 0 0 0		1 1 4		0.308 0.105 41.0	0.088 0.030 11.6	
Copper, Cu.         mg           Manganese, Mn.         mg           Selenium, Se.         mcg           Vitamins:         wg           Vitamin C, total ascorbic acid.         mg           Thiamin.         mg           Riboflavin.         mg           Niacin.         mg           Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folate, food.         mcg           Folate, Food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta         mg           Tocopherol, delta         mg           Tocopherol, delta         mg	0.035 13.7 0.0 0.070 0.270 8.030	) ) )	0 0 0		1 4		0.105 41.0 0.0	0.030 11.6 0.0	
Manganese, Mn	0.035 13.7 0.0 0.070 0.270 8.030	) ) )	0 0 0		<b>4</b> 7		0.105 41.0 0.0	0.030 11.6 0.0	
Selenium, Se	0.0 0.070 0.270 8.030	) )	0 0 0		7		0.0	0.0	
Vitamin S:  Vitamin C, total ascorbic acid	0.070 0.270 8.030	) )	0 0	Z					
Vitamin C, total ascorbic acid. mg Thiamin. mg Riboflavin. mg Niacin. mg Pantothenic acid. mg Vitamin B-6. mg Folate, total. mcg Folic acid. mcg Folate, food. mcg Folate, DFE. mcg_DFE Vitamin B-12. mcg Vitamin A, IU. IU Vitamin A, RAE mcg_RAE Retinol. mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta. mg Tocopherol, gamma mg Tocopherol, delta. mg	0.070 0.270 8.030	) )	0 0	Z					
Thiamin         mg           Riboflavin         mg           Niacin         mg           Pantothenic acid         mg           Vitamin B-6         mg           Folate, total         mcg           Folic acid         mcg           Folate, food         mcg           Folate, DFE         mcg_DFE           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg_RAE           Retinol         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg           Tocopherol, gamma         mg           Tocopherol, delta         mg	0.070 0.270 8.030	) )	0 0	Z					
Riboflavin mg Niacin mg Pantothenic acid mg Vitamin B-6 mg Folate, total mcg Folic acid mcg Folate, food mcg Folate, DFE mcg Vitamin B-12 mcg Vitamin A, IU IU Vitamin A, RAE mcg_RAE Retinol mcg Vitamin E (alpha-tocopherol) mg Tocopherol, beta mg Tocopherol, gamma mg Tocopherol, delta mg	0.270 8.030	) )	0		1			0 000	
Niacin	8.030	)					0.209	0.060	
Pantothenic acid.         mg           Vitamin B-6.         mg           Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta         mg           Tocopherol, gamma.         mg           Tocopherol, delta         mg			^		1		0.807	0.230	
Vitamin B-6	1 160		U		1		24.010	6.826	
Folate, total.         mcg           Folic acid.         mcg           Folate, food.         mcg           Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg           Tocopherol, gamma         mg           Tocopherol, delta.         mg	1.100	)	0		1		3.468	0.986	
Folic acid	0.390	)	0		1		1.166	0.332	
Folate, food         mcg           Folate, DFE         mcg_DFE           Vitamin B-12         mcg           Vitamin A, IU         IU           Vitamin A, RAE         mcg_RAE           Retinol         mcg           Vitamin E (alpha-tocopherol).         mg           Tocopherol, beta         mg           Tocopherol, gamma         mg           Tocopherol, delta         mg	11		0		1		33	9	
Folate, DFE.         mcg_DFE           Vitamin B-12.         mcg           Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg           Tocopherol, delta.         mg	0		0	Z	7		0	0	
Vitamin B-12	11		0		1		33	9	
Vitamin A, IU.         IU           Vitamin A, RAE.         mcg_RAE           Retinol.         mcg           Vitamin E (alpha-tocopherol)         mg           Tocopherol, beta.         mg           Tocopherol, gamma.         mg           Tocopherol, delta.         mg	11		0	NC	4		33	9	
Vitamin A, RAE	1.27		0		1		3.80	1.08	
Vitamin A, RAE	0		0		7		0	0	
Retinolmcg Vitamin E (alpha-tocopherol)mg Tocopherol, betamg Tocopherol, gammamg Tocopherol, deltamg	0		0	NC	4		0	0	
Tocopherol, betamg Tocopherol, gammamg Tocopherol, deltamg	0		0	NR	4		0	0	
Tocopherol, betamg Tocopherol, gammamg Tocopherol, deltamg	0.15		0	NR	4		0.45	0.13	
Tocopherol, gammamg Tocopherol, deltamg									
Tocopherol, deltamg									
Vitamin DIU									
Vitamin K (phylloquinone)mcg	1.2		0	BFYN	4		3.5	1.0	
<u>ipids:</u>									
Fatty acids, total saturatedg	3.040		0		1		9.090	2.584	
4:09	0.000		0		1		0.000	0.000	
6:0g	0.000		0		1		0.000	0.000	
8:0g	0.000		0		1		0.000	0.000	
10:0g	0.010		0		1		0.030	0.009	
12:0g	0.020	)	0		1		0.060	0.017	
13:0g									
14:0g	0.280	)	0		1		0.837	0.238	
15:0g									
16:0g	1.620	)	0		1		4.844	1.377	
17:0g									
18:0g	1 010	)	0		1		3.020	0.859	
20:0g	1.010								
22:0g	1.010								

	<u>Ar</u>	mount in 100 gram		ble portic	<u>on</u>		edible portion of easures of food	
		Number of Dat	er a Deriv	Source	Confidence	<u> </u>	easures or roou	•
Nutrients and Units	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.840	0		1		8.492	2.414	
14:1g								
15:1g		_		_				
16:1 undifferentiatedg	0.320	0		1		0.957	0.272	
17:1	2.450	0		1		7.326	2.083	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 c9	0.000	Ū		_		0.000	0.000	
Fatty acids, total polyunsaturatedg	0.550	0		1		1.645	0.468	
18:2 undifferentiatedg	0.420	0		1		1.256	0.357	
18:3 undifferentiated	0.050	0		1		0.150	0.043	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.090	0		1		0.269	0.077	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans9								
Cholesterol mg	103	0		1		308	88	
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.247	0		1		0.739	0.210	
Threonineg	1.065	0		1		3.184	0.905	
Isoleucine	1.201	0		1		3.591	1.021	
Leucineg	1.940	0		1		5.801	1.649	
Lysineg	2.009	0		1		6.007	1.708	
Methionineg	0.569	0		1		1.701	0.484	
Cystineg	0.275	0		1		0.822	0.234	
Phenylalanineg	0.984	0		1		2.942	0.836	
Tyrosineg	0.777	0		1		2.323	0.660	
Valineg	1.347	0		1		4.028	1.145	
Arginineg	1.434	0		1		4.288	1.219	
Histidineg	0.885	0		1		2.646	0.752	
Alanineg	1.450	0		1		4.336	1.233	
Aspartic acidg	2.103	0		1		6.288	1.788	
Glutamic acidg	3.856	0		1		11.529	3.278	
Glycine9	1.253	0		1		3.746	1.065	
Prolineg	1.018	0		1		3.044	0.865	
Serineg	0.914	0		1		2.733	0.777	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeinemg	0	0	z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
	0	0	z	7		0.000	0.000	
Carotene, beta mcg Carotene, alpha mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	
Lycopenemcg	0	0	Z	7		0.000	0.000	
Lycopeneiilog	U	U		,		3.000	3.000	

## **Common Measures:**

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

Measure 2 = 85g: 3 oz

Veal, ground, cooked, broiled

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

		<u>A</u> 1	mount in 10	<u>0 grams</u>	<u>on</u>	Amount in edible portion of common				
				Number				<u>m</u> e	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
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:										
viinerais: Calcium, Ca	ma	15		0		1		4	17	
Iron, Fe	_	0.83		0		1		0.24	0.94	
Magnesium, Mg	_	24		Ö		1		7	27	
Phosphorus, P		203		0		1		58	229	
Potassium, K	-	315		0		1		89	356	
Sodium, Na	-	82		0		1		23	93	
Zinc, Zn	_	3.06		0		1		0.87	3.46	
Copper, Cu		0.109	•	0		1		0.031	0.123	
Manganese, Mn	mg	0.028	3	0		1		0.008	0.032	
Selenium, Se	mcg	8.1		0	BFZN	4		2.3	9.2	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.080	1	0	-	1		0.023	0.090	
Riboflavin		0.270		0		1		0.077	0.305	
Niacin		7.500		0		1		2.126	8.475	
Pantothenic acid		1.310		0		1		0.371	1.480	
Vitamin B-6		0.410		0		1		0.116	0.463	
Folate, total	-	13		0		1		4	15	
Folic acid		0		0	z	7		0	0	
Folate, food		13		0		1		4	15	
Folate, DFE		13		0	NC	4		4	15	
Vitamin B-12		1.34		0		1		0.38	1.51	
Vitamin A, IU										
Vitamin A, RAE										
Retinol	mcg									
Vitamin E (alpha-tocopherol)		0.26		0		1		0.07	0.29	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.790	)	0		1		0.791	3.153	
4:0										
6:0										
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										
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	-									
22:0	a									

Nutrients and Units  Fatty acids, total monounsaturatedg 14:1g	<b>Mean</b> 2.570	ints Code		Confidence Code	Measure 1	easures of food Measure 2	Measure 3
Fatty acids, total monounsaturatedg		 ints Code			Measure 1	Measure 2	Measure 3
14:1g	2.570						
		0	1		0.729	2.904	
15:1g							
16:1 undifferentiatedg	0.290	0	1		0.082	0.328	
17:1g							
18:1 undifferentiatedg	2.210	0	1		0.627	2.497	
20:1g							
22:1 undifferentiatedg							
24:1 cg							
Fatty acids, total polyunsaturated	0.480	0	1		0.136	0.542	
18:2 undifferentiatedg	0.360	0	1		0.102	0.407	
18:3 undifferentiated	0.040	0	1		0.011	0.045	
18:4g							
20:2 n-6 c,cg							
20:3 undifferentiated							
20:4 undifferentiatedg	0.070	0	1		0.020	0.079	
20:5 n-3g							
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans9							
Cholesterolmg	82	0	1		23	93	
Phytosterolsmg							
•							
Amino Acids:							
Tryptophang	0.196	0	1		0.056	0.221	
Threonineg	0.845	0	1		0.240	0.955	
Isoleucineg	0.953	0	1		0.270	1.077	
Leucineg	1.540	0	1		0.437	1.740	
Lysineg	1.594	0	1		0.452	1.801	
Methionineg	0.452	0	1		0.128	0.511	
Cystineg	0.218	0	1		0.062	0.246	
Phenylalanineg	0.781	0	1		0.221	0.883	
Tyrosineg	0.617	0	1		0.175	0.697	
Valineg	1.069	0	1		0.303	1.208	
Arginineg	1.138	0	1		0.323	1.286	
Histidineg	0.702	0	1		0.199	0.793	
Alanineg	1.151	0	1		0.326	1.301	
Aspartic acidg	1.669	0	1		0.473	1.886	
Glutamic acidg	3.060	0	1		0.868	3.458	
Glycineg	0.994	0	1		0.282	1.123	
Prolineg	0.808	0	1		0.229	0.913	
Serine	0.725	0	1		0.206	0.819	
Hydroxyproline	0.723	-	-		0.200	0.013	

# **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
D									
Proximates: Water	a	55.49	0		1		150.93	47.17	
Energy		211	0	NC	4		574	179	
Energy		883			4		2401	750	
Protein (N x 6.25)		36.16	0		1		98.36	30.74	
Total lipid (fat)		6.33	0		1		17.22	5.38	
Ash		1.95	0		1		5.30	1.66	
Carbohydrate, by difference		0.00	0	z	7		0.00	0.00	
Fiber, total dietary		0.0	0	z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch		0.00	· ·	_	•		0.00	0.00	
Staren	9								
Minerals:									
Calcium, Ca	-	8	0		1		22	7	
Iron, Fe		1.32	0		1		3.59	1.12	
Magnesium, Mg		29	0		1		79	25	
Phosphorus, P	•	249	0		1		677	212	
Potassium, K		383	0		1		1042	326	
Sodium, Na		67	0		1		182	57	
Zinc, Zn		3.96	0		1 1		10.77	3.37	
Copper, Cu		0.140			1		0.381	0.119 0.033	
Manganese, Mn		0.039 15.4	0	PIE	4		0.106 <b>41</b> .9	13.1	
Selenium, Se	nicg	15.4	U	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		0	0	Z	7		0	0	
Folate, food	mcg	18	0		1		49	15	
Folate, DFE	mcg_DFE	18	0	NC	4		49	15	
Vitamin B-12	mcg	1.17	0		1		3.18	0.99	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0	
Retinol	mcg	0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.49	0		1		1.33	0.42	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D			•				10.0		
Vitamin K (phylloquinone)	mcg	7.0	0	BFYN	4		19.2	6.0	
Lipids:									
Fatty acids, total saturated	g	2.530	0		1		6.882	2.151	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000	0		1		0.000	0.000	
10:0		0.010	0		1		0.027	0.009	
12:0	g	0.020	0		1		0.054	0.017	
13:0	g								
14:0	-	0.230	0		1		0.626	0.196	
15:0	g								
16:0	g	1.350	0		1		3.672	1.148	
17:0									
18:0	g	0.840	0		1		2.285	0.714	
20:0	g								
22:0	g								
24:0	a								

		<u>A</u>	mount in 100 grams		le portio	<u>n</u>		edible portion o	of common
Nutrients and Unit	ts	Mean	Numbe of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.360	0		1		6.419	2.006	
14:1	g								
15:1	-								
16:1 undifferentiated		0.270	0		1		0.734	0.230	
17:1			_		_				
18:1 undifferentiated	-	2.040			1		5.549	1.734	
20:1	_	0.000			1		0.000	0.000	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
24:1 c		0.470					4 000	2 422	
Fatty acids, total polyunsaturated		0.470			1 1		1.278	0.400	
18:2 undifferentiated		0.350			1		0.952	0.298	
18:3 undifferentiated							0.109	0.034	
18:4		0.000	0		1		0.000	0.000	
20:2 n-6 c,c	_								
20:3 undifferentiated		0.080	0		1		0.010	0.000	
20:4 undifferentiated	-	0.080			1		0.218	0.068	
20:5 n-3	_				1		0.000	0.000	
22:5 n-3		0.000			1		0.000	0.000	
22:6 n-3	-	0.000	U		1		0.000	0.000	
Fatty acids, total trans		134	0		1		364	114	
Cholesterol		134	U		1		364	114	
Phytosterols									
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								
Othors									
Others:	~	0.0	•		-		0.0		
Alcohol, ethyl		0.0	0	_	7		0.0	0.0	
Caffeine		0	0	Z Z	7 7		0	0	
Theobromine	!!!!9	0	0	Z	,		0	0	
<u>Carotenoids:</u>									
Carotene, beta	mcg	0	0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0	0	Z	7		0.000	0.000	
Lycopene	mcg	0	0	Z	7		0.000	0.000	
Lutein + zeaxanthin		0	0	Z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 272g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Veal, leg (top round), separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 0%

		<u>A</u>	mount in 100	grams	of edil	ole portio	<u>n</u>	Amount in	edible portion	of common
			N	umber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error P			Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	g	51.31		0		1		151.36	43.61	
Energy	kcal	228		0	NC	4		673	194	
Energy	kj	954				4		2814	811	
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		2.31		0		1		6.81	1.96	
Carbohydrate, by difference		9.85		0	NC	4		29.06	8.37	
Fiber, total dietary		0.3		0		4		0.9	0.3	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	_									
Survii										
<u>Minerals:</u>										
Calcium, Ca	mg	39		0		1		115	33	
Iron, Fe	mg	1.64		0		1		4.84	1.39	
Magnesium, 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	3	0		1		0.215	0.062	
Manganese, Mn	mg	0.135	5	0		1		0.398	0.115	
Selenium, Se	mcg	16.5		0	PIE	4		48.7	14.0	
<u>Vitamins:</u>										
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	
Vitamin B-12		1.24		0		1		3.66	1.05	
Vitamin A, IU		33		0	NC	4		98	28	
Vitamin A, RAE		10		0	NC	4		30	9	
Retinol		10		0	NR	4		30	9	
Vitamin E (alpha-tocopherol)		0.53		0		1		1.56	0.45	
Tocopherol, beta		0.00		0	PAK	1		0.01	0.00	
Tocopherol, gamma		0.07		0	PAK	1		0.21	0.06	
Tocopherol, delta		0.02		0	PAK	1		0.05	0.01	
Vitamin D		0.02		Ū		-		0.03	0.01	
Vitamin K (phylloquinone)		5.1		0	PIK	4		15.1	4.3	
Lipids:										
Fatty acids, total saturated	g	3.060	)	0		1		9.027	2.601	
4:0		0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0	_	0.000		0		1		0.000	0.000	
12:0.		0.020		0		1		0.059	0.017	
13:0									- /	
14:0		0.240	)	0		1		0.708	0.204	
15:0	_	0.230		Ŭ		-		3.700	0.204	
16:0	-	1.750	)	0		1		5.163	1.488	
17:0	_	1.750	•	Ū		-		3.103	1.400	
18:0	_	0.980	)	0		1		2.891	0.833	
		0.000		0	PAK	1		0.000	0.833	
20:0		0.000		0	PAK	1				
22:0 24:0		0.000		0	PAK	1		0.000 0.000	0.000 0.000	

	<u>A</u> 1	mount in 100 grams	of edil	<u>n</u>	Amount in edible portion of common			
		Number	r			<u>m</u>	easures of food	
		of Data		Source	Confidence			
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.390	0		1		10.001	2.882	
15:1	0.300	0		1		0.885	0.255	
18:1 undifferentiatedg	3.040	0		1		8.968	2.584	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg	0.000	0		1		0.000	0.000	
24:1 cg								
Fatty acids, total polyunsaturatedg	1.490			1		4.396	1.267	
18:2 undifferentiatedg	1.280			1		3.776	1.088	
18:3 undifferentiatedg	0.140			1		0.413	0.119	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c,cg								
20:3 undifferentiatedg				_				
20:4 undifferentiatedg	0.060			1		0.177	0.051	
20:5 n-3g	0.000			1		0.000	0.000	
22:5 n-3g	0.000			1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total trans	112	0		1		330	95	
Cholesterolmg Phytosterolsmg	3	0		1		9	3	
rilytosteroising	3	U		_		9	3	
Amino Acids:								
Tryptophang	0.284	0		1		0.838	0.241	
Threonineg	1.172	0		1		3.457	0.996	
Isoleucineg	1.339	0		1		3.950	1.138	
Leucineg	2.161			1		6.375	1.837	
Lysineg	2.144			1		6.325	1.822	
Methionineg	0.631			1		1.861	0.536	
Cystineg	0.328			1		0.968	0.279	
Phenylalanineg	1.129			1		3.331	0.960	
Tyrosine9	0.864			1		2.549	0.734	
Valineg	1.512			1		4.460	1.285	
Arginineg	1.578			1		4.655	1.341	
Histidineg	0.956			1		2.820	0.813	
Alanine	1.582			1		4.667	1.345	
Aspartic acid	2.307			1 1		6.806	1.961	
Glutamic acid	4.547			1		13.414	3.865	
Glycine	1.368 1.247	•		1		4.036 3.679	1.163 1.060	
Proline	1.247			1		3.171	0.914	
Serine	1.075	U		1		3.171	0.914	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobrominemg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	, 7		0.000	0.000	
Cryptoxanthin, betamcg	0	0	z	7		0.000	0.000	
Lycopenemcg	0	0	z	7		0.000	0.000	
Lutein + zeaxanthin mcg	0	0	z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 295g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

		<u>A</u>	mount in 100 grams	Amount in edible portion of common					
			Numbe	<u>m</u>	measures of food				
					Source	Confidence			
Nutrients and Uni	<b>Nutrients and Units</b>		Std. Error Points	Code	Code	Code	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		883			4		2684	750	
Protein (N x 6.25)		31.75	0		1		96.52	26.99	
Total lipid (fat)		8.35	0		1		25.38	7.10	
Ash		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								
Mr. I									
Minerals:	ma	6	0		1		18	5	
Calcium, CaIron, Fe	-	0.88	0		1		2.68	0.75	
Magnesium, Mg		31	0		1		2.68 94	26	
Phosphorus, P		279	0		1		848	237	
Potassium, K	•	425	0		1		1292	361	
Sodium, Na		76	0		1		231	65	
Zinc, Zn		3.23	0		1		9.82	2.75	
Copper, Cu		0.062	2 0		1		0.188	0.053	
Manganese, Mn		0.031	. 0		1		0.094	0.026	
Selenium, Se		13.4	0	PIE	4		40.7	11.4	
¥7:4									
Vitamins:			•	_	_		0.0		
Vitamin C, total ascorbic acid		0.0	0	Z	7 1		0.0 0.213	0.0 0.060	
ThiaminRiboflavin		0.070			1		1.064	0.060	
Niacin		12.050			1		36.632	10.243	
Pantothenic acid	-	1.170			1		3.557	0.995	
Vitamin B-6		0.490			1		1.490	0.417	
Folate, total	-	15	0		1		46	13	
Folic acid		0	0	z	7		0	0	
Folate, food		15	0		1		46	13	
Folate, DFE	mcg DFE	15	0	NC	4		46	13	
Vitamin B-12		1.45	0		1		4.41	1.23	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.42	0		1		1.28	0.36	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
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		0.000			1		0.000	0.000	
6:0		0.000	0		1		0.000	0.000	
8:0		0.000	0		1		0.000	0.000	
10:0		0.010	0		1		0.030	0.009	
12:0	g	0.020	0		1		0.061	0.017	
13:0	g								
14:0	g	0.300	0		1		0.912	0.255	
15:0	g								
16:0	g	1.700	0		1		5.168	1.445	
17:0	g								
18:0	_	1.040	0		1		3.162	0.884	
20:0	_								
22:0	-								
24:0	g								

		<u>A</u> ı	mount in 100 grams		<u>n</u>	Amount in edible portion of common			
			Numbe	r	measures of food				
				Deriv	Source	Confidence			
Nutrients and	Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
F-44id4-4-1		3.230	0		1		9.819	2.746	
Fatty acids, total monounsatura	g	3.230	· ·		-		9.019	2.740	
15:1 16:1 undifferentiated	9	0.340	0		1		1.034	0.289	
17:1 18:1 undifferentiated	• • • • • • • • • • • • • • • • • • • •	2.820	0		1		8.573	2.397	
20:1	g	0.000	0		1		0.000	0.000	
22:1 undifferentiated	•	0.000	0		1		0.000	0.000	
24:1 c									
Fatty acids, total polyunsaturate		0.580			1		1.763	0.493	
18:2 undifferentiated		0.460			1		1.398	0.391	
18:3 undifferentiated	<del>-</del>	0.050			1		0.152	0.043	
18:4	-	0.000	0		1		0.000	0.000	
20:2 n-6 c,c	• • • • • • • • • • • • • • • • • • • •								
20:3 undifferentiated	_		•		_				
20:4 undifferentiated	_	0.070			1		0.213	0.060	
20:5 n-3	-	0.000			1		0.000	0.000	
22:5 n-3		0.000			1		0.000	0.000	
22:6 n-3		0.000	0		1		0.000	0.000	
Fatty acids, total trans		105	0		1		21.0	0.0	
Cholesterol		105	0		1		319	89	
Phytosterols	IIIg								
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		1.632			1		4.961	1.387	
Proline	g	1.326			1		4.031	1.127	
Serine		1.190	0		1		3.618	1.012	
Hydroxyproline	g								
Others:									
Alcohol, ethyl	a	0.0	0		7		0.0	0.0	
Caffeine		0.0	0	z	7		0.0	0.0	
Theobromine		0	0	Z	7		0	0	
Carotenoids:		v	O .		•		Ū	J	
		_	_	_	_				
Carotene, beta	_	0	0	z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta		0	0	z	7		0.000	0.000	
Lycopene		0	0	z z	7		0.000	0.000	
Lutein + zeaxanthin	rncg	0	0	Z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 304g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

		<u>A</u>	mount in 100 gram	Amount in edible portion of common					
			Numbe	<u>m</u>	easures of food	<u>[</u>			
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	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		669			4		2397	569	
Protein (N x 6.25)		27.70	0		1		99.17	23.55	
Total lipid (fat)		4.65	0		1		16.65	3.95	
Ash		1.49	0		1		5.33	1.27	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch									
Minerals:		_			_			_	
Calcium, Ca	-	6	0		1		21	5	
Iron, Fe.		0.91	0		1		3.26	0.77	
Magnesium, Mg		28	-		1		100	24	
Phosphorus, P	•	234 389	0		1 1		838 1393	199 331	
Potassium, K		389 68	0		1		243	58	
Sodium, NaZinc, Zn		3.04	0		1		10.88	2.58	
Copper, Cu		0.129			1		0.462	0.110	
Manganese, Mn		0.030			1		0.107	0.026	
Selenium, Se		11.2	0	PIE	4		40.1	9.5	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.060			1		0.215	0.051	
Riboflavin		0.320			1		1.146	0.272	
Niacin	-	9.930			1		35.549	8.441	
Pantothenic acid		0.990			1		3.544	0.842	
Vitamin B-6	-	0.310			1		1.110	0.264	
Folate, total		16 0	0	z	1 7		57 0	14	
Folic acid				Z				0	
Folate, food	IIICG	16 16	0	NC	1 4		57 57	14	
Folate, DFE		1.17	0	NC	1		4.19	14 0.99	
Vitamin B-12 Vitamin A, IU		0	0		4		4.19	0.99	
Vitamin A, IUVitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.49	0		1		1.75	0.42	
Tocopherol, beta		0.45	· ·		-		1.75	0.12	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		5.5	0	BFYN	4		19.8	4.7	
<u>Lipids:</u>	~	1 04					6 507	1 564	
Fatty acids, total saturated		1.840			1 1		6.587	1.564	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0 10:0		0.000			1		0.000 0.000	0.000 0.000	
12:0	-	0.000			1		0.000	0.000	
13:0	-	0.010	, 0		_		0.036	0.009	
14:0	-	0.170	0		1		0.609	0.145	
15:0		0.170	. 0		-		0.009	0.143	
16:0	-	0.980	0		1		3.508	0.833	
17:0		0.500			-		3.300	0.055	
18:0	-	0.610	0		1		2.184	0.519	
20:0	-	0.010			-		2.104	0.519	
22:0	-								
	g								

		<u>A</u> 1	mount in 10		Amount in edible portion of common					
				Number		0	Cantidanas	measures of food		
Nutrients and l	Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tod (I	1.730		0		1		6.193	1.471	
14:1		1.750	•	Ů		-		0.193	1.471	
15:1	g									
16:1 undifferentiated	g	0.190	)	0		1		0.680	0.162	
17:1	-									
18:1 undifferentiated	-	1.490		0		1		5.334	1.267	
20:1		0.000		0		1		0.000	0.000	
22:1 undifferentiated	•	0.000	)	0		1		0.000	0.000	
24:1 c										
Fatty acids, total polyunsaturate	:dg	0.350		0		1		1.253	0.298	
18:2 undifferentiated		0.260		0		1		0.931	0.221	
18:3 undifferentiated	-	0.030		0		1		0.107	0.026	
18:4	-	0.000	1	0		1		0.000	0.000	
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	-	0.060		0		1		0.215	0.051	
20:5 n-3	-	0.000		0		1		0.000	0.000	
22:5 n-3	_	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	-	103		0		1		369	88	
Phytosterols	mg									
Amino Acids:										
Tryptophan	ď	0.280	1	0		1		1.002	0.238	
Threonine		1.210		0		1		4.332	1.029	
Isoleucine	_	1.364		0		1		4.883	1.159	
Leucine	_	2.205		0		1		7.894	1.874	
Lysine	_	2.282		0		1		8.170	1.940	
Methionine		0.646		0		1		2.313	0.549	
Cystine		0.313		0		1		1.121	0.266	
Phenylalanine		1.118		0		1		4.002	0.950	
Tyrosine		0.883		0		1		3.161	0.751	
Valine	_	1.531		0		1		5.481	1.301	
Arginine	_	1.629		0		1		5.832	1.385	
Histidine	_	1.005		0		1		3.598	0.854	
Alanine	_	1.647		0		1		5.896	1.400	
Aspartic acid		2.390		0		1		8.556	2.032	
Glutamic acid		4.381		0		1		15.684	3.724	
Glycine	_	1.423		0		1		5.094	1.210	
Proline	<del>-</del>	1.156		0		1		4.138	0.983	
Serine	_	1.038		0		1		3.716	0.882	
Hydroxyproline		1.050	•	Ū		-		3.710	0.002	
11ydroxypromic	9									
Others:										
Alcohol, ethyl	g	0.0		0		7		0.0	0.0	
Caffeine		0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mca	0		0	z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin		0		0	z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 358g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Veal, leg (top round), separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

		<u>A</u>	Amount in 100 grams of edible portion					Amount in edible portion of common		
			N	lumber				measures of food		
Nutrients and Units		Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.80		0		1		21.21	339.29	
Energy	=	117		0	NC	4		33	531	
Energy		490				4		139	2220	
Protein (N x 6.25)		20.98		0		1		5.95	95.17	
Total lipid (fat)		3.08		0		1		0.87	13.97	
Ash		1.12		0		1		0.32	5.08	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total.		0.00		0	z	7		0.00	0.00	
Starch										
Minerals:		_		_		_		_	•	
Calcium, Ca	-	5		0		1		1	23	
Iron, Fe.	_	0.79		0		1		0.22	3.58	
Magnesium, Mg		26 220		0		1 1		7 62	118 998	
Phosphorus, P				0		1				
Potassium, K		367 63		0		1		104 18	1665 286	
Sodium, Na		2.30		0		1		0.65	10.43	
Zinc, Zn		0.108	<b>.</b>	0		1		0.65	0.490	
Copper, Cu		0.108		0		1		0.031	0.490	
Manganese, Mn Selenium, Se		9.0	•	0	PIE	4		2.6	40.8	
Selemum, Se	1110g	3.0		Ū	1111	-		2.0	40.0	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		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	<u>mg</u>	1.070	)	0		1		0.303	4.854	
Vitamin B-6	-	0.460	)	0		1		0.130	2.087	
Folate, total		14		0		1		4	64	
Folic acid		0		0	Z	7		0	0	
Folate, food		14		0		1		4	64	
Folate, DFE		14		0	NC	4		4	64	
Vitamin B-12	mcg	1.04		0		1		0.29	4.72	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.30		0		1		0.09	1.36	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D Vitamin K (phylloquinone)		3.9		0	BFSN	4		1.1	17.6	
Vitamin K (pnylloquinone)	nicg	3.9		U	DESN	4		1.1	17.6	
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.180	)	0		1		0.335	5.352	
4:0		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	-	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	a									

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>		edible portion o	of common
				Number		Sauraa	Confidence	m	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	ated <b>Q</b>	1.120	1	0		1		0.318	5.080	
14:1				•		_		0.310	3.000	
15:1	• • • • • • • • • • • • • • • • • • • •									
16:1 undifferentiated	_	0.120	1	0		1		0.034	0.544	
17:1	_					_				
18:1 undifferentiated	_	0.970		0		1 1		0.275	4.400	
20:1 22:1 undifferentiated	_	0.000		0 0		1		0.000 0.000	0.000 0.000	
24:1 c	•	0.000	•	U		1		0.000	0.000	
Fatty acids, total polyunsaturat		0.240	1	0		1		0.068	1.089	
18:2 undifferentiated		0.180		0		1		0.051	0.816	
18:3 undifferentiated		0.020		0		1		0.006	0.091	
18:4	<del>-</del>	0.000		0		1		0.000	0.000	
20:2 n-6 c.c	_									
20:3 undifferentiated	_									
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	1	0		1		0.000	0.000	
Fatty acids, total trans	g									
Cholesterol	mg	78		0		1		22	354	
Phytosterols	mg									
Amino Acids:										
Tryptophan	а	0.212	!	0		1		0.060	0.962	
Threonine		0.916	;	0		1		0.260	4.155	
Isoleucine	=	1.033	1	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	-	1.159		0		1		0.329	5.257	
Arginine	-	1.234	ŀ	0		1		0.350	5.597	
Histidine		0.761		0		1		0.216	3.452	
Alanine		1.248		0		1		0.354	5.661	
Aspartic acid		1.810		0		1		0.513	8.210	
Glutamic acid	=	3.318		0		1		0.941	15.050	
Glycine		1.078		0		1		0.306 0.248	4.890	
Proline	-	0.876		0 0		1 1			3.974	
Serine		0.786	1	U		1		0.223	3.565	
Hydroxyproline	9									
Others:										
Alcohol, ethyl		0.0		0		7		0.0	0.0	
Caffeine	_	0		0	Z	7		0	0	
Theobromine	mg	0		0	Z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	
Lycopene		0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

# **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Veal, leg (top round), separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 2% Separable fat

		<u>A</u>	mount in 100	grams	of edit	ole portic	<u>on</u>	Amount in	edible portion o	f common
			N	lumber	,			<u>m</u>	easures of food	
			c	of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.18		0		1		150.00	47.75	
Energy	kcal	203		0	NC	4		542	173	
Energy	kj	849				4		2268	722	
Protein (N x 6.25)	g	36.71		0		1		98.02	31.20	
Total lipid (fat)	g	5.09		0		1		13.59	4.33	
Ash		1.97		0		1		5.26	1.67	
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch	=									
Minerals:		_		_		_			_	
Calcium, Ca	-	9		0		1		24	8	
Iron, Fe	-	1.32		0		1		3.52	1.12	
Magnesium, Mg		30		0		1		80	26	
Phosphorus, P	-	252		0		1		673	214	
Potassium, K	-	387 67		0		1 1		1033 179	329 57	
Sodium, Na	-	4.03		0		1		10.76	3.43	
Zinc, Zn Copper, Cu		0.142	2	0		1		0.379	0.121	
Manganese, Mn		0.142		0		1		0.107	0.121	
Selenium, Se		15.6	•	0	BFYN	4		41.7	13.3	
Scientini, Sc	g	20.0		ŭ		-			20.0	
Vitamins:										
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0	
Thiamin		0.060	כ	0		1		0.160	0.051	
Riboflavin	mg	0.360	)	0		1		0.961	0.306	
Niacin		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		18		0		1		48	15	
Folic acid		0		0	Z	7		0	0	
Folate, food		18		0		1		48	15	
Folate, DFE		18		0	NC	4		48	15	
Vitamin B-12		1.19		0		1		3.18	1.01	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol	• • • • • • • • • • • • • • • • • • • •	0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.50		0		1		1.34	0.43	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, deltaVitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>										
Fatty acids, total saturated		1.920	)	0		1		5.126	1.632	
4:0										
6:0	_									
8:0	_		_			_				
10:0		0.000		0		1		0.000	0.000	
12:0	_	0.010	J	0		1		0.027	0.009	
13:0	_	0.10	,	^		4		0 407	0 100	
14:0	-	0.160	,	0		1		0.427	0.136	
15:0	_	1 044	,	^		4		0 777	0.004	
16:0	_	1.040	,	0		1		2.777	0.884	
17:0	_	0.640	n	0		1		1 700	0 544	
18:0	-	0.640	,	U		1		1.709	0.544	
20:0										
22:0										
24:0	9									

		<u>Ar</u>	mount in 100		ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number	_		<u></u>	easures or roou		
Nutrients and Units	;	Mean	Std. Error		 Code	Confidence Code	Measure 1	Measure 2	Measure 3	
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		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	<sub>.</sub> mg									
Amino Acids:										
Tryptophan	a	0.372		0	1		0.993	0.316		
Threonine		1.604		0	1		4.283	1.363		
Isoleucine	_	1.808		0	1		4.827	1.537		
Leucine		2.922		0	1		7.802	2.484		
Lysine		3.025		0	1		8.077	2.571		
Methionine	-	0.857		0	1		2.288	0.728		
Cystine	-	0.837		0	1		1.105	0.728		
Phenylalanine		1.481		0	1		3.954	1.259		
Tyrosine		1.481		0	1		3.124	0.995		
,	_	2.029		0	1		5.124 5.417	1.725		
Valine		2.029		0	1		5.765	1.725		
Arginine		1.332		0	1		3.556	1.835		
Alanine	•	2.183		0	1		5.829	1.132		
	-	3.167		0	1		8.456	2.692		
Aspartic acidGlutamic acid		5.806		0	1		15.502	4.935		
Glycine	-	1.886		0	1		5.036	1.603		
Proline		1.533		0	1		4.093	1.303		
	•	1.333		0	1		4.093 3.674	1.303		
Serine	_	1.3/6		U	1		3.0/4	1.1/0		
Hydroxyproline	y				 					

# **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

**Food Group:** 17 Lamb, Veal, and Game Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 0%

		<u>A</u> 1	mount in 100 gran	ns of edi	ole portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food	<u>l</u>	
			of Da	a Deriv	Source	Confidence				
Nutrients and Un	its	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure 3	
Proximates:										
Water	g	53.14	0		1		156.76	45.17		
Energy	kcal	206	0	NC	4		608	175		
Energy	kj	862			4		2543	733		
Protein (N x 6.25)	g	28.41	0		1		83.81	24.15		
Total lipid (fat)		6.27	0		1		18.50	5.33		
Ash	g	2.34	0		1		6.90	1.99		
Carbohydrate, by difference		9.78	0	NC	4		28.85	8.31		
Fiber, total dietary		0.2	0		4		0.6	0.2		
Sugars, total		0.57	0	PIK	4		1.68	0.48		
Starch								0.10		
Staren	9									
Minerals:										
Calcium, Ca	-	39	0		1		115	33		
Iron, Fe	-	1.64	0		1		4.84	1.39		
Magnesium, Mg		32	0		1		94	27		
Phosphorus, P	mg	258	0		1		761	219		
Potassium, K		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		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	ma	0.0	0	z	7		0.0	0.0		
Thiamin	-	0.160		_	1		0.472	0.136		
Riboflavin	-	0.360			1		1.062	0.306		
Niacin	=	10.800			1		31.860	9.180		
Pantothenic acid	-	1.110			1		3.275	0.944		
Vitamin B-6	=	0.420			1		1.239	0.357		
Folate, total	-	28	0	RA	4		83	24		
Folic acid		8	0	NC	4		24	7		
Folate, food		20	0	110	1		59	, 17		
Folate, DFE		34	0	NC	4		99	29		
Vitamin B-12		1.28	0	NC	1		3.78	1.09		
Vitamin A, IU		33	0	NC	4		98	28		
Vitamin A, RAE		10	0	NC	4		30	9		
Retinol		10	0	NR NR	4		30	9		
		0.53	0	NK	1		1.56	0.45		
Vitamin E (alpha-tocopherol)		0.00	0	PAK	1		0.01	0.45		
Tocopherol, beta			0	PAK	1		0.01			
Tocopherol, gamma		0.07 0.02	0	PAK	1			0.06		
Tocopherol, delta		0.02	U	PAK	1		0.05	0.01		
Vitamin D Vitamin K (phylloquinone)		5.1	0	PIK	4		15.1	4.3		
vitanini K (phynoquinone)	Illog	3.1	U	FIR	-		13.1	4.3		
<u>Lipids:</u>										
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										
14:0	_	0.070	0		1		0.207	0.060		
15:0	-									
16:0	_	1.000	0		1		2.950	0.850		
17:0	_									
18:0	_	0.510	0		1		1.505	0.434		
20:0	-	0.000		PAK	1		0.000	0.000		
22:0	_	0.000		PAK	1		0.000	0.000		
24:0	-	0.000		PAK	1		0.000	0.000		

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	ts	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated		2.160	ı	0		1		6.372	1.836		
14:1	_										
15:1	-	0.150		•		1		2 442	0 100		
16:1 undifferentiated		0.150		0		1		0.443	0.128		
17:1	-	2 000		0		1		- 000	1 700		
18:1 undifferentiated		2.000		0		1		5.900	1.700		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c		1 250		0		1		2 002	1 140		
Fatty acids, total polyunsaturated		1.350		0				3.983	1.148		
18:2 undifferentiated		1.170		0		1		3.452	0.995		
18:3 undifferentiated		0.110		0		1		0.325	0.094		
18:4	_	0.000		0		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated		0 070		0		1		2 207	0.060		
20:4 undifferentiated	_	0.070		0		1		0.207	0.060		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans		110		•				222	26		
Cholesterol		113		0		1		333	96		
Phytosterols	mg	3		0		1		9	3		
Amino Acids:											
Tryptophan	ď	0.295	i .	0		1		0.870	0.251		
Threonine		1.221		0		1		3.602	1.038		
Isoleucine	_	1.394		0		1		4.112	1.185		
Leucine		2.249		0		1		6.635	1.912		
Lysine		2.235		0		1		6.593	1.900		
Methionine		0.657		0		1		1.938	0.558		
Cystine		0.837		0		1		1.003	0.289		
Phenylalanine	_	1.174		0		1		3.463	0.289		
Tyrosine		0.899		0		1		2.652	0.764		
3	_	1.573		0		1		4.640	1.337		
Valine		1.644		0		1		4.850	1.337		
Č	_	0.996		0		1		2.938	0.847		
Histidine	-	1.648		0		1		4.862			
Alanine				0		1			1.401		
Aspartic acid		2.403		0		1		7.089	2.043		
Glutamic acid	-	4.724						13.936	4.015		
Glycine		1.425		0		1		4.204	1.211		
Proline	_	1.294		0		1		3.817	1.100		
Serine	_	1.116		0		1		3.292	0.949		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	а	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:	9	-		-	_			ŭ	Č		
Carotene, beta	-	0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 295g: 1 unit, cooked (yield from 1 lb raw meat)

Measure 2 = 85g: 3 oz

Veal, leg (top round), separable lean only, cooked, pan-fried, breaded

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

NDB No. 17102 Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded

Refuse: 5% Separable fat

		<u>Ai</u>	mount in 100 gr		of edib	ole portio	<u>n</u>	Amount in edible portion of common measures of food		
				nber		_		<u>m</u> :	easures of 1000	<u>.</u>
							Confidence			
Nutrients and Un	its	Mean	Std. Error Poi	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.68	0.370	12		1		175.37	51.58	
Energy	-	183		0	NC	4		529	156	
Energy		766				4		2213	651	
Protein (N x 6.25)		33.17	0.234	12		1		95.86	28.19	
Total lipid (fat)		4.62	0.201	12		1		13.35	3.93	
Ash		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		0.00		0	z	7		0.00	0.00	
Starch	g									
M. 1										
Minerals:	ma	7	0 506	11		1		20	c	
Calcium, Ca Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.87		11 12		1		20 2.51	6 0.7 <b>4</b>	
Magnesium, Mg		32		12		1		92	27	
Phosphorus, P		290		12		1		838	247	
Potassium, K	-	442		12		1		1277	376	
Sodium, Na	_	77		12		1		223	65	
Zinc, Zn		3.38		12		1		9.77	2.87	
Copper, Cu		0.063		12		1		0.182	0.054	
Manganese, Mn		0.032	!	0		1		0.092	0.027	
Selenium, Se		10.4		0	PIE	4		30.1	8.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	-	0.070	0.007	11	2	1		0.202	0.060	
Riboflavin		0.370		12		1		1.069	0.315	
Niacin	-	12.640		12		1		36.530	10.744	
Pantothenic acid		1.220		12		1		3.526	1.037	
Vitamin B-6		0.510		12		1		1.474	0.434	
Folate, total	-	16		12		1		46	14	
Folic acid		0		0	z	7		0	0	
Folate, food		16	2.496	12		1		46	14	
Folate, DFE		16		0	NC	4		46	14	
Vitamin B-12		1.51	0.240	12		1		4.36	1.28	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.42		0		1		1.21	0.36	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
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		0.000		0		1		0.000	0.000	
6:0		0.000	)	0		1		0.000	0.000	
8:0	g	0.000	)	0		1		0.000	0.000	
10:0	g	0.000	)	73		1		0.000	0.000	
12:0	g	0.010	)	73		1		0.029	0.009	
13:0	g									
14:0	g	0.090	)	73		1		0.260	0.077	
15:0	g									
16:0	g	0.750	)	73		1		2.168	0.638	
17:0	-									
18:0	-	0.440	)	73		1		1.272	0.374	
20:0	-									
22:0	-									
24:0	q									

		<u>Aı</u>	mount in 10			ble portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence				
Nutrients and U	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	dg	1.650		0		1		4.769	1.403		
14:1	-										
15:1	-					_					
16:1 undifferentiated	-	0.150	1	73		1		0.434	0.128		
17:1	-	1.480		73		1		4 077	1 050		
18:1 undifferentiated 20:1	-	0.000		0		1		4.277 0.000	1.258 0.000		
22:1 undifferentiated	-	0.000		0		1		0.000	0.000		
24:1 c	•	0.000	•	U		_		0.000	0.000		
Fatty acids, total polyunsaturated.		0.410	)	0		1		1.185	0.349		
18:2 undifferentiated		0.320		73		1		0.925	0.272		
18:3 undifferentiated		0.020		73		1		0.058	0.017		
18:4		0.000	)	0		1		0.000	0.000		
20:2 n-6 c,c	-										
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	1	0		1		0.000	0.000		
Fatty acids, total trans	g										
Cholesterol	mg	107	4.00	9 22		1		309	91		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.336	:	0		1		0.971	0.286		
Threonine		1.449		0		1		4.188	1.232		
Isoleucine	-	1.634		0		1		4.722	1.389		
Leucine		2.640		0		1		7.630	2.244		
Lysine	-	2.734		0		1		7.901	2.324		
Methionine		0.774		0		1		2.237	0.658		
Cystine		0.374	l .	0		1		1.081	0.318		
Phenylalanine		1.339	1	0		1		3.870	1.138		
Tyrosine		1.058	1	0		1		3.058	0.899		
Valine	g	1.834	l .	0		1		5.300	1.559		
Arginine	g	1.951		0		1		5.638	1.658		
Histidine	g	1.204	ŀ	0		1		3.480	1.023		
Alanine	g	1.973	1	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	i	0		1		4.927	1.449		
Proline	g	1.385	i	0		1		4.003	1.177		
Serine	g	1.243	1	0		1		3.592	1.057		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	Z	7		0	0		
Carotenoids:											
	mo-	•		^	_	-		0.000	0.000		
Carotene, beta		0		0	z z	7 7		0.000	0.000		
Carotene, alpha		0		0	z z	7		0.000	0.000		
Cryptoxanthin, beta	-	0		0	Z	7		0.000 0.000	0.000 0.000		
Lycopene		0		0	Z						
Lutein + zeaxanthin	iiicā	U		U	z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 289g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 2% Separable fat

		<u>A</u>	mount in 100 gram	s ot edil	ole portio	<u>on</u>	Amount in edible portion of common			
			Numb	er			<u>m</u>	easures of food		
			of Dat	a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates:										
Water	g	67.01	0		1		235.21	56.96		
Energy	-	150	0	NC	4		527	128		
Energy		628			4		2203	533		
Protein (N x 6.25)		28.07	0		1		98.53	23.86		
Total lipid (fat)		3.39	0		1		11.90	2.88		
Ash		1.50	0		1		5.27	1.28		
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00		
Fiber, total dietary		0.0	0		7		0.0	0.0		
Sugars, total										
Starch	-									
<u>Minerals:</u>		_			_			_		
Calcium, Ca		6	0		1		21	5		
Iron, Fe.	_	0.90	0		1		3.16	0.77		
Magnesium, Mg		28	0		1		98	24		
Phosphorus, P	•	236 393	0		1 1		828 1379	201 334		
Potassium, K		393 68	0		1		239	58		
Sodium, NaZinc, Zn		3.08	0		1		10.81	2.62		
Copper, Cu		0.130			1		0.456	0.111		
Manganese, Mn		0.130			1		0.109	0.026		
Selenium, Se		11.9	. 0	BFYN	4		41.8	10.1		
<u> Vitamins:</u>										
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0		
Thiamin		0.060			1		0.211	0.051		
Riboflavin		0.330			1		1.158	0.281		
Niacin		10.080			1		35.381	8.568		
Pantothenic acid		1.000			1		3.510	0.850		
Vitamin B-6	-	0.310			1		1.088	0.264		
Folate, total		16 0	0	_	1 7		56 0	14		
Folic acid		16		Z			56	0 14		
Folate, food	IIICY	16 16	0	NC	1 4		56 56			
Folate, DFE		1.18	0	NC	1		4.14	14 1.00		
Vitamin B-12 Vitamin A, IU		0	0		4		4.14 0	0		
Vitamin A, RAE		0	0		4		0	0		
Retinol		0	0		4		0	0		
Vitamin E (alpha-tocopherol)		0.55	0		1		1.93	0.47		
Tocopherol, beta		0.55	v		-		1.55	0.47		
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	<b>a</b>	1 000						4 00-		
Fatty acids, total saturated		1.220			1		4.282	1.037		
4:0		0.000			1		0.000	0.000		
6:0	-	0.000			1 1		0.000	0.000		
8:0 10:0	-	0.000			1		0.000 0.000	0.000 0.000		
10:0	-	0.000			1			0.000		
13:0	-	0.010	, 0		1		0.035	0.009		
	-	0.090	0		1		0.316	0.077		
14:0	-	0.090	, 0		1		0.310	0.077		
15:0		0.660	0		1		2.317	0.561		
16:0		0.000	. 0		_		2.31/	0.561		
17:0 18:0		0.410	0		1		1.439	0.349		
20:0	-	0.410	, 0		1		1.439	0.349		
22:0	-									
44.U	y									

	<u>A</u>	mount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food		
		Number of Data	Deriv Source	Confidence	<u> </u>	easures or 1000	•
Nutrients and Units	Mean	Std. Error Points		Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.190	0	1		4.177	1.012	
14:1g							
15:1g		_					
16:1 undifferentiatedg	0.130	0	1		0.456	0.111	
17:1g	1.040	0	1		3.650	0.884	
18:1 undifferentiated	0.000	· · · · · · · · · · · · · · · · · · ·	1				
	0.000		1		0.000 0.000	0.000	
22:1 undifferentiatedg	0.000	U	1		0.000	0.000	
24:1 cg Fatty acids, total polyunsaturatedg	0.290	0	1		1.018	0.247	
	0.210		1		0.737	0.247	
18:2 undifferentiated	0.210	· · · · · · · · · · · · · · · · · · ·	1		0.737	0.179	
	0.020		1		0.070	0.017	
18:4g 20:2 n-6 c.cg	0.000	U	1		0.000	0.000	
20:3 undifferentiated							
20:4 undifferentiatedg	0.060	0	1		0.211	0.051	
20:5 n-3g	0.000		-		0.211	0.031	
20:5 n-3							
22:6 n-3g							
Fatty acids, total trans9							
Cholesterolg	103	0	1		362	88	
Phytosterolsmg	_00	·	_		302	00	
Amino Acids:							
Tryptophang	0.284	0	1		0.997	0.241	
Threonineg	1.226	0	1		4.303	1.042	
Isoleucineg	1.382	0	1		4.851	1.175	
Leucineg	2.234	0	1		7.841	1.899	
Lysineg	2.313	0	1		8.119	1.966	
Methionineg	0.655	0	1		2.299	0.557	
Cystineg	0.317	0	1		1.113	0.269	
Phenylalanineg	1.133	0	1		3.977	0.963	
Tyrosineg	0.895	0	1		3.141	0.761	
Valineg	1.552	0	1		5.448	1.319	
Arginineg	1.651	. 0	1		5.795	1.403	
Histidineg	1.019	0	1		3.577	0.866	
Alanineg	1.670	0	1		5.862	1.420	
Aspartic acidg	2.422	. 0	1		8.501	2.059	
Glutamic acidg	4.440	0	1		15.584	3.774	
Glycineg	1.443	0	1		5.065	1.227	
Prolineg	1.172		1		4.114	0.996	
Serineg	1.052	. 0	1		3.693	0.894	
Hydroxyproline9							
Others:							
Alcohol, ethylg	0.0	0	7		0.0	0.0	
Caffeine mg							
Theobromine mg							

# **Common Measures:**

Measure 1 = 351g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

**Food Group:** 17 Lamb, Veal, and Game Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 2% Separable fat

		<u>Aı</u>	mount in 100 gr		of edib	ole portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean		Data		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		448				4		127	2031	
Protein (N x 6.25)		21.28		12		1		6.03	96.53	
Total lipid (fat)		1.76		12		1		0.50	7.98	
Ash		1.14	0.019	12	_	1		0.32	5.17	
Carbohydrate, by difference		0.00		0	Z	7 7		0.00	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	g									
Minerals:										
Calcium, Ca		5		11		1		1	23	
Iron, Fe		0.80		12		1		0.23	3.63	
Magnesium, Mg		27		12		1		8	122	
Phosphorus, P	-	223 372		12		1		63	1012	
Potassium, K		372 64		12 12		1 1		105 18	1687 290	
Sodium, Na Zinc, Zn		2.34		12		1		0.66	10.61	
Copper, Cu		0.110		12		1		0.031	0.499	
Manganese, Mn		0.029		0		1		0.008	0.132	
Selenium, Se		9.1		0	BFNN	4		2.6	41.3	
¥7:4:										
Vitamins:	ma	0.0		0	Z	7		0.0	0.0	
Vitamin C, total ascorbic acid Thiamin	-	0.080	0.011	12	2	1		0.023	0.0	
Riboflavin	-	0.080		12		1		0.023	1.270	
Niacin	-	9.560		12		1		2.710	43.364	
Pantothenic acid	-	1.090		11		1		0.309	4.944	
Vitamin B-6		0.470	0.075	14		1		0.133	2.132	
Folate, total		14	3.038	12		1		4	64	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food		14	3.038	12		1		4	64	
Folate, DFE		14		0	NC	4		4	64	
Vitamin B-12		1.05	0.146	12		1		0.30	4.76	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0	NC	4		0	0	
Retinol		0 0.29		0		4 1		0 0.08	0 1.32	
Vitamin E (alpha-tocopherol)		0.29		U		_		0.08	1.32	
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:	O	0.530		0		1		0.150	2.404	
Fatty acids, total saturated		0.550		U		_		0.150	2.404	
4:0 6:0										
8:0										
10:0	-	0.000		147		1		0.000	0.000	
12:0	-	0.000	) 1	147		1		0.000	0.000	
13:0	g									
14:0	g	0.030	1	147		1		0.009	0.136	
15:0	-									
16:0		0.300	) 1	147		1		0.085	1.361	
17:0	-					_				
18:0		0.180	, 1	147		1		0.051	0.816	
20:0	g g									

		<u>Ar</u>	nount in 100 grams		rtion	Amount in edible portion of common measures of food			
Nutrients and Units		Mean		Deriv Sour	ce Confidence le Code	Measure 1	Measure 2	Measure 3	
24:0	g								
Fatty acids, total monounsaturated	-	0.560	0	1		0.159	2.540		
14:1	-								
15:1		0.060	147	1		0.017	0.272		
17:1		0.060	147	1		0.017	0.272		
18:1 undifferentiated		0.500	147	1		0.142	2.268		
20:1		0.000		_		0.112	2.200		
22:1 undifferentiated	-								
24:1 c	-								
Fatty acids, total polyunsaturated		0.180	0	1		0.051	0.816		
18:2 undifferentiated		0.130	147	1		0.037	0.590		
18:3 undifferentiated		0.010	147	1		0.003	0.045		
18:4	g								
20:2 n-6 c,c	-								
20:3 undifferentiated									
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	<sub>.</sub> 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		1.252	0	1		0.355	5.679		
Histidine	-	0.773	0	1		0.219	3.506		
Alanine		1.266	0	1		0.359	5.743		
Aspartic acid		1.836		1		0.521	8.328		
Glutamic acid		3.366	0	1		0.954	15.268		
Glycine	-	1.094	0	1		0.310	4.962		
Proline	•	0.889	0	1		0.252	4.033		
Serine	_	0.798	0	1		0.226	3.620		
Hydroxyproline	g								

# **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 17 (2004)

Refuse: 36% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	er			<u>m</u>	easures of food	<u> </u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	52.02	0		1		44.22	41.62	
Energy	_	284	0	NC	4		241	227	
Energy		1188			4		1010	951	
Protein (N x 6.25)		30.19	0		1		25.66	24.15	
Total lipid (fat)		17.21	0		1		14.63	13.77	
Ash		1.11	0		1		0.94	0.89	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	Z	7		0.00	0.00	
Starch	-								
<u>Minerals:</u>									
Calcium, Ca	_	28	0		1		24	22	
Iron, Fe	_	1.09	0		1		0.93	0.87	
Magnesium, Mg		24	0		1		20	19	
Phosphorus, P	•	220	0		1		187	176	
Potassium, K		280	0		1		238	224	
Sodium, Na		80 3.63	0		1 1		68 3.09	64 2.90	
Zinc, Zn		0.091			1		0.077	0.073	
Copper, Cu		0.034			1		0.029	0.027	
Selenium, Se		13.2	0	PIE	4		11.2	10.6	
Scientini, Sc	9	13.2	·		-		11.2	10.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		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	-	0.260			1		0.221	0.208	
Folate, total		14	0		1		12	11	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	14	0		1		12	11	
Folate, DFE		14	0	NC	4		12	11	
Vitamin B-12		1.21	0		1		1.03	0.97	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.40	0		1		0.34	0.32	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)		7.0	0	BFYN	4		6.0	5.6	
			· ·		•		2.0	5.0	
<u>Lipids:</u>									
Fatty acids, total saturated		6.730			1		5.721	5.384	
4:0		0.000			1		0.000	0.000	
6:0	-	0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.010			1		0.009	0.008	
12:0	-	0.050	0		1		0.043	0.040	
13:0	-		_		_				
14:0	-	0.660	0		1		0.561	0.528	
15:0	-		_		_				
16:0		3.610	0		1		3.069	2.888	
17:0	-		<u>-</u>		_				
18:0	-	2.220	0		1		1.887	1.776	
20:0	-								
22:0									

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nodeltondo con di U	I 14 -		Std. Error	Number of Data	Deriv	Source Code	Confidence Code			•	
Nutrients and U	inits	Mean	Sta. Error	Folilis	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturate	od O	6.730		0		1		5.721	5.384		
14:1	g					_		0.722	0.001		
15:1 16:1 undifferentiated	g	0.730		0		1		0.621	0.584		
17:1 18:1 undifferentiated	-	5.840		0		1		4.964	4.672		
20:1	g	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
		1.160		0		1		0.986	0.928		
Fatty acids, total polyunsaturated				0		1					
18:2 undifferentiated		0.910 0.110		0		1		0.774	0.728		
18:3 undifferentiated	_	0.110		0		1		0.094 0.000	0.088 0.000		
		0.000		U		1		0.000	0.000		
20:2 n-6 c,c	_										
20:3 undifferentiated		0.130		0		1		0 111	0.104		
20:4 undifferentiated	_			0		1		0.111	0.104		
20:5 n-3	_	0.000				1		0.000	0.000 0.000		
22:5 n-3		0.000		0 0		1		0.000			
22:6 n-3		0.000		U		1		0.000	0.000		
Fatty acids, total trans		110		•		1		100	0.4		
Cholesterol		118		0		1		100	94		
Phytosterols	Illy										
Amino Acids:											
Tryptophan	q	0.306		0		1		0.260	0.245		
Threonine		1.319		0		1		1.121	1.055		
Isoleucine	_	1.487		0		1		1.264	1.190		
Leucine		2.403		0		1		2.043	1.922		
Lysine	_	2.487		0		1		2.114	1.990		
Methionine		0.704		0		1		0.598	0.563		
Cystine		0.341		0		1		0.290	0.273		
Phenylalanine		1.218		0		1		1.035	0.974		
Tyrosine		0.962		0		1		0.818	0.770		
Valine	_	1.668		0		1		1.418	1.334		
Arginine	_	1.775		0		1		1.509	1.420		
Histidine		1.096		0		1		0.932	0.877		
Alanine		1.795		0		1		1.526	1.436		
Aspartic acid		2.604		0		1		2.213	2.083		
Glutamic acid	_	4.775		0		1		4.059	3.820		
Glycine	-	1.551		0		1		1.318	1.241		
Proline		1.260		0		1		1.071	1.008		
Serine		1.131		0		1		0.961	0.905		
Hydroxyproline	• • • • • • • • • • • • • • • • • • • •	1.131		J		-		3.301	0.303		
Others:	<b>a</b>	0.0		0		7		0.0	0.0		
Alcohol, ethyl		0.0		0		7			0.0		
Caffeine		0		0	z z	7		0	0 0		
Theobromine	!!!!9	U		U	z	/		U	U		
Carotenoids:											
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta	-	0		0	Z	7		0.000	0.000		
Lycopene	mcg	0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	mcq	0		0	Z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 80g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

Veal, loin, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 36% Bone

		<u>A</u>	mount in 100 gran	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>l</u>
			of Da	a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	60.73	0		1		139.07	51.62	
Energy	_	217	0	NC	4		497	184	
Energy		908			4		2079	772	
Protein (N x 6.25)		24.80	0		1		56.79	21.08	
Total lipid (fat)		12.32	0		1		28.21	10.47	
Ash		1.38	0		1		3.16	1.17	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch	_								
<u>Minerals:</u>									
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	19	0		1		44	16	
Iron, Fe.	-	0.87	0		1		1.99	0.74	
Magnesium, Mg		25	0		1		57	21	
Phosphorus, P	•	212	0		1		485	180	
Potassium, K		325	0		1 1		744	276	
Sodium, Na		93	0		1		213 6.94	79	
Zinc, Zn		3.03	0		1		6.94 0.252	2.58 0.094	
Copper, Cu		0.110			1		0.252	0.094	
Manganese, Mn		11.0	, 0	PIE	4		25.2	9.4	
Selenium, Se	Ilicy	11.0	U	PIE	4		25.2	9.4	
<u> Vitamins:</u>									
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	
Vitamin B-12		1.24	0		1		2.84	1.05	
Vitamin A, IU	IU	0	0		4		0	0	
Vitamin A, RAE	mcg_RAE	0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.44	0		1		1.01	0.37	
Tocopherol, beta	mg								
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	5.5	0	BFYN	4		12.7	4.7	
Lipids:									
Fatty acids, total saturated	a	5.260	0		1		12.045	4.471	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.010			1		0.023	0.009	
12:0	_	0.040			1		0.023	0.034	
13:0	-	0.040			-		3.00-	0.001	
14:0		0.520	0		1		1.191	0.442	
15:0	_		ŭ		=			v	
16:0	_	2.760	0		1		6.320	2.346	
17:0					-		3.320	2.540	
18:0	_	1.730	0		1		3.962	1.471	
20:0	_	2			-		3.202		
22:0	_								
24:0	-								

		<u>Aı</u>	mount in 100 gra		ble portio	<u>on</u>	Amount in edible portion of common measures of food			
			Num	oer			1111	easures or roou	_	
			of Da	ıta Deriv	Source	Confidence				
Nutrients and Ur	nits	Mean	Std. Error Poin	ts Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated 14:1		4.780	(	)	1		10.946	4.063		
15:1	g									
16:1 undifferentiated	g	0.560	(	)	1		1.282	0.476		
17:1	g									
18:1 undifferentiated	g	4.100		)	1		9.389	3.485		
20:1	-	0.000	(	)	1		0.000	0.000		
22:1 undifferentiated	g	0.000	•	)	1		0.000	0.000		
24:1 c										
Fatty acids, total polyunsaturated	g	0.810			1		1.855	0.689		
18:2 undifferentiated	g	0.620			1		1.420	0.527		
18:3 undifferentiated	g	0.090			1		0.206	0.077		
18:4	_	0.000	(	)	1		0.000	0.000		
20:2 n-6 c,c	g									
20:3 undifferentiated										
20:4 undifferentiated	-	0.100			1		0.229	0.085		
20:5 n-3	g	0.000		)	1		0.000	0.000		
22:5 n-3	g	0.000			1		0.000	0.000		
22:6 n-3	g	0.000	(	)	1		0.000	0.000		
Fatty acids, total trans										
Cholesterol	mg	103	(	)	1		236	88		
Phytosterols	<u>mg</u>									
Amino Acids:										
Tryptophan	a	0.251		1	1		0.575	0.213		
Threonine		1.083			1		2.480	0.921		
Isoleucine	_	1.221			1		2.796	1.038		
Leucine	-	1.974			1		4.520	1.678		
Lysine	-	2.044			1		4.681	1.737		
Methionine		0.579			1		1.326	0.492		
Cystine		0.280			1		0.641	0.238		
•		1.001			1		2.292	0.238		
Phenylalanine Tyrosine		0.791			1		1.811	0.672		
Valine	-	1.371			1		3.140	1.165		
Arginine	-	1.459			1		3.140	1.240		
C	_	0.900			1		2.061			
Histidine		1.475			1		3.378	0.765 1.254		
Alanine	_	2.139			1		4.898			
Aspartic acid					1			1.818		
Glutamic acid	_	3.923			1		8.984	3.335		
Glycine		1.275					2.920	1.084		
Proline	<del>-</del>	1.035			1		2.370	0.880		
Serine		0.930	•	)	1		2.130	0.791		
Hydroxyproline	9									
Others:										
Alcohol, ethyl	g	0.0	(	)	7		0.0	0.0		
Caffeine	mg	0	(	) z	7		0	0		
Theobromine		0	(	) z	7		0	0		
Carotenoids:										
	mea	0		) 17	7		0.000	0.000		
Carotene, beta		0	(		7		0.000	0.000		
Carotene, alpha		0	(	_	7		0.000	0.000		
Cryptoxanthin, beta		0	(		7					
Lycopene			(		7		0.000	0.000		
Lutein + zeaxanthin	iincā	0	(	) Z	,		0.000	0.000		

#### **Common Measures:**

Measure 1 = 229g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Veal, loin, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 36% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	<u> </u>
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	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		682			4		193	852	
Protein (N x 6.25)		18.89	0		1		5.36	23.61	
Total lipid (fat)		9.14	0		1		2.59	11.43	
Ash		1.03	0		1		0.29	1.29	
Carbohydrate, by difference		0.00	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									
Minerals:			_		_		_	0.0	
Calcium, Ca	-	16	0		1		5	20	
Iron, Fe		0.73 23	0		1 1		0.21 7	0.91 29	
Magnesium, Mg		23 199	•		1		, 56	29 249	
Phosphorus, P Potassium, K	•	199 304	0		1		56 86	249 380	
Sodium, Na		85	0		1		24	106	
Zinc, Zn		2.32	0		1		0.66	2.90	
Copper, Cu		0.094			1		0.027	0.118	
Manganese, Mn		0.027			1		0.008	0.034	
Selenium, Se		8.5	0	PIE	4		2.4	10.6	
<u>Vitamins:</u>					_				
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.070			1		0.020	0.088	
Riboflavin		0.240			1		0.068	0.300	
Niacin	-	8.480			1		2.404	10.600	
Pantothenic acid		1.300			1 1		0.369	1.625	
Vitamin B-6	-	0.530					0.150	0.663	
Folate, total		13 0	0	z	1 7		<b>4</b> 0	16 0	
Folic acid		13	0	4	1		4	16	
Folate, food	mcg DEE	13	0	NC	4		4	16	
Vitamin B-12		1.11	0	NC	1		0.31	1.39	
Vitamin A, IU		0	0		4		0.31	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.26	0		1		0.07	0.33	
Tocopherol, beta			-		_				
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		5.5	0	BFYN	4		1.6	6.9	
Tinia									
Lipids:	a	3.880	0		1		1.100	4.850	
Fatty acids, total saturated		0.000			1				
4:0 6:0		0.000			1		0.000 0.000	0.000 0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.010			1		0.003	0.013	
12:0	_	0.010			1		0.003	0.013	
13:0	-	0.030			-		3.003	0.056	
14:0		0.380	0		1		0.108	0.475	
15:0	_		·		=		3.203	0.1.0	
16:0	_	2.040	0		1		0.578	2.550	
17:0			·		-				
18:0	_	1.280	0		1		0.363	1.600	
20:0	_		-						
22:0	_								
	g								

		<u>A</u> 1	mount in 10	00 grams	of edil	ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and	I Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatur	ratedg	3.540		0		1		1.004	4.425	
14:1	=									
15:1	-	0 410		0		1		0.116	0 512	
16:1 undifferentiated	=	0.410		U		1		0.116	0.513	
18:1 undifferentiated	-	3.030		0		1		0.859	3.788	
20:1	=	0.000		0		1		0.000	0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsatura		0.610		0		1		0.173	0.763	
18:2 undifferentiated		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	a	0.191		0		1		0.054	0.239	
Threonine		0.825		0		1		0.234	1.031	
Isoleucine	_	0.930		0		1		0.264	1.163	
Leucine	_	1.504		0		1		0.426	1.880	
Lysine	g	1.557		0		1		0.441	1.946	
Methionine		0.441		0		1		0.125	0.551	
Cystine	g	0.213		0		1		0.060	0.266	
Phenylalanine		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	ď	0.0		0		7		0.0	0.0	
Caffeine		0		0	z	7		0	0.0	
Theobromine		0		0	z	7		0	0	
Carotenoids:		-		-	_	•		-	•	
		_		_	_	_				
Carotene, beta	-	0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	Z	7		0.000	0.000	
Lycopene		0		0	z	7		0.000	0.000	
Lutein + zeaxanthin	riicg	0		0	Z	7		0.000	0.000	

# **Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

Veal, loin, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 45% Bone 36%, separable fat 9%

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in	edible portion of	of common
			Nui	mber	,				easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	_	56.06	0.601	10				40.40		
Water	_	56.96	0.621	12		1		48.42	39.30	
Energy		226		0	NC	4		192	156	
Energy		946				4		804	652	
Protein (N x 6.25)	-	33.57	0.295	12		1		28.53	23.16	
Total lipid (fat)		9.15	0.366	12		1 1		7.78	6.31	
Ash		1.15	0.024	12	_			0.98	0.79	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total	_	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	32	3.810	12		1		27	22	
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	1.10	0.039	12		1		0.94	0.76	
Magnesium, 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		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:										
	ma	0.0		0	z	7		0.0	0.0	
Vitamin C, total ascorbic acid		0.050	0.004	11	4	1		0.043	0.0 0.035	
ThiaminRiboflavin		0.030		12		1		0.289	0.035	
Niacin	-	10.050		12		1		8.543	6.935	
Pantothenic acid		0.850		12		1		0.723	0.587	
Vitamin B-6		0.830		12		1		0.723	0.193	
Folate, total		15	2.485	12		1		13	10	
Folic acid		0	2.403	0	z	7		0	0	
Folate, food		15	2.485	12	2	1		13	10	
Folate, DFE		15	2.405	0	NC	4		13	10	
Vitamin B-12		1.32	0.237	11	NC	1		1.12	0.91	
Vitamin B-12 Vitamin A, IU		0	0.237	0		4		0	0.91	
Vitamin A, RAE	mca PAF	0		0	NC	4		0	0	
Retinol		0		0	NR NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.42		0	1410	1		0.36	0.29	
Tocopherol, beta		0.42		U		_		0.30	0.29	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		7.0		0	BFYN	4		6.0	4.9	
<u>Lipids:</u>										
Fatty acids, total saturated		2.550		0		1		2.168	1.760	
4:0	·····	0.000		0		1		0.000	0.000	
6:0	-	0.000		0		1		0.000	0.000	
8:0	-	0.000		0		1		0.000	0.000	
10:0	-	0.000		73		1		0.000	0.000	
12:0		0.020		73		1		0.017	0.014	
13:0		_				_				
14:0		0.170		73		1		0.145	0.117	
15:0				_						
16:0		1.490		73		1		1.267	1.028	
17:0	-			_						
18:0	-	0.870		73		1		0.740	0.600	
20:0	-									
22:0	-									
24:0	g									

		<u>Ar</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean		Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated.	g	3.270		0		1		2.780	2.256		
14:1	g										
15:1	-										
16:1 undifferentiated	-	0.290		73		1		0.247	0.200		
17:1	-	0.040		70							
18:1 undifferentiated	-	2.940		73		1 1		2.499	2.029		
20:122:1 undifferentiated	-	0.000 0.000		0 0		1		0.000 0.000	0.000 0.000		
24:1 c	•	0.000		U		1		0.000	0.000		
Fatty acids, total polyunsaturated		0.820		0		1		0.697	0.566		
18:2 undifferentiated		0.630		73		1		0.536	0.435		
18:3 undifferentiated		0.030		73		1		0.034	0.028		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c.c	-	0.000		ŭ		-		2.000	0.000		
20:3 undifferentiated	-										
20:4 undifferentiated		0.150		73		1		0.128	0.104		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3	-	0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol		125	10.93	32 22		1		106	86		
Phytosterols	mg										
Amino Acids:											
Tryptophan		0.340		0		1		0.289	0.235		
Threonine	-	1.466		0		1		1.246	1.012		
Isoleucine		1.653		0		1		1.405	1.141		
Leucine	-	2.672		0 0		1 1		2.271	1.844		
Lysine		2.766 0.783		0		1		2.351	1.909		
Methionine				0		1		0.666 0.322	0.540		
Cystine		0.379		0		1			0.262		
Phenylalanine		1.355		0		1		1.152 0.910	0.935		
Tyrosine	-	1.070		0		1		1.577	0.738 1.280		
Valine	-	1.855 1.974		0		1		1.678	1.362		
Arginine		1.218		0		1		1.078	0.840		
Histidine		1.996		0		1		1.697	1.377		
AlanineAspartic acid		2.896		0		1		2.462	1.998		
Glutamic acid		5.309		0		1		4.513	3.663		
Glycine	-	1.725		0		1		1.466	1.190		
Proline		1.401		0		1		1.466	0.967		
Serine		1.258		0		1		1.191	0.868		
Hydroxyproline		1.230		U		_		1.009	0.868		
nydroxypronne	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine	mg	0		0	Z	7		0	0		
Theobromine	<u>mg</u>	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mca	0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	z	7		0.000	0.000		
CI I PIUNGIIUIIII, UCIG		Ü		•		•					
Lycopene	mca	0		0	Z	7		0.000	0.000		

# **Common Measures:**

Measure 1 = 85g: 3 oz

Measure 2 = 69g: 1 chop, excluding refuse (yield from 1 raw chop, with refuse, weighing 195 g)

Veal, loin, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

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

		<u>A</u>	mount in 100 gram	s of edib	ole portio	<u>n</u>	Amount in	edible portion	of common
			Numbe	r			<u>m</u>	easures of food	
			of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	64.59	0		1		134.35	54.90	
Energy	kcal	175	0	NC	4		364	149	
Energy		732			4		1523	622	
Protein (N x 6.25)	g	26.32	0		1		54.75	22.37	
Total lipid (fat)		6.94	0		1		14.44	5.90	
Ash		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								
XC 1									
Minerals:	ma	21	^		4		4.6	10	
Calcium, Ca	-	21 0.85	0		1 1		44 1.77	18 0.72	
Iron, Fe		26	0		1		1.// 54	22	
Phosphorus, P		222	0		1		462	189	
Potassium, K	•	340	0		1		707	289	
Sodium, Na		96	0		1		200	82	
Zinc, Zn		3.24	0		1		6.74	2.75	
Copper, Cu		0.117			1		0.243	0.099	
Manganese, Mn		0.030			1		0.062	0.026	
Selenium, Se		11.6	0	BFYN	4		24.1	9.9	
¥7*4									
Vitamins:			•	_	_				
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.060			1 1		0.125 0.624	0.051	
Riboflavin		0.300 9.460			1		19.677	0.255 8.041	
Niacin Pantothenic acid	-	1.270			1		2.642	1.080	
Vitamin B-6		0.370			1		0.770	0.315	
Folate, total	-	16	0		1		33	14	
Folic acid		0	0	z	7		0	0	
Folate, food		16	0	_	1		33	14	
Folate, DFE	mca DFE	16	0	NC	4		33	14	
Vitamin B-12		1.31	0		1		2.72	1.11	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.49	0		1		1.02	0.42	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
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		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.000			1		0.000	0.000	
12:0	g	0.020	0		1		0.042	0.017	
13:0	-								
14:0	_	0.210	0		1		0.437	0.179	
15:0	_								
16:0	g	1.390	0		1		2.891	1.182	
17:0									
18:0	g	0.870	0		1		1.810	0.740	
20:0	g								
22:0	g								
24:0	q								

	Ar	mount in 100 gram		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
			a Deriv	Source	Confidence	<u></u>	easures or room	,
Nutrients and Units	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	2.490	0		1		5.179	2.117	
14:1								
15:19								
16:1 undifferentiated	•	0		1		0.562	0.230	
17:1		•				4 400	1 000	
18:1 undifferentiated				1		4.493	1.836	
20:1				1		0.000	0.000	
22:1 undifferentiated		0		1		0.000	0.000	
24:1 c		•		1		1 106	0.405	
Fatty acids, total polyunsaturated				1		1.186	0.485	
18:2 undifferentiated				1		0.874	0.357	
18:3 undifferentiated				1		0.083	0.034	
18:4		Ü		1		0.000	0.000	
20:2 n-6 c,c								
20:3 undifferentiated		0		1		0.229	0.094	
20:5 n-3	•			1		0.229	0.000	
20.5 n-3				1		0.000	0.000	
22:6 n-3				1		0.000	0.000	
		U		_		0.000	0.000	
Fatty acids, total trans		0		1		220	90	
Phytosterolsr	J	v		-		220	30	
F llytosterois	''g							
Amino Acids:								
TryptophanQ	0.266	0		1		0.553	0.226	
ThreonineQ	1.150	0		1		2.392	0.978	
Isoleucine	1.296	0		1		2.696	1.102	
Leucine	2.095	0		1		4.358	1.781	
LysineQ				1		4.512	1.844	
Methionine	0.614	0		1		1.277	0.522	
Cystine	0.297	0		1		0.618	0.252	
Phenylalanine	1.062	0		1		2.209	0.903	
Tyrosine	0.839	0		1		1.745	0.713	
ValineQ				1		3.026	1.237	
ArginineQ	1.548	0		1		3.220	1.316	
HistidineQ	0.955	0		1		1.986	0.812	
AlanineQ	1.565	0		1		3.255	1.330	
Aspartic acid	2.271	0		1		4.724	1.930	
Glutamic acid				1		8.659	3.539	
Glycine	1.353	0		1		2.814	1.150	
ProlineQ	1.099			1		2.286	0.934	
Serine		0		1		2.053	0.839	
HydroxyprolineQ	J							
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine m		0	z	7		0.0	0.0	
Theobromine me	•	0	z	7		0	0	
Carotenoids:		v	_	•		·	•	
						_		
Carotene, beta mo		0	Z	7		0.000	0.000	
Carotene, alphamo		0	Z	7		0.000	0.000	
Cryptoxanthin, betamo	-	0	Z	7		0.000	0.000	
Lycopene mo		0	Z	7		0.000	0.000	
Lutein + zeaxanthin me	cg 0	0	Z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 208g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Veal, loin, separable lean only, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

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

		<u>Aı</u>	mount in 100 g	rams	of edik	ole portio	<u>on</u>	Amount in edible portion of common			
			Nu	mber				<u>m</u>	easures of food	_	
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Durationatory											
Proximates: Water	a	74.89	0.329	12		1		21.23	84.63		
Energy	_	116		0	NC	4		33	131		
Energy		485				4		138	548		
Protein (N x 6.25)		20.17	0.468	12		1		5.72	22.79		
Total lipid (fat)		3.34	0.166	12		1		0.95	3.77		
Ash		1.09	0.023	12		1		0.31	1.23		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total											
Starch											
Minerals:						_		-	4.0		
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	17	1.065	12		1		5	19		
Iron, Fe.	• • • • • • • • • • • • • • • • • • • •	0.75 25	0.032 0.577	12 12		1 1		0.21 7	0.85 28		
Magnesium, Mg		25 211		12		1		60	28 238		
Phosphorus, P Potassium, K	•	324	5.363 5.173	12		1		60 92	238 366		
Sodium, Na		91	3.741	12		1		26	103		
Zinc, Zn		2.49	0.055	12		1		0.71	2.81		
Copper, Cu		0.100		12		1		0.028	0.113		
Manganese, Mn		0.029		0		1		0.008	0.033		
Selenium, Se		8.8		0	BFNN	4		2.5	9.9		
,	•										
Vitamins:					_	_					
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin	-	0.070		12		1		0.020	0.079		
Riboflavin		0.260		12		1		0.074	0.294		
Niacin	-	9.080 1.390		12 12		1 1		2.574	10.260		
Pantothenic acid Vitamin B-6		0.560		12		1		0.394 0.159	1.571 0.633		
Folate, total	-	14	2.763	12		1		4	16		
Folic acid		0	2.703	0	z	7		0	0		
Folate, food		14	2.763	12		1		4	16		
Folate, DFE	mca DFF	14	2.703	0	NC	4		4	16		
Vitamin B-12		1.18	0.153	12	2.0	1		0.33	1.33		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE		0		0		4		0	0		
Retinol		0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.26		0		1		0.07	0.29		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta	mg										
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	a	1.010		0		1		0.286	1.141		
4:0		2.020		·		_		0.200	1.111		
6:0	-										
8:0											
10:0		0.000	ı	147		1		0.000	0.000		
12:0	_	0.000	ı	147		1		0.000	0.000		
13:0	-										
14:0	-	0.050	ı	147		1		0.014	0.057		
15:0	-										
16:0	-	0.570	ı	147		1		0.162	0.644		
17:0	g										
18:0	g	0.350	1	147		1		0.099	0.396		
20:0	g										
22:0	g										
24:0	g										

		<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
			Number of Date	er a Deriv Source	Confidence	<u></u>	0404100 01 1004		
Nutrients and Unit	s	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	1.070	0	1		0.303	1.209		
14:1	g								
15:1									
16:1 undifferentiated	-	0.110	147	1		0.031	0.124		
17:1	g								
18:1 undifferentiated		0.950	147	1		0.269	1.074		
20:1	g								
22:1 undifferentiated	-								
24:1 c									
Fatty acids, total polyunsaturated		0.340	0	1		0.096	0.384		
18:2 undifferentiated	•	0.250	147			0.071	0.283		
18:3 undifferentiated	_	0.010	147	1		0.003	0.011		
18:4									
20:2 n-6 c,c									
20:3 undifferentiated									
20:4 undifferentiated	-	0.090	147	1		0.026	0.102		
20:5 n-3									
22:5 n-3	_								
22:6 n-3	_								
Fatty acids, total trans									
Cholesterol	-	80	4.724 12	1		23	90		
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.204	0	1		0.058	0.231		
Threonine		0.881	0	1		0.250	0.996		
Isoleucine	-	0.993	0	1		0.282	1.122		
Leucine		1.605	0	1		0.455	1.814		
Lysine		1.662	0	1		0.471	1.878		
Methionine	-	0.471	0	1		0.134	0.532		
Cystine	-	0.228	0	1		0.065	0.258		
Phenylalanine		0.814	0	1		0.231	0.920		
Tyrosine		0.643	0	1		0.182	0.727		
Valine	-	1.115	0	1		0.316	1.260		
Arginine		1.186	0	1		0.336	1.340		
Histidine		0.732	0	1		0.208	0.827		
Alanine	•	1.199	0	1		0.340	1.355		
Aspartic acid	-	1.740	0	1		0.493	1.966		
Glutamic acid		3.190	0	1		0.904	3.605		
Glycine	-	1.036		1		0.294	1.171		
Proline		0.842	0	1		0.239	0.951		
Serine	•	0.756	0	1		0.214	0.854		
Hydroxyproline	-	2.7.00	·	_			0.001		
11, at oxypromic	ə								

# **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

**Food Group:** 17 Lamb, Veal, and Game Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 37% Bone

		<u>A</u>	mount in 100 gran	is of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u>I</u>
			of Dat	a Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	q	53.33	0		1		94.39	45.33	
Energy	_	251	0	NC	4		444	213	
Energy		1050			4		1859	893	
Protein (N x 6.25)		32.43	0		1		57.40	27.57	
Total lipid (fat)		12.53	0		1		22.18	10.65	
Ash		1.68	0		1		2.97	1.43	
Carbohydrate, by difference		0.00	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0	0	Z	7		0.0	0.0	
Sugars, total		0.00	0	z	7		0.00	0.00	
Starch	-								
<u>Minerals:</u>									
Calcium, Ca	_	22	0		1		39	19	
Iron, Fe.	_	1.41	0		1		2.50	1.20	
Magnesium, Mg		25	0		1		44	21	
Phosphorus, P	•	210	0		1 1		372	179	
Potassium, K		306	0		1		542	260	
Sodium, Na		95 5.57	0		1		168 9.86	81 4.73	
Zinc, Zn		0.132			1		0.234	4.73 0.112	
Copper, Cu		0.132			1		0.234	0.112	
Selenium, Se		13.9	, 0	PIE	4		24.6	11.8	
Scientini, Sc	9	13.3	v		-		24.0	11.0	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Thiamin		0.050	0		1		0.089	0.043	
Riboflavin		0.290	0		1		0.513	0.247	
Niacin		7.500			1		13.275	6.375	
Pantothenic acid		1.070			1		1.894	0.910	
Vitamin B-6	-	0.320			1		0.566	0.272	
Folate, total		16	0		1		28	14	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	16	0		1		28	14	
Folate, DFE		16	0	NC	4		28	14	
Vitamin B-12		1.45	0		1		2.57	1.23	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0 0	0	NC NR	4 4		0 0	0	
Retinol		0.34	0	NR	1		0.60	0 0.29	
Vitamin E (alpha-tocopherol)		0.34	U		_		0.60	0.29	
Tocopherol, beta Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)		7.0	0	BFYN	4		12.5	6.0	
, 1									
<u>Lipids:</u>									
Fatty acids, total saturated		4.950			1		8.762	4.208	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0		0.000			1		0.000	0.000	
10:0		0.010			1		0.018	0.009	
12:0		0.030	0		1		0.053	0.026	
13:0	-		_		_				
14:0	-	0.440	0		1		0.779	0.374	
15:0	-		_		_				
16:0		2.640	0		1		4.673	2.244	
17:0	-		_		_				
18:0	-	1.650	0		1		2.921	1.403	
20:0	g								
22:0									

		Amount in 100 grams of edible portion							Amount in edible portion of common measures of food		
Nutrients and Units		Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Tradition and office		Wouli	Ota: Elloi					Medadie i	moudule 2	mousure o	
Fatty acids, total monounsaturated	g	4.650		0		1		8.231	3.953		
14:1	g										
15:1											
16:1 undifferentiated	-	0.520		0		1		0.920	0.442		
17:1	-										
18:1 undifferentiated	-	4.020		0		1		7.115	3.417		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c											
Fatty acids, total polyunsaturated		0.940		0		1		1.664	0.799		
18:2 undifferentiated		0.710		0		1		1.257	0.604		
18:3 undifferentiated		0.080		0		1		0.142	0.068		
18:4	-	0.000		0		1		0.000	0.000		
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	-	0.160		0		1		0.283	0.136		
20:5 n-3	-	0.000		0		1		0.000	0.000		
22:5 n-3		0.000		0		1		0.000	0.000		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans											
Cholesterol		139		0		1		246	118		
Phytosterols	mg										
Amino Acids:											
Tryptophan	а	0.328		0		1		0.581	0.279		
Threonine		1.417		0		1		2.508	1.204		
Isoleucine	-	1.597		0		1		2.827	1.357		
Leucine		2.581		0		1		4.568	2.194		
Lysine	-	2.673		0		1		4.731	2.272		
Methionine		0.757		0		1		1.340	0.643		
Cystine		0.366		0		1		0.648	0.311		
Phenylalanine		1.309		0		1		2.317	1.113		
Tyrosine		1.034		0		1		1.830	0.879		
Valine	-	1.793		0		1		3.174	1.524		
Arginine	-	1.908		0		1		3.377	1.622		
9		1.177		0		1		2.083	1.000		
HistidineAlanine		1.929		0		1		3.414	1.640		
		2.798		0		1		4.952	2.378		
Aspartic acidGlutamic acid		5.130		0		1		9.080	2.378 4.361		
		1.667		0		1		2.951	1.417		
Glycine Proline											
		1.354		0 0		1 1		2.397 2.152	1.151		
Serine	-	1.216		U		1		2.152	1.034		
Hydroxypronne	9										
Others:											
Alcohol, ethyl	g	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0		
Theobromine		0		0	z	7		0	0		
Carotenoids:	-										
<u> </u>	m.c.a	•		•	_	_		0.000			
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta	-	0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	::iica	0		0	Z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 177g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

Veal, rib, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

Refuse: 33% Bone

		<u>A</u>	mount in 100 gr	Amount in edible portion of common					
			Nun	nber				easures of food	
					v Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	59.91		0	1		143.78	50.92	
Energy	kcal	228		0 N	2 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		0.00		0 z	7		0.00	0.00	
Fiber, total dietary		0.0		0 z	7		0.0	0.0	
Sugars, total									
Starch	-								
Staren	9								
<u>Minerals:</u>									
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		92		0	1		221	78	
Zinc, Zn		4.09		0	1		9.82	3.48	
Copper, Cu		0.099	)	0	1		0.238	0.084	
Manganese, Mn		0.030	)	0	1		0.072	0.026	
Selenium, Se		10.5		0 PII	E 4		25.2	8.9	
•	_								
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid		0.0		0 z	7		0.0	0.0	
Thiamin	-	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		13		0 NC	4		31	11	
Vitamin B-12		1.46		0	1		3.50	1.24	
Vitamin A, IU		0		0	4		0	0	
Vitamin A, RAE		0		0	4		0	0	
Retinol		0		0	4		0	0	
Vitamin E (alpha-tocopherol)		0.35		0	1		0.84	0.30	
Tocopherol, beta		0.55		-	-		3.54	0.50	
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:									
Fatty acids, total saturated	g	5.410	)	0	1		12.984	4.599	
4:0									
6:0	-								
8:0	-								
10:0	-	0.010	)	0	1		0.024	0.009	
12:0		0.040		0	1		0.096	0.034	
13:0	-				_				
14:0	-	0.530	)	0	1		1.272	0.451	
15:0	-	0.000		-	_		1.2,2	0.451	
16:0	-	2.910	)	0	1		6.984	2.474	
17:0	-	2.510	•	•	_		0.504	2.11	
18:0	-	1.780	)	0	1		4.272	1.513	
	=	1.700	•	•	_		4.212	1.313	
20:0									
22:0									
24:0	y								

		<u>Aı</u>	mount in 10		Amount in edible portion of common				
Nutrients and Units				Number			measures of food		
		Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	5.440		0	1		13.056	4.624	
14:1	g								
15:1	-								
16:1 undifferentiated	-	0.590		0	1		1.416	0.502	
17:1									
18:1 undifferentiated		4.730		0	1		11.352	4.021	
20:1	-								
22:1 undifferentiated									
24:1 c	-								
Fatty acids, total polyunsaturated.		0.950		0	1		2.280	0.808	
18:2 undifferentiated	-	0.750		0	1		1.800	0.638	
18:3 undifferentiated		0.090		0	1		0.216	0.077	
18:4	-								
20:2 n-6 c,c									
20:3 undifferentiated	g								
20:4 undifferentiated		0.110		0	1		0.264	0.094	
20:5 n-3									
22:5 n-3	_								
22:6 n-3									
Fatty acids, total trans	-								
Cholesterol	-	110		0	1		264	94	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.243		0	1		0.583	0.207	
Threonine		1.047		0	1		2.513	0.890	
Isoleucine		1.180		0	1		2.832	1.003	
Leucine	_	1.907		0	1		4.577	1.621	
Lysine	-	1.974		0	1		4.738	1.678	
Methionine		0.559		0	1		1.342	0.475	
Cystine		0.270		0	1		0.648	0.230	
Phenylalanine		0.967		0	1		2.321	0.822	
Tyrosine		0.764		0	1		1.834	0.649	
Valine	-	1.324		0	1		3.178	1.125	
Arginine	-	1.409		0	1		3.382	1.123	
Histidine		0.870		0	1		2.088	0.740	
Alanine	•	1.425		0	1		3.420	1.211	
Aspartic acid	-	2.067		0	1		4.961	1.757	
Glutamic acid		3.790		0	1		9.096	3.222	
Glycine	-	1.231		0	1		2.954	1.046	
Proline		1.000		0	1		2.400	0.850	
Serine		0.898		0	1		2.155	0.763	
Hydroxyproline	_	0.030		v	-		2.133	0.705	
11ydiOxypiOiiic	9								

# **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

**Food Group:** 17 Lamb, Veal, and Game Products USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 35% Bone

		<u>A</u>	mount in 10			ole portio	<u>n</u>	Amount in edible portion of common			
Nutrients and Un	its	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	<u>m</u> Measure 1	easures of food  Measure 2	<u>l</u> Measure	
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											
<u>Minerals:</u>				_		_		_			
Calcium, Ca	-	13		0		1		4	59		
Iron, Fe		0.86		0		1		0.24	3.90		
Magnesium, Mg		22		0		1		6	100		
Phosphorus, P		184		0		1		52	835		
Potassium, K		290		0		1		82	1315		
Sodium, Na		89		0		1		25	404		
Zinc, Zn		3.24		0		1		0.92	14.70		
Copper, Cu		0.102		0		1		0.029	0.463		
Manganese, Mn		0.027	′	0		1		0.008	0.122		
Selenium, Se	mcg	8.2		0	PIE	4		2.3	37.2		
<u>/itamins:</u>											
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	<u>mg</u>	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		12		0		1		3	54		
Folate, DFE	mcg_DFE	12		0	NC	4		3	54		
Vitamin B-12	mcg	1.29		0		1		0.37	5.85		
Vitamin A, IU		0		0		4		0	0		
Vitamin A, RAE	mcg_RAE	0		0		4		0	0		
Retinol	mcg	0		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.21		0		1		0.06	0.95		
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
_ipids:											
Fatty acids, total saturated	g	3.710	)	0		1		1.052	16.829		
4:0		0.000		0		1		0.000	0.000		
6:0		0.000		0		1		0.000	0.000		
8:0	-	0.000		0		1		0.000	0.000		
10:0		0.010		0		1		0.003	0.045		
12:0	-	0.020		0		1		0.006	0.091		
13:0											
14:0	-	0.350	)	0		1		0.099	1.588		
15:0	-										
16:0		1.960	)	0		1		0.556	8.891		
17:0											
18:0		1.230	)	0		1		0.349	5.579		
20:0		5		-		•			2.0.0		
22:0	-										
24:0	-										

		<u>Ame</u>	ount in 100 grams Number		<u>on</u>		edible portion e	
Nutrients and U	nits	Mean S	of Data Std. Error Points	Deriv Source Code Code	Confidence Code	Measure 1	Measure 2	Measure 3
F. (1) (1)		3.430	0	1		0.070	15 550	
Fatty acids, total monounsaturate 14:1	g	3.430	O	1		0.972	15.558	
15:1		0.200	•			0 111	1 760	
16:1 undifferentiated 17:1		0.390	0	1		0.111	1.769	
18:1 undifferentiated	_	2.950	0	1		0.836	13.381	
20:1		0.000	0	1		0.000	0.000	
22:1 undifferentiated		0.000	0	1		0.000	0.000	
24:1 c	-	0.000	•	_		0.000	0.000	
Fatty acids, total polyunsaturated		0.630	0	1		0.179	2.858	
18:2 undifferentiated	_	0.480	0	1		0.136	2.177	
18:3 undifferentiated	-	0.060	0	1		0.017	0.272	
18:4	-	0.000	0	1		0.000	0.000	
20:2 n-6 c.c								
20:3 undifferentiated	-							
20:4 undifferentiated	-	0.090	0	1		0.026	0.408	
20:5 n-3	-	0.000	0	1		0.000	0.000	
22:5 n-3		0.000	0	1		0.000	0.000	
22:6 n-3	-	0.000	0	1		0.000	0.000	
Fatty acids, total trans	g							
Cholesterol		82	0	1		23	372	
Phytosterols								
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		0.761	0	1		0.216	3.452	
Tyrosine		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 mg							
Theobromine	mg							

#### **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

Refuse: 42% Bone 37%, separable fat 5%

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in	edible portion o	f common
			N	lumber				<u>m</u>	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	56.08		0		1		91.41	47.67	
Energy	_	218		0	NC	4		355	185	
Energy		912		-		4		1487	775	
Protein (N x 6.25)		34.44		0		1		56.14	29.27	
Total lipid (fat)	_	7.81		0		1		12.73	6.64	
Ash		1.76		0		1		2.87	1.50	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	=	0.00		·	_	•		0.00	0.00	
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	24		0		1		39	20	
Iron, Fe		1.45		0		1		2.36	1.23	
Magnesium, Mg		26		0		1		42	22	
Phosphorus, P	_	218		0		1		355	185	
Potassium, K	_	318		0		1		518	270	
Sodium, Na	-	99		0		1 1		161 9.75	84	
Zinc, Zn		5.98 0.140	,	0		1		9.75 0.228	5.08 0.119	
Copper, Cu		0.140		0		1		0.228	0.119	
Selenium, Se		14.6	,	0	BFYN	4		23.8	12.4	
Selemum, Se	g	14.0		Ū	DI III	-		25.0	12.4	
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin		0.060	כ	0		1		0.098	0.051	
Riboflavin	_	0.310	)	0		1		0.505	0.264	
Niacin		7.910		0		1		12.893	6.724	
Pantothenic acid		1.130		0		1		1.842	0.961	
Vitamin B-6	_	0.340	)	0		1		0.554	0.289	
Folate, total		16		0		1		26	14	
Folic acid		0		0	Z	7		0	0	
Folate, food		16		0		1		26	14	
Folate, DFE		16		0	NC	4		26	14	
Vitamin B-12		1.53		0		1		2.49 0	1.30	
Vitamin A, IU	IU	0		0	NG	4 4		0	0 0	
Vitamin A, RAE		0		0	NC NR	4		0	0	
Retinol Vitamin E (alpha-tocopherol)	-	0.35		0	NK	1		0.57	0.30	
Tocopherol, beta		0.35		U		_		0.57	0.30	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)		7.0		0	BFYN	4		11.5	6.0	
<u>Lipids:</u>										
Fatty acids, total saturated		2.560		0		1		4.173	2.176	
4:0		0.000		0		1		0.000	0.000	
6:0	_	0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	-	0.000		0		1		0.000	0.000	
12:0		0.010	J	0		1		0.016	0.009	
13:0		0 100	,	^		4		0.001	0 100	
14:0		0.160	,	0		1		0.261	0.136	
15:0		1 420	,	^				0 221	1 016	
16:0		1.430	,	0		1		2.331	1.216	
17:0	_	0.000	<b>.</b>	0		1		1 424	0 740	
18:0 20:0	_	0.880	,	U		1		1.434	0.748	
	_									
22:0 24:0	_									
∠4.U	9									

		<u>A</u> 1	nount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data	Deriv		Confidence			•	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatura	ntedg	2.620		0		1		4.271	2.227		
14:1	g										
15:1 16:1 undifferentiated	-	0.270		0		1		0.440	0.230		
17:1	-										
18:1 undifferentiated		2.310		0		1		3.765	1.964		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
24:1 c		0.740		0		1		1 000	0.600		
Fatty acids, total polyunsaturat 18:2 undifferentiated		0.740 0.540		0		1		1.206 0.880	0.629 0.459		
18:3 undifferentiated		0.030		0		1		0.049	0.026		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c.c.	-			•		_					
20:3 undifferentiated	-										
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	• • • • • • • • • • • • • • • • • • • •	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	-	2.741		0		1		4.468	2.330		
Lysine		2.838		0		1		4.626	2.412		
Methionine		0.804		0		1		1.311	0.683		
Cystine		0.389		0		1		0.634	0.331		
Phenylalanine		1.390		0		1		2.266	1.182		
Tyrosine	-	1.098		0 0		1 1		1.790 3.102	0.933 1.618		
Valine	-	1.903 2.025		0		1		3.102	1.721		
Histidine		1.250		0		1		2.038	1.721		
Alanine	-	2.048		0		1		3.338	1.741		
Aspartic acid		2.971		0		1		4.843	2.525		
Glutamic acid		5.447		0		1		8.879	4.630		
Glycine	-	1.770		0		1		2.885	1.505		
Proline		1.438		0		1		2.344	1.222		
Serine	-	1.291		0		1		2.104	1.097		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0		
Caffeine		0		0	z	7		0	0.0		
Theobromine		0		0	z	7		0	0		
Carotenoids:											
	mea	0		0	z	7		0.000	0.000		
Carotene, beta		0		0	z Z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin		0		0	z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 163g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17114

Veal, rib, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 40% Bone 33%, separable fat 7%

		<u>Aı</u>	mount in 100 gı	rams	of edib	ole portic	<u>on</u>	Amount in edible portion of common			
			Nur	nber				m	easures of food		
					Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	g	64.64	0.420	12		1		138.98	54.94		
Energy	kcal	177		0	NC	4		381	150		
Energy		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		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary		0.0		0	Z	7		0.0	0.0		
Sugars, total											
Starch											
Minerals:		10	2 22 -			_		0.5	1.0		
Calcium, Ca	-	12	0.924	11		1		26	10		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.96 24	0.022 0.487	12 12		1 1		2.06 52	0.82 20		
Magnesium, Mg											
Phosphorus, P		207 311	5.964 4.110	12 12		1 1		445 669	176 264		
Potassium, KSodium, Na		311 97	4.110 2.754	12		1		209	264 82		
Zinc, Zn	-	4.49	0.069	12		1		9.65	3.82		
Copper, Cu		0.106		12		1		0.228	0.090		
Manganese, Mn		0.032		0		1		0.069	0.027		
Selenium, Se		11.1		0	BFYN	4		23.9	9.4		
· ·											
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid		0.0		0	Z	7		0.0	0.0		
Thiamin		0.060		12		1		0.129	0.051		
Riboflavin	-	0.290		12		1		0.624	0.247		
Niacin		7.500		12		1		16.125	6.375		
Pantothenic acid		1.380		12		1		2.967	1.173		
Vitamin B-6		0.270		13		1		0.581	0.230		
Folate, total		14 0	2.606	12 0	z	1 7		30 0	12 0		
Folic acid		14	2.606	12	Z	1		30	12		
Folate, foodFolate, DFE		14	2.606	0	NC	4		30	12		
		1.58	0.217	12	NC	1		3.40	1.34		
Vitamin B-12 Vitamin A, IU		0	0.217	0		4		0	0		
Vitamin A, RAE	mca RAF	0		0		4		0	0		
Retinol		Ö		0		4		0	0		
Vitamin E (alpha-tocopherol)		0.36		0		1		0.77	0.31		
Tocopherol, beta		0.50		•		-		· · · ·	0.51		
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)	mcg										
Lipids:											
Fatty acids, total saturated	а	2.080	1	0		1		4.472	1.768		
4:0				·		_		1.1/2	1.700		
6:0											
8:0	-										
10:0		0.000	)	73		1		0.000	0.000		
12:0		0.010		73		1		0.022	0.009		
13:0	_										
14:0	-	0.140	1	73		1		0.301	0.119		
15:0											
16:0	_	1.210	1	73		1		2.602	1.029		
17:0	_										
18:0	_	0.710	1	73		1		1.527	0.604		
20:0	-										
22:0											
24:0											
24:0	g										

Tryptophan         9         0.261         0         1         0.561         0.222           Threonine         9         1.125         0         1         2.419         0.956           Isoleucine         9         1.268         0         1         2.726         1.078           Leucine         9         2.050         0         1         4.408         1.743           Lysine         9         2.122         0         1         4.562         1.804           Methionine         9         0.601         0         1         1.292         0.511           Cystine         9         0.601         0         1         0.626         0.247           Phenylalanine         9         0.291         0         1         2.236         0.884           Tyrosine         9         0.821         0         1         1.765         0.698           Valine         9         1.424         0         1         3.052         1.210           Argnine         9         0.935         0         1         3.257         1.288           Histidine         9         0.935         0         1         3.294         1.302 </th <th></th> <th><u>Aı</u></th> <th>mount in 100 grams</th> <th></th> <th><u>on</u></th> <th></th> <th>edible portion</th> <th></th>		<u>Aı</u>	mount in 100 grams		<u>on</u>		edible portion	
Patty scids, total monounsaturated   9						<u>m</u>	easures of 1000	
14-1	Nutrients and Units	Mean				Measure 1	Measure 2	Measure 3
15-1	Fatty acids, total monounsaturatedg	2.660	0	1		5.719	2.261	
161 undifferentiated.   9	14:1g							
17-1	15:1g							
181 undifferentiated.	16:1 undifferentiatedg	0.240	73	1		0.516	0.204	
20:1	17:1g							
22-1 undifferentiated	18:1 undifferentiatedg	2.390	73	1		5.139	2.032	
Fatty acids, total polyunsaturated	20:1g							
Fatty acids, total polymenturated.	22:1 undifferentiatedg							
18.2 undifferentiated	24:1 cg							
18.3 undifferentiated.       9       0.030       73       1       0.065       0.026         18.4	Fatty acids, total polyunsaturatedg	0.670	0	1		1.441	0.570	
18.4.       9         20.2 n.6 c.c.       9         20.3 undifferentiated.       9         20.4 undifferentiated.       9         20.5 n.3.       9         22.5 n.3.       9         22.5 n.3.       9         22.5 n.3.       9         22.5 n.3.       9         Extry acids, toul runs.       9         Cholesterol.       mg       11.5       4.148 22       1       247       98         Phytosterols.       mg       11.5       4.148 22       1       247       98         Phytosterols.         mg         Amino Acids:         Tryptophan       9       0.261       0       1       0.561       0.222         Threonine.       9       1.268       0       1       2.419       0.956         Isoleucine.       9       1.268       0       1       2.726       1.078         Leucine.       9       2.250       0       1       4.468       1.743         Iysine.       9       2.122       0       1       4.562       1.804         Methionine.       9       0.601       0<	18:2 undifferentiatedg	0.510	73	1		1.097	0.434	
20.2 nd cc	18:3 undifferentiatedg	0.030	73	1		0.065	0.026	
20.2 nd cc	18:4g							
20.4 undifferentiated								
20.5 n-3	20:3 undifferentiatedg							
22:5 n.3         9           22:6 n.3         9           Fatty acids, total trans.         9           Cholesterol.         mg         115         4.148         22         1         247         98           Phytosterols.           Tryptoplan.         9         0.261         0         1         0.561         0.222           Threonine.         9         1.125         0         1         2.419         0.956           Isoleucine.         9         1.268         0         1         2.726         1.078           Leucine.         9         2.050         0         1         4.408         1.743           Lysine.         9         2.122         0         1         4.562         1.804           Methionine.         9         0.601         0         1         1.292         0.511           Cystine.         9         0.221         0         1         1.292         0.511           Cystine.         9         0.821         0         1         2.236         0.884           Tyrosine.         9         1.424         0         1         1.765         0.698 <t< td=""><td>20:4 undifferentiatedg</td><td>0.120</td><td>73</td><td>1</td><td></td><td>0.258</td><td>0.102</td><td></td></t<>	20:4 undifferentiatedg	0.120	73	1		0.258	0.102	
Patty acids, total trans	20:5 n-3g							
Fatty acids, total trans	22:5 n-3g							
Cholesterol.         mg         115         4.148         22         1         247         98           Phytosterols         mg           Amino Acids:           Trypophan.         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         0.601         0         1         1.292         0.511           Cystine.         g         0.621         0         1         2.236         0.884           Tyrosine.         g         0.821         0         1         1.765         0.698           Valine.         g         1.424         0         1         3.062 <th< td=""><td>22:6 n-3g</td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></th<>	22:6 n-3g							
Phytosterols   mg   Marino Acids:	Fatty acids, total transg							
Amino Acids:         Tryptophan         9         0.261         0         1         0.561         0.222           Threonine         .9         1.125         0         1         2.419         0.956           Isoleucine         .9         1.268         0         1         2.726         1.078           Leucine         .9         2.050         0         1         4.408         1.743           Lysine         .9         2.122         0         1         4.562         1.804           Methionine         .9         0.601         0         1         1.292         0.511           Cystine         .9         0.291         0         1         0.626         0.247           Phenylalanine         .9         1.040         0         1         2.236         0.884           Tyrosine         .9         0.821         0         1         1.765         0.698           Valine         .9         1.424         0         1         3.062         1.210           Arginine         .9         1.515         0         1         3.257         1.288           Histidine         .9         1.532         0         1	Cholesterol mg	115	4.148 22	1		247	98	
Tryptophan         9         0.261         0         1         0.561         0.222           Threonine         9         1.125         0         1         2.419         0.956           Isoleucine         9         1.268         0         1         2.726         1.078           Leucine         9         2.050         0         1         4.408         1.743           Lysine         9         2.122         0         1         4.562         1.804           Methionine         9         0.601         0         1         1.292         0.511           Cystine         9         0.601         0         1         0.626         0.247           Phenylalanine         9         0.291         0         1         2.236         0.884           Tyrosine         9         0.821         0         1         1.765         0.698           Valine         9         1.424         0         1         3.052         1.210           Argnine         9         0.935         0         1         3.257         1.288           Histidine         9         0.935         0         1         3.294         1.302 </td <td>Phytosterolsmg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Phytosterolsmg							
Threonine.	Amino Acids:							
Soleucine	Tryptophang	0.261	0	1		0.561	0.222	
Leucine       9       2.050       0       1       4.408       1.743         Lysine       9       2.122       0       1       4.562       1.804         Methionine       9       0.601       0       1       1.292       0.511         Cystine       9       0.291       0       1       0.626       0.247         Phenylalanine       9       1.040       0       1       2.236       0.884         Tyrosine       9       0.821       0       1       1.765       0.698         Valine       9       1.424       0       1       3.062       1.210         Arginine       9       1.515       0       1       3.257       1.288         Histidine       9       0.935       0       1       3.257       1.288         Histidine       9       1.532       0       1       3.294       1.302         Aspartic acid       9       4.074       0       1       4.777       1.889         Glutamic acid       9       4.074       0       1       8.759       3.463         Glycine       9       1.324       0       1       2.847       1.	Threonineg	1.125	0	1		2.419	0.956	
Lysine       9       2.122       0       1       4.562       1.804         Methionine       9       0.601       0       1       1.292       0.511         Cystine       9       0.291       0       1       0.626       0.247         Phenylalanine       9       1.040       0       1       2.236       0.884         Tyrosine       9       0.821       0       1       1.765       0.698         Valine       9       1.424       0       1       3.062       1.210         Arginine       9       1.515       0       1       3.257       1.288         Histidine       9       0.935       0       1       2.010       0.795         Alanine       9       1.532       0       1       3.294       1.302         Aspartic acid       9       2.222       0       1       4.777       1.889         Glutamic acid       9       4.074       0       1       8.759       3.463         Glycine       9       1.324       0       1       2.847       1.125         Proline       9       0.965       0       1       2.075       0.82	Isoleucineg	1.268	0	1		2.726	1.078	
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       0.82	Leucineg	2.050	0	1		4.408	1.743	
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	Lysineg	2.122	0	1		4.562	1.804	
Cystine       9       0.291       0       1       0.626       0.247         Phenylalanine       9       1.040       0       1       2.236       0.884         Tyrosine       9       0.821       0       1       1.765       0.698         Valine       9       1.424       0       1       3.062       1.210         Arginine       9       1.515       0       1       3.257       1.288         Histidine       9       0.935       0       1       2.010       0.795         Alanine       9       1.532       0       1       3.294       1.302         Aspartic acid       9       2.222       0       1       4.777       1.889         Glutamic acid       9       4.074       0       1       8.759       3.463         Glycine       9       1.324       0       1       2.847       1.125         Proline       9       1.075       0       1       2.311       0.914         Serine       9       0.965       0       1       2.075       0.820	Methionineg	0.601	0	1		1.292	0.511	
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		0.291	0	1		0.626	0.247	
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	Phenylalanine	1.040	0	1		2.236	0.884	
Valine       9       1.424       0       1       3.062       1.210         Arginine       9       1.515       0       1       3.257       1.288         Histidine       9       0.935       0       1       2.010       0.795         Alanine       9       1.532       0       1       3.294       1.302         Aspartic acid       9       2.222       0       1       4.777       1.889         Glutamic acid       9       4.074       0       1       8.759       3.463         Glycine       9       1.324       0       1       2.847       1.125         Proline       9       1.075       0       1       2.311       0.914         Serine       9       0.965       0       1       2.075       0.820	· ·	0.821	0	1		1.765		
Arginine       9       1.515       0       1       3.257       1.288         Histidine       9       0.935       0       1       2.010       0.795         Alanine       9       1.532       0       1       3.294       1.302         Aspartic acid       9       2.222       0       1       4.777       1.889         Glutamic acid       9       4.074       0       1       8.759       3.463         Glycine       9       1.324       0       1       2.847       1.125         Proline       9       1.075       0       1       2.311       0.914         Serine       9       0.965       0       1       2.075       0.820	-	1.424	0	1		3.062	1.210	
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	<del>_</del>	1.515	0	1		3.257	1.288	
Alanine       9       1.532       0       1       3.294       1.302         Aspartic acid       9       2.222       0       1       4.777       1.889         Glutamic acid       9       4.074       0       1       8.759       3.463         Glycine       9       1.324       0       1       2.847       1.125         Proline       9       1.075       0       1       2.311       0.914         Serine       9       0.965       0       1       2.075       0.820	-			1				
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	•			1				
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	_			1				
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								
Proline				1				
Serineg 0.965 0 1 2.075 0.820								
	•			=				
	Hydroxyproline		·	_			0.020	

## **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

Refuse: 40% Bone 35%, separable fat 5%

Nutrients and Unit						Amount in 100 grams of edible portion								
Nutrients and Unit			Nu	mber				<u>m</u>	easures of food	<u> </u>				
Nutrients and Unit					Deriv	Source	Confidence							
rtatilonto una omi	s	Mean	Std. Error Po	oints	Code	Code	Code	Measure 1	Measure 2	Measure 3				
Proximates: Water	a	75.18	0.415	12		1		21.31	341.02					
Energy	-	120	0.120	0	NC	4		34	544					
Energy		502		Ü	NC	4		142	2277					
Protein (N x 6.25)		19.97	0.312	12		1		5.66	90.58					
Total lipid (fat)		3.89	0.312	12		1		1.10	17.65					
Ash		1.02	0.024	12		1		0.29	4.63					
Carbohydrate, by difference		0.00	0.024	0	z	7		0.00	0.00					
Fiber, total dietary		0.0		0	z	7		0.0	0.0					
Sugars, total		0.0		·	_	•		0.0	0.0					
Starch														
Starch	9													
<u>Minerals:</u>														
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	14	2.384	12		1		4	64					
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.88	0.042	12		1		0.25	3.99					
Magnesium, Mg		23	0.525	12		1		7	104					
Phosphorus, P	-	194	4.501	12		1		55	880					
Potassium, K		306	3.563	12		1		87	1388					
Sodium, Na	-	95	3.263	12		1		27	431					
Zinc, Zn		3.47	0.095	12		1		0.98	15.74					
Copper, Cu		0.108		12		1		0.031	0.490					
Manganese, Mn		0.029 8.5	l	0	BFNN	1 4		0.008 2.4	0.132 38.6					
Selenium, Se	Ilicg	8.5		U	BENN	4		2.4	38.6					
<u>Vitamins:</u>														
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		0		0	Z	7		0	0					
Folate, food	mcg	13	2.848	12		1		4	59					
Folate, DFE		13		0	NC	4		4	59					
Vitamin B-12		1.36	0.168	12		1		0.39	6.17					
Vitamin A, IU		0		0		4		0	0					
Vitamin A, RAE		0		0		4		0	0					
Retinol		0		0		4		0	0					
Vitamin E (alpha-tocopherol)		0.21		0		1		0.06	0.95					
Tocopherol, beta														
Tocopherol, gamma														
Tocopherol, delta														
Vitamin D Vitamin K (phylloquinone)														
vitanini k (phynoquinone)	inog													
<u>Lipids:</u>														
Fatty acids, total saturated	g	1.170	ı	0		1		0.332	5.307					
4:0	g													
6:0	-													
8:0														
10:0		0.000		147		1		0.000	0.000					
12:0	-	0.000		147		1		0.000	0.000					
13:0	-	_												
14:0	-	0.060		147		1		0.017	0.272					
15:0	-					_								
16:0	-	0.670		147		1		0.190	3.039					
17:0	-					_			<u> </u>					
18:0		0.410		147		1		0.116	1.860					
20:0	-													
22:0														

		<u>Ar</u>	nount in 100 gram		<u>on</u>	Amount in edible portion of common measures of food			
			Number of Date	er a Deriv Sourc	Confidence	<u></u>	<del></del>		
Nutrients and Units	3	Mean	Std. Error Points			Measure 1	Measure 2	Measure 3	
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									
Fatty acids, total polyunsaturated	g	0.400	0	1		0.113	1.814		
18:2 undifferentiated		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	a	0.202	0	1		0.057	0.916		
Threonine		0.202	0	1		0.037	3.960		
Isoleucine	-	0.984	0	1		0.279	4.463		
Leucine		1.590	0	1		0.451	7.212		
Lysine		1.646	0	1		0.467	7.466		
Methionine	-	0.466	0	1		0.132	2.114		
Cystine	-	0.400	0	1		0.064	1.021		
Phenylalanine		0.806	0	1		0.004	3.656		
Tyrosine		0.637	0	1		0.229	2.889		
Valine	-	1.104	0	1		0.181	5.008		
Arginine		1.104	0	1		0.333	5.330		
Histidine		0.725	0	1		0.333	3.289		
Alanine	•	1.188	0	1		0.337	5.389		
	-	1.723	0	1		0.337	7.816		
Aspartic acidGlutamic acid		3.159	0	1		0.488	14.329		
Glycine	-	1.026		1		0.291	4.654		
Proline		0.834	0	1		0.291	4.654 3.783		
	•	0.834	0	1		0.236			
Serine	-	0.749	U	1		0.212	3.397		
Hydroxyproline	9								

# **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. 17277 Veal, shank (fore and hind), separable lean and fat, cooked, braised Bos taurus

Refuse: 39% Bone

		<u>A</u>	mount in 100	grams	of edib	le portio	<u>n</u>	Amount in edible portion of common			
			N	Number				<u>m</u>	easures of food		
			(	of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure	
Proximates: Water	a	61.74		0	PAK	1		119.78	52.48		
Energy	_	191		0	NC	4		371	162		
Energy		799		U	NC	4		1550	679		
03	' <del>-</del> '	31.54		0	DAW			61.19			
Protein (N x 6.25)					PAK	1			26.81		
Total lipid (fat)	-	6.20		0	PAK	1		12.03	5.27		
Ash		1.12		0	PAK	1		2.17	0.95		
Carbohydrate, by difference		0.00		0	Z	7		0.00	0.00		
Fiber, total dietary	g										
Sugars, total	g										
Starch	g										
Minauala											
Minerals:	ma	33		0	PAK	1		64	28		
Calcium, Ca	_							64 2.43	1.06		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	1.25		0	PAK	1					
Magnesium, Mg		25		0	PAK	1		49	21		
Phosphorus, P		225		0	PAK	1		437	191		
Potassium, K	_	305		0	PAK	1		592	259		
Sodium, Na	-	93		0	PAK	1		180	79		
Zinc, Zn		6.63		0	PAK	1		12.86	5.64		
Copper, Cu		0.111		0	PAK	1		0.215	0.094		
Manganese, Mn		0.015	5	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	mα										
Thiamin		0.049	9	0	PAK	1		0.095	0.042		
Riboflavin	-	0.295		0	PAK	1		0.572	0.251		
Niacin	-	9.454		0	PAK	1		18.341	8.036		
Pantothenic acid		1.226		0	PAK	1		2.378	1.042		
		0.265		0	PAK	1		0.514	0.225		
Vitamin B-6			,	-							
Folate, total		17		0	PAK	1		33	14		
Folic acid		0		0	Z	7		0	0		
Folate, food		17		0	PAK	1		33	14		
Folate, DFE		17		0	NC	4		33	14		
Vitamin B-12		1.61		0	PAK	1		3.12	1.37		
Vitamin A, IU	IU										
Vitamin A, RAE											
Retinol	mcg										
Vitamin E (alpha-tocopherol)											
Tocopherol, beta	mg										
Tocopherol, gamma	mg										
Tocopherol, delta	mg										
Vitamin D	IU										
Vitamin K (phylloquinone)	mcg										
inida											
<u>_ipids:</u>	_			•		_			4 500		
Fatty acids, total saturated		2.078	3	0	PAK	1		4.031	1.766		
4:0											
6:0	_										
8:0	_										
10:0	_	0.003		0	PAK	1		0.006	0.003		
12:0	-	0.023	3	0	PAK	1		0.045	0.020		
13:0	-										
14:0	•	0.236	5	0	PAK	1		0.458	0.201		
15:0											
16:0	g	1.122	2	0	PAK	1		2.177	0.954		
17:0											
18:0		0.636	5	0	PAK	1		1.234	0.541		
20:0											
	-										

		<u>Ar</u>	nount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u></u>			
Nutrients and Units	1	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	2.339		0	PAK	1		4.538	1.988		
14:1	g										
15:1											
16:1 undifferentiated	-	0.233		0	PAK	1		0.452	0.198		
17:1	g										
18:1 undifferentiated		2.023		0	PAK	1		3.925	1.720		
20:1	g	0.012		0	PAK	1		0.023	0.010		
22:1 undifferentiated	•										
24:1 c	g										
Fatty acids, total polyunsaturated		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											
20:2 n-6 c,c											
20:3 undifferentiated											
20:4 undifferentiated	-	0.089		0	PAK	1		0.173	0.076		
20:5 n-3	g										
22:5 n-3	g										
22:6 n-3											
Fatty acids, total trans											
Cholesterol		124		0	PAK	1		241	105		
Phytosterols	mg										
Amino Acids:											
Tryptophan	a	0.318		0	PAK	1		0.617	0.270		
Threonine		1.377		0	PAK	1		2.671	1.170		
Isoleucine	-	1.554		0	PAK	1		3.015	1.321		
Leucine		2.508		0	PAK	1		4.866	2.132		
Lysine		2.599		0	PAK	1		5.042	2.209		
Methionine	-	0.737		0	PAK	1		1.430	0.626		
Cystine	-	0.258		0	PAK	1		0.501	0.219		
Phenylalanine		1.271		0	PAK	1		2.466	1.080		
Tyrosine		1.004		0	PAK	1		1.948	0.853		
Valine	_	1.740		0	PAK	1		3.376	1.479		
Arginine		1.857		0	PAK	1		3.603	1.578		
Histidine	-	1.145		0	PAK	1		2.221	0.973		
Alanine	-	1.877		0	PAK	1		3.641	1.595		
Aspartic acid		2.720		0	PAK	1		5.277	2.312		
Glutamic acid		4.990		0	PAK	1		9.681	4.242		
Glycine	-	1.620		0	PAK	1		3.143	1.377		
Proline	-	1.316		0	PAK	1		2.553	1.119		
Serine		1.180		0	PAK	1		2.289	1.003		
Hydroxyproline	-	2.200		•		_		2.200	2.000		
11, 010xyp1011110	<del>.</del>										

## **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

Refuse: 29% Bone

		<u>A</u>	mount in 100	grams	of edib	le portic	<u>on</u>	Amount in edible portion of common			
			N	lumber				<u>m</u>	easures of food	•	
			(	of Data	Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure :	
Proximates:											
Water	g	76.92		0	PAK	1		21.81	348.91		
Energy	_	113		0	NC	4		32	513		
Energy		473				4		134	2145		
Protein (N x 6.25)		19.15		0	PAK	1		5.43	86.86		
Total lipid (fat)		3.48		0	PAK	1		0.99	15.79		
Ash	-	1.04		0	PAK	1		0.29	4.72		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary											
Sugars, total											
Starch	_										
Minerals:									_		
Calcium, Ca	-	20		0	PAK	1		6	91		
Iron, Fe	-	0.76		0	PAK	1		0.22	3.45		
Magnesium, Mg		21		0	PAK	1		6	95		
Phosphorus, P		191		0	PAK	1		54	866		
Potassium, K	_	314		0	PAK	1		89	1424		
Sodium, Na	-	84		0	PAK	1 1		24	381		
Zinc, Zn		3.99	•	0	PAK	1		1.13	18.10		
Copper, Cu		0.074		0	PAK PAK	1		0.021 0.003	0.336 0.041		
Manganese, Mn Selenium, Se		7.9	,	0	BFNN	4		2.2	35.8		
Selemum, Se	IIIO9	7.3		Ū	DEMM	-		2.2	33.0		
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	<u>mg</u>										
Thiamin	mg	0.079	)	0	PAK	1		0.022	0.358		
Riboflavin	mg	0.268	3	0	PAK	1		0.076	1.216		
Niacin	mg	7.458	3	0	PAK	1		2.114	33.829		
Pantothenic acid		1.291	L	0	PAK	1		0.366	5.856		
Vitamin B-6		0.437	7	0	PAK	1		0.124	1.982		
Folate, total		15		0	PAK	1		4	68		
Folic acid		0		0	Z	7		0	0		
Folate, food		15		0	PAK	1		4	68		
Folate, DFE		15		0	NC	4		4	68		
Vitamin B-12		1.36		0	PAK	1		0.39	6.17		
Vitamin A, IU	IU										
Vitamin A, RAE											
Retinol											
Vitamin E (alpha-tocopherol)											
Tocopherol, beta											
Tocopherol, gamma Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)											
vianim is (phynoquinone)	9										
<u>Lipids:</u>											
Fatty acids, total saturated	g	1.060	)	0	PAK	1		0.301	4.808		
4:0											
6:0	_										
8:0	_			_		_					
10:0	_	0.001		0	PAK	1		0.000	0.005		
12:0	-	0.013	5	0	PAK	1		0.004	0.059		
13:0	-			_		_					
14:0	•	0.120	)	0	PAK	1		0.034	0.544		
15:0				_		_					
16:0		0.581	L	0	PAK	1		0.165	2.635		
17:0		0.00	•	^				0.000	1 450		
18:0		0.324	ı	0	PAK	1		0.092	1.470		
20:0											
22:0	g g										

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error	Number of Data Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
	<b>a</b>	1.257		0	PAK	1		0.256	5 700		
Fatty acids, total monounsaturated		1.257		U	PAK	1		0.356	5.702		
15:1											
16:1 undifferentiated	-	0.122		0	PAK	1		0.035	0.553		
17:1	-	0.122		Ū	IM	-		0.055	0.555		
18:1 undifferentiated.		1.089		0	PAK	1		0.309	4.940		
20:1		0.007		0	PAK	1		0.002	0.032		
22:1 undifferentiated	-	0.007		U	FAIX	_		0.002	0.032		
24:1 c											
Fatty acids, total polyunsaturated	•	0.363		0	PAK	1		0.103	1.647		
18:2 undifferentiated	-	0.363		0	PAK	1		0.103	1.220		
18:3 undifferentiated		0.014		0	PAK	1		0.078	0.064		
18:4		0.014		U	FAIX	_		0.004	0.004		
20:2 n-6 c,c	-										
20:3 undifferentiated											
		0.074		0	PAK	1		0.021	0.336		
20:4 undifferentiated		0.074		U	FAIX	_		0.021	0.336		
20:5 n-3 22:5 n-3	-										
22:6 n-3											
Fatty acids, total trans	-										
Cholesterol	-	75		0	PAK	1		21	340		
Phytosterols	_	73		· ·	IM	-		21	340		
Fliytosterois											
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		0.610		0	PAK	1		0.173	2.767		
Valine		1.057		0	PAK	1		0.300	4.795		
Arginine	-	1.127		0	PAK	1		0.320	5.112		
Histidine	-	0.695		0	PAK	1		0.197	3.153		
Alanine	-	1.140		0	PAK	1		0.323	5.171		
Aspartic acid	-	1.650		0	PAK	1		0.468	7.484		
Glutamic acid		3.030		0	PAK	1		0.859	13.744		
Glycine	-	0.983		0	PAK	1		0.279	4.459		
Proline	-	0.799		0	PAK	1		0.227	3.624		
Serine.	-	0.717		0	PAK	1		0.203	3.252		
				-		_					

## **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. 17279 Veal, shank (fore and hind), separable lean only, cooked, braised Bos taurus

Refuse: 30% Bone 29%, separable fat 1%

		<u>A</u> 1	mount in 100 grar	ns of edi	ble portio	<u>on</u>	Amount in edible portion of common		
			Numb	er				easures of food	
					Source	Confidence			
Nutrients and Un	its	Mean	Std. Error Point		Code	Code	Measure 1	Measure 2	Measure 3
Proximates:	0	62.98	0.330 6	A	1		140.45	53.53	
Water									
Energy		177	0	NC	4		395	150	
Energy		741			4		1651	629	
Protein (N x 6.25)		32.22	0.330 6		1		71.85	27.39	
Total lipid (fat)	-	4.33	0.110 6		1		9.66	3.68	
Ash		1.13	0.020 6		1		2.52	0.96	
Carbohydrate, by difference	g	0.00	0		7		0.00	0.00	
Fiber, total dietary	g	0.0	0	Z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
3.4° )									
Minerals:	ma	24	•		4		76	20	
Calcium, Ca	-	34	2	A	1 1		76 2.81	29 1.07	
Iron, Fe	-	1.26 25	2		1		2.81 56	21	
Magnesium, Mg									
Phosphorus, P		228	2	A	1		508	194	
Potassium, K		309	2	A	1		689	263	
Sodium, Na	-	94	2	A	1		210	80	
Zinc, Zn		6.81	2	A	1		15.19	5.79	
Copper, Cu		0.113		A	1		0.252	0.096	
Manganese, Mn		0.015		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		1.250	0	BFPN	4		2.788	1.063	
Vitamin B-6		0.270	0	BFPN	4		0.602	0.230	
Folate, total		17	0	BFPN	4		38	14	
Folic acid		0	0	z	7		0	0	
Folate, food		17	0	BFPN	4		38	14	
Folate, DFE		17	0	NC	4		38	14	
Vitamin B-12		1.64	0	BFPN	4		3.66	1.39	
Vitamin A, IU		0	0	Z	7		0	0	
Vitamin A, RAE	mca RAE	0	0	z	7		0	0	
Retinol		0	0	Z	7		0	0	
Vitamin E (alpha-tocopherol)	-	· ·	ŭ	_	•		· ·	·	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)									
Lipids:	σ.	1.140	0		1		0 540	0.060	
Fatty acids, total saturated		1.140	0		1		2.542	0.969	
4:0									
6:0	-								
8:0	-								
10:0 12:0		0.016	5 0		1		0.036	0.014	
		0.016	, 0		1		0.036	0.014	
13:0		0 121	. 0		1		0 000	0 111	
14:0	-	0.131	. 0		1		0.292	0.111	
15:0		2							
16:0		0.643	0		1		1.434	0.547	
17:0	-				_				
18:0	-	0.332	2 0		1		0.740	0.282	
20:0	-								
22:0	-								
24:0	g								

	<u>A</u> 1	mount in 100 gram		<u>n</u>	Amount in edible portion of common measures of food			
		Numbe		_		<u> </u>	easures or roou	
Nutrients and Units	Mean	Std. Error Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	1.546	0		1		3.448	1.314	
14:1g								
15:1g								
16:1 undifferentiatedg	0.135	0		1		0.301	0.115	
17:1g								
18:1 undifferentiatedg	1.354			1		3.019	1.151	
20:1g	0.012	0		1		0.027	0.010	
22:1 undifferentiatedg								
24:1 cg		_						
Fatty acids, total polyunsaturatedg	0.458			1		1.021	0.389	
18:2 undifferentiatedg	0.346			1		0.772	0.294	
18:3 undifferentiated	0.012	0		1		0.027	0.010	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiated	0.092	0		1		0.205	0.078	
20:4 undifferentiatedg	0.092	U		1		0.205	0.078	
20:5 n-3								
22:6 n-3g								
Fatty acids, total trans								
Cholesterolg	126	2	A	1		281	107	
Phytosterols mg		_		_				
Amino Acids:								
Tryptophang	0.325	0		1		0.725	0.276	
Threonineg	1.407			1		3.138	1.196	
Isoleucineg	1.588			1		3.541	1.350	
Leucineg	2.562			1		5.713	2.178	
Lysineg	2.655			1		5.921	2.257	
Methionine	0.753			1		1.679	0.640	
Cystineg	0.366			1		0.816	0.311	
Phenylalanineg	1.299			1		2.897	1.104	
Tyrosineg	1.026			1		2.288	0.872	
Valineg	1.778			1		3.965	1.511	
Arginineg	1.897			1		4.230	1.612	
Histidineg	1.170			1		2.609	0.995	
Alanineg	1.918	0		1		4.277	1.630	
Aspartic acidg	2.779	0		1		6.197	2.362	
Glutamic acidg	5.098	0		1		11.369	4.333	
Glycineg	1.655	0		1		3.691	1.407	
Prolineg	1.345	0		1		2.999	1.143	
Serineg	1.206	0		1		2.689	1.025	
Hydroxyprolineg								

## **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

Refuse: 30% Bone 29%, separable fat 1%

		<u>A</u> 1	mount in 100 gra	ms of edi	ble portion	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	<u>!</u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	-	77.45	0.170	6 A	1		21.96	351.31	
Energy		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		0.00		0 z	7		0.00	0.00	
Fiber, total dietary									
Sugars, total									
Starch	-								
Starcii	9								
Minerals:									
Calcium, Ca	mg	20		2 A	1		6	91	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.76		2 A	1		0.22	3.45	
Magnesium, Mg	-	21		2 A	1		6	95	
Phosphorus, P		192		2 A	1		54	871	
Potassium, K		316		2 A	1		90	1433	
Sodium, Na	-	85		2 A	1		24	386	
Zine, Zn	-	4.02		2 A	1		1.14	18.23	
Copper, Cu		0.074		2 A	1		0.021	0.336	
Manganese, Mn		0.009		2 A	1		0.003	0.041	
Selenium, Se		8.0		O BFNN			2.3	36.3	
Scientini, Sc	9	0.0		J 2111			2.3	30.3	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg								
Thiamin	mg	0.080	)	0 BFPN	1 4		0.023	0.363	
Riboflavin	mg	0.270	)	0 BFPN	1 4		0.077	1.225	
Niacin	-	7.600	)	0 BFPN	1 4		2.155	34.474	
Pantothenic acid		1.300	)	0 BFPN	1 4		0.369	5.897	
Vitamin B-6		0.440		O BFPN	1 4		0.125	1.996	
Folate, total		15		0 BFPN	ı 4		4	68	
Folic acid		0		0 Z	7		0	0	
Folate, food		15		O BFPN			4	68	
Folate, DFE		15		0 NC	4		4	68	
Vitamin B-12		1.37		O BFPN			0.39	6.21	
		1.37		O BEPE			0.39	6.21	
Vitamin A, IU	IU								
Vitamin A, RAE									
Retinol									
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	ď	0.738	<b>1</b>	0	1		0.209	3.348	
		0.736	•	•	1		0.209	3.340	
4:0									
6:0	-								
8:0	-								
10:0	-	0.010	•	n	-		2 222	0 015	
12:0		0.010	,	0	1		0.003	0.045	
13:0	-			•			_	_	
14:0	-	0.084	Į.	0	1		0.024	0.381	
15:0	•								
16:0	•	0.416	5	0	1		0.118	1.887	
17:0									
18:0	g	0.220	)	0	1		0.062	0.998	
20:0	g								

	<u>Aı</u>	nount in 100 gram		Amount in edible portion of common measures of food				
		Numbe		_		<u>m</u>	<u>easures 01 1000</u>	•
Nutrients and Units	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	0.982	0		1		0.278	4.454	
14:1g								
15:1g								
16:1 undifferentiatedg	0.088	0		1		0.025	0.399	
17:1g								
18:1 undifferentiatedg	0.857			1		0.243	3.887	
20:1g	0.007	0		1		0.002	0.032	
22:1 undifferentiatedg								
24:1 cg								
Fatty acids, total polyunsaturatedg	0.334			1		0.095	1.515	
18:2 undifferentiatedg	0.244			1		0.069	1.107	
18:3 undifferentiatedg	0.008	0		1		0.002	0.036	
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiated	0.075	•						
20:4 undifferentiatedg	0.075	0		1		0.021	0.340	
20:5 n-3g								
22:5 n-3g								
22:6 n-3g								
Fatty acids, total trans	75	0.875 3	A	1		21	340	
Cholesterolmg Phytosterolsmg	75	0.875 3	A	1		21	340	
Phytosterois								
Amino Acids:								
Tryptophang	0.194	0		1		0.055	0.880	
Threonineg	0.842	0		1		0.239	3.819	
Isoleucineg	0.950	0		1		0.269	4.309	
Leucineg	1.533	0		1		0.435	6.954	
Lysineg	1.589	0		1		0.450	7.208	
Methionineg	0.450	0		1		0.128	2.041	
Cystineg	0.219	0		1		0.062	0.993	
Phenylalanineg	0.777	0		1		0.220	3.524	
Tyrosineg	0.614	0		1		0.174	2.785	
Valineg	1.064	0		1		0.302	4.826	
Arginineg	1.135	0		1		0.322	5.148	
Histidineg	0.700	0		1		0.198	3.175	
Alanineg	1.148	0		1		0.325	5.207	
Aspartic acidg	1.663	0		1		0.471	7.543	
Glutamic acid9	3.051	0		1		0.865	13.839	
Glycineg	0.990	0		1		0.281	4.491	
Prolineg	0.805	0		1		0.228	3.651	
Serineg	0.722	0		1		0.205	3.275	
Hydroxyprolineg								

## **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate

Refuse: 23% Bone

		<u>A</u>	mount in 100 gram	s of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Numb	er			<u>m</u>	easures of food	<u>l</u>
				a Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	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		987			4		839	1708	
Protein (N x 6.25)	g	33.63	0		1		28.59	58.18	
Total lipid (fat)		10.24	0		1		8.70	17.72	
Ash		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								
M. 1									
Minerals:	ma	20	^		4		24	40	
Calcium, Ca		28 1.38	0		1 1		24 1.17	48 2.39	
Iron, Fe	-	29	0		1		25	2.39 50	
Magnesium, Mg Phosphorus, P		263	0		1		25 224	455	
Potassium, K	•	333	0		1		283	576	
Sodium, Na		87	0		1		74	151	
Zine, Zn		5.81	0		1		4.94	10.05	
Copper, Cu		0.128			1		0.109	0.221	
Manganese, Mn		0.036			1		0.031	0.062	
Selenium, Se		14.5	0	PIE	4		12.3	25.1	
67*4 *									
Vitamins:				_	_				
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.060			1 1		0.051	0.104	
Riboflavin		0.310			1		0.264	0.536	
Niacin		10.080			1		8.568	17.438 2.266	
Pantothenic acid Vitamin B-6		0.290			1		1.114 0.247	0.502	
	-	18	, 0		1		15	31	
Folic acid		0	0	z	7		0	0	
Folate, food		18	0	4	1		15	31	
Folate, DFE	mca DFF	18	0	NC	4		15	31	
Vitamin B-12		1.72	0	II.C	1		1.46	2.98	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0		4		0	0	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)		0.46	0		1		0.39	0.80	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	a	3.960	0		1		3.366	6.851	
4:0		3.300	,		-		3.300	0.031	
6:0									
8:0									
10:0		0.010	0		1		0.009	0.017	
12:0		0.030			1		0.026	0.052	
13:0	-								
14:0	-	0.380	0		1		0.323	0.657	
15:0	-								
16:0	-	2.130	0		1		1.811	3.685	
17:0	-								
18:0	-	1.310	0		1		1.114	2.266	
20:0	g								
22:0	g								
24:0									

		<u>Aı</u>	mount in 10		<u>on</u>	Amount in edible portion of common measures of food			
				Number	_		<u></u>	easures or roou	
Nutrients and Units		Mean	Std. Error		 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
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		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 Acido									
Amino Acids:	~	0.340		•	1		0.289	0.588	
Tryptophan		1.469		0 0	1		1.249	2.541	
Threonine	-			0	1		1.249		
Isoleucine		1.656		0	1			2.865	
Leucine		2.676		0	1		2.275	4.629	
Lysine	_	2.771		0	1		2.355	4.794	
Methionine	-	0.785		-	_		0.667	1.358	
Cystine		0.380		0	1		0.323	0.657	
Phenylalanine		1.357		0	1		1.153	2.348	
Tyrosine	-	1.072		0	1 1		0.911	1.855	
Valine		1.858		0	_		1.579	3.214	
Arginine		1.978		0	1		1.681	3.422	
Histidine	•	1.221		0	1		1.038	2.112	
Alanine	_	2.000		0	1		1.700	3.460	
Aspartic acid		2.901		0	1		2.466	5.019	
Glutamic acid	-	5.319		0	1		4.521	9.202	
Glycine		1.728		0	1		1.469	2.989	
Proline	•	1.404		0	1		1.193	2.429	
Serine	-	1.260		0	1		1.071	2.180	
Hydroxyproline	g								

## **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

Refuse: 21% Bone

		<u>A</u>	mount in 10			ole portic	on	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		64.68		0		1		183.04	54.98	
Energy		183		0	NC	4		518	156	
Energy		766		•		4		2167	651	
Protein (N x 6.25)		25.46		0		1 1		72.05	21.64	
Total lipid (fat)		8.25		0		1		23.35	7.01	
Ash		1.44		0		7		4.08	1.22	
Carbohydrate, by difference	=	0.00		0	z z	7		0.00 0.0	0.00	
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	26		0		1		74	22	
Iron, Fe	mg	1.15		0		1		3.25	0.98	
Magnesium, Mg	_	26		0		1		74	22	
Phosphorus, P	mg	221		0		1		625	188	
Potassium, K	-	348		0		1		985	296	
Sodium, Na		90		0		1		255	77	
Zinc, Zn		4.18		0		1		11.83	3.55	
Copper, Cu		0.141		0		1		0.399	0.120	
Manganese, Mn	-	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	<u>mg</u>	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		0		0	Z	7		0	0	
Folate, food		17		0		1		48	14	
Folate, DFE		17		0	NC	4		48	14	
Vitamin B-12		1.53		0		1		4.33	1.30	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.46		0		1		1.30	0.39	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
viamin ix (phynodumone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated	g	3.510	)	0		1		9.933	2.984	
4:0										
6:0	_									
8:0	-					_				
10:0	-	0.010		0		1		0.028	0.009	
12:0		0.020	,	0		1		0.057	0.017	
13:0	_	0.350		^		1		0 001	0 000	
14:0		0.350	,	0		1		0.991	0.298	
15:0	_	1 050		0		1		5.236	1.573	
16:0 17:0	_	1.850	•	U		_		3.230	1.5/3	
18:0	_	1.160	)	0		1		3.283	0.986	
20:0	_	1.100	•	J		-		3.203	0.900	
22:0	_									
24:0	_									
<b>∠</b> 1.∀										

Nutrients and Units		<u>Ar</u>	mount in 100		<u>on</u>	Amount in edible portion of common measures of food				
Nutrients and Units								<u></u>	casares or roou	
14	Nutrients and Unit	s	Mean	-		 		Measure 1	Measure 2	Measure 3
15.1	Fatty acids, total monounsaturated	g	3.200		0	1		9.056	2.720	
16-1 undifferentiated.	14:1	g								
17-1	15:1	g								
181 undifferentiated         g         2.740         0         1         7.754         2.329           201 columinated         g         2.211 undifferentiated         g           241 columinated         g         0.540         0         1         1.528         0.459           182 undifferentiated         g         0.060         0         1         1.189         0.357           184.         g         0.060         0         1         0.170         0.051           184.         g         0.000         0         1         0.170         0.051           184.         g         0.000         0         1         0.198         0.060           20-5 n-3         g         0         0.070         0         1         0.198         0.060           225 n-3         g         2         22-6 n-3         g         2         2         1         0.0198         0.060           Phytosterols         mg         108         0         1         306         92         0         9         1         1         0.1         0.1         0.1         0.1         0.1         0.1         0.1         0.1         0.1	16:1 undifferentiated	g	0.370		0	1		1.047	0.315	
20:1	17:1	g								
22-1 undifferentiated.   9	18:1 undifferentiated	g	2.740		0	1		7.754	2.329	
Patri acids, total polyunsaturated.   9	20:1	g								
Fatty acids, total polyunsturated.   G   0.540   0   1   1.528   0.459     18.2 undifferentiated.   G   0.420   0   1   0.170   0.551     18.4   G   9   0.060   0   1   0.170   0.051     18.4   G   9   0.070   0   1   0.198   0.060     20.2 n-6 c.c.   G   9   0.070   0   1   0.198   0.060     20.5 n-3.   G   9   0.070   0   1   0.198   0.060     22.5 n-3.   G   9   0.070   0   1   0.198   0.060     22.5 n-3.   G   9   0.070   0   1   0.098   0.060     22.5 n-3.   G   9   0.070   0   1   0.098   0.060     Fatty acids, total trans.   G   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   0   1   0.730   0.219     Fatty acids, total trans.   G   0   0   0	22:1 undifferentiated	g								
18.2 undifferentiated. 9 0.420 0 1 0.170 0.357 18.3 undifferentiated. 9 0.060 0 1 0.170 0.051 18.4										
18.3 undifferentiated.       g       0.060       0       1       0.170       0.051         18.4.       g       202 n c c c.       g         20.2 undifferentiated.       g       0.070       0       1       0.198       0.060         20.5 n 3.       g       0.070       0       1       0.198       0.060         20.5 n 3.       g       22.5 n 3.       g       0       1       306       92         Fatty acids, total trans.       g       108       0       1       306       92         Phytosterols.       mg       108       0       1       306       92         Phytosterols.         mg       108       0       1       306       92         Phytosterols.         mg       108       0       1       306       92         Phytosterols.         mg       108       0       1       0.730       0.219         Thronine.       g       1.112       0       1       0.730       0.219         Thronine.       g       1.254       0       1       3.147       0.945         Isolecine.       g								1.528	0.459	
18:4.	18:2 undifferentiated	g				1		1.189	0.357	
20.2 n-6 c, c.		_	0.060		0	1		0.170	0.051	
20.3 undifferentiated.   g   g   0.070   0   1   0.198   0.060										
20.4 undifferentiated										
20.5 n - 3										
22:5 n-3       9         Fatty acids, total trans       9         Cholesterol.       mg       108       0       1       306       92         Phytosterols.         Memo Acids:         Tryptophan.       9       0.258       0       1       0.730       0.219         Threonine.       9       1.112       0       1       3.147       0.945         Isoleucine.       9       1.254       0       1       3.549       1.066         Leucine.       9       2.027       0       1       5.937       1.783         Lysine.       9       2.098       0       1       5.937       1.783         Methionine.       9       0.287       0       1       1.681       0.505         Cystine.       9       0.287       0       1       1.681       0.505         Cystine.       9       0.287       0       1       2.909       0.874         Tyrosine.       9       1.028       0       1       2.909       0.874         Tyrosine.       9       1.407       0       1       3.982       1.196		-	0.070		0	1		0.198	0.060	
Patty acids, total trans										
Fatty acids, total trans         9           Cholesterol         mg         108         0         1         306         92           Phytosterols           Mark           Assign a colspan="6">Assign a co		_								
Cholesterol.         mg         108         0         1         306         92           Phytosterols.         mg           Amino Acids:           Tryptopham         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         1.19		_								
Phytosterols										
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         2.909         0.874           Tyrosine         g         1.407         0         1         3.982         1.196           Arginine         g         1.407         0         1         3.982         1.196           Alanine         g         1.515         0         1 <td< td=""><td></td><td>_</td><td>108</td><td></td><td>0</td><td>1</td><td></td><td>306</td><td>92</td><td></td></td<>		_	108		0	1		306	92	
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         2.909         0.874           Tyrosine.         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         4.287	Phytosterols	mg								
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         2.909         0.874           Tyrosine.         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         4.287	Amino Acids:									
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         0.812         0.244           Phenylalanine         g         0.812         0         1         2.909         0.874           Tyrosine         g         0.812         0         1         2.909         0.874           Tyrosine         g         0.812         0         1         2.999         0.874           Tyrosine         g         0.812         0         1         3.982         1.196           Arginine         g         1.498         0         1         4.239         1.		а	0.258		0	1		0.730	0.219	
Isoleucine       9       1.254       0       1       3.549       1.066         Leucine       9       2.027       0       1       5.736       1.723         Lysine       9       2.098       0       1       5.937       1.783         Methionine       9       0.594       0       1       1.681       0.505         Cystine       9       0.287       0       1       0.812       0.244         Phenylalanine       9       1.028       0       1       2.909       0.874         Tyrosine       9       0.812       0       1       2.909       0.874         Tyrosine       9       0.812       0       1       2.909       0.874         Valine       9       1.407       0       1       3.982       1.196         Arginine       9       1.498       0       1       4.239       1.273         Histidine       9       0.924       0       1       4.287       1.288         Alanine       9       1.515       0       1       4.287       1.288         Aspartic acid       9       4.028       0       1       1.399       3.424<			1.112			1		3.147	0.945	
Leucine       9       2.027       0       1       5.736       1.723         Lysine       9       2.098       0       1       5.937       1.783         Methionine       9       0.594       0       1       1.681       0.505         Cystine       9       0.287       0       1       0.812       0.244         Phenylalanine       9       1.028       0       1       2.909       0.874         Tyrosine       9       0.812       0       1       2.909       0.874         Tyrosine       9       0.812       0       1       2.298       0.690         Valine       9       1.407       0       1       3.982       1.196         Arginine       9       1.498       0       1       4.239       1.273         Histidine       9       0.924       0       1       2.615       0.785         Alanine       9       1.515       0       1       4.287       1.288         Aspartic acid       9       4.028       0       1       1.399       3.424         Glycine       9       1.309       0       1       3.704       1.113 <td></td> <td>-</td> <td>1.254</td> <td></td> <td>0</td> <td>1</td> <td></td> <td>3.549</td> <td>1.066</td> <td></td>		-	1.254		0	1		3.549	1.066	
Lysine.       9       2.098       0       1       5.937       1.783         Methionine.       9       0.594       0       1       1.681       0.505         Cystine.       9       0.287       0       1       0.812       0.244         Phenylalanine.       9       1.028       0       1       2.909       0.874         Tyrosine.       9       0.812       0       1       2.298       0.690         Valine.       9       1.407       0       1       3.982       1.196         Arginine.       9       1.498       0       1       4.239       1.273         Histidine.       9       0.924       0       1       2.615       0.785         Alanine.       9       1.515       0       1       4.287       1.288         Aspartic acid.       9       2.197       0       1       6.218       1.867         Glutamic acid.       9       4.028       0       1       11.399       3.424         Glycine.       9       1.309       0       1       3.704       1.113         Proline.       9       1.063       0       1       3.008					0	1				
Methionine         9         0.594         0         1         1.681         0.505           Cystine         9         0.287         0         1         0.812         0.244           Phenylalanine         9         1.028         0         1         2.909         0.874           Tyrosine         9         0.812         0         1         2.909         0.874           Tyrosine         9         0.812         0         1         2.298         0.690           Valine         9         1.407         0         1         3.982         1.196           Arginine         9         1.498         0         1         4.239         1.273           Histidine         9         0.924         0         1         2.615         0.785           Alanine         9         1.515         0         1         4.287         1.288           Aspartic acid         9         2.197         0         1         6.218         1.867           Glutamic acid         9         4.028         0         1         11.399         3.424           Glycine         9         1.309         0         1         3.704 <th< td=""><td></td><td></td><td>2.098</td><td></td><td>0</td><td>1</td><td></td><td>5.937</td><td>1.783</td><td></td></th<>			2.098		0	1		5.937	1.783	
Cystine       9       0.287       0       1       0.812       0.244         Phenylalanine       9       1.028       0       1       2.909       0.874         Tyrosine       9       0.812       0       1       2.298       0.690         Valine       9       1.407       0       1       3.982       1.196         Arginine       9       1.498       0       1       4.239       1.273         Histidine       9       0.924       0       1       2.615       0.785         Alanine       9       1.515       0       1       4.287       1.288         Aspartic acid       9       2.197       0       1       6.218       1.867         Glutamic acid       9       4.028       0       1       11.399       3.424         Glycine       9       1.309       0       1       3.704       1.113         Proline       9       1.063       0       1       3.008       0.904         Serine       9       0.954       0       1       2.700       0.811	2	-			0	1				
Phenylalanine       9       1.028       0       1       2.909       0.874         Tyrosine       9       0.812       0       1       2.298       0.690         Valine       9       1.407       0       1       3.982       1.196         Arginine       9       1.498       0       1       4.239       1.273         Histidine       9       0.924       0       1       2.615       0.785         Alanine       9       1.515       0       1       4.287       1.288         Aspartic acid       9       2.197       0       1       6.218       1.867         Glutamic acid       9       4.028       0       1       11.399       3.424         Glycine       9       1.309       0       1       3.704       1.113         Proline       9       1.063       0       1       3.008       0.904         Serine       9       0.954       0       1       2.700       0.811		-	0.287		0	1		0.812	0.244	
Tyrosine         9         0.812         0         1         2.298         0.690           Valine         9         1.407         0         1         3.982         1.196           Arginine         9         1.498         0         1         4.239         1.273           Histidine         9         0.924         0         1         2.615         0.785           Alanine         9         1.515         0         1         4.287         1.288           Aspartic acid         9         2.197         0         1         6.218         1.867           Glutamic acid         9         4.028         0         1         11.399         3.424           Glycine         9         1.309         0         1         3.704         1.113           Proline         9         1.063         0         1         3.008         0.904           Serine         9         0.954         0         1         2.700         0.811			1.028		0	1				
Valine         9         1.407         0         1         3.982         1.196           Arginine         9         1.498         0         1         4.239         1.273           Histidine         9         0.924         0         1         2.615         0.785           Alanine         9         1.515         0         1         4.287         1.288           Aspartic acid         9         2.197         0         1         6.218         1.867           Glutamic acid         9         4.028         0         1         11.399         3.424           Glycine         9         1.309         0         1         3.704         1.113           Proline         9         1.063         0         1         3.008         0.904           Serine         9         0.954         0         1         2.700         0.811	2				0	1				
Arginine       9       1.498       0       1       4.239       1.273         Histidine       9       0.924       0       1       2.615       0.785         Alanine       9       1.515       0       1       4.287       1.288         Aspartic acid       9       2.197       0       1       6.218       1.867         Glutamic acid       9       4.028       0       1       11.399       3.424         Glycine       9       1.309       0       1       3.704       1.113         Proline       9       1.063       0       1       3.008       0.904         Serine       9       0.954       0       1       2.700       0.811	3	-			0	1				
Histidine       9       0.924       0       1       2.615       0.785         Alanine       9       1.515       0       1       4.287       1.288         Aspartic acid       9       2.197       0       1       6.218       1.867         Glutamic acid       9       4.028       0       1       11.399       3.424         Glycine       9       1.309       0       1       3.704       1.113         Proline       9       1.063       0       1       3.008       0.904         Serine       9       0.954       0       1       2.700       0.811			1.498		0	1		4.239		
Alanine.       9       1.515       0       1       4.287       1.288         Aspartic acid.       9       2.197       0       1       6.218       1.867         Glutamic acid.       9       4.028       0       1       11.399       3.424         Glycine.       9       1.309       0       1       3.704       1.113         Proline.       9       1.063       0       1       3.008       0.904         Serine.       9       0.954       0       1       2.700       0.811	=				0	1				
Aspartic acid.       9       2.197       0       1       6.218       1.867         Glutamic acid.       9       4.028       0       1       11.399       3.424         Glycine.       9       1.309       0       1       3.704       1.113         Proline.       9       1.063       0       1       3.008       0.904         Serine.       9       0.954       0       1       2.700       0.811		•	1.515		0	1		4.287	1.288	
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		_	2.197		0	1		6.218	1.867	
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	•		4.028		0	1		11.399	3.424	
Proline     g     1.063     0     1     3.008     0.904       Serine     g     0.954     0     1     2.700     0.811		-			0	1				
Serine	-									
		•				1				
Hydroxyprolineg		-								

## **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

Refuse: 21% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	<u>.</u>
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	74.05	0		1		20.99	225.11	
Energy		132	0	NC	4		37	401	
Energy		552			4		157	1679	
Protein (N x 6.25)		19.34	0		1		5.48	58.79	
Total lipid (fat)		5.44	0		1		1.54	16.54	
Ash		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								
3.6° 1									
Minerals:	ma	21	•		4		6	64	
Calcium, Ca	_	21 1.00	0		1 1		6 0.28	64 3.04	
Iron, Fe		25	0		1		0.28 7	3.04 76	
Phosphorus, P		208	0		1		, 59	632	
Potassium, K	•	327	0		1		93	994	
Sodium, Na		83	0		1		24	252	
Zinc, Zn		3.20	0		1		0.91	9.73	
Copper, Cu		0.120	0		1		0.034	0.365	
Manganese, Mn		0.028	0		1		0.008	0.085	
Selenium, Se		8.4	0	PIE	4		2.4	25.5	
¥7:4									
<u>Vitamins:</u>	ma #4	0.0	•	_	-		0.0		
Vitamin C, total ascorbic acid		0.0 0.080	0	Z	7 1		0.0 0.023	0.0 0.243	
ThiaminRiboflavin		0.080			1		0.023	0.243	
Niacin		7.630			1		2.163	23.195	
Pantothenic acid	-	1.260			1		0.357	3.830	
Vitamin B-6		0.440			1		0.125	1.338	
Folate, total	_	15	0		1		4	46	
Folic acid		0	0	z	7		0	0	
Folate, food		15	0		1		4	46	
Folate, DFE	mcg DFE	15	0	NC	4		4	46	
Vitamin B-12		1.37	0		1		0.39	4.16	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0	NC	4		0	0	
Retinol		0	0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.27	0		1		0.08	0.82	
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
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		0.000			1		0.000	0.000	
6:0		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	-	0.020	0		1		0.006	0.061	
13:0	_								
14:0	_	0.220	0		1		0.062	0.669	
15:0	_								
16:0		1.200	0		1		0.340	3.648	
17:0	_				_				
18:0	_	0.750	0		1		0.213	2.280	
20:0 22:0	_								

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data	Deriv		Confidence			
Nutrients and Ur	nits	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	2.080		0		1		0.590	6.323	
14:1	_									
15:1										
16:1 undifferentiated	_	0.240		0		1		0.068	0.730	
17:1	-	1.790		0		1		0 507	F 440	
20:1		0.000		0		1		0.507 0.000	5.442 0.000	
22:1 undifferentiated		0.000		0		1		0.000	0.000	
24:1 c	•	0.000		U		_		0.000	0.000	
Fatty acids, total polyunsaturated		0.380		0		1		0.108	1.155	
18:2 undifferentiated		0.290		0		1		0.082	0.882	
18:3 undifferentiated		0.040		0		1		0.011	0.122	
18:4		0.000		0		1		0.000	0.000	
20:2 n-6 c,c	_									
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		82		0		1		23	249	
Phytosterols	mg									
Amino Acids:										
Tryptophan	a	0.196		0		1		0.056	0.596	
Threonine		0.845		0		1		0.240	2.569	
Isoleucine	_	0.952		0		1		0.270	2.894	
Leucine	_	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		3.059		0		1		0.867	9.299	
Glycine		0.994		0		1		0.282	3.022	
Proline	_	0.807		0		1		0.229	2.453	
Serine	-	0.725		0		1		0.206	2.204	
Hydroxyproline	g									
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0	0.0	
Caffeine		0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
	mor	^		^	_	-		0.000	0.000	
Carotene, beta		0		0	z z	7 7		0.000	0.000	
Carotene, alpha		0		0	z Z	7		0.000	0.000	
Cryptoxanthin, beta	_	0		0	Z	7		0.000 0.000	0.000 0.000	
Lycopene		0		0	Z					
Lutein + zeaxanthin	Iiicā	U		U	z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 28.35g: 1 oz

Measure 2 = 304g: 1 steak, excluding refuse (yield from 1 raw steak, with refuse, weighing 385 g)

NDB No. 17122

Veal, shoulder, arm, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 29% Bone 23%, separable fat 6%

		<u>Aı</u>	mount in 100 gra	ıms of ec	lible porti	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	. —
					V Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poir			Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	58.20	0.339	12	1		49.47	93.12	
Energy	kcal	201		0 <b>N</b>	C 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			0.00	0.00	
Fiber, total dietary	g	0.0		0 z	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals:									
Calcium, Ca	ma	30	3.251	12	1		26	48	
Iron. Fe	-	1.41		12	1		1.20	2.26	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	30		12	1		26	48	
Phosphorus, P		276		12	1		235	442	
Potassium, K	-	347		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	1	0	1		0.032	0.061	
Selenium, Se	mcg	15.3		0 BFY	N 4		13.0	24.5	
Vitamins:									
Vitamin C, total ascorbic acid	ma	0.0		0 z	7		0.0	0.0	
Thiamin		0.060	0.011	11	1		0.051	0.096	
Riboflavin		0.330		11	1		0.281	0.528	
Niacin	-	10.710		10	1		9.104	17.136	
Pantothenic acid		1.390		10	1		1.182	2.224	
Vitamin B-6		0.300	0.044	L1	1		0.255	0.480	
Folate, total		19	4.047	L1	1		16	30	
Folic acid		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	
Vitamin B-12		1.82	0.285	11	1		1.55	2.91	
Vitamin A, IU	IU	0		0	4		0	0	
Vitamin A, RAE		0		0	4		0	0	
Retinol		0		0	4		0	0	
Vitamin E (alpha-tocopherol)		0.47		0	1		0.40	0.75	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
vitanini k (phynoquinone)	nicg								
Lipids:									
Fatty acids, total saturated	g	1.490	1	0	1		1.267	2.384	
4:0									
6:0	-								
8:0	-								
10:0		0.000		73	1		0.000	0.000	
12:0	-	0.010	,	73	1		0.009	0.016	
13:0	_	0 100	,	72	1		0 005	0 160	
14:0		0.100	•	73	1		0.085	0.160	
15:0 16:0	-	0.870	,	73	1		0.740	1.392	
17:0	-	0.070	•		1		0.740	1.392	
18:0	-	0.510	,	73	1		0.434	0.816	
20:0	_	0.010		-	-		U. 7J7	0.010	
22:0									
24:0									

		<u>An</u>	nount in 100 gram		le portio	<u>n</u>	Amount in edible portion of common		
			Numbe	er			<u>m</u>	easures of food	
Nutrients and Ur	nits	Mean	of Dat Std. Error Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	1.900	0		1		1.615	3.040	
14:1									
15:1	-								
16:1 undifferentiated	-	0.170	73		1		0.145	0.272	
17:1									
18:1 undifferentiated		1.710	73		1		1.454	2.736	
20:1	-								
22:1 undifferentiated									
24:1 c	-		•		_				
Fatty acids, total polyunsaturated		0.480	0		1		0.408	0.768	
18:2 undifferentiated	-	0.370 0.020	73 73		1 1		0.315	0.592	
18:3 undifferentiated		0.020	/3		_		0.017	0.032	
18:4	-								
20:2 n-6 c,c 20:3 undifferentiated									
20:4 undifferentiated		0.090	73		1		0.077	0.144	
20:5 n-3		0.030	73		-		0.077	0.144	
22:5 n-3									
22:6 n-3	-								
Fatty acids, total trans									
Cholesterol	-	155	12.866 12		1		132	248	
Phytosterols	_								
Amino Acids:									
Tryptophan	а	0.362	0		1		0.308	0.579	
Threonine		1.561	0		1		1.327	2.498	
Isoleucine		1.760	0		1		1.496	2.816	
Leucine	-	2.844	0		1		2.417	4.550	
Lysine	_	2.944	0		1		2.502	4.710	
Methionine		0.834	0		1		0.709	1.334	
Cystine		0.403	0		1		0.343	0.645	
Phenylalanine		1.442	0		1		1.226	2.307	
Tyrosine		1.139	0		1		0.968	1.822	
Valine		1.975	0		1		1.679	3.160	
Arginine	g	2.101	0		1		1.786	3.362	
Histidine		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		5.651	0		1		4.803	9.042	
Glycine		1.836	0		1		1.561	2.938	
Proline		1.492	0		1		1.268	2.387	
Serine	g	1.339	0		1		1.138	2.142	
Hydroxyproline	g								

# **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

Refuse: 24% Bone 21%, separable fat 3%

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	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		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								
Minanala									
Minerals: Calcium, Ca	ma	27	0		1		73	23	
Iron, Fe	-	1.16	0		1		3.16	0.99	
Magnesium, Mg		27	0		1		73	23	
Phosphorus, P		226	0		1		615	192	
Potassium, K	•	356	0		1		968	303	
Sodium, Na		91	0		1		248	77	
Zinc, Zn		4.32	0		1		11.75	3.67	
Copper, Cu		0.146	5 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	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.070		_	1		0.190	0.060	
Riboflavin		0.330			1		0.898	0.281	
Niacin		8.240			1		22.413	7.004	
Pantothenic acid	_	1.190			1		3.237	1.012	
Vitamin B-6		0.300	0		1		0.816	0.255	
Folate, total	mcg	17	0		1		46	14	
Folic acid		0	0	Z	7		0	0	
Folate, food	mcg	17	0		1		46	14	
Folate, DFE	mcg_DFE	17	0	NC	4		46	14	
Vitamin B-12	mcg	1.57	0		1		4.27	1.33	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0		4		0	0	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)		0.50	0		1		1.36	0.43	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)									
vitanini K (phynodumone)	9								
Lipids:									
Fatty acids, total saturated	g	2.310	0		1		6.283	1.964	
4:0	-								
6:0									
8:0		0.000			1		0.000	0.000	
10:0 12:0.		0.000			1 1		0.000 0.027	0.000 0.009	
13:0		0.010	, 0		1		0.027	0.009	
14:0	-	0.210	0		1		0.571	0.179	
15:0	-	0.210	. 0		-		0.5/1	0.179	
16:0	-	1.230	0		1		3.346	1.046	
17:0	-				-		3.3.3		
18:0	-	0.770	0		1		2.094	0.655	
20:0	_								
22:0	-								
24:0	-								

		<u>Aı</u>	mount in 10		ole portio	<u>n</u>	Amount in edible portion of common			
				Number			measures of food			
Nutrients and Ur	nits	Mean	Std. Error	of Data Points	 Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
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										
18:1 undifferentiated	g	1.870		0	1		5.086	1.590		
20:1	-									
22:1 undifferentiated										
24:1 c	_				_					
Fatty acids, total polyunsaturated		0.430		0	1		1.170	0.366		
18:2 undifferentiated	_	0.320		0	1		0.870	0.272		
18:3 undifferentiated		0.040		0	1		0.109	0.034		
18:4	-									
20:2 n-6 c,c										
20:3 undifferentiated		0.070		0	1		0.190	0.060		
20:4 undifferentiated 20:5 n-3		0.070		U	1		0.190	0.060		
20:5 n-3										
22:6 n-3	-									
Fatty acids, total trans										
Cholesterol	-	109		0	1		296	93		
Phytosterols	-									
•										
Amino Acids:										
Tryptophan		0.265		0	1		0.721	0.225		
Threonine		1.142		0	1		3.106	0.971		
Isoleucine	-	1.287		0	1		3.501	1.094		
Leucine	-	2.080		0	1		5.658	1.768		
Lysine		2.153		0	1		5.856	1.830		
Methionine		0.610		0	1		1.659	0.519		
Cystine		0.295		0	1		0.802	0.251		
Phenylalanine		1.055		0	1		2.870	0.897		
Tyrosine		0.833		0	1 1		2.266	0.708		
Valine	-	1.444		0	1		3.928	1.227		
Arginine		1.537		0	1		4.181	1.306 0.807		
Histidine	•	0.949 1.554		0	1		2.581 4.227	0.807 1.321		
AlanineAspartic acid	-	2.254		0	1		4.227 6.131	1.321		
•		4.133		0	1		11.242	3.513		
Glutamic acid		1.343		0	1		3.653	1.142		
Glycine Proline		1.343		0	1		2.968	0.927		
Serine	• • • • • • • • • • • • • • • • • • • •	0.980		0	1		2.666	0.833		
Hydroxyproline	-	0.900		v	-		2.000	0.633		
11ydroxypronne	9				 					

## **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

Refuse: 25% Bone 21%, separable fat 4%

		<u>Aı</u>	mount in 100 gra	ms of ed	ible porti	<u>on</u>	Amount in edible portion of common			
			Num	ber			measures of food			
					Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Poir			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		0.00		0 z			0.00	0.00		
Fiber, total dietary		0.0		0 z	7		0.0	0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mq	22	3.666	L2	1		6	64		
Iron, Fe	_	1.02		L2	1		0.29	2.95		
Magnesium, Mg		26		L2	1		7	75		
Phosphorus, P		215		L2	1		61	621		
Potassium, K		339	8.677	L2	1		96	980		
Sodium, Na		86	3.817	L2	1		24	249		
Zinc, Zn	mg	3.34	0.133	L2	1		0.95	9.65		
Copper, Cu		0.124		L2	1		0.035	0.358		
Manganese, Mn		0.029		0	1		0.008	0.084		
Selenium, Se	mcg	8.6		0 BFN	N 4		2.4	24.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0 z	7		0.0	0.0		
Thiamin		0.080	0.005	L2	1		0.023	0.231		
Riboflavin		0.280	0.014	L2	1		0.079	0.809		
Niacin	mg	7.910	0.822	L2	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	L2	1		0.130	1.329		
Folate, total	mcg	16	3.877	L2	1		5	46		
Folic acid		0		0 z	7		0	0		
Folate, food		16		L2	1		5	46		
Folate, DFE		16		0 NC			5	46		
Vitamin B-12		1.42		L2	1		0.40	4.10		
Vitamin A, IU	IU	0		0	4		0	0		
Vitamin A, RAE		0		0	4		0	0		
Retinol		0		0	4		0	0		
Vitamin E (alpha-tocopherol)		0.27		0	1		0.08	0.78		
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
T	-									
Lipids:	~	0.650		•				1 000		
Fatty acids, total saturated		0.650	•	0	1		0.184	1.879		
4:0 6:0	_									
8:0	-									
10:0		0.000	1	47	1		0.000	0.000		
12:0		0.000		47	1		0.000	0.000		
13:0	_		_		_					
14:0	_	0.030	1	47	1		0.009	0.087		
15:0	-									
16:0	_	0.370	1	47	1		0.105	1.069		
17:0	_									
18:0	g	0.230	1	47	1		0.065	0.665		
20:0	g									
22:0	g									
24:0	g									

		<u>Ar</u>	nount in 100 gram Numbe		Amount in edible portion of common measures of food			
Nutrients and Uni	its	Mean		a Deriv Source		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		0.690	0	1		0.196	1.994	
14:1	_							
15:1	• • • • • • • • • • • • • • • • • • • •	0.070	1.47			0.000	0.000	
16:1 undifferentiated	_	0.070	147	1		0.020	0.202	
17:1		0.000	1.47					
18:1 undifferentiated	-	0.620	147	1		0.176	1.792	
20:1								
22:1 undifferentiated								
24:1 c				_				
Fatty acids, total polyunsaturated		0.220	0	1		0.062	0.636	
18:2 undifferentiated	•	0.160	147			0.045	0.462	
18:3 undifferentiated	-	0.010	147	1		0.003	0.029	
18:4								
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated	_	0.060	147	1		0.017	0.173	
20:5 n-3								
22:5 n-3	-							
22:6 n-3	_							
Fatty acids, total trans								
Cholesterol	_	83	4.826 12	1		24	240	
Phytosterols	mg							
Amino Acids:								
Tryptophan	a	0.203	0	1		0.058	0.587	
Threonine		0.876		1		0.248	2.532	
Isoleucine		0.987	0	1		0.280	2.852	
Leucine		1.595		1		0.452	4.610	
Lysine		1.652		1		0.468	4.774	
3	-	0.468		1		0.133	1.353	
Methionine	-	0.468		1		0.133	0.653	
2		0.809		1		0.064	2.338	
Phenylalanine				1		0.229		
Tyrosine	-	0.639		1			1.847	
Valine		1.108	-	1		0.314	3.202	
Arginine		1.179		1		0.334	3.407	
Histidine	•	0.727		=		0.206	2.101	
Alanine	-	1.192		1		0.338	3.445	
Aspartic acid		1.729		1		0.490	4.997	
Glutamic acid	-	3.170	0	1		0.899	9.161	
Glycine	-	1.030	0	1		0.292	2.977	
Proline	•	0.837		1		0.237	2.419	
Serine	-	0.751	0	1		0.213	2.170	
Hydroxyproline	g							

## **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

Refuse: 35% Bone

		<u>A</u>	mount in 100 g	rams	of edib	ole portio	<u>n</u>	Amount in edible portion of common			
			Nu	ımber				measures of food			
						Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error Po			Code	Code	Measure 1	Measure 2	Measure 3	
Proximates: Water	a	56.98		0		1		105.98	48.43		
Energy	_	225		0	NC	4		419	191		
Energy		941		·	110	4		1751	800		
Protein (N x 6.25)		31.26		0		1		58.14	26.57		
Total lipid (fat)	_	10.09		0		1		18.77	8.58		
Ash		1.22		0		1		2.27	1.04		
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00		
Fiber, total dietary		0.0		0	z	7		0.0	0.0		
Sugars, total		0.00		0	z	7		0.00	0.00		
Starch	-	0.00		·	_	•		0.00	0.00		
Starch	9										
Minerals:											
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	38		0		1		71	32		
Iron, Fe	_	1.44		0		1		2.68	1.22		
Magnesium, Mg		26		0		1		48	22		
Phosphorus, P	_	244		0		1		454	207		
Potassium, K	_	297		0		1		552	252		
Sodium, Na	-	98		0		1		182	83		
Zinc, Zn		7.00	_	0		1		13.02	5.95		
Copper, Cu		0.164		0		1		0.305	0.139		
Manganese, Mn		0.036	•	0		1 4		0.067	0.031		
Selenium, Se	mcg	14.0		U	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		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		15		0		1		28	13		
Folate, DFE	mcg_DFE	15		0	NC	4		28	13		
Vitamin B-12		1.93		0		1		3.59	1.64		
Vitamin A, IU	IU	0		0		4		0	0		
Vitamin A, RAE		0		0	NC	4		0	0		
Retinol	_	0		0	NR	4		0	0		
Vitamin E (alpha-tocopherol)		0.44		0		1		0.82	0.37		
Tocopherol, beta											
Tocopherol, gamma											
Tocopherol, delta											
Vitamin D		6.6		0	BFSN	4		12.3			
Vitamin K (phylloquinone)	Ilicy	0.6		U	DESN	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	-	0.010		0		1		0.019	0.009		
12:0		0.030	)	0		1		0.056	0.026		
13:0											
14:0		0.330	)	0		1		0.614	0.281		
15:0	g										
16:0		1.990	)	0		1		3.701	1.692		
17:0	_										
18:0	_	1.210	)	0		1		2.251	1.029		
20:0	_										
22:0	_										
24:0	g										

		<u>A</u> 1	mount in 10			ole portic	<u>on</u>	Amount in edible portion of common measures of food		
				Number				<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura		3.850	1	0		1		7.161	3.273	
14:1	-									
15:1 16:1 undifferentiated	-	0.400		0		1		0.744	0.340	
17:1	-	0.400	•	U		_		0.744	0.340	
18:1 undifferentiated	-	3.370	1	0		1		6.268	2.865	
20:1	-	0.000		0		1		0.000	0.000	
22:1 undifferentiated	-	0.000		0		1		0.000	0.000	
24:1 c	•	0.000	•	Ū		-		0.000	0.000	
Fatty acids, total polyunsaturat		0.740	1	0		1		1.376	0.629	
18:2 undifferentiated		0.580		0		1		1.079	0.493	
18:3 undifferentiated		0.060		0		1		0.112	0.051	
18:4	-	0.000		0		1		0.000	0.000	
20:2 n-6 c.c	-	0.500		v		-		3.000	0.000	
20:3 undifferentiated										
20:4 undifferentiated	-	0.100	1	0		1		0.186	0.085	
20:5 n-3		0.000		0		1		0.000	0.000	
22:5 n-3	-	0.000		0		1		0.000	0.000	
22:6 n-3	-	0.000		0		1		0.000	0.000	
Fatty acids, total trans	-	0.000		·		_		0.000	0.000	
Cholesterol		153		0		1		285	130	
Phytosterols	-	200		·		_		200	-50	
1 ily tosterois										
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	-	2.488		0		1		4.628	2.115	
Lysine		2.576		0		1		4.791	2.190	
Methionine	g	0.730		0		1		1.358	0.621	
Cystine	g	0.353	1	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	1	0		1		3.214	1.469	
Arginine	g	1.839	)	0		1		3.421	1.563	
Histidine	g	1.135	i	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	i	0		1		9.198	4.203	
Glycine	g	1.607	'	0		1		2.989	1.366	
Proline	g	1.305	i	0		1		2.427	1.109	
Serine		1.172	!	0		1		2.180	0.996	
Hydroxyproline	g									
Others:										
	a	0.0		0		7		0.0	0.0	
Alcohol, ethyl		0.0		0	z	7		0.0	0.0 0	
Caffeine	-	0		0	z Z	7		0	0	
Theobromine	9	U		U	Z	,		U	U	
Carotenoids:										
Carotene, beta	mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha	mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta	mcg	0		0	Z	7		0.000	0.000	
Lycopene	mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin	mcg	0		0	Z	7		0.000	0.000	

#### **Common Measures:**

Measure 1 = 186g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17129

Veal, shoulder, blade, separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 32% Bone

		<u>A</u>	mount in 100 gram	s of edi	Amount in edible portion of common					
			Numbe	er			measures of food			
				a Deriv	Source	Confidence				
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	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									
Minouala										
Minerals: Calcium, Ca	ma	28	0		1		68	24		
Iron, Fe	-	1.00	0		1		2.44	0.85		
Magnesium, Mg	-	24	0		1		59	20		
Phosphorus, P		212	0		1		517	180		
Potassium, K	-	306	0		1		747	260		
Sodium, Na		100	0		1		244	85		
Zinc, Zn		5.58	0		1		13.62	4.74		
Copper, Cu		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		
Vitamina										
Vitamins:	ma	0.0	0	z	7		0.0	0.0		
Vitamin C, total ascorbic acid		0.0		Z	1		0.0	0.0 0.060		
Thiamin		0.070			1		0.171			
Riboflavin		5.730			1		13.981	0.298 4.871		
Pantothenic acid		1.380			1		3.367	1.173		
Vitamin B-6		0.240			1		0.586	0.204		
Folate, total	_	11	, 0		1		27	9		
Folic acid		0	0	z	7		0	0		
Folate, food		11	0	-	1		27	9		
Folate, DFE	mca DFE	11	0	NC	4		27	9		
Vitamin B-12		2.01	0		1		4.90	1.71		
Vitamin A, IU		0	0		4		0	0		
Vitamin A, RAE		0	0		4		0	0		
Retinol		0	0		4		0	0		
Vitamin E (alpha-tocopherol)		0.47	0		1		1.15	0.40		
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	а	3.460	0		1		8.442	2.941		
4:0		J. 400	. 0		-		0.442	2.741		
6:0	_									
8:0										
10:0		0.010	0		1		0.024	0.009		
12:0		0.020			1		0.049	0.017		
13:0		= .	-							
14:0	_	0.310	0		1		0.756	0.264		
15:0	_									
16:0	_	1.840	0		1		4.490	1.564		
17:0	_									
18:0	_	1.150	0		1		2.806	0.978		
20:0	_									
22:0	_									
	g									

		<u>Ar</u>	nount in 100 g		Amount in edible portion of common measures of food				
				ımber			<u></u>	easures or room	
Nutrients and Units	<b>i</b>	Mean	Std. Error Po			Confidence Code	Measure 1	Measure 2	Measure 3
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		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:									
	0	0.255		0	1		0.622	0.217	
Tryptophan Threonine		1.099		0	1		2.682	0.217	
	-	1.238		0	1		3.021	1.052	
Isoleucine		2.002		0	1		4.885	1.052	
Lysine		2.002		0	1		4.885 5.056	1.761	
3	-			0	1		1.432	0.499	
Methionine	-	0.587 0.284		0	1		0.693	0.499	
Cystine		1.015		0	1		2.477		
Phenylalanine				0	1			0.863 0.682	
Tyrosine	-	0.802 1.390		0	1		1.957 3.392		
Valine				0	1			1.182	
Arginine		1.479		0	1		3.609	1.257 0.776	
Histidine	•	0.913		0	1		2.228 3.650		
Alanine	_	1.496		-	1			1.272	
Aspartic acid		2.170		0 0	1		5.295	1.845	
Glutamic acid	-	3.978					9.706	3.381	
Glycine		1.292		0	1		3.152	1.098	
Proline	•	1.050		0	1		2.562	0.893	
Serine	-	0.943		0	1		2.301	0.802	
Hydroxyproline	g								

## **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

Refuse: 32% Bone

		<u>A</u>	mount in 100 gram	s of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	r			<u>m</u>	easures of food	
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	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		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	ma	23	0		1		7	104	
Iron, Fe	_	0.87	0		1		0.25	3.95	
Magnesium, Mg		23	0		1		7	104	
Phosphorus, P		200	0		1		57	907	
Potassium, K	-	289	0		1		82	1311	
Sodium, Na		95	0		1		27	431	
Zinc, Zn		4.31	0		1		1.22	19.55	
Copper, Cu	mg	0.118	0		1		0.033	0.535	
Manganese, Mn	<u>mg</u>	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	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.090		_	1		0.026	0.408	
Riboflavin		0.300			1		0.085	1.361	
Niacin		5.450			1		1.545	24.721	
Pantothenic acid	-	1.510			1		0.428	6.849	
Vitamin B-6		0.370			1		0.105	1.678	
Folate, total	_	10	0		1		3	45	
Folic acid		0	0	Z	7		0	0	
Folate, food		10	0		1		3	45	
Folate, DFE	mcg_DFE	10	0	NC	4		3	45	
Vitamin B-12		1.82	0		1		0.52	8.26	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE	mcg_RAE	0	0		4		0	0	
Retinol	mcg	0	0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.28	0		1		0.08	1.27	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	Incg								
Lipids:									
Fatty acids, total saturated	g	1.940	0		1		0.550	8.800	
4:0	g								
6:0	g								
8:0									
10:0		0.000			1		0.000	0.000	
12:0		0.010	0		1		0.003	0.045	
13:0	_		<u>-</u>		_				
14:0	_	0.160	0		1		0.045	0.726	
15:0	_	1 0=1					0.000	4 760	
16:0	_	1.050	0		1		0.298	4.763	
17:0	_	0.650	0		1		0 104	2 040	
18:0 20:0	_	0.650	, 0		1		0.184	2.948	
22:0	_								
	u								

		Amount in 100 grams of edible portion  Number				<u>on</u>		Amount in edible portion of common measures of food			
						_		<u></u>	easures or roou		
Nutrients and Unit	s	Mean	Std. Error			Code	Confidence Code	Measure 1	Measure 2	Measure 3	
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											
Fatty acids, total polyunsaturated	g	0.420		0		1		0.119	1.905		
18:2 undifferentiated		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:											
	0	0.195		0		1		0.055	0.885		
Tryptophan Threonine		0.193		0		1		0.033	3.810		
	-	0.840		0		1		0.238	4.296		
Isoleucine		1.531		0		1		0.288	6.945		
Leucine				0		1					
Lysine	-	1.585 0.449		0		1		0.449 0.127	7.190 2.037		
Methionine	-	0.449		0		1					
Cystine				0		1		0.062	0.984		
Phenylalanine		0.776		0		1		0.220 0.174	3.520 2.781		
Tyrosine	-	0.613		0		1					
Valine		1.063		-		_		0.301	4.822		
Arginine		1.131		0 0		1 1		0.321	5.130		
Histidine	•	0.698		-		_		0.198	3.166		
Alanine	-	1.144		0		1		0.324	5.189		
Aspartic acid		1.659		0		1		0.470	7.525		
Glutamic acid	-	3.042		0		1		0.862	13.799		
Glycine		0.988		0		1		0.280	4.482		
Proline	•	0.803		0		1		0.228	3.642		
Serine	-	0.721		0		1		0.204	3.270		
Hydroxyproline	g										

## **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

Refuse: 39% Bone 35%, separable fat 4%

		<u>Aı</u>	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber	r			<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	а	59.24	0.392	12		1		103.08	50.35	
Energy	=	198		0	NC	4		345	168	
Energy		828		·	2.0	4		1441	704	
Protein (N x 6.25)		32.66	0.407	12		1		56.83	27.76	
Total lipid (fat)		6.48	0.176	12		1		11.28	5.51	
Ash		1.24	0.029	12		1		2.16	1.05	
Carbohydrate, by difference		0.00	0.025	0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch		0.00		Ū		,		0.00	0.00	
Starcii	9									
Minerals:										
Calcium, Ca	_	40	3.167	12		1		70	34	
Iron, Fe		1.47	0.045	12		1		2.56	1.25	
Magnesium, Mg		28	0.572	12		1		49	24	
Phosphorus, P	-	252	7.458	12		1		438	214	
Potassium, K		305	4.531	12		1		531	259	
Sodium, Na		101	4.750	12		1		176	86	
Zinc, Zn		7.39	0.126	12		1		12.86	6.28	
Copper, Cu		0.171		12		1		0.298	0.145	
Manganese, Mn		0.038	<b>;</b>	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		0.060	0.006	12		1		0.104	0.051	
Riboflavin		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	
Vitamin B-12		2.01	0.327	12		1		3.50	1.71	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.45		0		1		0.78	0.38	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg	6.8		0	BFSN	4		11.7	5.7	
Lipids:										
Fatty acids, total saturated	q	1.810	)	0		1		3.149	1.539	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0		0.000		0		1		0.000	0.000	
10:0		0.000		73		1		0.000	0.000	
12:0	_	0.010		73		1		0.017	0.009	
13:0	-									
14:0	-	0.120	1	73		1		0.209	0.102	
15:0										
16:0	_	1.060	1	73		1		1.844	0.901	
17:0										
18:0	_	0.620	1	73		1		1.079	0.527	
20:0	_									
22:0	_									
24:0	-									

	<u>An</u>	nount in 100 grams	Amount in edible portion of common measures of food					
Nutrients and Units	Moon	Number of Data Std. Error Points	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Nutrients and Onits	Mean	Sta. Error 1 omts	Oode	Oode	- Code	weasure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	2.310	0		1		4.019	1.964	
14:1g								
15:1g								
16:1 undifferentiatedg	0.210	73		1		0.365	0.179	
17:1g				_				
18:1 undifferentiated	2.080	73		1		3.619	1.768	
20:1g	0.000	0		1		0.000	0.000	
22:1 undifferentiatedg 24:1 cg	0.000	U		1		0.000	0.000	
Fatty acids, total polyunsaturated9	0.580	0		1		1.009	0.493	
18:2 undifferentiatedg	0.440	73		1		0.766	0.374	
18:3 undifferentiated	0.030	73		1		0.052	0.026	
18:4g	0.000	0		1		0.000	0.000	
20:2 n-6 c.c								
20:3 undifferentiatedg								
20:4 undifferentiated	0.110	73		1		0.191	0.094	
20:5 n-3g	0.000	0		1		0.000	0.000	
22:5 n-3g	0.000	0		1		0.000	0.000	
22:6 n-3g	0.000	0		1		0.000	0.000	
Fatty acids, total transg								
Cholesterol mg	158	13.538 12		1		275	134	
Phytosterols mg								
Amino Acids:								
Tryptophang	0.331	0		1		0.576	0.281	
Threonine	1.427	0		1		2.483	1.213	
Isoleucine 9	1.608	0		1		2.798	1.367	
Leucine	2.599	0		1		4.522	2.209	
Lysine	2.691	0		1		4.682	2.287	
Methionine	0.762	0		1		1.326	0.648	
Cystineg	0.369	0		1		0.642	0.314	
Phenylalanineg	1.318	0		1		2.293	1.120	
Tyrosine	1.041	0		1		1.811	0.885	
Valine	1.805	0		1		3.141	1.534	
Arginine	1.921	0		1		3.343	1.633	
Histidineg	1.185	0		1		2.062	1.007	
Alanineg	1.942	0		1		3.379	1.651	
Aspartic acidg	2.817	0		1		4.902	2.394	
Glutamic acidg	5.166	0		1		8.989	4.391	
Glycine9	1.678	0		1		2.920	1.426	
Prolineg	1.363	0		1		2.372	1.159	
Serineg	1.224	0		1		2.130	1.040	
Hydroxyprolineg								
Others:								
Alcohol, ethylg	0.0	0		7		0.0	0.0	
Caffeine mg	0	0	Z	7		0	0	
Theobromine mg	0	0	Z	7		0	0	
Carotenoids:								
Carotene, betamcg	0	0	z	7		0.000	0.000	
Carotene, alphamcg	0	0	Z	7		0.000	0.000	
Cryptoxanthin, beta mcg	0	0	Z	7		0.000	0.000	
Lycopene mcg	0	0	z	7		0.000	0.000	
Lycopene								

#### **Common Measures:**

Measure 1 = 174g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17132

Veal, shoulder, blade, separable lean only, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

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

		<u>A</u> 1	mount in 100 gr	ams of	t edib	le portio	<u>n</u>	Amount in edible portion of common		
			Nur	nber				<u>m</u>	easures of food	<u>[</u>
			of I	Data D	Deriv	Source	Confidence			
Nutrients and Unit	ts	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure 3
Proximates: Water	a	66.90		0		1		157.88	56.87	
Energy	_	171		0	NC	4		404	145	
0.		715		U	NC	4		1688		
Energy				•		_			608	
Protein (N x 6.25)	_	25.64		0		1		60.51	21.79	
Total lipid (fat)		6.88		0		1		16.24	5.85	
Ash		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:	<b></b>			•		_				
Calcium, Ca	-	28		0		1		66	24	
Iron, Fe	-	1.00		0		1		2.36	0.85	
Magnesium, Mg		24		0		1		57	20	
Phosphorus, P		215		0		1		507	183	
Potassium, K		310		0		1		732	264	
Sodium, Na		102		0		1		241	87	
Zinc, Zn	mg	5.72		0		1		13.50	4.86	
Copper, Cu	mg	0.141	L	0		1		0.333	0.120	
Manganese, Mn	mg	0.030	)	0		1		0.071	0.026	
Selenium, Se	mcg	10.7		0 1	BFYN	4		25.3	9.1	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.070	`	0	-	1		0.165	0.060	
Riboflavin	-	0.360		0		1		0.850	0.306	
		5.820		0		1		13.735	4.947	
Niacin				0		1				
Pantothenic acid		1.410				_		3.328	1.199	
Vitamin B-6	-	0.240	)	0		1		0.566	0.204	
Folate, total		11		0		1		26	9	
Folic acid		0		0	Z	7		0	0	
Folate, food		11		0		1		26	9	
Folate, DFE		11		0	NC	4		26	9	
Vitamin B-12		2.06		0		1		4.86	1.75	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.50		0		1		1.18	0.43	
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	ď	2.570	1	0		1		6.065	2.185	
· ·		2.570	•	J		_		0.005	2.105	
4:0										
6:0	-									
8:0	-			•		_				
10:0	-	0.000		0		1		0.000	0.000	
12:0	-	0.020	J	0		1		0.047	0.017	
13:0	-									
14:0	-	0.210	)	0		1		0.496	0.179	
15:0	-									
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	q									
20.0										
22:0										

Nutrients and Units   Nutrients   Nutrie			<u>Aı</u>	mount in 100		of edible	portio	<u>on</u>		Amount in edible portion of common measures of food			
14	Nutrients and Uni	its	Mean	c	of Data						Measure 3		
14													
15-1			2.470		0		1		5.829	2.100			
1-1   mdifferentiated.   9   0.270   0   1   0.637   0.230   1   1   1.828		-											
17-1													
18   undifferentiated		-	0.270		0		1		0.637	0.230			
20:1													
221 undifferentiated		-	2.150		0		1		5.074	1.828			
24:1 c         9         0.560         0         1         1.322         0.476           18:2 undifferentiated.         9         0.410         0         1         0.968         0.349           18:3 undifferentiated.         9         0.040         0         1         0.094         0.034           18:4													
Fatty acids, total polyumsaturated		• • • • • • • • • • • • • • • • • • • •											
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													
18:3 undifferentiated													
18:4		•											
20:2 n-6 c.c.		-	0.040		0		1		0.094	0.034			
20.3 undifferentiated	18:4	g											
20.4 undifferentiated	20:2 n-6 c,c	g											
20:5 n-3	20:3 undifferentiated	g											
22:5 n.3         9           22:6 n.3         9           Fatty acids, tola trans.         9           Cholesterol.         mg         119         0         1         281         101           Phytosterols.           Ramino 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         4.984         1.795           Methionine.         g         0.289         0         1         2.443         0.880           Cystine.         g         0.289         0         1         2.443         0.880           Tyrosine.         g         1.035         0         1         2.443 <td>20:4 undifferentiated</td> <td>g</td> <td>0.110</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>0.260</td> <td>0.094</td> <td></td>	20:4 undifferentiated	g	0.110		0		1		0.260	0.094			
22.6 n.3         9           Fatty acids, total trans.         9           Cholesterol.         mg         119         0         1         281         101           Phytosterols.           Amino Acids:           Tryptophan.         9         0.259         0         1         0.611         0.220           Threonine.         9         1.120         0         1         2.643         0.952           Incomine.         9         1.120         0         1         2.643         0.952           Threonine.         9         1.262         0         1         2.643         0.952           Incomine.         9         1.262         0         1         2.643         0.952           Leucine.         9         1.262         0         1         4.814         1.734           Lysine.         9         2.2112         0         1         4.984         1.795           Methionine.         9         0.598         0         1         4.984         1.795           Methionine.         9         0.289         0         1         2.443	20:5 n-3	g											
Fatty acids, total trans	22:5 n-3	g											
Cholesterol.         mg         119         0         1         281         101           Phytosterols.         mg         1         281         101           Amino Acides:         2         3         0.259         0         1         0.611         0.220           Trypophan.         9         0.259         0         1         2.643         0.952           Isoleucine.         9         1.120         0         1         2.643         0.952           Isoleucine.         9         1.262         0         1         2.978         1.073           Leucine.         9         2.040         0         1         4.814         1.734           Lysine.         9         2.112         0         1         4.984         1.795           Methionine.         9         0.598         0         1         1.411         0.508           Cystine.         9         0.289         0         1         2.443         0.880           Tyrosine.         9         0.817         0         1         1.928         0.694           Valine.         9         1.417         0         1         3.344         1.204	22:6 n-3	g											
Phytosterols   Mg   Phytosterols	Fatty acids, total trans	g											
Amino Acids:         Tryptophan         9         0.259         0         1         0.611         0.220           Threonine         9         1.120         0         1         2.643         0.952           Isoleuine         9         1.262         0         1         2.978         1.073           Leucine         9         2.040         0         1         4.814         1.734           Lysine         9         2.112         0         1         4.984         1.795           Methionine         9         0.598         0         1         1.411         0.508           Cystine         9         0.289         0         1         0.682         0.246           Phenylalanine         9         1.035         0         1         2.443         0.880           Tyrosine         9         0.817         0         1         1.928         0.694           Valine         9         1.417         0         1         3.344         1.204           Arginine         9         1.508         0         1         3.559         1.282           Histidine         9         1.525         0         1	Cholesterol	mg	119		0		1		281	101			
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           Argnine         g         0.931         0         1         3.559         1.282           Histidine         g         0.931         0         1         3.599         1.296 </td <td>Phytosterols</td> <td>mg</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	Phytosterols	mg											
Threonine         9         1.120         0         1         2.643         0.952           Isoleucine         9         1.262         0         1         2.978         1.073           Leucine         9         2.040         0         1         4.814         1.734           Lysine         9         2.112         0         1         4.984         1.795           Methionine         9         0.598         0         1         1.411         0.508           Cystine         9         0.289         0         1         0.682         0.246           Phenylalanine         9         1.035         0         1         2.443         0.880           Tyrosine         9         0.817         0         1         1.928         0.694           Valine         9         1.417         0         1         3.344         1.204           Argnine         9         1.508         0         1         3.559         1.282           Histidine         9         0.931         0         1         2.197         0.791           Alanine         9         1.525         0         1         3.599         1.296													
Soleucine													
Leucine       9       2.040       0       1       4.814       1.734         Lysine       9       2.112       0       1       4.984       1.795         Methionine       9       0.598       0       1       1.411       0.508         Cystine       9       0.289       0       1       0.682       0.246         Phenylalanine       9       1.035       0       1       2.443       0.880         Tyrosine       9       0.817       0       1       1.928       0.694         Valine       9       1.417       0       1       3.344       1.204         Arginine       9       1.508       0       1       3.559       1.282         Histidine       9       0.931       0       1       2.197       0.791         Alanine       9       1.525       0       1       3.599       1.296         Aspartic acid       9       4.055       0       1       9.570       3.447         Glycine       9       1.317       0       1       9.570       3.447         Glycine       9       1.070       0       1       2.525       0.910	Threonine	g	1.120		0		1		2.643	0.952			
Lysine       9       2.112       0       1       4.984       1.795         Methionine       9       0.598       0       1       1.411       0.508         Cystine       9       0.289       0       1       0.682       0.246         Phenylalanine       9       1.035       0       1       2.443       0.880         Tyrosine       9       0.817       0       1       1.928       0.694         Valine       9       1.417       0       1       3.344       1.204         Arginine       9       1.508       0       1       3.559       1.282         Histidine       9       0.931       0       1       3.559       1.282         Histidine       9       0.931       0       1       3.599       1.296         Aspartic acid       9       2.212       0       1       3.599       1.296         Aspartic acid       9       4.055       0       1       9.570       3.447         Glycine       9       1.317       0       1       3.108       1.119         Proline       9       1.070       0       1       2.525       0.	Isoleucine	g	1.262		0		1		2.978	1.073			
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       0.817       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       3.559       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       0.81	Leucine	g	2.040		0		1		4.814	1.734			
Cystine       9       0.289       0       1       0.682       0.246         Phenylalanine       9       1.035       0       1       2.443       0.880         Tyrosine       9       0.817       0       1       1.928       0.694         Valine       9       1.417       0       1       3.344       1.204         Arginine       9       1.508       0       1       3.559       1.282         Histidine       9       0.931       0       1       2.197       0.791         Alanine       9       1.525       0       1       3.599       1.296         Aspartic acid       9       2.212       0       1       5.220       1.880         Glutamic acid       9       4.055       0       1       9.570       3.447         Glycine       9       1.317       0       1       3.108       1.119         Proline       9       1.070       0       1       2.525       0.910         Serine       9       0.961       0       1       2.268       0.817	Lysine	g	2.112		0		1		4.984	1.795			
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	Methionine	g	0.598		0		1		1.411	0.508			
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	Cystine	g	0.289		0		1		0.682	0.246			
Valine.       9       1.417       0       1       3.344       1.204         Arginine.       9       1.508       0       1       3.559       1.282         Histidine.       9       0.931       0       1       2.197       0.791         Alanine.       9       1.525       0       1       3.599       1.296         Aspartic acid.       9       2.212       0       1       5.220       1.880         Glutamic acid.       9       4.055       0       1       9.570       3.447         Glycine.       9       1.317       0       1       3.108       1.119         Proline.       9       1.070       0       1       2.525       0.910         Serine.       9       0.961       0       1       2.268       0.817	Phenylalanine	g	1.035		0		1		2.443	0.880			
Valine       9       1.417       0       1       3.344       1.204         Arginine       9       1.508       0       1       3.559       1.282         Histidine       9       0.931       0       1       2.197       0.791         Alanine       9       1.525       0       1       3.599       1.296         Aspartic acid       9       2.212       0       1       5.220       1.880         Glutamic acid       9       4.055       0       1       9.570       3.447         Glycine       9       1.317       0       1       3.108       1.119         Proline       9       1.070       0       1       2.525       0.910         Serine       9       0.961       0       1       2.268       0.817	2		0.817		0		1		1.928	0.694			
Arginine       9       1.508       0       1       3.559       1.282         Histidine       9       0.931       0       1       2.197       0.791         Alanine       9       1.525       0       1       3.599       1.296         Aspartic acid       9       2.212       0       1       5.220       1.880         Glutamic acid       9       4.055       0       1       9.570       3.447         Glycine       9       1.317       0       1       3.108       1.119         Proline       9       1.070       0       1       2.525       0.910         Serine       9       0.961       0       1       2.268       0.817	,	_	1.417		0		1		3.344	1.204			
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			1.508		0		1		3.559	1.282			
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	9		0.931		0		1		2.197	0.791			
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		•			0		1		3.599	1.296			
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		-			0		1		5.220				
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	•				0		1						
Proline		_											
Serineg 0.961 0 1 2.268 0.817	2	-					_						
•		•											
Hudrovantolino	Hydroxyproline	_	0.501		·		-		2.230	0.017			

## **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

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

		<u>Aı</u>	mount in 100 g	rams	of edit	ole portio	<u>n</u>	Amount in edible portion of common		
			Nui	mber				m	easures of food	
						Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	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	_	0.88	0.029	12		1		0.25	3.99	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	23	0.446	12		1		7	104	
Phosphorus, P		204	5.032	12		1		58	925	
Potassium, K		295	4.801	12		1		84	1338	
Sodium, Na		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		0.029	1	0		1		0.008	0.132	
Selenium, Se	mcg	8.1		0	BFNN	4		2.3	36.7	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.090	0.009	12		1		0.026	0.408	
Riboflavin		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		10	1.753	12		1		3	45	
Folate, DFE		10		0	NC	4		3	45	
Vitamin B-12		1.86	0.272	12		1		0.53	8.44	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.27		0		1		0.08	1.22	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
	9									
<u>Lipids:</u>										
Fatty acids, total saturated		0.980		0		1		0.278	4.445	
4:0										
6:0	-									
8:0		0 000		1 47		1		0.000	0.000	
10:0 12:0		0.000		147 147		1 1		0.000 0.000	0.000 0.000	
13:0	_	0.000		14/		1		0.000	0.000	
14:0	-	0.050	ı	147		1		0.014	0.227	
15:0		0.030		/		-		0.014	0.221	
16:0	_	0.560	ı	147		1		0.159	2.540	
17:0	_	2.200				-		3.200	2.0.0	
18:0	_	0.340	1	147		1		0.096	1.542	
20:0	_								<del>-</del>	
22:0										
	g									

		<u>Ar</u>			Amount in 100 grams of edible portion  Number			
				r a Deriv Source	Confidence		easures of food	
Nutrients and Uni	ts	Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
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		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	q	0.199	0	1		0.056	0.903	
Threonine		0.858	0	1		0.243	3.892	
Isoleucine	-	0.967	0	1		0.274	4.386	
Leucine		1.563	0	1		0.443	7.090	
Lysine		1.618	0	1		0.459	7.339	
Methionine	-	0.458	0	1		0.130	2.077	
Cystine	-	0.222	0	1		0.063	1.007	
Phenylalanine		0.793	0	1		0.225	3.597	
Tyrosine		0.626	0	1		0.177	2.840	
Valine	-	1.085	0	1		0.308	4.922	
Arginine		1.155	0	1		0.327	5.239	
Histidine		0.713		1		0.202	3.234	
Alanine	•	1.168	0	1		0.331	5.298	
Aspartic acid	-	1.694	0	1		0.480	7.684	
Glutamic acid		3.106	0	1		0.881	14.089	
Glycine	-	1.009	0	1		0.286	4.577	
Proline		0.820	0	1		0.232	3.720	
Serine	•	0.736	0	1		0.209	3.338	
Hydroxyproline	-	0.750	· ·	-		0.233	3.330	
ттушолургонис	9							

## **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. 17117 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Refuse: 31% Bone

Nutrients and Units			<u>A</u>	mount in 100 grams	s of edil	ole portio	<u>n</u>	Amount in edible portion of common		
Nutrients and Units				Numbe	r			m	easures of food	
Nutrients and Units						Source	Confidence			
Water	Nutrients and Un	its	Mean					Measure 1	Measure 2	Measure
Water										
Energy		a	56.40	0		1		107.72	47 94	
Facegrown   Si		_			NC					
Protein (N. o. 25)	23			v	МС					
Total lipsig (fin)	63	=		0		_				
Ash. 9 1.24 0 1 1 2.37 1.05 Fiber, total detary. 9 0.00 0 2 7 0.00 0.00 Fiber, total detary. 9 0.00 0 2 7 0.00 0.00 Starch  9 0 0 0 1 7 0.00 0.00 Starch  9 0 0 1 1 67 30  Internate  Calcium, Ca. mg 35 0 1 1 67 30  Impact 1.42 0 1 1 52 23  Magnesium, Mg. mg 27 0 1 1 52 23  Plensphora, P. mg 250 0 1 1 52 23  Plensphora, P. mg 250 0 1 1 550 253  Sodium, Na. mg 309 0 1 1 550 253  Sodium, Na. mg 95 0 1 1 11 81 81  Impact 1.00 1 1 12.59 5.60  Copper, Cu. mg 6.59 0 1 1 12.59 5.60  Magneses, Ma. mg 95 0 1 1 12.59 5.60  Magneses, Ma. mg 0 0.036 0 1 1 0.069 0.031  Magneses, Ma. mg 0 0.036 0 1 1 0.069 0.031  Thamin mg 0 0.060 0 1 0 0.00  Thamin mg 0 0.00 0 2 7 0 0.0 0.00  Thamin mg 0 0.00 0 2 7 0 0.0 0.00  Thamin mg 0 0.00 0 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0										
Carbelydraine, by difference						_				
Fiber, Irold dietary					7.					
Signers, total   9				-						
Sharch   S										
Minerals:	0 ,	-	0.00	v		•		0.00	0.00	
Calcium, Ca.   mg   35   0   1   67   30	Staten	9								
Inn. Fe	<u>Minerals:</u>									
Magnesium, Mg	· · · · · · · · · · · · · · · · · · ·	-								
PROSPIONS P.   mg	· ·	-				_				
Potassium K.				-		_				
Sedim. Na.	1 ,	•				_				
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         PIE         4         27.1         12.1           Vitamins         Selenium, Sc.         mg         0.036         0         PIE         4         27.1         12.1           Vitamins         Copper, Cu.         mg         0.060         0         Z         7         0.0         0.0           Thianin.         mg         0.060         0         1         0.115         0.051           Rholfavin.         mg         0.340         0         1         0.649         0.289           Niacin.         mg         6.420         0         1         1.2.92         1.301           Vitamin.         mg         6.520         0         1         2.922         1.545           Patotheric scid.         mg         0.250         0         1         2.92         13           Foliac, food.         mg         0.250         0         2         7         0         0						_				
Copper Cu         mg         0.151         0         1         0.288         0.128           Manganesc, M.         mg         0.036         0         1         0.069         0.031           Sclenium, Sc.         mg         14.2         0         PIE         4         27.1         12.1           Vitamins:           Vitamin C, total ascorbic acid         mg         0.0         0         2         7         0.0         0.0         0.051         1.0         0.051										
Manganese, Mn.         mg         0.036         0         1         0.069         0.031           Sclenium, Sc.         mcg         14.2         0         PIE         4         27.1         12.1           Vitamins C.         mcg         14.2         0         PIE         4         27.1         12.1           Vitamin C. total ascorbic acid.         mg         0.06         0         2         7         0.0         0.0           Thiamin.         mg         0.340         0         1         0.115         0.051           Ribolavin.         mg         6.420         0         1         12.262         5.457           Patachenic acid.         mg         1.530         0         1         12.292         1.301           Vitamin B-6.         mg         0.250         0         1         2.92         1.3           Folica cid.         mcg         15         0         1         2.9         13           Foliac pod.         mcg         15         0         Nc         4         29         13           Vitamin A Cab.         mcg         1.84         0         1         3.51         1.56	*									
Selenium, Se.   mog   14.2   0   PIE   4   27.1   12.1     Vitamins:	• •									
Vitamins:         Vitamin C, total ascorbic acid.         mg         0.0         0         z         7         0.0         0.0         0.51         Thismin.         mg         0.051         1         0.115         0.051         1         0.115         0.051         1         0.115         0.051         1         0.115         0.051         1         0.239         0         1         0.649         0.289         0         1         0.649         0.289         0         1         0.649         0.289         0         1         0.649         0.289         0         1         0.649         0.289         0         1         12.262         5.457         0         0         1         12.922         1.301         0         1         1         2.922         1.301         0         1         1         2.922         1.301         0         1         1         2.922         1.301         0         0         1         1         2.922         1.301         0					DIE					
Vitamin C, total ascorbic acid.	Selenium, Se	Ilicy	14.2	U	PIE	4		27.1	12.1	
Thiamin.         mg         0.060         0         1         0.115         0.051           Riboflavin.         mg         6.420         0         1         0.649         0.289           Niacin.         mg         6.420         0         1         12.262         5.457           Pantothenic acid.         mg         0.250         0         1         2.922         1.301           Vitamin B-6.         mg         0.250         0         1         2.922         1.301           Vitamin B-16.         mg         0.250         0         1         2.92         1.3           Folate, food.         mcg         15         0         1         2.9         13           Folate, food.         mcg         15         0         n         4         29         13           Folate, food.         mcg         1.56         Nc         4         29         13           Folate, food.         mcg         1.84         0         1         3.51         1.56           Vitamin B-12.         mcg         1.84         0         1         3.51         1.56           Vitamin A, IV.         IU         0         0         N	<u>Vitamins:</u>									
Riboflavin.	Vitamin C, total ascorbic acid	mg	0.0	0	Z	7		0.0	0.0	
Niacin         mg         6.420         0         1         12.262         5.457           Pantohenic 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           Folate, food.         mcg         15         0         1         29         13           Folate, food.         mcg         15         0         NC         4         29         13           Folate, food.         mcg         15         0         NC         4         29         13           Folate, food.         mcg         15         0         NC         4         29         13           Folate, food.         mcg         15         0         NC         4         0         0           Vitamin B-12.         mcg         184         0         NC         4         0         0           Vitamin A, RAE         mcg         0         NR         4         0         0         0           Reciprol.         m	Thiamin	mg	0.060	0		1		0.115	0.051	
Pantohenic acid.	Riboflavin	mg	0.340	0		1		0.649	0.289	
Vitamin B-6.         mg         0.250         0         1         0.478         0.213           Folate, total         mcg         15         0         1         29         13           Folate, total         mcg         0         z         7         0         0           Folate, DFE         mcg         15         0         1         29         13           Vitamin B-12         mcg         1.84         0         1         3.51         1.56           Vitamin A, IU         IU         0         0         4         0         0           Vitamin A, RAE         mcg_RAE         0         NC         4         0         0           Retinol         mcg         0         NR         4         0         0           Vitamin E (alpha-tocopherol)         mg         0         NR         4         0         0           Tocopherol, beta         mg         mg         0         NR         4         0         0           Vitamin E (alpha-tocopherol)         mg         5.9         N         N         Y         1         1.3         5.0           Vitamin C (br) Journal (alpha-tocopherol)         mcg <td< td=""><td>Niacin</td><td>mg</td><td>6.420</td><td>0</td><td></td><td>1</td><td></td><td>12.262</td><td>5.457</td><td></td></td<>	Niacin	mg	6.420	0		1		12.262	5.457	
Folate, total	Pantothenic acid	mg	1.530	0		1		2.922	1.301	
Folic acid. mcg 0 0 0 z 7 0 0 0 7 1 29 13 7 1 29 13 7 1 1 29 13 7 1 1 29 13 7 1 1 29 13 7 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	Vitamin B-6	mg	0.250	0		1		0.478	0.213	
Folate, food	Folate, total	mcg	15	0		1		29	13	
Folate, DFE.			0	0	Z	7		0	0	
Vitamin B-12.         mcg         1.84         0         1         3.51         1.56           Vitamin A, IU.         IU         0         0         4         0         0           Vitamin A, RAE.         mcg         0         0         NC         4         0         0           Retinol.         mcg         0         0         NR         4         0         0           Vitamin E (alpha-tocopherol)         mg         0.42         0         NR         4         0         0           Tocopherol, beta         mg         1         0.80         0.36         0.3	Folate, food	mcg	15	0		1		29	13	
Vitamin A, IU.         IU         0         4         0         0           Vitamin A, RAE         mcg_RAE         0         0         NC         4         0         0           Retinol.         mcg         0         0         NR         4         0         0           Vitamin E (alpha-tocopherol)         mg         0.42         0         NR         4         0         0.80         0.36           Tocopherol, gamma         mg         1         0.80         0.36         0.31         0.36         0.31         0.36         0.36         0.36         0.36         0.36         0.36         0.36         0.36         0.36         0.36         0.36         0.36         0.36         0.36         0.36	Folate, DFE	mcg_DFE	15	0	NC	4		29	13	
Vitamin A RAE         mcg RAE         0         0         NC         4         0         0           Retinol         mcg         0         0         NR         4         0         0           Vitamin E (alpha-tocopherol)         mg         0.42         0         1         0.80         0.36           Tocopherol, beta         mg         7         0         1         0.80         0.36           Tocopherol, gamma         mg         7         0         EV         VITAMIN F         VITAMIN K (phylloquinone)         0 <td>Vitamin B-12</td> <td>mcg</td> <td>1.84</td> <td>0</td> <td></td> <td>1</td> <td></td> <td>3.51</td> <td>1.56</td> <td></td>	Vitamin B-12	mcg	1.84	0		1		3.51	1.56	
Retinol         mcg         0         NR         4         0         0           Vitamin E (alpha-tocopherol)         mg         0.42         0         1         0.80         0.36           Tocopherol, beta         mg         1         0.80         0.36         0           Tocopherol, gamma         mg         Vitamin D         W         Vitamin D         W         Vitamin D         W         Vitamin N         4         11.3         5.0           Vitamin K (phylloquinone)         mcg         5.9         0         BFYN         4         11.3         5.0           Spides         ***********************************				0		4				
Vitamin E (alpha-tocopherol)         mg         0.42         0         1         0.80         0.36           Tocopherol, beta.         mg         1         0.80         0.36           Tocopherol, gamma.         mg         1         0.80         0.36           Tocopherol, gamma.         mg         1         0.80         0.80           Vitamin D.         IU         VITAMIN K (phylloquinone)         mcg         5.9         0         BFYN         4         11.3         5.0           Lipids:         Fatty acids, total saturated.         9         3.750         0         1         7.163         3.188           4.0.         9         0.000         0         1         0.000         0.000           6.0.         9         0.000         0         1         0.000         0.000           8.0.         9         0.000         0         1         0.000         0.000           10.0.         9         0.010         0         1         0.019         0.009           12.0         9         0.030         0         1         0.057         0.026           13.0         9         0.350         0         1 <td< td=""><td></td><td></td><td>-</td><td></td><td></td><td></td><td></td><td></td><td>0</td><td></td></td<>			-						0	
Tocopherol, beta	Retinol	mcg	0		NR	4		0		
Tocopherol, gamma mg Tocopherol, delta mg Vitamin D. UU 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 9 0.000 0 1 0.000 0.000 6:0 9 0.000 0 1 0.000 0.000 8:0 9 0.000 0 1 0.000 0.000 8:0 9 0.000 0 1 0.000 0.000 10:0 9 0.010 0 1 0.000 0.000 10:0 9 0.010 0 1 0.057 0.026 13:0 9 14:0 9 0.350 0 1 0.669 0.298 15:0 9 1.70 9 1.70 9 1.70 1.726 17:0 9 1.80 9 1.240 0 1 2.368 1.054	Vitamin E (alpha-tocopherol)	mg	0.42	0		1		0.80	0.36	
Tocopherol, delta										
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           8:0.         g         0.010         0         1         0.000         0.000           8:0.         g         0.010         0         1         0.019         0.009           10:0.         g         0.030         0         1         0.057         0.026           13:0.         g         0.350         0         1         0.669         0.298           15:0.         g         2.030         0         1         3.877         1.726           17:0.         g         1         2.368         1.054           20:0.         g         1.240										
Vitamin K (phylloquinone)         mcg         5.9         0         BFYN         4         11.3         5.0           Lipids:         Eatty 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           12:0         g         0.030         0         1         0.057         0.026           13:0         g         0.350         0         1         0.669         0.298           15:0         g         2.030         0         1         3.877         1.726           17:0         g         1.240         0         1         2.368         1.054           20:0         g         1.240         0         1         2.368         1.054										
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       12:0     g     0.030     0     1     0.057     0.026       13:0     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			F 0	•				11 2		
Fatty acids, total saturated       g       3.750       0       1       7.163       3.188         4:0	vitamin K (pnylloquinone)	Ilicy	5.9	U	BEIN	4		11.3	5.0	
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         12:0       g       0.030       0       1       0.057       0.026         13:0       g       0       1       0.669       0.298         15:0       g       2.030       0       1       3.877       1.726         17:0       g       1.240       0       1       2.368       1.054         20:0       g       1.240       0       1       2.368       1.054	<u>Lipids:</u>									
4:0		g	3.750	0		1		7.163	3.188	
6:0	* '		0.000	0		1		0.000	0.000	
10:0       g       0.010       0       1       0.019       0.009         12:0       g       0.030       0       1       0.057       0.026         13:0       g       0       1       0.669       0.298         15:0       g       0       1       3.877       1.726         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			0.000	0		1		0.000	0.000	
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	8:0	g	0.000	0		1		0.000	0.000	
13:0	10:0	g	0.010	0		1		0.019	0.009	
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	12:0	g	0.030	0		1		0.057	0.026	
15:0	13:0	g								
16:0	14:0	g	0.350	0		1		0.669	0.298	
17:0	15:0	g								
18:0g 1.240 0 1 2.368 1.054 20:0g	16:0	g	2.030	0		1		3.877	1.726	
20:0g	17:0	g								
	18:0	g	1.240	0		1		2.368	1.054	
22:0g	20:0	g								
	22:0	g								

		<u>A</u>	mount in 100 gram		ble portior	1		edible portion	
			Numbe	r			me	easures of food	
						Confidence			
Nutrients and U	nits	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	lg	3.900	0		1		7.449	3.315	
14:1	g								
15:1	-								
16:1 undifferentiated	_	0.410	0		1		0.783	0.349	
17:1 18:1 undifferentiated	_	3.410	0		1		6.513	2.899	
20:1	_	0.000			1		0.000	0.000	
22:1 undifferentiated	-	0.000			1		0.000	0.000	
24:1 c	•								
Fatty acids, total polyunsaturated.		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			1		0.191	0.085	
20:5 n-3	-	0.000			1		0.000	0.000	
22:5 n-3		0.000			1		0.000	0.000	
22:6 n-3	g	0.000	0		1		0.000	0.000	
Fatty acids, total trans									
Cholesterol		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			1		3.016	1.342	
Leucine	g	2.552			1		4.874	2.169	
Lysine		2.642			1		5.046	2.246	
Methionine		0.748			1		1.429	0.636	
Cystine		0.362			1		0.691	0.308	
Phenylalanine		1.294			1		2.472	1.100	
Tyrosine		1.022			1		1.952	0.869	
Valine	-	1.772			1		3.385	1.506	
Arginine		1.886			1		3.602	1.603	
Histidine		1.164			1		2.223	0.989	
Alanine		1.907			1		3.642	1.621	
Aspartic acid	_	2.766			1 1		5.283	2.351	
Glutamic acid	-	5.071			1		9.686	4.310	
Glycine		1.648			_		3.148	1.401	
Proline	-	1.339			1 1		2.557 2.296	1.138 1.022	
Serine Hydroxyproline	-	1.202	U		1		2.296	1.022	
	9								
Others:	_		•		_				
Alcohol, ethyl		0.0	0	_	7		0.0	0.0	
Caffeine		0	0	Z Z	7 7		0	0 0	
Theobromine	<u>iii</u> y	U	U	Z	,		U	U	
Carotenoids:	<b></b>	•	-	_	_		0.000		
Carotene, beta	-	0	0	Z	7		0.000	0.000	
Carotene, alpha		0	0	Z	7 7		0.000	0.000	
Cryptoxanthin, beta		0	0	Z			0.000	0.000	
Lycopene		0	0	Z Z	7 7		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin		U	0	Z			0.000	0.000	

#### **Common Measures:**

Measure 1 = 191g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17117

Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17118 Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted

Refuse: 28% Bone

		<u>A</u>	mount in 100 grams	of edil	ole portio	<u>on</u>	Amount in edible portion of common		
			Numbe	•			m	easures of food	Ī
					Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water	g	65.31	0		1		168.50	55.51	
Energy	kcal	184	0	NC	4		475	156	
Energy		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	ma	27	0		1		70	23	
Iron, Fe	-	1.03	0		1		2.66	0.88	
Magnesium, Mg		25	0		1		65	21	
Phosphorus, P		215	0		1		555	183	
Potassium, K	•	322	0		1		831	274	
Sodium, Na		96	0		1		248	82	
Zinc, Zn		5.12	0		1		13.21	4.35	
Copper, Cu		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	ma	0.0	0	z	7		0.0	0.0	
Thiamin		0.070			1		0.181	0.060	
Riboflavin		0.340			1		0.877	0.289	
Niacin		6.330			1		16.331	5.381	
Pantothenic acid	-	1.300			1		3.354	1.105	
Vitamin B-6		0.260			1		0.671	0.221	
Folate, total	-	12	0		1		31	10	
Folic acid		0	0	Z	7		0	0	
Folate, food		12	0		1		31	10	
Folate, DFE	mcg_DFE	12	0	NC	4		31	10	
Vitamin B-12		1.82	0		1		4.70	1.55	
Vitamin A, IU	IU	0	0		4		0	0	
Vitamin A, RAE	mcg_RAE	0	0		4		0	0	
Retinol	mcg	0	0		4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.46	0		1		1.19	0.39	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	Ilicg								
Lipids:									
Fatty acids, total saturated	g	3.400	0		1		8.772	2.890	
4:0	g								
6:0	g								
8:0									
10:0		0.010			1		0.026	0.009	
12:0		0.020	0		1		0.052	0.017	
13:0	-				_				
14:0	-	0.310	0		1		0.800	0.264	
15:0	-	1 011					4 670	1 500	
16:0	-	1.810	0		1		4.670	1.539	
17:0	-	1.130	0		1		2 01 5	0.961	
18:0	_	1.130	, 0		_		2.915	0.961	
20:0 22:0	-								
44 U	9								

	<u>Ar</u>	mount in 100 grams		<u>ion</u>		edible portion o	of common
		Number			<u>m</u>	easures of food	
Nutrients and Units	Mean	of Data Std. Error Points		e Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturatedg	3.160	0	1		8.153	2.686	
14:1g							
15:1g							
16:1 undifferentiatedg	0.360	0	1		0.929	0.306	
17:1g							
18:1 undifferentiatedg	2.730	0	1		7.043	2.321	
20:1g							
22:1 undifferentiatedg							
24:1 cg	0.610	•				0.510	
Fatty acids, total polyunsaturatedg	0.610		1 1		1.574	0.519	
18:2 undifferentiatedg	0.460 0.050		1		1.187	0.391	
18:3 undifferentiated	0.050	U	1		0.129	0.043	
18:4g							
20:2 n-6 c,c							
20:4 undifferentiated	0.100	0	1		0.258	0.085	
20:5 n-3	0.100	v	-		0.230	0.005	
22:5 n-3g							
22:6 n-3g							
Fatty acids, total trans							
Cholesterol mg	113	0	1		292	96	
Phytosterolsmg							
•							
Amino Acids:		•	_				
Tryptophang	0.256		1 1		0.660	0.218	
Threonine	1.106		1		2.853	0.940	
Isoleucine	1.247		1		3.217 5.199	1.060 1.713	
Leucine	2.015 2.087		1		5.199	1.713	
Lysine	0.591		1		1.525	0.502	
	0.391		1		0.738	0.302	
Cystine	1.022		1		2.637	0.243	
Tyrosine	0.807	-	1		2.082	0.686	
Valine	1.400		1		3.612	1.190	
Arginine9	1.489		1		3.842	1.266	
Histidineg	0.919		1		2.371	0.781	
Alanine	1.506		1		3.885	1.280	
Aspartic acid	2.184		1		5.635	1.856	
Glutamic acid9	4.005		1		10.333	3.404	
Glycine	1.301		1		3.357	1.106	
Proline q	1.057		1		2.727	0.898	
Serineg	0.949		1		2.448	0.807	
Hydroxyproline9		•	_			0.007	

## **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

Refuse: 28% Bone

Std. Erro	Number of Data	•			<u>m</u>	easures of food	
Std. Erro	of Data	number of Data Deriv Source Confidence					
Std. Erro		Deriv	Source	Confidence			
	r Points	Code	Code	Code	Measure 1	Measure 2	Measure :
8	0		1		21.20	339.20	
	0	NC	4		37	590	
			4		154	2467	
7	0		1		5.46	87.41	
8	0		1		1.50	23.95	
5	0		1		0.30	4.76	
0	0	Z	7		0.00	0.00	
	0	Z	7		0.0	0.0	
0	0	Z	7		0.00	0.00	
	0		1		6	100	
1	0		1		0.26	4.13	
	0		1		7	104	
	0		1		58	921	
	0 0		1 1		86 26	1370 <b>4</b> 13	
3	0		1		1.11	413 17.83	
19	0		1		0.034	0.540	
28	0		1		0.008	0.127	
	0	PIE	4		2.3	36.7	
	0	Z	7		0.0	0.0	
90	0		1		0.026	0.408	
90	0		1		0.082	1.315	
90	0		1 1		1.755	28.078	
20 90	0		1		0.403 0.111	6.441 1.769	
90	0		1		3	54	
	0	z	7		0	0	
	0		1		3	54	
	0	NC	4		3	54	
7	0		1		0.47	7.58	
	0		4		0	0	
	0	NC	4		0	0	
	0	NR	4		0	0	
7	0		1		0.08	1.22	
	0	BFYN	4		1.3	21.0	
50	0		1		0.581	9.299	
00	0		1		0.000	0.000	
00	0		1		0.000	0.000	
00	0		1		0.000	0.000	
00 10	0		1		0.000	0.000	
10	U		_		0.003	0.045	
80	0		1		0.051	0.816	
	·		-		0.031	0.010	
00	0		1		0.312	4.990	
80	0		1		0.193	3.084	
0 1 1	010 180 100 680	010 0 180 0 100 0	010 0 180 0 100 0	010 0 1 180 0 1 100 0 1	010 0 1 180 0 1 100 0 1	010       0       1       0.003         180       0       1       0.051         100       0       1       0.312	010     0     1     0.003     0.045       180     0     1     0.051     0.816       100     0     1     0.312     4.990

		<u>A</u>	mount in 100			ole portio	<u>on</u>	Amount in edible portion of common measures of food		
				Number of Data		Source	Confidence	<u>m</u>	easures of food	
Nutrients and	Units	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsature	atedg	1.940	1	0		1		0.550	8.800	
14:1	_									
15:1	_	0.000		•				0.000	0.000	
16:1 undifferentiated 17:1	_	0.220	•	0		1		0.062	0.998	
18:1 undifferentiated	_	1.680	1	0		1		0.476	7.620	
20:1	_	0.000		0		1		0.000	0.000	
22:1 undifferentiated	_	0.000		0		1		0.000	0.000	
24:1 c	•									
Fatty acids, total polyunsaturat		0.410	1	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	_									
20:4 undifferentiated	_	0.070		0		1		0.020	0.318	
20:5 n-3	_	0.000		0		1		0.000	0.000	
22:5 n-3	_	0.000		0		1		0.000	0.000	
22:6 n-3		0.000	1	0		1		0.000	0.000	
Fatty acids, total trans		87		0		1		25	395	
Cholesterol	-	07		U		1		25	393	
1 hytosterois	9									
Amino Acids:										
Tryptophan		0.195		0		1		0.055	0.885	
Threonine	_	0.842		0		1		0.239	3.819	
Isoleucine	_	0.949		0		1		0.269	4.305	
Leucine	_	1.534		0		1		0.435	6.958	
Lysine		1.588		0 0		1 1		0.450	7.203	
Methionine		0.450 0.217		0		1		0.128 0.062	2.041	
Cystine		0.778		0		1		0.062	0.984 3.529	
Phenylalanine Tyrosine		0.614		0		1		0.174	2.785	
Valine	_	1.065		0		1		0.302	4.831	
Arginine	-	1.133		0		1		0.321	5.139	
Histidine		0.699		0		1		0.198	3.171	
Alanine		1.146		0		1		0.325	5.198	
Aspartic acid		1.662		0		1		0.471	7.539	
Glutamic acid		3.048		0		1		0.864	13.826	
Glycine	g	0.990	1	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	a	0.0		0		7		0.0	0.0	
Caffeine		0.0		0	Z	7		0.0	0.0	
Theobromine		0		0	Z	7		0	0	
Carotenoids:		ŭ		Ū	_	•		•	•	
		_		_	_	_				
Carotene, beta		0		0	Z	7		0.000	0.000	
Carotene, alpha		0		0	Z Z	7		0.000	0.000	
Cryptoxanthin, beta		0		0	z z	7		0.000	0.000	
Lycopene		0		0	z Z	7 7		0.000 0.000	0.000 0.000	
Lutein + zeaxanthin	IIICY	U			<u>z</u>			0.000	0.000	

## **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 17116

Veal, shoulder, whole (arm and blade), separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17120 Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised

Refuse: 35% Bone 31%, separable fat 4%

		<u>Ar</u>	mount in 100 gr	ams of e	dible porti	<u>on</u>	Amount in edible portion of common		
			Nun	nber				easures of food	
					iv Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error Poi			Code	Measure 1	Measure 2	Measure
Proximates: Water	a	58.88	0.309	12	1		107.16	50.05	
Energy	-	199			IC 4		362	169	
Energy		833			4		1515	708	
Protein (N x 6.25)		33.68	0.324	12	1		61.30	28.63	
Total lipid (fat)	_	6.10		12	1		11.10	5.19	
Ash		1.27		12	1		2.31	1.08	
Carbohydrate, by difference		0.00		0	z 7		0.00	0.00	
Fiber, total dietary		0.0			z 7		0.0	0.0	
Sugars, total									
Starch	-								
Staren	9								
Minerals:									
Calcium, Ca		37		12	1		67	31	
Iron, Fe	_	1.45		12	1		2.64	1.23	
Magnesium, Mg		28		12	1		51	24	
Phosphorus, P		260		12	1		473	221	
Potassium, K		319		12	1		581	271	
Sodium, Na		97		12	1		177	82	
Zinc, Zn		7.00		12	1		12.74	5.95	
Copper, Cu		0.159		12 0	1 1		0.289	0.135 0.032	
Manganese, Mn Selenium, Se		0.038 14.7		0 BF			0.069 26.8	12.5	
Seienium, Se	Tileg	14.7		U BE	IN 4		20.0	12.5	
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid	mg	0.0		0 :	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 :	7		0	0	
Folate, food		16	3.146	12	1		29	14	
Folate, DFE		16		0 N			29	14	
Vitamin B-12		1.94	0.296	12	1		3.53	1.65	
Vitamin A, IU		0		0	4		0	0	
Vitamin A, RAE		0		0	4		0	0	
Retinol		0		0	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.45		0	1		0.82	0.38	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D Vitamin K (phylloquinone)									
Lipids:	· · · · · ·								
Fatty acids, total saturated	a	1.700		0	1		3.094	1.445	
4:0		1.700		•	1		3.034	1.443	
6:0									
8:0									
10:0	-	0.000	ı	73	1		0.000	0.000	
12:0		0.010		73 73	1		0.018	0.000	
13:0	-	0.010			-		3.013	0.003	
14:0	-	0.120	ı	73	1		0.218	0.102	
15:0	-	J.120		-	-		V.210	V.102	
16:0	-	0.990	ı	73	1		1.802	0.842	
17:0	-	0.590		. •	-		1.002	0.042	
18:0	-	0.580	ı	73	1		1.056	0.493	
20:0	-	0.550			-		1.050	0.455	
22:0									

# Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
		Numbe			m	easures of 1000		
Nutrients and Units	Mean	of Data Std. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated9	2.180	0	1		3.968	1.853		
14:19								
15:1g								
16:1 undifferentiated9		73	1		0.364	0.170		
17:19								
18:1 undifferentiated9		73	1		3.567	1.666		
20:1								
22:1 undifferentiated								
24:1 c		0	1		1 001	0.460		
Fatty acids, total polyunsaturated9		73	1		1.001 0.764	0.468 0.357		
18:2 undifferentiated 9		73	1		0.764	0.337		
18:4		73	1		0.055	0.026		
20:2 n-6 c,c9								
20:3 undifferentiated								
20:4 undifferentiated		73	1		0.182	0.085		
20:5 n-3		,,	=		0.102	0.003		
22:5 n-3								
22:6 n-39								
Fatty acids, total trans								
Cholesteroln		7.780 22	1		237	111		
Phytosterolsn	ng							
Amino Asida								
Amino Acids:	0.241	•			0 601	0.000		
Tryptophan		0	1 1		0.621 2.677	0.290 1.250		
Threonine		0	1		3.018	1.250		
Isoleucine		0	1		4.878	2.278		
Leucine		0	1		4.878 5.051	2.278		
Methionine. 9		0	1		1.431	0.668		
Cystine		0	1		0.692	0.323		
Phenylalanine		0	1		2.473	1.155		
Tyrosine		0	1		1.955	0.913		
Valine		0	1		3.387	1.582		
Arginine		0	1		3.605	1.684		
Histidine		0	1		2.224	1.034		
Alanine		0	1		3.645	1.703		
Aspartic acid		0	1		5.287	2.469		
Glutamic acid9		0	1		9.695	4.528		
Glycine		0	1		3.150	1.471		
Proline 9			1		2.559	1.195		
Serine 9			1		2.297	1.073		
Hydroxyproline9						· · · · <del>-</del>		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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. 17121 Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted

Refuse: 30% Bone 28%, separable fat 2%

Nutrients and Units			<u>A</u>	mount in 10	0 grams	of edib	ole portic	<u>on</u>	Amount in	edible portion o	f common
Nutrients and Units					Number				m	easures of food	
Proximates:					of Data	Deriv	Source	Confidence			
Muler	Nutrients and Unit	ts	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure 3
Muler	Proximates:										
Energy		g	66.66		0		1		167.32	56.66	
Probe   N × 6 × 2 >	Energy	kcal	170		0	NC	4		427	145	
Total pide (ag)	Energy	kj	711				4		1785	605	
Ash.	Protein (N x 6.25)	g	25.81		0		1		64.78	21.94	
Carbohydrate, by difference         9         0.00         0         z         7         0.00         0.00           Fiber, total dictary         9         0.0         0         z         7         0.0         0.0           Starch         9         9         0.0         2         7         0.0         0.0           Wincrals:         S         8         8         23           Calcium, Ca.         mg         27         0         1         68         23           Iron, Fe         mg         1         2.59         0.88         48         23           Magnesium, Mg         mg         25         0         1         547         185           Magnesium, Mg         mg         25         0         1         547         185           Phosphones, P.         mg         218         0         1         547         185           Sodium, Na         mg         218         0         1         547         185           Copper, Cu         mg         5.25         0         1         13.18         4.46           Copper, Cu         mg         0.356         0.12         1         0.356	Total lipid (fat)	g	6.62		0		1		16.62	5.63	
Fiber, total dictary	Ash	g	1.41		0		1		3.54	1.20	
Sugars, total	Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Starch	Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Minerals:   Calcium, Ca.	Sugars, total	g									
Calcium, Ca.	Starch	g									
Calcium, Ca.   mg   27	Minanala										
Tron. Pc.		ma	27		0		1		68	23	
Magnesium, Mg.         mg         25         0         1         547         185           Phosphorus, P.         mg         227         0         1         921         278           Potussium, K.         mg         97         0         1         243         82           Sodium, Na.         mg         97         0         1         13.18         4.46           Copper, Cu.         mg         0.142         0         1         0.356         0.121           Manganess, Mn.         mg         0.030         0         1         0.056         0.026           Sclenium, Sc.         mcg         10.9         0         BFYN         4         27.4         9.3           Vitamin Croit saccorbic acid         mg         0.0         0         Z         7         0.0         0         0.0         0 <td>,</td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>	,	-									
Phosphorus P.	- ,	• • • • • • • • • • • • • • • • • • • •									
Potassium, K.											
Sodium, Na.	•	-									
Zinc, Zn	,		97		0		1		243	82	
Copper, Cu.         mg         0.142         0         1         0.356         0.121           Manganese, Mn         mg         0.030         0         1         0.075         0.026           Sclemium, Se.         mGg         10.9         0         BFYN         4         27.4         9.3           Vitamis:           Vitamin C, total ascorbic acid.         mg         0.0         0         2         7         0.0         0.00           Rhoftavin.         mg         0.040         0         1         0.176         0.060           Rhoftavin.         mg         0.340         0         1         0.853         0.289           Niacin.         mg         6.440         0         1         16.164         5.474           Pantothenic acid.         mg         6.440         0         1         3.313         1.122           Vitamin B-6.         mg         0.260         0         1         3.313         1.122           Folate, total.         mcg         13         0         1         33         11           Folate, total.         mcg         1         0         0         2         7         0	*	-	5.25		0		1		13.18	4.46	
Name			0.142	2	0		1		0.356	0.121	
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           Ribollavin         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         16.164         5.474           Pantothenic acid         mg         1.320         0         1         3.313         1.122           Vitamin B-6         mg         0.260         0         1         3.33         11           Folate, fold         mcg         13         0         1         33         11           Folate, fold         mcg         13         0         Nc         4         33         11           Folate, fold         mcg         13         0         Nc         4         33         11           Vitamin A; U         IU         0         0         4         0         0           Re	Manganese, Mn	mg	0.030	ס	0		1		0.075	0.026	
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         3.112           Vitamin B-6.         mg         0.260         0         1         0.653         0.221           Foltac fold.         mg         0.260         0         1         3.313         1.122           Foltac, fold.         mcg         0         2         7         0         0         0           Foltac, fold.         mcg         0         0         1         33         11           Foltac, fold.         mcg         13         0         NC         4         33         11           Vilamin F.12.         mcg         1.86         0         NC         4         33         11           Vitamin A, RAE.	Selenium, Se	mcg	10.9		0	BFYN	4		27.4	9.3	
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         0.653         0.221           Vitamin B-6.         mg         0.260         0         1         0.653         0.221           Folta cid.         mg         0.260         0         1         3.313         1.122           Foltac, foad.         mcg         0         0         z         7         0         0           Foltac, foad.         mcg         13         0         NC         4         33         11           Foltac, foad.         mcg         13         0         NC         4         33         11           Vitamin A, C         mcg_CPE         13         0         NC         4         0         0           Vitamin A, E	Vitamine										
Thiamin		ma	0.0		0		7		0 0	0.0	
Riborlavim				<b>,</b>		2					
Niacin											
Pantothenic acid.   mg   1.320   0		-									
Vitamin B-6.         mg         0.260         0         1         0.553         0.221           Folate, total         mcg         13         0         1         33         11           Folate, food.         mcg         13         0         1         33         11           Folate, food.         mcg         13         0         1         33         11           Folate, food.         mcg         13         0         NC         4         33         11           Folate, DFE         mcg_DFE         13         0         NC         4         33         11           Vitamin B-12.         mcg         1.86         0         1         4.67         1.58           Vitamin A, IU         IU         0         0         4         0         0         0           Retinol.         mcg         0.50         0         4         0         0         0           Retinol.         mcg         0.50         0         1         1.26         0.43           Tocopherol, beta         mg         0         1         1.26         0.43           Tocopherol, delta         mg         0         1					-						
Folite, total					0						
Folic acid.					0		1				
Folate, food					0	z	7				
Folate, DFE			13		0		1		33	11	
Vitamin B-12         mcg         1.86         0         1         4.67         1.58           Vitamin A, IU         IU         0         0         4         0         0           Vitamin A, RAE         mcg         0         0         4         0         0           Retinol         mcg         0         0         4         0         0           Vitamin E (alpha-tocopherol)         mg         0.50         0         1         1.26         0.43           Tocopherol, beta         mg         0.50         0         1         1.26         0.43           Tocopherol, gamma         mg         7         0.50         0         1         1.26         0.43           Tocopherol, gamma         mg         7         0.50         0         1         1.26         0.43           Tocopherol, gamma         mg         0         0         1         6.275         2.125         0         0         1         6.275         2.125         2.125         2.125         2.125         4.0         9         8.0         9         8.0         9         1.0         9         0.000         0         1         0.000         0.000			13		0	NC	4		33	11	
Vitamin A, RAE         mcg_RAE         0         4         0         0           Retinol         mcg         0         0         4         0         0           Vitamin E (alpha-tocopherol)         mg         0.50         0         1         1.26         0.43           Tocopherol, beta         mg         7 <td></td> <td></td> <td>1.86</td> <td></td> <td>0</td> <td></td> <td>1</td> <td></td> <td>4.67</td> <td>1.58</td> <td></td>			1.86		0		1		4.67	1.58	
Retinol.       mcg       0       4       0       0         Vitamin E (alpha-tocopherol)       mg       0.50       0       1       1.26       0.43         Tocopherol, beta.       mg <td>Vitamin A, IU</td> <td>IU</td> <td>0</td> <td></td> <td>0</td> <td></td> <td>4</td> <td></td> <td>0</td> <td>0</td> <td></td>	Vitamin A, IU	IU	0		0		4		0	0	
Vitamin E (alpha-tocopherol)       mg       0.50       0       1       1.26       0.43         Tocopherol, beta       mg       1       1.26       0.43         Tocopherol, beta       mg       1       1.26       0.43         Tocopherol, gamma       mg       1       2       2       2         Vitamin D       IU       Vitamin B (ghylloquinone)       IU       Vitamin K (phylloquinone)       1       6.275       2.125         Lipids:       S       9       2.500       0       1       6.275       2.125         4:0       9       9       6:0       9       8:0       9       9       9       9       1       0.00       0       0.00 </td <td>Vitamin A, RAE</td> <td>mcg_RAE</td> <td>0</td> <td></td> <td>0</td> <td></td> <td>4</td> <td></td> <td>0</td> <td>0</td> <td></td>	Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Tocopherol, beta			0		0		4		0	0	
Tocopherol, gamma			0.50		0		1		1.26	0.43	
Tocopherol, delta											
Vitamin D											
Vitamin K (phylloquinone)       Lipids:       Fatty acids, total saturated.     9     2.500     0     1     6.275     2.125       4:0											
Lipids:       Fatty acids, total saturated.     g     2.500     0     1     6.275     2.125       4:0											
Fatty acids, total saturated	Vitamin K (phylloquinone)	nicg									
4:0	Lipids:										
6:0	Fatty acids, total saturated	g	2.500	ס	0		1		6.275	2.125	
8:0	4:0	g									
$ \begin{array}{cccccccccccccccccccccccccccccccccccc$	6:0	g									
12:0.     g     0.020     0     1     0.050     0.017       13:0.     g       14:0.     g     0.210     0     1     0.527     0.179       15:0.     g       16:0.     g     1.350     0     1     3.389     1.148		-		_							
13:0											
14:0		-	0.020	ט	0		1		0.050	0.017	
15:0		-	0.01	,	^					2 4 5 6	
16:0g 1.350 0 1 3.389 1.148		_	0.210	,	0		1		0.527	0.179	
•		-	1 25/	<b>.</b>	0		1		2 200	1 140	
1/.Uy		-	1.350	,	U		1		3.369	1.148	
18:0.		-	0.840	n	0		1		2 100	0 714	
20:0		_	0.040	•	U		_		2.100	0.714	
20:0g 22:0g											
22.0											

Fatty acids, total monounsaturated			<u>Aı</u>	nount in 100		<u>n</u>	Amount in edible portion of common			
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 3				N	umber			<u>m</u>	easures of food	
141	Nutrients and Ur	nits	Mean	-				Measure 1	Measure 2	Measure 3
15-1	Fatty acids, total monounsaturated	lg	2.400		0	1		6.024	2.040	
1-1	14:1	g								
17-	15:1	g								
18.1 undifferentiated	16:1 undifferentiated	g	0.270		0	1		0.678	0.230	
201.										
22-1 midiferentiated	18:1 undifferentiated	g	2.080		0	1		5.221	1.768	
Patty acids, total polyunsaturated		-								
Fatty acids, total polyumsaturated   9										
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         0.22 n Ge, c.         g         9         0.02 n Ge, c.         9         0.02 n G, c.         9         0.08 n G, c.         9         0.02 n G, c.         9         0.02 n G, c.         9         0.25 n G, c.         9         0.25 n G, c.         9         0.25 n G, c.         9         0.00 n G, c.         0.00 n		-			_					
18.3 undifferentiated       9       0.040       0       1       0.100       0.034         18.4       9       20.2 n.6 c.c.       9       9       20.3 undifferentiated       9       0.204 undifferentiated       9       0.085       0       1       0.251       0.085         20.5 n.3       9       22.5 n.3       9       22.5 n.3       9       22.5 n.3       9       9       1.0 n.0 n.0 n.0 n.0 n.0 n.0 n.0 n.0 n.0 n										
18.4. 9 20.2 n-6 c.c. 9 20.3 undifferentiated. 9 20.4 undifferentiated. 9 20.5 n-3. 9 22.5 n-3. 9 22.5 n-3. 9 22.6 n-3 0		-								
20.2 n.6 c.c.			0.040		O	1		0.100	0.034	
20.3 undifferentiated		-								
20:4 undifferentiated	*									
20.5 n 3			0 100		0	1		0.251	0 005	
22:5 n-3       9         22:6 n-3       9         Fatty acids, total trans       9         Cholesterol			0.100		U	1		0.251	0.085	
Party acids, total trans										
Fatty acids, total trans		-								
Cholesterol         mg         114         0         1         286         97           Amino Acids:           Tryptophan         9         0.261         0         1         0.655         0.222           Threonine         9         1.128         0         1         2.831         0.959           Isoleucine         9         1.271         0         1         3.190         1.080           Leuine         9         2.055         0         1         5.158         1.747           Lysine         9         2.127         0         1         5.339         1.808           Methionine         9         0.602         0         1         1.511         0.512           Cystine         9         0.291         0         1         0.730         0.247           Phenylalanine         9         0.823         0         1         2.615         0.886           Tyrosine         9         0.823         0         1         2.615         0.886           Tyrosine         9         1.427         0         1         3.552         1.213           Arginine         9         1.518         0										
Phytosterols.   mg   Mg	2 7	-	114		0	1		286	97	
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         1.518         0         1         3.810         1.290           Histidine         g         0.937         0         1         3.853         1.305           Aspartic acid         g         1.535         0         1		_								
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         2.615         0.886           Tyrosine         g         1.427         0         1         3.812         1.213           Arginine         g         1.518         0         1         3.810         1.290           Histidine         g         0.937         0         1         3.853         1.30	-									
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         0.602         0         1         0.730         0.247           Phenylalanine         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         3.853         1.3										
Soleucine	7. ·									
Leucine       9       2.055       0       1       5.158       1.747         Lysine       9       2.127       0       1       5.339       1.808         Methionine       9       0.602       0       1       1.511       0.512         Cystine       9       0.291       0       1       0.730       0.247         Phenylalanine       9       1.042       0       1       2.615       0.886         Tyrosine       9       0.823       0       1       2.066       0.700         Valine       9       1.427       0       1       3.582       1.213         Arginine       9       1.518       0       1       3.810       1.290         Histidine       9       0.937       0       1       3.810       1.290         Halaine       9       1.535       0       1       3.853       1.305         Aspartic acid       9       2.227       0       1       3.853       1.305         Aspartic acid       9       4.083       0       1       10.248       3.471         Glycine       9       1.327       0       1       3.331       1.1					-	_				
Lysine       9       2.127       0       1       5.339       1.808         Methionine       9       0.602       0       1       1.511       0.512         Cystine       9       0.291       0       1       0.730       0.247         Phenylalanine       9       1.042       0       1       2.615       0.886         Tyrosine       9       0.823       0       1       2.066       0.700         Valine       9       1.427       0       1       3.582       1.213         Arginine       9       1.518       0       1       3.810       1.290         Histidine       9       0.937       0       1       3.853       1.305         Aspartic acid       9       1.535       0       1       3.853       1.305         Aspartic acid       9       2.227       0       1       5.590       1.893         Glutamic acid       9       4.083       0       1       10.248       3.471         Glycine       9       1.327       0       1       3.331       1.128         Proline       9       1.078       0       1       2.706       <		_			-	_				
Methionine       9       0.602       0       1       1.511       0.512         Cystine       9       0.291       0       1       0.730       0.247         Phenylalanine       9       1.042       0       1       2.615       0.886         Tyrosine       9       0.823       0       1       2.066       0.700         Valine       9       1.427       0       1       3.582       1.213         Arginine       9       1.518       0       1       3.810       1.290         Histidine       9       0.937       0       1       2.352       0.796         Alanine       9       1.535       0       1       3.853       1.305         Aspartic acid       9       2.227       0       1       5.590       1.893         Glutamic acid       9       4.083       0       1       10.248       3.471         Glycine       9       1.327       0       1       3.331       1.128         Proline       9       1.078       0       1       2.706       0.916         Serine       9       0.968       0       1       2.430       0.8		_								
Cystine       9       0.291       0       1       0.730       0.247         Phenylalanine       9       1.042       0       1       2.615       0.886         Tyrosine       9       0.823       0       1       2.066       0.700         Valine       9       1.427       0       1       3.582       1.213         Arginine       9       1.518       0       1       3.810       1.290         Histidine       9       0.937       0       1       2.352       0.796         Alanine       9       1.535       0       1       3.853       1.305         Aspartic acid       9       2.227       0       1       5.590       1.893         Glutamic acid       9       4.083       0       1       10.248       3.471         Glycine       9       1.327       0       1       3.331       1.128         Proline       9       1.078       0       1       2.706       0.916         Serine       9       0.968       0       1       2.430       0.823	2									
Phenylalanine         9         1.042         0         1         2.615         0.886           Tyrosine         9         0.823         0         1         2.066         0.700           Valine         9         1.427         0         1         3.582         1.213           Arginine         9         1.518         0         1         3.810         1.290           Histidine         9         0.937         0         1         2.352         0.796           Alanine         9         1.535         0         1         3.853         1.305           Aspartic acid         9         2.227         0         1         5.590         1.893           Glutamic acid         9         4.083         0         1         10.248         3.471           Glycine         9         1.327         0         1         3.331         1.128           Proline         9         1.078         0         1         2.706         0.916           Serine         9         0.968         0         1         2.430         0.823						_				
Tyrosine         9         0.823         0         1         2.066         0.700           Valine         9         1.427         0         1         3.582         1.213           Arginine         9         1.518         0         1         3.810         1.290           Histidine         9         0.937         0         1         2.352         0.796           Alanine         9         1.535         0         1         3.853         1.305           Aspartic acid         9         2.227         0         1         5.590         1.893           Glutamic acid         9         4.083         0         1         10.248         3.471           Glycine         9         1.327         0         1         3.331         1.128           Proline         9         1.078         0         1         2.706         0.916           Serine         9         0.968         0         1         2.430         0.823	-									
Valine         9         1.427         0         1         3.582         1.213           Arginine         9         1.518         0         1         3.810         1.290           Histidine         9         0.937         0         1         2.352         0.796           Alanine         9         1.535         0         1         3.853         1.305           Aspartic acid         9         2.227         0         1         5.590         1.893           Glutamic acid         9         4.083         0         1         10.248         3.471           Glycine         9         1.327         0         1         3.331         1.128           Proline         9         1.078         0         1         2.706         0.916           Serine         9         0.968         0         1         2.430         0.823	<u> </u>				-	_				
Arginine       9       1.518       0       1       3.810       1.290         Histidine       9       0.937       0       1       2.352       0.796         Alanine       9       1.535       0       1       3.853       1.305         Aspartic acid       9       2.227       0       1       5.590       1.893         Glutamic acid       9       4.083       0       1       10.248       3.471         Glycine       9       1.327       0       1       3.331       1.128         Proline       9       1.078       0       1       2.706       0.916         Serine       9       0.968       0       1       2.430       0.823	2									
Histidine       9       0.937       0       1       2.352       0.796         Alanine       9       1.535       0       1       3.853       1.305         Aspartic acid       9       2.227       0       1       5.590       1.893         Glutamic acid       9       4.083       0       1       10.248       3.471         Glycine       9       1.327       0       1       3.331       1.128         Proline       9       1.078       0       1       2.706       0.916         Serine       9       0.968       0       1       2.430       0.823		_			-	_				
Alanine       9       1.535       0       1       3.853       1.305         Aspartic acid       9       2.227       0       1       5.590       1.893         Glutamic acid       9       4.083       0       1       10.248       3.471         Glycine       9       1.327       0       1       3.331       1.128         Proline       9       1.078       0       1       2.706       0.916         Serine       9       0.968       0       1       2.430       0.823	_				-	_				
Aspartic acid.       9       2.227       0       1       5.590       1.893         Glutamic acid.       9       4.083       0       1       10.248       3.471         Glycine.       9       1.327       0       1       3.331       1.128         Proline.       9       1.078       0       1       2.706       0.916         Serine.       9       0.968       0       1       2.430       0.823		•								
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		_								
Glycine     9     1.327     0     1     3.331     1.128       Proline     9     1.078     0     1     2.706     0.916       Serine     9     0.968     0     1     2.430     0.823	•				-	_				
Proline     g     1.078     0     1     2.706     0.916       Serine     g     0.968     0     1     2.430     0.823						_				
Serine	2									
•										
	Hydroxyproline	_	0.500		•	-		2.430	0.023	

## **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

Refuse: 31% Bone 28%, separable fat 3%

		<u>Aı</u>	mount in 100 gi	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nur	mber				m	easures of food	
					Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po			Code	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	ma	22	2.163	18		1		6	100	
Iron, Fe.	_	0.90	0.058	18		1		0.26	4.08	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	24	0.466	18		1		7	109	
Phosphorus, P		208	4.432	18		1		59	943	
Potassium, K		311	5.936	18		1		88	1411	
Sodium, Na		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		0.029	1	0		1		0.008	0.132	
Selenium, Se	mcg	8.3		0	BFNN	4		2.4	37.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.090	0.006	18	_	1		0.026	0.408	
Riboflavin		0.290		18		1		0.082	1.315	
Niacin	_	6.150		18		1		1.744	27.896	
Pantothenic acid		1.450		18		1		0.411	6.577	
Vitamin B-6		0.400	0.044	19		1		0.113	1.814	
Folate, total		11	2.034	18		1		3	50	
Folic acid		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	
Vitamin B-12		1.68	0.225	18		1		0.48	7.62	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.26		0		1		0.07	1.18	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin DVitamin K (phylloquinone)										
vitamin K (phynoquinone)	Illeg									
Lipids:										
Fatty acids, total saturated	g	0.900	ı	0		1		0.255	4.082	
4:0										
6:0										
8:0						_				
10:0		0.000		147		1		0.000	0.000	
12:0	_	0.000		147		1		0.000	0.000	
13:0	-	0.050		147		1		0 014	0 007	
		0.050		14/		1		0.014	0.227	
15:0 16:0	_	0.510		147		1		0.145	2.313	
17:0	_	0.510		11/		-		0.143	2.313	
18:0	_	0.320	ı	147		1		0.091	1.452	
20:0	-	0.320				-		3.031	1.452	
22:0										

		<u>Ar</u>	nount in 100 gran		ole portio	<u>n</u>	Amount in edible portion of common measures of food		
			Numb	er a Deriv	Cauras	Confidence	1111	easures or roou	
Nutrients and Un	its	Mean	Std. Error Points		Code	Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.	g	0.960	0		1		0.272	4.355	
14:1									
15:1	-								
16:1 undifferentiated	-	0.100	14'	7	1		0.028	0.454	
17:1				_					
18:1 undifferentiated		0.860	14'	7	1		0.244	3.901	
20:1	-								
22:1 undifferentiated									
24:1 c	-	0.210	0		1		0.000	1 406	
Fatty acids, total polyunsaturated		0.310 0.220		•	1		0.088 0.062	1.406 0.998	
18:2 undifferentiated 18:3 undifferentiated	-	0.220	14' 14'		1		0.062	0.998	
18:4		0.010	14	′	1		0.003	0.045	
20:2 n-6 c,c	-								
20:3 undifferentiated									
20:4 undifferentiated		0.080	14'	7	1		0.023	0.363	
20:5 n-3		0.000			-		0.023	0.303	
22:5 n-3									
22:6 n-3	-								
Fatty acids, total trans									
Cholesterol		86	4.577 18		1		24	390	
Phytosterols	mg								
Amino Acids:									
Tryptophan	а	0.200	0		1		0.057	0.907	
Threonine.		0.864	0		1		0.245	3.919	
Isoleucine		0.974	0		1		0.276	4.418	
Leucine	-	1.575	0		1		0.447	7.144	
Lysine	_	1.630	0		1		0.462	7.394	
Methionine		0.462	0		1		0.131	2.096	
Cystine		0.223	0		1		0.063	1.012	
Phenylalanine		0.799	0		1		0.227	3.624	
Tyrosine		0.631	0		1		0.179	2.862	
Valine		1.094	0		1		0.310	4.962	
Arginine	g	1.164	0		1		0.330	5.280	
Histidine		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		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								

## **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

Refuse: 26% Bone

		<u>A</u>	mount in 100	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion o	f common
			ı	Number				<u>m</u>	easures of food	
				of Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	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									
Minanala										
Minerals: Calcium, Ca	ma	17		0		1		35	14	
Iron, Fe	-	1.20		0		1		2.46	1.02	
Magnesium, Mg	-	27		0		1		55	23	
Phosphorus, P		243		0		1		498	207	
Potassium, K	-	321		0		1		658	273	
Sodium, Na	-	79		0		1		162	67	
Zinc, Zn	mg	4.32		0		1		8.86	3.67	
Copper, Cu	mg	0.128	3	0		1		0.262	0.109	
Manganese, Mn	mg	0.035	5	0		1		0.072	0.030	
Selenium, Se	mcg	14.0		0	PIE	4		28.7	11.9	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin		0.050	)	0	_	1		0.103	0.043	
Riboflavin		0.350		0		1		0.718	0.298	
Niacin	-	6.580	)	0		1		13.489	5.593	
Pantothenic acid		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		15		0		1		31	13	
Folate, DFE		15		0	NC	4		31	13	
Vitamin B-12		1.48		0		1		3.03	1.26	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol	-	0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.41		0		1		0.84	0.35	
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>			_							
Fatty acids, total saturated		5.180	)	0		1		10.619	4.403	
4:0										
6:0										
8:0	-	0.010	<b>,</b>	0		1		0.021	0 000	
10:0 12:0		0.010		0		1		0.021	0.009 0.034	
13:0	-	0.040	-	Ū		-		3.002	V.054	
14:0	-	0.510	)	0		1		1.046	0.434	
15:0	_	0.01	-	•		_			0.454	
16:0	-	2.770	)	0		1		5.679	2.355	
17:0	-									
18:0	-	1.700	)	0		1		3.485	1.445	
20:0	_									
22:0										
24:0	g									

of Data Deriv Source Confidence			<u>Ar</u>	nount in 100 g		<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Units   Mean   Std. Error   Points   Code   Code   Code   Measure 1   Measure 2   Measure 1						_		<u></u>	easures or room	
141	Nutrients and Unit	s	Mean					Measure 1	Measure 2	Measure 3
15.	Fatty acids, total monounsaturated	g	5.150		0	1		10.558	4.378	
16   undifferentiated	14:1	g								
17-1	15:1	g								
18.1 undifferentiated	16:1 undifferentiated	g	0.560		0	1		1.148	0.476	
20:1	17:1	g								
22.1 undifferentiated.   g   24.1 c   g	18:1 undifferentiated	g	4.460		0	1		9.143	3.791	
Paty acids, total polyunsaturated.   9	20:1	g								
Fatty acids, total polyunsaturated										
Fatty acids, total polyunsaturated										
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 undifferentiated       g       0.000       0       1       0.205       0.085         20.5 undifferentiated       g       0       0       1       0.0648       0.269         Phytosteros       mg       1       0       1       0.648       0.269			0.870		0	1		1.784	0.740	
18:3 undifferentiated         g         0.090         0         1         0.185         0.077           18:4         g         9         20.2 n c c,c.         g           20:3 undifferentiated         g         0         1         0.205         0.085           20:5 n-3         g         9         22:5 n -3.         9         22:1 m -3.         9         22:5 n -3.         9         22:5 n -3.         9         22:1 m -3.			0.690		0	1		1.415	0.587	
18:4.		•	0.090		0	1		0.185	0.077	
202 n-6 c.c.   g   203 undifferentiated.   g   204 undifferentiated.   g   0.100   0   1   0.205   0.085   205 n-3.   g   22:5 n-3.   g   23:5 n-3.   g   23		-								
20.3 undifferentiated.   9										
20.4 undifferentiated										
20:5 n-3			0.100		0	1		0.205	0.085	
22:5 n-3.         9           Fatty acids, total trans.         9           Cholesterol.         mg         108         0         1         221         92           Phytosterols.         mg         108         0         1         221         92           Amino Acids:           Tryptophan         9         0.316         0         1         0.648         0.269           Threonine.         9         1.366         0         1         2.800         1.161           Isoleucine.         9         1.539         0         1         3.155         1.308           Leucine.         9         2.488         0         1         5.201         2.115           Lysine.         9         0.729         0         1         5.281         2.190           Methionine.         9         0.729         0         1         1.494         0.620           Cystine.         9         0.353         0         1         2.587         1.073           Tyrosine.         9         0.997         0         1         2.587         1.073           Valine.         9         1.838         0		-								
Patty acids, total trans.   G										
Fatty acids, total trans.         9           Cholesterol         mg         108         0         1         221         92           Phytosterols.           mg           Amino Acids:           Tryptopham         9         0.316         0         1         0.648         0.269           Tryptopham         9         0.316         0         1         2.800         1.161           Isoleucine         9         1.366         0         1         2.800         1.161           Isoleucine         9         1.539         0         1         3.155         1.308           Leucine         9         2.488         0         1         5.100         2.115           Lysine         9         2.576         0         1         5.281         2.190           Methionine         9         0.729         0         1         1.494         0.620           Cystine         9         0.353         0         1         2.587         1.073           Prolysine         9         0.997         0         1         2.587         1.073           Valine		-								
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         1.494         0.620           Cystine.         g         0.353         0         1         2.587         1.073           Tyrosine.         g         0.997         0         1         2.587         1.073           Tyrosine.         g         1.728         0         1         3.542         1.469 <td></td> <td>-</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		-								
Phytosterols.   mg   Maino Acids:			108		0	1		221	92	
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     2.587     1.073       Tyrosine     g     1.728     0     1     3.542     1.469       Arginine     g     1.838     0     1     3.768     1.562       Histidine     g     1.859     0     1     3.811     1.580       Aspartic acid     g     2.697     0     1     5.292     2.292       Glutamic acid     g     4.944     0     1     3.292     1.365       Proline <td></td> <td>_</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>		_								
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         1.494         0.620           Cystine         g         0.353         0         1         1.494         0.620           Cystine         g         0         13         2.587         1.073           Tyrosine         g         0         1         2.587         1.073           Tyrosine         g         0         1         3.542         1.469           Arginine         g         1.838         0         1         3.768         1.562           Histidine         g	-									
Threonine         9         1.366         0         1         2.800         1.161           Isoleucine         9         1.539         0         1         3.155         1.308           Leucine         9         2.488         0         1         5.100         2.115           Lysine         9         2.576         0         1         5.281         2.190           Methionine         9         0.729         0         1         1.494         0.620           Cystine         9         0.353         0         1         0.724         0.300           Phenylalanine         9         1.262         0         1         0.724         0.300           Phenylalanine         9         1.262         0         1         2.587         1.073           Tyrosine         9         0.997         0         1         2.044         0.847           Valine         9         1.728         0         1         3.542         1.469           Arginine         9         1.838         0         1         3.768         1.562           Histidine         9         1.135         0         1         3.811         1.5	Amino Acids:									
Isoleucine       9       1.539       0       1       3.155       1.308         Leucine       9       2.488       0       1       5.100       2.115         Lysine       9       2.576       0       1       5.281       2.190         Methionine       9       0.729       0       1       1.494       0.620         Cystine       9       0.353       0       1       0.724       0.300         Phenylalanine       9       1.262       0       1       2.587       1.073         Tyrosine       9       0.997       0       1       2.044       0.847         Valine       9       1.728       0       1       3.542       1.469         Arginine       9       1.838       0       1       3.768       1.562         Histidine       9       1.135       0       1       2.327       0.965         Alanine       9       1.859       0       1       3.811       1.580         Aspartic acid       9       4.944       0       1       5.529       2.292         Glutamic acid       9       4.944       0       1       3.292       1	2									
Leucine       9       2.488       0       1       5.100       2.115         Lysine       9       2.576       0       1       5.281       2.190         Methionine       9       0.729       0       1       1.494       0.620         Cystine       9       0.353       0       1       0.724       0.300         Phenylalanine       9       1.262       0       1       2.587       1.073         Tyrosine       9       0.997       0       1       2.044       0.847         Valine       9       1.728       0       1       3.542       1.469         Arginine       9       1.838       0       1       3.768       1.562         Histidine       9       1.135       0       1       2.327       0.965         Alanine       9       1.859       0       1       3.811       1.580         Aspartic acid       9       2.697       0       1       5.529       2.292         Glutamic acid       9       4.944       0       1       10.135       4.202         Glycine       9       1.606       0       1       3.292       1.3	Threonine	g	1.366		0	1		2.800	1.161	
Lysine       9       2.576       0       1       5.281       2.190         Methionine       9       0.729       0       1       1.494       0.620         Cystine       9       0.353       0       1       0.724       0.300         Phenylalanine       9       1.262       0       1       2.587       1.073         Tyrosine       9       0.997       0       1       2.044       0.847         Valine       9       1.728       0       1       3.542       1.469         Arginine       9       1.838       0       1       3.768       1.562         Histidine       9       1.135       0       1       2.327       0.965         Alanine       9       1.859       0       1       3.811       1.580         Aspartic acid       9       2.697       0       1       5.529       2.292         Glutamic acid       9       4.944       0       1       10.135       4.202         Glycine       9       1.606       0       1       3.292       1.365         Proline       9       1.305       0       1       2.675       1.1	Isoleucine	g	1.539		0	1		3.155	1.308	
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	Leucine	g	2.488		0	1		5.100	2.115	
Cystine	Lysine	g	2.576		0	1		5.281	2.190	
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	Methionine	g	0.729		0	1		1.494	0.620	
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	Cystine	g	0.353		0	1		0.724	0.300	
Valine       9       1.728       0       1       3.542       1.469         Arginine       9       1.838       0       1       3.768       1.562         Histidine       9       1.135       0       1       2.327       0.965         Alanine       9       1.859       0       1       3.811       1.580         Aspartic acid       9       2.697       0       1       5.529       2.292         Glutamic acid       9       4.944       0       1       10.135       4.202         Glycine       9       1.606       0       1       3.292       1.365         Proline       9       1.305       0       1       2.675       1.109	Phenylalanine	g	1.262		0	1		2.587	1.073	
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	-		0.997		0	1		2.044	0.847	
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	Valine	g	1.728		0	1		3.542	1.469	
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			1.838		0	1		3.768	1.562	
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	=		1.135		0	1		2.327	0.965	
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	Alanine	g	1.859		0	1		3.811	1.580	
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		_	2.697		0	1		5.529	2.292	
Glycine     .g     1.606     0     1     3.292     1.365       Proline     .g     1.305     0     1     2.675     1.109	•		4.944		0	1		10.135	4.202	
Prolineg 1.305 0 1 2.675 1.109		-			0	1				
· · · · · · · · · · · · · · · · · · ·	-									
		•								
Hydroxyproline		-	/-		-	_		2.133	0.330	

## **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

Refuse: 25% Bone

		<u>A</u>	mount in 100	grams	of edib	ole portio	<u>n</u>	Amount in	edible portion o	f common
			N	lumber				m	easures of food	
						Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error F			Code	Code	Measure 1	Measure 2	Measure 3
Duovimatore										
Proximates: Water	g	62.66		0		1		168.56	53.26	
Energy	_	202		0	NC	4		543	172	
Energy		845				4		2274	718	
Protein (N x 6.25)		25.14		0		1		67.63	21.37	
Total lipid (fat)	_	10.45		0		1		28.11	8.88	
Ash		1.39		0		1		3.74	1.18	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total		0.00		0	z	7		0.00	0.00	
Starch	=				_	•			0.00	
Starch	9									
Minerals:										
Calcium, Ca	• • • • • • • • • • • • • • • • • • • •	13		0		1		35	11	
Iron, Fe		0.92		0		1		2.47	0.78	
Magnesium, Mg		26		0		1		70	22	
Phosphorus, P	_	223		0		1		600	190	
Potassium, K	_	351		0		1		944	298	
Sodium, Na	-	83		0		1		223	71	
Zinc, Zn		3.35		0		1		9.01	2.85	
Copper, Cu		0.129		0		1		0.347	0.110	
Manganese, Mn		0.029	9	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		0.060	)	0		1		0.161	0.051	
Riboflavin		0.350	)	0		1		0.942	0.298	
Niacin	_	8.870	)	0		1		23.860	7.540	
Pantothenic acid		1.260	)	0		1		3.389	1.071	
Vitamin B-6		0.320	)	0		1		0.861	0.272	
Folate, total		15		0		1		40	13	
Folic acid		0		0	z	7		0	0	
Folate, food		15		0		1		40	13	
Folate, DFE		15		0	NC	4		40	13	
Vitamin B-12		1.42		0		1		3.82	1.21	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE	mcg RAE	0		0	NC	4		0	0	
Retinol		0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.42		0		1		1.13	0.36	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta	mg									
Vitamin D										
Vitamin K (phylloquinone)	mcg	6.6		0	BFYN	4		17.8	5.6	
Linide										
Lipids: Fatty acids, total saturated	a	4.510	n	0		1		12.132	3.834	
4:0		0.000		0		1		0.000	0.000	
6:0		0.000		0		1		0.000	0.000	
8:0	_	0.000		0		1		0.000	0.000	
10:0	_	0.010		0		1		0.000	0.009	
12:0	-	0.010		0		1		0.027	0.026	
13:0		0.030	-	Ū		-		3.001	0.020	
14:0		0.450	)	0		1		1.211	0.383	
15:0		0.430	-	ŭ		-			0.505	
16:0		2.360	)	0		1		6.348	2.006	
17:0		2.500	-	Ū		-		0.540	2.000	
18:0	_	1.480	)	0		1		3.981	1.258	
20:0	_	1.400	-	Ū		_		3.301	1.250	
22:0	_									
24:0	_									
4T.V										

		<u>Ar</u>	mount in 10			ole portio	<u>on</u>	Amount in edible portion of common measures of food			
				Number of Data		Source	Confidence	<u> </u>	easures or 1000		
Nutrients and Units		Mean	Std. Error			Code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturated	g	4.080		0		1		10.975	3.468		
14:1	g										
15:1	-										
16:1 undifferentiated		0.480		0		1		1.291	0.408		
17:1	-					_					
18:1 undifferentiated	-	3.490		0		1		9.388	2.967		
20:1	-	0.000		0		1		0.000	0.000		
22:1 undifferentiated	•	0.000		0		1		0.000	0.000		
Fatty acids, total polyunsaturated		0.680		0		1		1.829	0.578		
18:2 undifferentiated		0.520		0		1		1.399	0.442		
18:3 undifferentiated		0.070		0		1		0.188	0.060		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c.c.	-										
20:3 undifferentiated											
20:4 undifferentiated		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		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	a	0.254		0		1		0.683	0.216		
Threonine		1.098		0		1		2.954	0.933		
Isoleucine	-	1.238		0		1		3.330	1.052		
Leucine		2.001		0		1		5.383	1.701		
Lysine	-	2.072		0		1		5.574	1.761		
Methionine		0.587		0		1		1.579	0.499		
Cystine	-	0.284		0		1		0.764	0.241		
Phenylalanine		1.015		0		1		2.730	0.863		
Tyrosine		0.802		0		1		2.157	0.682		
Valine	-	1.390		0		1		3.739	1.182		
Arginine	-	1.479		0		1		3.979	1.257		
Histidine		0.913		0		1		2.456	0.776		
Alanine		1.495		0		1		4.022	1.271		
Aspartic acid		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		1.050		0		1		2.825	0.893		
Serine	g	0.942		0		1		2.534	0.801		
Hydroxyproline	g										
Others:											
Alcohol, ethyl	a	0.0		0		7		0.0	0.0		
Caffeine		0.0		0	z	7		0.0	0.0		
Theobromine		0		0	z	7		0	0		
	!9	Ū		Ū		•		U	U		
Carotenoids:											
Carotene, beta		0		0	Z	7		0.000	0.000		
Carotene, alpha		0		0	Z	7		0.000	0.000		
Cryptoxanthin, beta	-	0		0	Z	7		0.000	0.000		
Lycopene		0		0	Z	7		0.000	0.000		
Lutein + zeaxanthin	::iuca	0		0	z	7		0.000	0.000		

#### **Common Measures:**

Measure 1 = 269g: 1 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)

Measure 2 = 85g: 3 oz

NDB No. 17136

Veal, sirloin, separable lean and fat, cooked, roasted

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 25% Bone

		<u>A</u>	mount in 100 grai	ns of edi	ble portic	<u>on</u>	Amount in	edible portion	of common
			Numb	er			<u>m</u>	easures of food	<u> </u>
			of Da	ta Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Point	s Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	g	71.85	(		1		20.37	325.91	
Energy	-	152			4		43	689	
Energy		636			4		180	2885	
Protein (N x 6.25)		19.07	(		1		5.41	86.50	
Total lipid (fat)		7.81			1		2.21	35.43	
Ash		1.04			1		0.29	4.72	
Carbohydrate, by difference		0.00		Z	7		0.00	0.00	
Fiber, total dietary		0.0			7		0.0	0.0	
Sugars, total		0.00			7		0.00	0.00	
Starch		0.00	·	_	•		0.00	0.00	
Staren	9								
<u>Minerals:</u>									
Calcium, Ca	-	11	C		1		3	50	
Iron, Fe	-	0.78	C		1		0.22	3.54	
Magnesium, Mg		24	C		1		7	109	
Phosphorus, P	-	209	C		1		59	948	
Potassium, K		329	C		1		93	1492	
Sodium, Na		76	C		1		22	345	
Zinc, Zn		2.55			1		0.72	11.57	
Copper, Cu		0.110			1		0.031	0.499	
Manganese, Mn		0.027			1		0.008	0.122	
Selenium, Se	mcg	8.5	C	PIE	4		2.4	38.6	
Vitamins:									
Vitamin C, total ascorbic acid	mg	0.0	C	Z	7		0.0	0.0	
Thiamin		0.080	) (		1		0.023	0.363	
Riboflavin		0.300			1		0.085	1.361	
Niacin		8.440	) (		1		2.393	38.284	
Pantothenic acid		1.360	) 0		1		0.386	6.169	
Vitamin B-6		0.490	) (		1		0.139	2.223	
Folate, total	-	13	C		1		4	59	
Folic acid		0	C	Z	7		0	0	
Folate, food		13	C		1		4	59	
Folate, DFE	mcg DFE	13	C	NC	4		4	59	
Vitamin B-12		1.27	C		1		0.36	5.76	
Vitamin A, IU		0	C		4		0	0	
Vitamin A, RAE		0	C	NC	4		0	0	
Retinol		0	C	NR	4		0	0	
Vitamin E (alpha-tocopherol)		0.25	C		1		0.07	1.13	
Tocopherol, beta									
Tocopherol, gamma	mg								
Tocopherol, delta	mg								
Vitamin D									
Vitamin K (phylloquinone)	mcg	4.6	C	BFYN	4		1.3	21.0	
inide									
Lipids: Fatty acids, total saturated	a	3.350	) (		1		0.950	15.196	
4:0		0.000			1		0.000	0.000	
6:0		0.000			1		0.000	0.000	
8:0	-	0.000			1		0.000	0.000	
10:0		0.010			1		0.003	0.000	
12:0	-	0.020			1		0.005	0.043	
13:0		0.020			_		0.000	0.091	
14:0	-	0.330	) (		1		0.094	1.497	
15:0	-	0.550			-		0.034	1.49/	
16:0	-	1.760	) (		1		0.499	7.983	
17:0		1.700			-		0.433	7.903	
18:0	-	1.100	) (		1		0.312	4.990	
20:0	-	1.100			1		0.312	4.550	
22:0	-								
44.V	ອ								

		<u>A</u> 1	mount in 10		Amount in edible portion of common						
				Number				measures of food			
Nutrients and Units	Units	Mean	Std. Error	of Data Points		Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsatur	ated 0	3.040		0		1		0.862	13.789		
14:1								0.002	201.00		
15:1	_										
16:1 undifferentiated	_	0.350		0		1		0.099	1.588		
17:1		0.600				_					
18:1 undifferentiated	_	2.600		0		1		0.737	11.794		
20:1 22:1 undifferentiated		0.000		0		1 1		0.000 0.000	0.000 0.000		
24:1 c	•	0.000		U		1		0.000	0.000		
Fatty acids, total polyunsatura		0.510		0		1		0.145	2.313		
18:2 undifferentiated		0.390		0		1		0.111	1.769		
18:3 undifferentiated		0.060		0		1		0.017	0.272		
18:4		0.000		0		1		0.000	0.000		
20:2 n-6 c.c	_										
20:3 undifferentiated	_										
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	• • • • • • • • • • • • • • • • • • • •	78		0		1		22	354		
Phytosterols	mg										
Amino Acids:											
Tryptophan	g	0.193		0		1		0.055	0.875		
Threonine		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	-	1.054		0		1		0.299	4.781		
Arginine	• • • • • • • • • • • • • • • • • • • •	1.121		0		1		0.318	5.085		
Histidine		0.692		0		1		0.196	3.139		
Alanine		1.134		0		1		0.321	5.144		
Aspartic acid		1.645		0		1		0.466	7.462		
Glutamic acid	<del>-</del>	3.016		0		1		0.855	13.681		
Glycine		0.980		0		1		0.278	4.445		
Proline	_	0.796		0		1		0.226	3.611		
Serine		0.715		0		1		0.203	3.243		
Hydroxyproline	y										
Others:											
Alcohol, ethyl		0.0		0	Z	7		0.0	0.0		
Caffeine		0		0	Z	7		0	0		
Theobromine	mg	0		0	Z	7		0	0		
Carotenoids:											
Carotene, beta	mcg	0		0	z	7		0.000	0.000		
Carotene, alpha		0		0	z	7		0.000	0.000		
Cryptoxanthin, beta		0		0	z	7		0.000	0.000		
Lycopene		0		0	z	7		0.000	0.000		
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000		

## **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 453.6g: 1 lb NDB No. 17134

Veal, sirloin, separable lean and fat, raw

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

Refuse: 34% Bone 26%, separable fat 8%

		<u>Aı</u>	mount in 100 gr	Amount in edible portion of common						
			Nur		easures of food					
					Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Poi			Code	Code	Measure 1	Measure 2	Measure
Proximates: Water	a	58.55	0.285	11		1		107.15	49.77	
Energy.	=	204	0.203	0	NC	4		373	173	
Energy		854		U	NC	4		1562	726	
Protein (N x 6.25)		33.96	0.444	11		1		62.15	28.87	
Total lipid (fat)	-	6.51	0.389	11		1		11.91	5.53	
Ash		1.20	0.031	11		1		2.20	1.02	
Carbohydrate, by difference		0.00	0.031	0	z	7		0.00	0.00	
		0.00		0	Z	7		0.00	0.00	
Fiber, total dietary		0.0		U	2	,		0.0	0.0	
Sugars, total	=									
Starch	9									
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		259	7.599	11		1		474	220	
Potassium, K	mg	339	6.581	11		1		620	288	
Sodium, Na		81	4.759	11		1		148	69	
Zinc, Zn	mg	4.75	0.049	11		1		8.69	4.04	
Copper, Cu		0.138		11		1		0.253	0.117	
Manganese, Mn		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		0.060	0.006	11		1		0.110	0.051	
Riboflavin		0.380	0.025	11		1		0.695	0.323	
Niacin		7.050	0.737	11		1		12.902	5.993	
Pantothenic acid		1.080	0.169	10		1		1.976	0.918	
Vitamin B-6		0.380	0.069	11		1		0.695	0.323	
Folate, total	-	16	2.008	11		1		29	14	
Folic acid		0		0	z	7		0	0	
Folate, food		16	2.008	11		1		29	14	
Folate, DFE		16		0	NC	4		29	14	
Vitamin B-12		1.59	0.283	11		1		2.91	1.35	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0		0		4		0	0	
Vitamin E (alpha-tocopherol)		0.44		0		1		0.81	0.37	
Tocopherol, beta	mg					•			- /	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	1.820		0		1		3.331	1.547	
4:0										
6:0										
8:0										
10:0	_	0.000	ı	73		1		0.000	0.000	
12:0		0.010		73		1		0.018	0.009	
13:0	_			-		•				
14:0	_	0.120	1	73		1		0.220	0.102	
15:0	_	0		-		_		0.220	V.1V2	
16:0	_	1.060	ı	73		1		1.940	0.901	
17:0	_					-			0.501	
18:0	_	0.620	ı	73		1		1.135	0.527	
20:0	-	0.020				-		1.133	0.527	
22:0										
24:0	y									

		<u>Ar</u>	nount in 100 gram Numbe	Amount in edible portion of common measures of food				
Nutrients and Units	5	Mean		a Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	2.330	0	1		4.264	1.981	
14:1		2.550	·	_		4.204	1.301	
15:1	-							
16:1 undifferentiated		0.210	73	1		0.384	0.179	
17:1	_	0.220		_		0.501	0.2.5	
18:1 undifferentiated		2.090	73	1		3.825	1.777	
20:1	-	2.000		_		3.023	2.,,,	
22:1 undifferentiated								
24:1 c								
Fatty acids, total polyunsaturated		0.580	0	1		1.061	0.493	
18:2 undifferentiated		0.450	73	1		0.824	0.383	
18:3 undifferentiated	•	0.030	73	1		0.055	0.026	
18:4	-	0.050	,,	-		0.055	0.020	
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated		0.110	73	1		0.201	0.094	
20:5 n-3	_	0.110	,,	-		0.201	0.034	
22:5 n-3								
22:6 n-3	-							
Fatty acids, total trans	-							
Cholesterol	_	113	9.589 18	1		207	96	
Phytosterols	-			_				
T Hytosterois	9							
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		1.083	0	1		1.982	0.921	
Valine	-	1.877	0	1		3.435	1.595	
Arginine		1.997	0	1		3.655	1.697	
Histidine		1.233	0	1		2.256	1.048	
Alanine	•	2.020	0	1		3.697	1.717	
Aspartic acid	_	2.930		1		5.362	2.491	
Glutamic acid		5.371	0	1		9.829	4.565	
Glycine	-	1.745		1		3.193	1.483	
2	-	1.418		1		2.595	1.205	
Proline								
Proline	•	1.273	0	1		2.330	1.082	

## **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

Refuse: 30% Bone 25%, separable fat 5%

		<u>A</u>	mount in 100 grams	Amount in edible portion of common					
			Numbe	m	easures of food				
					Source	Confidence			
Nutrients and Units		Mean	Std. Error Points	Code	Code	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		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								
XC 1									
Minerals:	ma	1.4	^		4		25	10	
Calcium, Ca	-	14 0.91	0		1 1		35 2.28	12 0.77	
Iron, FeMagnesium, Mg		27	0		1		2.28 68	23	
Phosphorus, P		231	0		1		580	23 196	
Potassium, K	•	365	0		1		916	310	
Sodium, Na		85	0		1		213	72	
Zinc, Zn		3.54	0		1		8.89	3.01	
Copper, Cu		0.136			1		0.341	0.116	
Manganese, Mn		0.030			1		0.075	0.026	
Selenium, Se		11.5	0	BFYN	4		28.9	9.8	
	-								
Vitamins:			_	_	_				
Vitamin C, total ascorbic acid		0.0	0	Z	7		0.0	0.0	
Thiamin		0.060			1 1		0.151	0.051	
Riboflavin		0.370			1		0.929	0.315	
Niacin	_	9.330 1.320			1		23.418	7.931	
Pantothenic acid		0.340			1		3.313 0.853	1.122 0.289	
Vitamin B-6	-	16	0		1		40	14	
Folate, total		0	0	z	7		0	0	
Folate, food		16	0	2	1		40	14	
Folate, DFE	mca DFF	16	0	NC	4		40	14	
Vitamin B-12		1.49	0	110	1		3.74	1.27	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0		4		0	0	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)		0.46	0		1		1.15	0.39	
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D	IU								
Vitamin K (phylloquinone)	mcg								
Lipids:									
	a	2.410	0		1		6.049	2.049	
Fatty acids, total saturated		2.41	,		-		0.049	2.049	
6:0	-								
8:0									
10:0		0.000	0		1		0.000	0.000	
12:0		0.010			1		0.025	0.009	
13:0			-						
14:0	-	0.210	0		1		0.527	0.179	
15:0	-								
16:0	-	1.290	0		1		3.238	1.097	
17:0	-								
18:0	-	0.800	0		1		2.008	0.680	
20:0	-								
22:0	-								
24:0	-								

		<u>Aı</u>	nount in 100	grams of umber	Amount in edible portion of common measures of food				
Nutrients and Unit	ts	Mean		f Data De		Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated		2.280		0	1		5.723	1.938	
14:1	-								
15:1									
16:1 undifferentiated	-	0.250		0	1		0.628	0.213	
17:1									
18:1 undifferentiated	-	1.970		0	1		4.945	1.675	
20:1	g								
22:1 undifferentiated									
24:1 c									
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		0.266		0	1		0.668	0.226	
Threonine		1.150		0	1		2.887	0.978	
Isoleucine		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		0.956		0	1		2.400	0.813	
Alanine	•	1.566		0	1		3.931	1.331	
Aspartic acid	_	2.271		0	1		5.700	1.930	
Glutamic acid		4.164		0	1		10.452	3.539	
Glycine	-	1.353		0	1		3.396	1.150	
Proline	_	1.099		0	1		2.758	0.934	
Serine	•	0.987		0	1		2.477	0.839	
	-	0.367		Ü	-		2.3//	0.039	
Hydroxyproline	y								

## **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

Refuse: 31% Bone 25%, separable fat 6%

		Aı	mount in 100 gr	ams		Amount in edible portion of common measures of food				
Nutrients and Units		Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		75.94	0.096	12	***	1		21.53	344.46	
Energy		110 460		0	NC	4 4		31 130	499 2088	
Energy		20.20	0.662	12		1		5.73	91.63	
Protein (N x 6.25) Total lipid (fat)		20.20	0.087	12		1		0.73	91.63 11.75	
Ash		1.09	0.023	12		1		0.75	4.94	
Carbohydrate, by difference		0.00		0	z	7		0.00	0.00	
Fiber, total dietary		0.0		0	z	7		0.0	0.0	
Sugars, total										
Starch										
Minerals:						_		_		
Calcium, Ca	_	11		12		1		3	50	
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	0.80 26		12 12		1 1		0.23 7	3.63	
Magnesium, Mg Phosphorus, P		26 220		12		1		7 62	118 998	
Potassium, K	•	348		12		1		99	1579	
Sodium, Na		80		12		1		23	363	
Zinc, Zn		2.73		12		1		0.77	12.38	
Copper, Cu		0.116		12		1		0.033	0.526	
Manganese, Mn		0.029	1	0		1		0.008	0.132	
Selenium, Se	mcg	8.7		0	BFNN	4		2.5	39.5	
Vitamins:										
Vitamin C, total ascorbic acid	ma	0.0		0	z	7		0.0	0.0	
Thiamin	_	0.080	0.006	12	_	1		0.023	0.363	
Riboflavin	_	0.310		12		1		0.088	1.406	
Niacin	_	8.970		12		1		2.543	40.688	
Pantothenic acid		1.450	0.117	12		1		0.411	6.577	
Vitamin B-6		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		14	2.811	12		1		4	64	
Folate, DFE		14		0	NC	4		4	64	
Vitamin B-12		1.34	0.182	12		1		0.38	6.08	
Vitamin A, IU		0		0		4		0	0	
Vitamin A, RAE		0		0		4		0	0	
Retinol		0 0.25		0		4 1		0 0.07	0 1.13	
Vitamin E (alpha-tocopherol) Tocopherol, beta		0.25		U		1		0.07	1.13	
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	0	0.780		0		1		0.221	2 520	
Fatty acids, total saturated4:0		0.780		U		1		0.221	3.538	
6:0										
8:0	_									
10:0	-	0.000	)	147		1		0.000	0.000	
12:0	_	0.000		147		1		0.000	0.000	
13:0	g									
14:0	g	0.040	)	147		1		0.011	0.181	
15:0	g									
16:0	_	0.440	)	147		1		0.125	1.996	
17:0	_	_				_				
18:0	_	0.270	1	147		1		0.077	1.225	
20:0	_									
22:0	_									
24:0	9									

		<u>Ar</u>	nount in 100 gram Numbe	Amount in edible portion of common measures of food				
Nutrients and Unit	s	Mean		a Deriv Sourc		Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	0.830	0	1		0.235	3.765	
14:1		0.000	·	_		0.233	3.703	
15:1	_							
16:1 undifferentiated		0.080	147	1		0.023	0.363	
17:1	-			_		****		
18:1 undifferentiated		0.740	147	1		0.210	3.357	
20:1	-					***		
22:1 undifferentiated								
24:1 c								
Fatty acids, total polyunsaturated		0.270	0	1		0.077	1.225	
18:2 undifferentiated		0.190	147			0.054	0.862	
18:3 undifferentiated	•	0.010	147			0.003	0.045	
18:4	-	*****		_		0.000	0.010	
20:2 n-6 c,c								
20:3 undifferentiated								
20:4 undifferentiated		0.070	147	1		0.020	0.318	
20:5 n-3	-			_		****		
22:5 n-3								
22:6 n-3	-							
Fatty acids, total trans	-							
Cholesterol		79	4.854 12	1		22	358	
Phytosterols	_							
•								
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		3.195	0	1		0.906	14.493	
Glycine	g	1.038	0	1		0.294	4.708	
Proline	-	0.843	0	1		0.239	3.824	
Serine	g	0.757	0	1		0.215	3.434	
Hydroxyproline	-							

## **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

Refuse: 0%

		<u>Aı</u>	mount in 100 gra	ıms of edi	ble portic	<u>on</u>	Amount in edible portion of common		
			Num	ber			<u>m</u>	easures of food	<u> </u>
			of D	ata Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Poi	nts Code	Code	Code	Measure 1	Measure 2	Measure
D									
Proximates: Water	q	76.89	2.012	5	1		260.66	65.36	
Energy	-	136		0 NC	4		461	116	
Energy		569			4		1929	484	
Protein (N x 6.25)		11.48	0.609	5	1		38.92	9.76	
Total lipid (fat)		9.63	1.483	5	1		32.65	8.19	
Ash		1.40	0.041	4	1		4.75	1.19	
Carbohydrate, by difference		0.00		0 z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0 <b>z</b>	7		0.0	0.0	
Sugars, total	g								
Starch	g								
Minerals: Calcium. Ca	ma	16		1	1		54	14	
Iron, Fe		1.67		2	1		5.66	1.42	
Magnesium, Mg	_	1.67		2	1		54	1.42	
Phosphorus, P		385		2	1		1305	327	
Potassium, K	_	214		2	1		725	182	
Sodium, Na		156		2	1		529	133	
Zinc, Zn		1.61		2	1		5.46	1.37	
Copper, Cu		0.260	1	1	1		0.881	0.221	
Manganese, Mn	<u>mg</u>	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	ma	13.0		1	1		44.1	11.1	
Thiamin		0.080		2	1		0.271	0.068	
Riboflavin		0.200		2	1		0.678	0.170	
Niacin		2.430		2	1		8.238	2.066	
Pantothenic acid	-	1.000	)	2	1		3.390	0.850	
Vitamin B-6		0.170	1	2	1		0.576	0.145	
Folate, total	mcg	3		2	1		10	3	
Folic acid		0		0 z	7		0	0	
Folate, food	mcg	3		2	1		10	3	
Folate, DFE	mcg_DFE	3		0 NC	4		10	3	
Vitamin B-12	mcg	9.65		2	1		32.71	8.20	
Vitamin A, IU		0		0	4		0	0	
Vitamin A, RAE		0		0	4		0	0	
Retinol		0		0	4		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, deltaVitamin D									
Vitamin K (phylloquinone)									
Lipids:				_			_		
Fatty acids, total saturated		2.180		0	1		7.390	1.853	
Fatty acids, total monounsaturated		1.740	•	0	1		5.899	1.479	
14:1 15:1	-								
15:1									
17:1									
18:1 undifferentiated		1.110	)	0	1		3.763	0.944	
20:1					_		3	0.0.4	
22:1 undifferentiated	-								
24:1 c	-								
Fatty acids, total polyunsaturated	-	1.490	)	0	1		5.051	1.267	
18:2 undifferentiated	g	0.090	1	0	1		0.305	0.077	
18:3 undifferentiated	g								
18:4	g								

		Am	nount in 100 grams of	<u>on</u>	Amount in edible portion of common			
			Number			<u>m</u>	easures of food	
Nutrients and	Units	Mean	of Data D Std. Error Points C	eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3
	_							
20:3 undifferentiated	• • • • • • • • • • • • • • • • • • • •							
20:4 undifferentiated								
20:5 n-3	-							
22:6 n-3	• • • • • • • • • • • • • • • • • • • •							
Fatty acids, total trans	-							
Cholesterol	-	3100	1	1		10509	2635	
Phytosterols								
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	-	0.252	0	1		0.854	0.214	
Cystine	g	0.120	0	1		0.407	0.102	
Phenylalanine		0.604	0	1		2.048	0.513	
Tyrosine		0.445	0	1		1.509	0.378	
Valine	-	0.546	0	1		1.851	0.464	
Arginine	-	0.629	0	1		2.132	0.535	
Histidine	• • • • • • • • • • • • • • • • • • • •	0.287	0	1		0.973	0.244	
Alanine	•••••••••••••••••••••••••••••••••••••••	0.591	0	1		2.003	0.502	
Aspartic acid	-	0.974	0	1		3.302	0.828	
Glutamic acid	••••••	1.373	0	1		4.654	1.167	
Glycine		0.504	0	1		1.709	0.428	
Proline		0.474	0	1		1.607	0.403	
Serine		0.589	0	1		1.997	0.501	
Hydroxyproline	g							

### **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

		<u>A</u> 1	mount in 100 grams	of edil	Amount in 100 grams of edible portion								
			Numbe	r			<u>m</u>	easures of food	_				
				Deriv	Source	Confidence							
Nutrients and Units	s	Mean	Std. Error Points	Code	Code	Code	Measure 1	Measure 2	Measure 3				
Proximates:													
Water	g	68.56	1		1		226.25	58.28					
Energy	kcal	213	0	NC	4		703	181					
Energy	kj	891			4		2941	758					
Protein (N x 6.25)		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		0.00	0	Z	7		0.00	0.00					
Fiber, total dietary		0.0	0	Z	7		0.0	0.0					
Sugars, total	-												
Starch	g												
Minerals:													
Calcium, Ca	mg	10	1		1		33	9					
Iron, Fe	_	1.07	1		1		3.53	0.91					
Magnesium, Mg	_	18	1		1		59	15					
Phosphorus, P	mg	434	1		1		1432	369					
Potassium, K	mg	472	1		1		1558	401					
Sodium, Na		176	1		1		581	150					
Zinc, Zn		1.82	1		1		6.01	1.55					
Copper, Cu		0.300			1		0.990	0.255					
Manganese, Mn		0.044		_	1 1		0.145	0.037					
Selenium, Se	fricg	12.0	2.207 4	A	1		39.6	10.2					
<u>Vitamins:</u>													
Vitamin C, total ascorbic acid	<u>mg</u>	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	-	5.620			1		18.546	4.777					
Pantothenic acid		1.130			1		3.729	0.961					
Vitamin B-6	-	0.330			1		1.089	0.281					
Folate, total		6	1	_	1		20	5					
Folic acid		0	0	Z	7		0	0					
Folate, food	mcg	6 6	1	***	1 4		20 20	5					
Folate, DFE		21.30	1	NC	1		70.29	5 18.11					
Vitamin B-12 Vitamin A, IU		0	0		4		0	0					
Vitamin A, RAE		0	0		4		0	0					
Retinol		0	0		4		0	0					
Vitamin E (alpha-tocopherol)		-	-		_		-	· ·					
Tocopherol, beta													
Tocopherol, gamma													
Tocopherol, delta	mg												
Vitamin D	IU												
Vitamin K (phylloquinone)	mcg												
Lipids:													
Fatty acids, total saturated	a	3.960	0		1		13.068	3.366					
Fatty acids, total monounsaturated		4.210			1		13.893	3.579					
14:1													
15:1													
16:1 undifferentiated	g												
17:1	g												
18:1 undifferentiated	g	3.670	0		1		12.111	3.120					
20:1	-												
22:1 undifferentiated	-												
24:1 c	-						_						
Fatty acids, total polyunsaturated		2.440			1		8.052	2.074					
18:2 undifferentiated		0.890	0		1		2.937	0.757					
18:3 undifferentiated	-												
18:4	g g												

		<u>Am</u>	ount in 100 grams	Amount in edible portion of common				
			Number of Data	Deriv Source	e Confidence	<u>m</u> .	easures of food	
Nutrients and l	Units	Mean S	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3
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		0.635	0	1		2.096	0.540	
Proline	g	0.598	0	1		1.973	0.508	
Serine	-	0.743	0	1		2.452	0.632	
Hydroxyproline	g							

### **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

Refuse: 3% Blood clots and membranes

		<u>Aı</u>	mount in 100 g	<u>rams</u> mber		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	ts	Mean		Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		79.78	0.310	9		1		22.62	90.15	
Energy		118		0	NC	4		33	133	
Energy		494	0.046	•		4 1		140	558	
Protein (N x 6.25)		10.32	0.046	9		1		2.93	11.66	
Total lipid (fat)		8.21 1.36	0.353 0.016	9 9		1		2.33 0.39	9.28 1.54	
Ash		0.00	0.016	0	z	7		0.39	0.00	
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary		0.0		U	Z	,		0.0	0.0	
Sugars, total										
Starch	9									
Minerals:										
Calcium, Ca	mg	10		2		1		3	11	
Iron, Fe	_	2.13	0.606	5		1		0.60	2.41	
Magnesium, Mg	-	14		2		1		4	16	
Phosphorus, P		274		2		1		78	310	
Potassium, K		315	22.229	6		1		89	356	
Sodium, Na		127	1.301	6		1		36	144	
Zinc, Zn		1.11		1		1		0.31	1.25	
Copper, Cu		0.220		2		1		0.062	0.249	
Manganese, Mn		0.037 10.0	1.603	1 4	A	1 1		0.010 2.8	0.042 11.3	
Selenium, Se	Ilicy	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		3		1		1		1	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		1		1		1	3	
Folate, DFE		3		0	NC	4		1	3	
Vitamin B-12		12.20		1		1		3.46	13.79	
Vitamin A, IU	IU	0		8		1		0	0	
Vitamin A, RAE		0	0.000	8		1		0	0	
Retinol		0	0.000	8		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
vitanini K (priyrioquinone)	9									
<u>Lipids:</u>										
Fatty acids, total saturated		1.910		0		1		0.541	2.158	
Fatty acids, total monounsaturated		1.640	)	0		1		0.465	1.853	
14:1										
15:1										
16:1 undifferentiated										
17:1 18:1 undifferentiated	-	1.310	1	0		1		0.371	1.480	
20:1		1.310	•	U		_		0.3/1	1.480	
20:1 undifferentiated										
24:1 c										
Fatty acids, total polyunsaturated		0.950	)	0		1		0.269	1.074	
18:2 undifferentiated		0.020		0		1		0.006	0.023	
18:3 undifferentiated									<del>-</del>	
18:4	-									
20:2 n-6 c.c.	-									

		An	nount in 100	grams of ed	<u>n</u>	Amount in edible portion of common			
			N	umber			<u>m</u>	easures of food	
Nutrients and	Units	Mean	o Std. Error P			Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated	g g g g g g	1590		2	1		451	1797	
Amino Acids:									
Tryptophan	а	0.103		6	1		0.029	0.116	
Threonine		0.511		6	1		0.145	0.577	
Isoleucine		0.420		6	1		0.119	0.475	
Leucine		0.797		6	1		0.226	0.901	
Lysine	g	0.640		6	1		0.181	0.723	
Methionine	_	0.227		6	1		0.064	0.257	
Cystine	_	0.108		6	1		0.031	0.122	
Phenylalanine		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		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								

### **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Refuse: 0%

		<u>A</u>	mount in 100 gram	s of edil	ole portic	<u>on</u>	Amount in edible portion of common		
			Numbe	r			m	easures of food	
					Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Points	Code	Code	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		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	ma	8	0		1		16	7	
Iron, Fe	-	4.32	0		1		8.55	3.67	
Magnesium, Mg		18	0		1		36	15	
Phosphorus, P		250	0		1		495	213	
Potassium, K	•	199	0		1		394	169	
Sodium, Na		58	0		1		115	49	
Zinc, Zn		2.24	0		1		4.44	1.90	
Copper, Cu	mg	0.432	2 0		1		0.855	0.367	
Manganese, Mn		0.061			1		0.121	0.052	
Selenium, Se	mcg	52.4	0	BFNN	4		103.8	44.5	
Vitamins:									
Vitamin C, total ascorbic acid	ma	10.0	0		1		19.8	8.5	
Thiamin		0.350			1		0.693	0.298	
Riboflavin		0.930			1		1.841	0.791	
Niacin		4.880			1		9.662	4.148	
Pantothenic acid	-	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		0	0	Z	7		0	0	
Folate, food	mcg	2	0		1		4	2	
Folate, DFE	mcg_DFE	2	0	NC	4		4	2	
Vitamin B-12		14.46	0		1		28.63	12.29	
Vitamin A, IU		0	0		4		0	0	
Vitamin A, RAE		0	0		4		0	0	
Retinol		0	0		4		0	0	
Vitamin E (alpha-tocopherol)									
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta Vitamin D									
Vitamin K (phylloquinone)									
vitanini K (phynodumone)	9								
<u>Lipids:</u>									
Fatty acids, total saturated		1.820	0		1		3.604	1.547	
4:0									
6:0									
8:0									
10:0 12:0		0.040	0		1		0.079	0.034	
13:0		0.040			-		0.019	0.034	
14:0		0.120	0		1		0.238	0.102	
15:0		V.120	•		-		3.230	0.102	
16:0	-	0.820	0		1		1.624	0.697	
17:0	-		·		=				
18:0	-	0.800	0		1		1.584	0.680	
20:0	-								
22:0	-								
24:0	-								

		<u>Aı</u>	nount in 10	0 grams		ole portio	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3	
Two Classics and the	<b>a</b>	1.420		0		1		0.010	1 007		
Fatty acids, total monounsaturated		1.420		U		1		2.812	1.207		
15:1											
16:1 undifferentiated		0.110		0		1		0.218	0.094		
17:1	-	0.110		Ū		-		0.210	0.054		
18:1 undifferentiated		1.230		0		1		2.435	1.046		
20:1		0.000		0		1		0.000	0.000		
22:1 undifferentiated	-	0.050		0		1		0.000	0.043		
24:1 c		0.050		U		1		0.099	0.043		
Fatty acids, total polyunsaturated		1.780		0		1		3.524	1.513		
18:2 undifferentiated		1.210		0		1		2.396	1.029		
18:3 undifferentiated	-	0.050		0		1		0.099	0.043		
18:4		0.030				-		0.033	0.045		
20:2 n-6 c.c.											
20:3 undifferentiated	-										
20:4 undifferentiated	-	0.410		0		1		0.812	0.349		
20:5 n-3	-	0.060		0		1		0.119	0.051		
22:5 n-3	-	0.060		0		1		0.119	0.051		
22:6 n-3		0.000		0		1		0.000	0.000		
Fatty acids, total trans		0.000		·		_		0.000	0.000		
Cholesterol	-	176		0		1		348	150		
Phytosterols	_							313	200		
-											
Amino Acids:											
Tryptophan	-	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	_	1.808		0		1		3.580	1.537		
Histidine		0.783		0		1		1.550	0.666		
Alanine	g	1.808		0		1		3.580	1.537		
Aspartic acid	-	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										

## **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

Refuse: 26% Fat and valves

		<u>A</u> :	mount in 100 g	rams	of edib	ole portio	<u>on</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	its	Mean	Std. Error Po	ints	Code	Code	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		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	ma	5	1.659	3		1		1	6	
Iron, Fe	-	4.24	0.467	6		1		1.20	4.79	
Magnesium, Mg		18	1.703	3		1		5	20	
Phosphorus, P		211		2		1		60	238	
Potassium, K	-	261	35.016	3		1		74	295	
Sodium, Na		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		0.036	5	0		1		0.010	0.041	
Selenium, Se	mcg	33.3		0	BFNN	4		9.4	37.6	
Vitamins:										
Vitamin C, total ascorbic acid	ma	8.0	0.358	5		1		2.3	9.0	
Thiamin		0.520		1		1		0.147	0.588	
Riboflavin		1.000	)	1		1		0.284	1.130	
Niacin		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		0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		1	2	
Folate, DFE		2		0	NC	4		1	2	
Vitamin B-12		13.76		0		1		3.90	15.55	
Vitamin A, IU		0		9		1		0	0	
Vitamin A, RAE		0	0.000	9		1		0	0	
Retinol		0	0.000	9		1		0	0	
Vitamin E (alpha-tocopherol)	=									
Tocopherol, beta Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u>Lipids:</u>				_		_				
Fatty acids, total saturated		1.070	)	0		1		0.303	1.209	
4:0										
6:0										
8:0 10:0										
12:0		0.020	)	13		1		0.006	0.023	
13:0	_			-		-		3.000	0.023	
14:0		0.070	)	13		1		0.020	0.079	
15:0	_							2		
16:0	-	0.480	)	13		1		0.136	0.542	
17:0	-									
18:0	-	0.470	)	13		1		0.133	0.531	
20:0	g									
22:0	g									
24:0	ď									

	<u>Ar</u>	nount in 100 grams		<u>on</u>	Amount in edible portion of common measures of food			
Nutrianta and Unita	Maan	Numbe of Data Std. Error Points	Deriv Source	Confidence Code				
Nutrients and Units	Mean	Std. Error Folits	code code	Code	Measure 1	Measure 2	Measure 3	
Fatty acids, total monounsaturatedg	0.840	0	1		0.238	0.949		
14:1g								
15:1g								
16:1 undifferentiatedg	0.060	13	1		0.017	0.068		
17:1g								
18:1 undifferentiatedg	0.730	13	1		0.207	0.825		
20:1g	0.000	13	1		0.000	0.000		
22:1 undifferentiatedg	0.030	13	1		0.009	0.034		
24:1 cg								
Fatty acids, total polyunsaturated	1.050	0	1		0.298	1.187		
18:2 undifferentiatedg	0.710	13	1		0.201	0.802		
18:3 undifferentiatedg	0.030	13	1		0.009	0.034		
18:4g								
20:2 n-6 c,cg								
20:3 undifferentiatedg								
20:4 undifferentiatedg	0.240	13	1		0.068	0.271		
20:5 n-3g	0.030	13	1		0.009	0.034		
22:5 n-3g	0.030	0.000 13	1		0.009	0.034		
22:6 n-3g	0.000	13	1		0.000	0.000		
Fatty acids, total trans								
Cholesterol mg	104	1	1		29	118		
Phytosterolsmg								
Amino Acids:								
Tryptophang	0.183	2	1		0.052	0.207		
Threonineg	0.760	2	1		0.215	0.859		
Isoleucineg	0.823	2	1		0.233	0.930		
Leucineg	1.349	2	1		0.382	1.524		
Lysineg	1.479	2	1		0.419	1.671		
Methionineg	0.392	2	1		0.111	0.443		
Cystineg	0.185	2	1		0.052	0.209		
Phenylalanineg	0.745	2	1		0.211	0.842		
Tyrosineg	0.564	2	1		0.160	0.637		
Valineg	0.898	1	1		0.255	1.015		
Arginineg	1.067	1	1		0.302	1.206		
Histidineg	0.462	1	1		0.131	0.522		
Alanineg	1.067	1	1		0.302	1.206		
Aspartic acidg	1.595	1	1		0.452	1.802		
Glutamic acidg	2.480	1	1		0.703	2.802		
Glycineg	0.938	1	1		0.266	1.060		
Prolineg	0.797	1	1		0.226	0.901		
Serineg	0.797	1	1		0.226	0.901		
Hydroxyprolineg								

### **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. 17198 Veal, variety meats and by-products, kidneys, cooked, braised

		<u>A</u> 1	mount in 100 g	rams	of edil	ole portio	<u>n</u>	Amount in edible portion of common		
			Nu	mber				<u>m</u>	easures of food	_
			of	Data	Deriv	Source	Confidence			
Nutrients and Uni	ts	Mean	Std. Error Po	oints	Code	Code	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	-	3.04		1		1		5.59	2.58	
Magnesium, Mg	-	24		1		1		44	20	
Phosphorus, P		372		1		1		684	316	
Potassium, K	mg	159		1		1		293	135	
Sodium, Na	-	110		1		1		202	94	
Zinc, Zn		4.25		1		1		7.82	3.61	
Copper, Cu		0.360		1		1		0.662	0.306	
Manganese, Mn		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	<u>mg</u>	4.630	)	1		1		8.519	3.936	
Pantothenic acid	_	0.860		1		1		1.582	0.731	
Vitamin B-6	_	0.180	)	1		1		0.331	0.153	
Folate, total		21		1		1		39	18	
Folic acid		0		0	Z	7		0	0	
Folate, food		21		1		1		39	18	
Folate, DFE		21		0	NC	4		39	18	
Vitamin B-12		36.90		1		1		67.90	31.37	
Vitamin A, IU		669		1		1		1231 370	569	
Vitamin A, RAE		201 201		1 1		1 1		370 370	171 171	
Vitamin E (alpha-tocopherol)		201		1		-		370	171	
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:	0	1.740	,	0		1		3.202	1.479	
Fatty acids, total saturated		1.740	,	U		1		3.202	1.479	
6:0										
8:0.	-									
10:0										
12:0	_	0.010	)	2		1		0.018	0.009	
13:0										
14:0		0.110	)	2		1		0.202	0.094	
15:0										
16:0	g	0.940	)	2		1		1.730	0.799	
17:0	g									
18:0	_	0.630	)	2		1		1.159	0.536	
20:0	g									
	g									

		<u>A</u> 1	mount in 10			ole portio	o <u>n</u>	Amount in edible portion of common measures of food		
Nutrients and Uni	its	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	_	1.240	)	0		1		2.282	1.054	
14:1										
15:1	_			•		_				
16:1 undifferentiated	_	0.100	)	2		1		0.184	0.085	
17:1				•		_				
18:1 undifferentiated		1.070		2		1		1.969	0.910	
20:1	-	0.000		2		1		0.000	0.000	
22:1 undifferentiated		0.030	)	2		1		0.055	0.026	
24:1 c				_		_				
Fatty acids, total polyunsaturated		1.130		0		1		2.079	0.961	
18:2 undifferentiated	-	0.550		2		1		1.012	0.468	
18:3 undifferentiated		0.070	)	2		1		0.129	0.060	
18:4	_									
20:2 n-6 c,c	-									
20:3 undifferentiated	-									
20:4 undifferentiated	_	0.320		2		1		0.589	0.272	
20:5 n-3		0.090		2		1		0.166	0.077	
22:5 n-3		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	_									
Cholesterol	_	791		1		1		1455	672	
Phytosterols	<u>mg</u>									
Amino Acids:										
	0	0.338	,	0		1		0.622	0.287	
Tryptophan Threonine		1.200		0		1		2.208	1.020	
	_	1.119		0		1		2.059	0.951	
Isoleucine	_			0		1				
Leucine	-	2.131 1.751		0		1		3.921 3.222	1.811	
Lysine	_			0		1		1.016	1.488	
Methionine	_	0.552		0		1			0.469	
Cystine		0.292				1		0.537	0.248	
Phenylalanine	_	1.248		0		_		2.296	1.061	
Tyrosine	_	1.009		0		1		1.857	0.858	
Valine	_	1.392		0		1 1		2.561	1.183	
Arginine	-	1.622		-		_		2.984	1.379	
Histidine	_	0.636		0		1		1.170	0.541	
Alanine	_	1.392		0		1		2.561	1.183	
Aspartic acid	-	2.277		0		1		4.190	1.935	
Glutamic acid		2.447		0		1		4.502	2.080	
Glycine		1.554		0		1		2.859	1.321	
Proline		1.292		0		1		2.377	1.098	
Serine	_	1.147	1	0		1		2.110	0.975	
Hydroxyproline	g									

## **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

Refuse: 12% Connective tissue, fat, and veins

		<u>A</u> 1	mount in 100	gram:		ole porti	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Un	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.07	0.857	7 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 5		1		4.47	17.81	
Total lipid (fat)		3.12	0.489	3		1		0.88	3.53	
Ash		1.20	0.032	2 5		1		0.34	1.36	
Carbohydrate, by difference		0.85		0	NC	4		0.24	0.96	
Fiber, total dietary		0.0		0	Z	7		0.0	0.0	
Sugars, total										
Starch										
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		272		2		1		77	307	
Sodium, Na	_	178		2		1		50	201	
Zinc, Zn	-	1.97	0.310	) 3		1		0.56	2.23	
Copper, Cu	_	0.494	0.124	1 38		1		0.140	0.558	
Manganese, Mn		0.080	)	1		1		0.023	0.090	
Selenium, Se		80.0	3.055		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	2 4		1		0.091	0.362	
Riboflavin	mg	1.900	0.164	1 4		1		0.539	2.147	
Niacin	mg	6.990	0.267	7 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		21		4		1		6	24	
Folate, DFE		21		0	NC	4		6	24	
Vitamin B-12		28.20		4		1		7.99	31.87	
Vitamin A, IU	IU	308	50.790	) 5		1		87	348	
Vitamin A, RAE		92	15.252	2 5		1		26	105	
Retinol		92	15.252			1		26	105	
Vitamin E (alpha-tocopherol)	_									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
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	1	0		1		0.000	0.000	
10:0	-	0.000	1	0		1		0.000	0.000	
12:0		0.010		2		1		0.003	0.011	
13:0	-									
14:0	-	0.060	)	2		1		0.017	0.068	
15:0	_									
16:0	-	0.520	1	2		1		0.147	0.588	
17:0	-	0.520		-		-		J.11,	0.555	
18:0		0.350	1	2		1		0.099	0.396	
20:0		0.550		-		-		0.099	0.390	
22:0										
24:0	-									
Z4.U	9									

		Amo	ount in 100 grams Number	<u>on</u>	Amount in edible portion of common measures of food			
Nutrients and Un	its	Mean S	of Data td. Error Points		Confidence Code	Measure 1	Measure 2	Measure 3
D. C.		0.600		1				
Fatty acids, total monounsaturated.		0.680	0	1		0.193	0.768	
15:1	-							
16:1 undifferentiated		0.060	2	1		0.017	0.068	
17:1		0.000	-	-		0.017	0.000	
18:1 undifferentiated		0.590	2	1		0.167	0.667	
20:1		0.000	2	1		0.000	0.000	
22:1 undifferentiated		0.010	2	1		0.003	0.011	
24:1 c	•							
Fatty acids, total polyunsaturated		0.620	0	1		0.176	0.701	
18:2 undifferentiated		0.300	2	1		0.085	0.339	
18:3 undifferentiated		0.040	2	1		0.011	0.045	
18:4		0.000	0	1		0.000	0.000	
20:2 n-6 c.c.								
20:3 undifferentiated	-							
20:4 undifferentiated		0.180	2	1		0.051	0.203	
20:5 n-3		0.050	2	1		0.014	0.057	
22:5 n-3	-	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		364	46.361 3	1		103	411	
Phytosterols	mg							
mino Asider								
Amino Acids: Tryptophan	a	0.202	4	1		0.057	0.228	
Threonine		0.719	4	1		0.204	0.228	
Isoleucine		0.670	4	1		0.190	0.757	
Leucine	-	1.276	4	1		0.362	1.442	
Lysine	-	1.048	3	1		0.297	1.184	
Methionine	-	0.330	4	1		0.094	0.373	
Cystine		0.175	4	1		0.050	0.198	
Phenylalanine		0.748	4	1		0.030	0.198	
Tyrosine		0.604	4	1		0.171	0.683	
Valine		0.833	4	1		0.236	0.941	
Arginine		0.971	4	1		0.275	1.097	
Histidine		0.381	4	1		0.108	0.431	
Alanine	_	0.833	4	1		0.236	0.941	
Aspartic acid		1.363	4	1		0.386	1.540	
Glutamic acid		1.465	4	1		0.415	1.655	
Glycine		0.930	4	1		0.264	1.051	
Proline		0.773	4	1		0.219	0.873	
Serine		0.687	4	1		0.195	0.776	
Hydroxyproline	_	0.007	*	-		3.133	0.775	
3 31								
others:								
Alcohol, ethyl		0.0	0	7		0.0	0.0	
Caffeine	mg							
Theobromine	mg							

### **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

calf liver Refuse: 0%

	A	mount in 10	00 grams	of edib	Amount in edible portion of common					
				Muse b					easures of food	
				Number		0	0	<u></u>		
Nutrients and Un	iits	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.86		2	A	1		47.89		
Energy	kcal	192		0	NC	4		154		
Energy	kj	805		0	NC	4		644		
Protein (N x 6.25)	g	28.42		2	A	1		22.73		
Total lipid (fat)	g	6.26		2	A	1		5.01		
Ash	g	1.70		2	A	1		1.36		
Carbohydrate, by difference	g	3.77		0	NC	4		3.01		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
X										
Minerals:	ma	-		^	-	4		-		
Calcium, Ca	-	6 5.11		2 2	A A	1 1		5 4.08		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	20		2	A A	1				
Magnesium, Mg Phosphorus, P	-	460		2	A A	1		16 368		
Potassium, K		329		2	A	1		263		
Sodium, Na	-	78		2	A	1		62		
Zinc, Zn		11.23		2	A	1		8.98		
Copper, Cu	-	14.940	)	2	A	1		11.952		
Manganese, Mn		0.270		2	A	1		0.216		
Selenium, Se	-	19.3		2	A	1		15.4		
ŕ				_		_				
Vitamins:										
Vitamin C, total ascorbic acid	-	1.1		0	BFYN	4		0.9		
Thiamin		0.182		2	A	1		0.145		
Riboflavin	-	2.860	)	2	A	1		2.288		
Niacin		13.150		2	A	1		10.520		
Pantothenic acid		6.555		2	A	1		5.244		
Vitamin B-6		0.918	3	2	A	1		0.734		
Folate, total	_	331		2	A	1		264		
Folic acid	_	0		0	Z	7		0		
Folate, food		331		2	A	1		264		
Folate, DFE		331		0	NC	4		264		
Vitamin B-12		84.60		2	A	1		67.68		
Vitamin A, IU	IU	70564		0	AS	1		56451		
Vitamin A, RAE		21145		0	AS	1		16916		
Retinol		21140		2	A	1		16912		
Vitamin E (alpha-tocopherol)		0.68 0.01		4 4	A A	1 1		0.54 0.01		
Tocopherol, beta		0.01		_		1		0.01		
Tocopherol, gamma		0.04		4 2	A A	1				
Tocopherol, deltaVitamin D		0.00		2	A	1		0.00		
Vitamin D Vitamin K (phylloquinone)		1.4		2	A	1		1.1		
vitanini K (pirynoquinone)	9	2.2		-		-				
<u>Lipids:</u>										
Fatty acids, total saturated	g	1.986	5	0	NC	4		1.589		
4:0	g	0.000	)	2	Z	7		0.000		
6:0	g	0.000	)	0	Z	7		0.000		
8:0	g	0.000	)	2	A	1		0.000		
10:0	g	0.000		2	A	1		0.000		
12:0	g	0.000	)	2	A	1		0.000		
13:0										
14:0	g	0.048		2	A	1		0.038		
15:0	g	0.014		2	A	1		0.011		
16:0	-	0.736		2	A	1		0.589		
17:0	-	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	2	A	1		0.010		
24:0	g									

		į	Amount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
F-44	0	1.14	16	0	NC	4		0.916		
Fatty acids, total monounsaturated		0.00		2	A.	1		0.916		
15:1		0.00		2	A	1		0.000		
16:1 undifferentiated	_	0.09	7	2	A	1		0.078		
17:1	g	0.01	.3	2	A	1		0.010		
18:1 undifferentiated	-	1.01		2	A	1		0.813		
20:1		0.01		2	A	1		0.012		
22:1 undifferentiated		0.00	00	0	Z	7		0.000		
24:1 c Fatty acids, total polyunsaturated		1.03	20	0	NC	4		0.831		
18:2 undifferentiated		0.64		0	AS	1		0.518		
18:2 n-6 c,c		0.64	18	2	A	1		0.518		
18:2 CLAs										
18:2 c,t	_									
18:2 t,c	_									
18:2 t,t	_									
18:2 t not further defined										
18:3 undifferentiated	-	0.03	39	0	AS	1		0.031		
18:3 n-6 c,c,c		0.00	19	2	A	1		0.007		
18:3i										
18:4		0.00		0	Z	7		0.000		
20:2 n-6 c,c		0.01		2	A	1		0.015		
20:3 undifferentiated		0.00	00	2	A	1		0.000		
20:3 n-3 20:3 n-6										
20:4 undifferentiated		0.32	26	2	A	1		0.261		
20:4 n-3										
20:4 n-6	g									
20:5 n-3	_	0.00		0	Z	7		0.000		
22:5 n-3	_	0.00		0	Z Z	7 7		0.000		
22:6 n-3		0.00		2	z A	1		0.000 0.244		
Fatty acids, total trans Cholesterol		511	,,,	2	A	1		408		
Phytosterols										
-										
Amino Acids: Tryptophan	n	0.36	31	0	A	1		0.288		
Threonine		1.14		0	A	1		0.919		
Isoleucine		1.2		0	A	1		1.019		
Leucine	g	2.50	)7	0	A	1		2.005		
Lysine	•	2.14		0	A	1		1.713		
Methionine		0.74		0	A	1		0.592		
Cystine		0.49		0	A A	1 1		0.392		
Phenylalanine Tyrosine		1.44		0	A	1		1.152 0.835		
Valine		1.60		0	A	1		1.335		
Arginine	•	1.83		0	A	1		1.471		
Histidine		0.82	29	0	A	1		0.663		
Alanine	g	1.78	34	0	A	1		1.428		
Aspartic acid		2.68		0	A	1		2.151		
Glutamic acid	-	3.60		0	A	1		2.886		
GlycineProline		2.28 1.64		0 0	A A	1 1		1.831 1.314		
Serine		1.29		0	A	1		1.033		
Hydroxyproline	-	0.10		1	A	1		0.080		
	-									
Others: Alcohol, ethyl	a	0.0		0	Z	7		0.0		
Caffeine		0.0		0	Z	7		0.0		
Theobromine		0		0	z	7		0		
Carotenoids:	-									
Carotene, beta	mcq	47		2	A	1		37.560		
Carotene, alpha		11		2	A	1		8.944		
Cryptoxanthin, beta		11		2	A	1		8.944		

	<u>A</u>	mount in 10	<u>0 grams</u> Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean		of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0		2 2	A A	1 1		0.000 0.000		

### **Common Measures:**

Measure 1 = 80g: 1 slice (yield from 116g raw liver)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

NDB No. 17204 Veal, variety meats and by-products, liver, cooked, pan-fried

calf liver Refuse: 0%

	Aı	mount in 10			on	Amount in edible portion of common measures of food				
Nutrients and Uni	ts	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		59.87		2	A	1		40.11		
Energy		193		0	NC	4		129		
Energy		807		0	NC	4		541		
Protein (N x 6.25)		27.37		2 2	A	1 1		18.34		
Total lipid (fat)		6.51 1.79		2	A A	1		4.36 1.20		
Carbohydrate, by difference		4.47		0	NC	4		2.99		
Fiber, total dietary		0.0		0	Z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch		0.00			_	•		0.00		
	9									
Minerals:		_		_	_	_		_		
Calcium, Ca	-	7 5.98		2 2	A	1 1		5 4.01		
Iron, Fe	• • • • • • • • • • • • • • • • • • • •	5.98 23		2	A A	1		4.01 16		
Phosphorus, P		483		2	A	1		324		
Potassium, K		353		2	A	1		236		
Sodium, Na		85		2	A	1		57		
Zinc, Zn		11.90		2	A	1		7.97		
Copper, Cu	mg	15.050	)	2	A	1		10.084		
Manganese, Mn		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		14.350		2	A	1		9.615		
Pantothenic acid		7.075		2	A	1		4.740		
Vitamin B-6		0.891		2	A	1		0.597		
Folate, total		350		2	A Z	1 7		235		
Folic acid	_	0 350		2	z A	1		0 235		
Folate, foodFolate, DFE		350		0	NC	4		235		
Vitamin B-12		72.50		2	A	1		48.58		
Vitamin A, IU		66989		0	AS	1		44883		
Vitamin A, RAE	mcg_RAE	20074		0	AS	1		13450		
Retinol		20070		2	A	1		13447		
Vitamin E (alpha-tocopherol)	mg	0.60		4	A	1		0.40		
Tocopherol, beta	mg	0.00		4	A	1		0.00		
Tocopherol, gamma		0.03		4	A	1		0.02		
Tocopherol, delta		0.00		4	A	1		0.00		
Vitamin D Vitamin K (phylloquinone)		1.6		2	A	1		1.1		
Vitamin K (pnylloquinone)	Ilicy	1.6		2	A	1		1.1		
<u>Lipids:</u>										
Fatty acids, total saturated	g	2.109		0	NC	4		1.413		
4:0		0.000		2	Z	7		0.000		
6:0	-	0.000		0	Z	7		0.000		
8:0	-	0.000		2	A	1		0.000		
10:0 12:0		0.005		2 2	A A	1 1		0.003 0.003		
13:0		0.005	•	2	A	-		0.003		
14:0		0.075	;	2	A	1		0.050		
15:0		0.016		2	A	1		0.010		
16:0	-	0.884		2	A	1		0.592		
17:0	-	0.044		2	A	1		0.029		
18:0	g	1.075	i	2	A	1		0.720		
20:0	-	0.000		2	A	1		0.000		
22:0	-	0.006	i	2	A	1		0.004		
24:0	g									

		<u>.</u>	Amount in 10	00 grams Number		ole portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Unit	s	Mean	Std. Error	of Data	Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	a	1.19	24	0	NC	4		0.800		
14:1		0.01		2	A	1		0.800		
15:1		0.00		2	A	1		0.000		
16:1 undifferentiated	_	0.11	15	2	A	1		0.077		
17:1	g	0.01	L9	2	A	1		0.013		
18:1 undifferentiated	_	1.03	37	2	A	1		0.694		
20:1		0.01		2	A	1		0.006		
22:1 undifferentiated		0.00	00	0	Z	7		0.000		
24:1 cFatty acids, total polyunsaturated		1.11	12	0	NC	4		0.745		
18:2 undifferentiated		0.70		0	AS	1		0.472		
18:2 n-6 c,c		0.70		2	A	1		0.472		
18:2 CLAs										
18:2 c,t	g									
18:2 t,c										
18:2 t,t	_									
18:2 i 18:2 t not further defined										
18:2 t not further defined	_	0.04	17	0	AS	1		0.031		
18:3 n-6 c.c.c		0.00		2	A	1		0.005		
18:3i	_									
18:4		0.00	00	0	z	7		0.000		
20:2 n-6 c,c		0.01	L <b>4</b>	2	A	1		0.009		
20:3 undifferentiated		0.00	00	2	A	1		0.000		
20:3 n-3										
20:3 n-6		0.34	10	2	A	1		0.233		
20:4 undifferentiated 20:4 n-3		0.54	•0	2	•	-		0.233		
20:4 n-6	_									
20:5 n-3	_	0.00	00	0	z	7		0.000		
22:5 n-3	g	0.00	00	0	Z	7		0.000		
22:6 n-3	g	0.00		0	Z	7		0.000		
Fatty acids, total trans		0.28	35	2	A	1		0.191		
Cholesterol		485		2	A	1		325		
Phytosterols										
Amino Acids:										
Tryptophan		0.34		0	A	1		0.233		
Threonine		1.10 1.22		0	A A	1 1		0.741 0.822		
Isoleucine	-	2.41		0	A	1		1.618		
Lysine	-	2.06		0	A	1		1.382		
Methionine	_	0.71		0	A	1		0.477		
Cystine		0.47	71	0	A	1		0.316		
Phenylalanine	g	1.38	37	0	A	1		0.929		
Tyrosine	_	1.00		0	A	1		0.673		
Valine	•	1.60		0	A	1		1.077		
Arginine		1.77		0	A	1		1.186		
HistidineAlanine		0.79 1.71		0	A A	1 1		0.535 1.151		
Aspartic acid		2.58		0	A	1		1.735		
Glutamic acid		3.47		0	A	1		2.328		
Glycine	_	2.20	)4	0	A	1		1.477		
Proline	g	1.58		0	A	1		1.060		
Serine	-	1.24		0	A	1		0.833		
Hydroxyproline	g	0.10	00	1	A	1		0.067		
Others:										
Alcohol, ethyl	g	0.0		0	z	7		0.0		
Caffeine		0		0	Z	7		0		
Theobromine	mg	0		0	Z	7		0		
<u>Carotenoids:</u>										
Carotene, beta		40		2	A	1		26.800		
Carotene, alpha		11		2	A	1		7.491		
Cryptoxanthin, beta	iiicd	16		2	A	1		10.512		

	<u>A</u>	mount in 10	0 grams Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean	Std. Error	of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0 0		2 2	A A	1 1		0.000		

### **Common Measures:**

Measure 1 = 67g: 1 slice (yield from 99g raw liver)

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

USDA National Nutrient Database for Standard Reference, Release 17 (2004)

calf liver Refuse: 0%

					of edil	_	Amount in edible portion of common measures of food			
Nutrients and Unit	s	Mean	Std. Error		Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Description										
Proximates: Water	a	70.89		2	A	1				
Energy.	-	140		0	NC	4				
Energy		586		0	NC	4				
Protein (N x 6.25)		19.93		2	A	1				
Total lipid (fat)		4.85		2	A	1				
Ash		1.42		2	A	1				
Carbohydrate, by difference		2.91		0	NC	4				
Fiber, total dietary		0.0		0	Z	7				
Sugars, total		0.00		0	z	7				
Starch				-	_	-				
Starch	9									
Minerals:										
Calcium, Ca	_	5		2	A	1				
Iron, Fe		6.40		2	A	1				
Magnesium, Mg		20		2	A	1				
Phosphorus, P		379		2	A	1				
Potassium, K		308		2	A	1				
Sodium, Na	-	77		2	A	1				
Zinc, Zn		12.02		2 2	A A	1 1				
Copper, Cu	-	11.865 0.255		2	A	1				
Manganese, Mn Selenium, Se		22.7	•	2	A	1				
Selemum, Se	nicg	22.7		2	•	_				
<u>Vitamins:</u>										
Vitamin C, total ascorbic acid	mg	0.7		1	A	1				
Thiamin	mg	0.173	3	2	A	1				
Riboflavin	mg	2.440	)	2	A	1				
Niacin	mg	10.550	)	2	A	1				
Pantothenic acid	mg	6.065	5	2	A	1				
Vitamin B-6	_	0.957	,	2	A	1				
Folate, total		125		2	A	1				
Folic acid		0		0	Z	7				
Folate, food		125		2	A	1				
Folate, DFE		125		0	NC	4				
Vitamin B-12		59.85		2	A	1				
Vitamin A, IU		39056		0	AS	1				
Vitamin A, RAE		11707		0	AS	1				
Retinol		11705		2	A	1 1				
Vitamin E (alpha-tocopherol)		0.37		4	A A	1				
Tocopherol, beta		0.00		_	A	_				
Tocopherol, gamma		0.03		4 2	A	1 1				
Tocopherol, delta Vitamin D		0.00		2	•	_				
Vitamin K (phylloquinone)		0.9		2	A	1				
vitanini K (phynoquinone)	iilog	0.5		_		-				
<u>Lipids:</u>										
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		0.000		2	A	1				
10:0		0.000		2	A	1				
12:0		0.000	)	2	A	1				
13:0										
14:0		0.047		2	A	1				
15:0		0.012		2	A	1				
16:0		0.637		2	A	1				
17:0		0.037		2	A	1				
18:0		0.824		2	A	1				
20.0	a	0.000	)	2	A	1				
20:0 22:0		0.004		2	A	1				

		<u>Ar</u>	nount in 10	0 grams	of edik	ole portic	o <u>n</u>	Amount in edible portion of common		
				Number	•			me	asures of food	
Nutrients and Uni	its	Mean	Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated	g	0.968		0	NC	4				
14:1	-	0.005		2	A	1				
15:1 16:1 undifferentiated		0.000 0.082		2 2	A A	1 1				
17:1	-	0.013		2	A	1				
18:1 undifferentiated		0.856		2	A	1				
20:1	g	0.013		2	A	1				
22:1 undifferentiated		0.000		0	Z	7				
24:1 c				_						
Fatty acids, total polyunsaturated		0.829		0 0	NC AS	4 1				
18:2 undifferentiated 18:2 n-6 c.c		0.517 0.517		2	AS A	1				
18:2 CLAs	-	0.517		2	A	1				
18:2 c.t	-									
18:2 t,c										
18:2 t,t	g									
18:2 i										
18:2 t not further defined	-			_		_				
18:3 undifferentiated		0.035		0 2	AS	1				
18:3 n-6 c,c,c 18:3i	-	0.008		2	A	1				
18:4		0.000		0	z	7				
20:2 n-6 c,c		0.012		2	A	1				
20:3 undifferentiated		0.000		2	A	1				
20:3 n-3	g									
20:3 n-6										
20:4 undifferentiated		0.266		2	A	1				
20:4 n-3	-									
20:4 n-6 20:5 n-3	-	0.000		0	z	7				
22:5 n-3	-	0.000		0	Z	7				
22:6 n-3	-	0.000		0	z	7				
Fatty acids, total trans	-	0.215		2	A	1				
Cholesterol	mg	334		2	A	1				
Phytosterols	mg									
Amino Acids:										
Tryptophan		0.274		1	A	1				
Threonine		0.873		1	A	1				
Isoleucine	_	0.968 1.905		1 1	A	1 1				
Leucine Lysine		1.627		1	A A	1				
Methionine		0.562		1	A	1				
Cystine		0.372		1	A	1				
Phenylalanine	g	1.094		1	A	1				
Tyrosine	g	0.793		1	A	1				
Valine	-	1.268		1	A	1				
Arginine		1.397		1	A	1				
Histidine		0.630 1.356		1 1	A A	1 1				
AlanineAspartic acid		2.043		1	A	1				
Glutamic acid	-	2.741		1	A	1				
Glycine	_	1.739		1	A	1				
Proline	-	1.248		1	A	1				
Serine	g	0.981		1	A	1				
Hydroxyproline	g	0.100		1	A	1				
Others:										
Alcohol, ethyl		0.0		0	Z	7				
Caffeine		0		0	Z	7				
Theobromine	IIIY	0		0	Z	7				
Carotenoids:										
Carotene, beta		11		2	A	1				
Carotene, alpha	_	13 11		2 2	A A	1 1				
Cryptoxanthin, beta	iiicg	11		2	A	1				

	<u>A</u>	mount in 10	<u>0 grams</u> Number		Amount in edible portion of common measures of food				
Nutrients and Units	Mean		of Data	Deriv		Confidence Code	Measure 1	Measure 2	Measure 3
Lycopenemcg Lutein + zeaxanthinmcg	0		2 2	A A	1 1				

### **Common Measures:**

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> :	mount in 10	<u>0 grams</u>	of edib	ole portio	<u>on</u>		edible portion	
				Number				<u>m</u>	easures of food	<u> </u>
				of Data	Deriv	Source	Confidence			
Nutrients and Unit	s	Mean	Std. Error	Points	Code	Code	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	ma	7		0		1		21	6	
Iron. Fe.	-	3.61		0		1		10.83	3.07	
Magnesium, Mg	• • • • • • • • • • • • • • • • • • • •	8		0		1		24	7	
Phosphorus, P		232		0		1		696	197	
Potassium, K	-	142		0		1		426	121	
Sodium, Na	-	56		0		1		168	48	
Zinc, Zn	<u>mg</u>	1.20		0		1		3.60	1.02	
Copper, Cu	mg	0.221	-	0		1		0.663	0.188	
Manganese, Mn	<u>mg</u>	0.015	5	0		1		0.045	0.013	
Selenium, Se	mcg	19.8		0	BFYN	4		59.4	16.8	
Vitamins:										
Vitamin C, total ascorbic acid	ma	34.0		0		1		102.0	28.9	
Thiamin	-	0.032	•	0		1		0.096	0.027	
Riboflavin		0.131		0		1		0.393	0.111	
Niacin		2.289		0		1		6.867	1.946	
Pantothenic acid										
Vitamin B-6	-	0.060	)	0		1		0.180	0.051	
Folate, total		8		0		1		24	7	
Folic acid		0		0	Z	7		0	0	
Folate, food		8		0		1		24	7	
Folate, DFE	mcg_DFE	8		0	NC	4		24	7	
Vitamin B-12	mcg	2.38		0		1		7.14	2.02	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	riicg									
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:										
Tryptophan	a	0.149	•	0		1		0.447	0.127	
Tryptopnan Threonine		0.143		0		1		2.091	0.127	
Isoleucine	_	0.697		0		1		2.331	0.592	
Leucine	-	1.071		0		1		3.213	0.860	
Lysine	-	1.388		0		1		4.164	1.180	
Methionine		0.297		0		1		0.891	0.252	
IVICUIIUIIIIC	9	0.291		0		1		0.480	0.232	

	Amo	ount in 100 grams Number		<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean S		Deriv Source	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine	0.665 0.396 0.797	0 0 0	1 1 1		1.995 1.188 2.391	0.565 0.337 0.677	

# **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 17 (2004)

Refuse: 24% Blood clots and membranes

		<u>Aı</u>	mount in 10	0 grams	of edil	ole portic	<u>on</u>	Amount in	edible portion	of common
				Numbe	r				easures of food	
						Source	Confidence			
Nutrients and Units		Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
Proximates:										
Water	-	80.50	0.4	47 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	0.40	04 3		1		4.62	18.42	
Total lipid (fat)	g	2.30	0.0	58 3		1		0.65	2.60	
Ash	g	1.10	0.0	58 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:										
Viinerais: Calcium, Ca	ma	7	0.98	31 5		1		2	8	
Iron, Fe	_	5.23	1.0			1		1.48	5.91	
Magnesium, Mg	-	12		1		1		3	14	
Phosphorus, P		288		1		1		82	325	
Potassium, K	-	274		1		1		78	310	
Sodium, Na		108		1		1		31	122	
Zine, Zn		1.16		1		1		0.33	1.31	
Copper, Cu	mg	0.241	•	0		1		0.068	0.272	
Manganese, Mn	mg	0.018	1	0		1		0.005	0.020	
Selenium, Se	mcg	17.2		0	BFNN	4		4.9	19.4	
Vitamins:										
	ma	39.0	1.8	34 5		1		11.1	44.1	
Vitamin C, total ascorbic acid Thiamin		0.047		0		1		0.013	0.053	
Riboflavin		0.047		0		1		0.013	0.053	
Niacin	_	4.025		0		1		1.141	4.548	
Pantothenic acid	-	4.025	,	Ū		-		1.141	4.540	
Vitamin B-6		0.110	1	1		1		0.031	0.124	
Folate, total		11		0		1		3	12	
Folic acid		0		0	z	7		0	0	
Folate, food	-	11		0	_	1		3	12	
Folate, DFE		11		0	NC	4		3	12	
Vitamin B-12	mcq	3.83		0		1		1.09	4.33	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE	mcg RAE	0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	q	0.790	)	0		1		0.224	0.893	
Fatty acids, total monounsaturated		0.590		0		1		0.167	0.667	
Fatty acids, total polyunsaturated	-	0.310		0		1		0.088	0.350	
Fatty acids, total trans										
Cholesterol		229		0		1		65	259	
Phytosterols										
Amino Acide										
Amino Acids:	a	0.129	1	1		1		0.037	0.146	
Tryptophan Threonine		0.129		1		1		0.037	0.146	
Isoleucine	-	0.676		1		1		0.172	0.685	
Leucine	-	0.676		1		1		0.192	1.052	
Lysine	•	1.208		1		1		0.342	1.052	
=		0.259		1		1		0.342	0.293	
Methionine	9	0.259	•	1		1		0.073	0.293	

	<u>Amou</u>	nt in 100 grams of	edible portio	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and Units	Mean Sto	Number of Data Do I. Error Points Co	eriv Source ode Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine       9         Tyrosine       9         Valine       9         Arginine       9         Histidine       9         Alanine       9         Aspartic acid       9         Glutamic acid       9         Glycine       9         Proline       9         Serine       9         Hydroxyproline       9	0.579 0.344 0.694	1 1 1	1 1 1		0.164 0.098 0.197	0.654 0.389 0.784	

# **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 g	rams	of edil	ole portio	<u>on</u>	Amount in	edible portion	of common
			Nu	ımber					easures of food	_
Nutrients and Uni	its	Mean	of Std. Error			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water		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		2.38		0		1		5.71	2.02	
Magnesium, Mg	mg	24		0		1		58	20	
Phosphorus, P		512		0		1		1229	435	
Potassium, K	mg	278		0		1		667	236	
Sodium, Na	mg	68		0		1		163	58	
Zinc, Zn	<u>mg</u>	5.20		0		1		12.48	4.42	
Copper, Cu	mg	0.101		0		1		0.242	0.086	
Manganese, Mn	-	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	• • • • • • • • • • • • • • • • • • • •	0.506		0		1		1.214	0.430	
Niacin	_	4.146		0		1		9.950	3.524	
Pantothenic acid	-									
Vitamin B-6		0.190		0		1		0.456	0.162	
Folate, total		3		0		1		7	3	
Folic acid		0		0	Z	7		0	0	
Folate, food		3		0		1		7	3	
Folate, DFE		3		0	NC	4		7	3	
Vitamin B-12		17.33		0		1		41.59	14.73	
Vitamin A, IU		0	0.000	8		1		0	0	
Vitamin A, RAE		0	0.000	8		1		0	0	
Retinol		0	0.000	8		1		0	0	
Vitamin E (alpha-tocopherol)										
Tocopherol, beta										
Tocopherol, gamma Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
Lipids:										
Fatty acids, total saturated	g	5.010		0	A	1		12.024	4.259	
Fatty acids, total monounsaturated		5.030		0	A	1		12.072	4.276	
Fatty acids, total polyunsaturated	-	2.720		0	A	1		6.528	2.312	
Fatty acids, total trans										
Cholesterol										
Phytosterols	mg									

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

# **Common Measures:**

Measure 1 = 240g: 1 unit, cooked (yield from 1 lb raw meat)

NDB No. 17213

Veal, variety meats and by-products, pancreas, 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 17 (2004)

Refuse: 0%

		<u>Ar</u>	nount in 100 g	rams	of edik	le portio	<u>on</u>	Amount in edible portion of common				
			Nu	mber	,				easures of food			
						Source	Confidence					
Nutrients and Uni	ts	Mean	Std. Error Po	ints	Code	Code	Code	Measure 1	Measure 2	Measure 3		
Proximates:												
Water		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	ma	19		0		1		5	21			
Iron, Fe	-	2.10	0.289	3		1		0.60	2.37			
Magnesium, Mg		18		0		1		5	20			
Phosphorus, P	-	329		0		1		93	372			
Potassium, K	-	278		0		1		79	314			
Sodium. Na	• • • • • • • • • • • • • • • • • • • •	67		0		1		19	76			
Zinc. Zn	• • • • • • • • • • • • • • • • • • • •	2.60		0		1		0.74	2.94			
Copper, Cu	mg	0.060		0		1		0.017	0.068			
Manganese, Mn	-	0.151		0		1		0.043	0.171			
Selenium, Se		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		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		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			
Vitamin B-12		13.38		0		1		3.79	15.12			
Vitamin A, IU	IU	0	0.000	8		1		0	0			
Vitamin A, RAE	mcg_RAE	0	0.000	8		1		0	0			
Retinol	mcg	0	0.000	8		1		0	0			
Vitamin E (alpha-tocopherol)												
Tocopherol, beta	mg											
Tocopherol, gamma	mg											
Tocopherol, delta	mg											
Vitamin D												
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		2.440		0		1		0.692	2.757			
Fatty acids, total trans												
Cholesterol		173		0		1		49	195			
Phytosterols	ma											

# **Common Measures:**

Measure 1 = 28.35g: 1 oz

NDB No. 17212 Veal, variety meats and by-products, pancreas, raw

Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u> 1	mount in 10	0 grams	of edik	ole portio	<u>on</u>		edible portion	
			I	Number				<u>m</u>	easures of food	<u>.</u>
				of Data	Deriv	Source	Confidence			
Nutrients and Units	3	Mean	Std. Error	Points	Code	Code	Code	Measure 1	Measure 2	Measure
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									
	_									
<u>Minerals:</u>		_		_		_			_	
Calcium, Ca	-	7		0		1		24	6	
Iron, Fe.	-	7.36		0		1		25.39	6.26	
Magnesium, Mg		14		0		1		48	12	
Phosphorus, P	-	312		0		1		1076	265	
Potassium, K	-	215		0		1		742	183	
Sodium, Na	-	58		0		1		200	49	
Zinc, Zn		1.91	_	0		1		6.59	1.62	
Copper, Cu		0.925		0		1		3.191	0.786	
Manganese, Mn		0.075		0		1		0.259	0.064	
Selenium, Se	mcg	81.2		0	BFYN	4		280.1	69.0	
itamins:										
Vitamin C, total ascorbic acid	mg	40.0		0		1		138.0	34.0	
Thiamin	-	0.046	5	0		1		0.159	0.039	
Riboflavin		0.288	3	0		1		0.994	0.245	
Niacin		5.341		0		1		18.426	4.540	
Pantothenic acid										
Vitamin B-6		0.070	)	0		1		0.242	0.060	
Folate, total		4		0		1		14	3	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		14	3	
Folate, DFE		4		0	NC	4		14	3	
Vitamin B-12		4.82		0		1		16.63	4.10	
Vitamin A, IU		0		0		1		0	0	
Vitamin A, RAE		0		0		1		0	0	
Retinol		0		0		1		0	0	
Vitamin E (alpha-tocopherol)	-									
Tocopherol, beta										
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)										
<u> ipids:</u>				_		_				
Fatty acids, total saturated		0.960		0		1		3.312	0.816	
Fatty acids, total monounsaturated		0.780	)	0		1		2.691	0.663	
14:1										
15:1										
16:1 undifferentiated										
17:1	-	0.666	,	0		4		0 077	0 505	
18:1 undifferentiated		0.660	,	U		1		2.277	0.561	
20:1										
22:1 undifferentiated										
24:1 c		0.010	,	^		4		0.705	0 170	
Fatty acids, total polyunsaturated		0.210		0		1		0.725	0.179	
18:2 undifferentiated		0.210	,	0		1		0.725	0.179	
18:3 undifferentiated	-									
18:4	9									

		<u>Am</u>	ount in 100 grams	of edible port	tion	Amount in edible portion of common		
			Number			<u>m</u>	easures of food	•
Nutrients and	Units	Mean	of Data Std. Error Points		e Confidence Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated	g g g							
Fatty acids, total trans Cholesterol		447	0	1		1542	380	
Phytosterols	_		· ·	-		1342	300	
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								
Glutamic acid								
Glycine								
Proline	-							
Serine	-							
Hydroxyproline	g							

### **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

		<u>Aı</u>	mount in 100 gr	rams c	of edib	ole portio	<u>n</u>		edible portion	
			Nur	nber				<u>m</u>	easures of food	•
			of I	Data I	Deriv	Source	Confidence			
Nutrients and Units	5	Mean	Std. Error Poi	ints (	Code	Code	Code	Measure 1	Measure 2	Measure
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									
Ainerals:										
Calcium, Ca	ma	6	0.897	5		1		2	7	
Iron. Fe.	-	9.32	0.621	8		1		2.64	10.53	
Magnesium, Mg		17	*****	1		1		5	19	
Phosphorus, P		339		1		1		96	383	
Potassium, K	•	362		1		1		103	409	
Sodium, Na	-	97		1		1		27	110	
Zinc, Zn	<u>mg</u>	1.61		1		1		0.46	1.82	
Copper, Cu	mg	0.167		0		1		0.047	0.189	
Manganese, Mn	<u>mg</u>	0.072		0		1		0.020	0.081	
Selenium, Se	mcg	61.7		0	BFNN	4		17.5	69.7	
/itamins:										
Vitamin C, total ascorbic acid	ma	41.0	0.537	5		1		11.6	46.3	
Thiamin	_	0.047		0		1		0.013	0.053	
Riboflavin		0.348		0		1		0.013	0.393	
Niacin		7.895		0		1		2.238	8.921	
Pantothenic acid				·		_		2.200	0.522	
Vitamin B-6	_	0.110	ı	1		1		0.031	0.124	
Folate, total		4		0		1		1	5	
Folic acid		0		0	z	7		0	0	
Folate, food		4		0		1		1	5	
Folate, DFE		4		0	NC	4		1	5	
Vitamin B-12		5.34		0		1		1.51	6.03	
Vitamin A, IU	IU	0	0.000	8		1		0	0	
Vitamin A, RAE		0	0.000	8		1		0	0	
Retinol	mcg	0	0.000	8		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma										
Tocopherol, delta										
Vitamin D										
Vitamin K (phylloquinone)	mcg									
<u> </u>										
Fatty acids, total saturated	g	0.730	1	0		1		0.207	0.825	
Fatty acids, total monounsaturated		0.590	ı	0		1		0.167	0.667	
14:1										
15:1	g									
16:1 undifferentiated										
17:1	g									
18:1 undifferentiated	-	0.500		0		1		0.142	0.565	
20:1	g									
22:1 undifferentiated	g									
24:1 c										
Fatty acids, total polyunsaturated		0.160		0		1		0.045	0.181	
18:2 undifferentiated		0.160		0		1		0.045	0.181	
18:3 undifferentiated	-									
18:4	q									

		An	nount in 100 grams	Amount in edible portion of common				
			Number	='			easures of food	
Nutrients and	Units	Mean	of Data Std. Error Points		urce Confidenc ode Code	e Measure 1	Measure 2	Measure 3
20:3 undifferentiated	g g g	240				06	204	
Cholesterol	_	340	1		1	96	384	
Phytosterols	IIIG							
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	-							
Serine	-							
Hydroxyproline	g							

### **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

Refuse: 4% Membranes 3.69%

		<u>A</u>	mount in 1	00 grams	of edil	ole portic	<u></u>	Amount in	edible portion of	of common
				Mumaha					easures of food	_
				Number		_		<u></u>		
Nutrients and Un	its	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.63		1	A	1		62.59		
Energy	kcal	125		0	NC	4		106		
Energy	kj	522		0	NC	4		444		
Protein (N x 6.25)	g	22.67		1	A	1		19.27		
Total lipid (fat)		3.11		1	A	1		2.64		
Ash		2.88		1	A	1		2.45		
Carbohydrate, by difference		0.00		0	Z	7		0.00		
Fiber, total dietary	-	0.0		0	z	7		0.0		
Sugars, total		0.00		0	z	7		0.00		
Starch										
Minerals:										
Calcium, Ca	_	4		1	A	1		3		
Iron, Fe	_	1.24		1	A	1		1.05		
Magnesium, Mg		24		1	A	1		20		
Phosphorus, P	-	627		1	A	1		533		
Potassium, K	-	435		1	A	1		370		
Sodium, Na	_	59		1	A	1		50		
Zinc, Zn		2.13		1	A	1		1.81		
Copper, Cu		0.072		1	A	1		0.061		
Manganese, Mn		0.021	L	1	A	1		0.018		
Selenium, Se	mcg	21.5		1	A	1		18.3		
Vitamins:										
Vitamin C, total ascorbic acid	ma	39.4		1	A	1		33.5		
Thiamin	_	0.054	1	1	A	1		0.046		
Riboflavin		0.100		1	A	1		0.085		
Niacin	-	3.380		1	A	1		2.873		
Pantothenic acid		1.080		1	A	1		0.918		
Vitamin B-6		0.027		1	A	1		0.023		
Folate, total	-	20	•	1	A	1		17		
Folic acid		0		0	Z	7		0		
Folate, food	_	20		1	A	1		17		
Folate, DFE		20		0	NC	4		17		
Vitamin B-12		2.85		1	A	1		2.42		
Vitamin B-12 Vitamin A, IU	IIIOG	0		0	AS	1		0		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE		0		1	AS A	1		0		
Retinol						1				
Vitamin E (alpha-tocopherol)		0.09		2 2	A A	1		0.08		
Tocopherol, beta		0.00				_		0.00		
Tocopherol, gamma		0.02		2	A	1		0.02		
Tocopherol, delta		0.00		2	A	1		0.00		
Vitamin D Vitamin K (phylloquinone)		0.0		2	A	1		0.0		
Lipids:	_									
Fatty acids, total saturated	а	0.942	<b>,</b>	1	A	1		0.801		
4:0	•	0.942		0	Z	7		0.000		
6:0		0.000		0	Z	7		0.000		
8:0		0.000		1	A	1		0.000		
10:0	-	0.000		1	A	1		0.000		
		0.000		1	A	1		0.000		
12:0		0.000	•	_	A	_		0.000		
13:0		0.041		1	7.	1		0 035		
14:0	-	0.041		1	A A	1		0.035		
15:0	-	0.009			A			0.008		
16:0	-	0.522		1	A	1		0.444		
17:0	-	0.023		1	A	1		0.020		
18:0		0.342		1	A	1		0.291		
20:0		0.000		1	A	1		0.000		
22:0		0.005	5	1	A	1		0.004		
24:0	g									

		<u>An</u>	nount in 100 gran		ble portic	<u>on</u>	Amount in edible portion of common measures of food		
Nutrients and	Units	Mean		a Deriv	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsatura	otad (I	0.903	1	A	1		0.768		
14:1	-	0.005	1	A	1		0.004		
15:1		0.000	1	A	1		0.000		
16:1 undifferentiated		0.059	1	A	1		0.050		
17:1	-	0.033	-	n	-		0.030		
18:1 undifferentiated	-	0.823	1	A	1		0.700		
20:1	•	0.016	1	A	1		0.014		
22:1 undifferentiated	-	0.000	0	z	7		0.000		
24:1 c		0.000	v	-	•		0.000		
Fatty acids, total polyunsaturat		0.315	1	A	1		0.268		
18:2 undifferentiated		0.189	1	A	1		0.161		
18:3 undifferentiated	-	0.000	0	A	1		0.000		
18:3 n-6 c.c.c	-	0.000	1	A	1		0.000		
18:3i		0.000	_		_		0.000		
18:4		0.000	0	Z	7		0.000		
20:2 n-6 c,c	-	0.017	1	A	1		0.014		
20:3 undifferentiated		0.000	1	A	1		0.000		
20:3 n-3			_	==	_				
20:3 n-6									
20:4 undifferentiated		0.109	1	A	1		0.093		
20:4 n-3	-								
20:4 n-6									
20:5 n-3	-	0.000	0	Z	7		0.000		
22:5 n-3		0.000	0	Z	7		0.000		
22:6 n-3		0.000	0	Z	7		0.000		
Fatty acids, total trans	-	0.200	1	A	1		0.170		
Cholesterol	mg	350	1	A	1		298		
Phytosterols	mg								
Othors									
Others:	9	0.0	0		7		0.0		
Alcohol, ethyl	_	0.0	0	Z Z	7		0.0		
Theobromine	• • • • • • • • • • • • • • • • • • • •	0	0	Z	7		0		
Carotenoids:	g	U	U	2	,		U		
Carotene, beta		0	1	A	1		0.000		
Carotene, alpha		0	1	A	1		0.000		
Cryptoxanthin, beta		0	1	A	1		0.000		
Lycopene		0	1	A	1		0.000		
Lutein + zeaxanthin	mcg	0	0	Z	7		0.000		

# **Common Measures:**

Measure 1 = 85g: 3 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>A</u>	mount in 100	) grams	of edit	ole portio	<u>on</u>	Amount in edible portion of common			
			ı	Number	•			<u>m</u>	easures of food		
				of Data	Deriv	Source	Confidence				
Nutrients and Uni	its	Mean	Std. Error	Points	Code	Code	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										
Minanala											
Minerals:	ma	2		4		4		1	4		
Calcium, Ca	_	3 1.05		1 1	A A	1 1		0.30	4 1.19		
Iron, Fe	_	23		1	A A	1		6	1.19 25		
Magnesium, Mg Phosphorus, P		533		1	A A	1		6 151	25 602		
1 /	•	488		1	A	1		138	551		
Potassium, K Sodium, Na		67		1	A	1		19	76		
Zinc, Zn	• • • • • • • • • • • • • • • • • • • •	1.55		1	A	1		0.44	1.75		
Copper, Cu		0.079	<b>1</b>	1	A	1		0.022	0.089		
Manganese, Mn		0.018		1	A	1		0.022	0.020		
Selenium, Se		16.1	•	1	A	1		4.6	18.2		
				_		_					
<u>Vitamins:</u>											
Vitamin C, total ascorbic acid	_	49.2		1	A	1		13.9	55.6		
Thiamin	-	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	-	1.230		1	A	1		0.349	1.390		
Vitamin B-6	-	0.035	5	1	A	1		0.010	0.039		
Folate, total		22		1	A	1		6	25		
Folic acid		0		0	Z	7		0	0		
Folate, food		22		1	A	1		6	25		
Folate, DFE		22		0	NC	4		6	25		
Vitamin B-12		3.33		1	A	1		0.94	3.76		
Vitamin A, IU		0		0	AS	1		0	0		
Vitamin A, RAE		0		0	AS	1		0	0		
Retinol		0		1	A	1		0	0		
Vitamin E (alpha-tocopherol)		0.09		2	A	1		0.03	0.10		
Tocopherol, beta		0.00		2	A	1		0.00	0.00		
Tocopherol, gamma		0.02		2	A	1		0.01	0.02		
Tocopherol, delta		0.00		2	A	1		0.00	0.00		
Vitamin D				•	_			0.0			
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0	0.0		
Lipids:											
Fatty acids, total saturated	g	0.806	5	1	A	1		0.229	0.911		
4:0		0.000	)	0	Z	7		0.000	0.000		
6:0	g	0.000	)	0	Z	7		0.000	0.000		
8:0		0.000	)	1	A	1		0.000	0.000		
10:0		0.000	)	1	A	1		0.000	0.000		
12:0	-	0.000	)	1	A	1		0.000	0.000		
13:0											
14:0	-	0.042	2	1	A	1		0.012	0.047		
15:0	-	0.009	•	1	A	1		0.003	0.010		
16:0	-	0.446		1	A	1		0.126	0.504		
17:0	-	0.019	•	1	A	1		0.005	0.021		
18:0	-	0.286		1	A	1		0.081	0.323		
20:0		0.000		1	A	1		0.000	0.000		
22:0		0.004		1	A	1		0.001	0.005		
24:0	-										

		<u>A</u> 1	mount in 10	0 grams	Amount in edible portion of common					
				Number	•			<u>m</u>	easures of food	
Nutrients and I	Units	Mean	Std. Error	of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturat	tedg	0.775		1	A	1		0.220	0.876	
14:1		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										
18:1 undifferentiated	•	0.703		1	A	1		0.199	0.794	
20:1	_	0.017		1	A	1		0.005	0.019	
22:1 undifferentiated	_	0.000		0	Z	7		0.000	0.000	
24:1 c	_									
Fatty acids, total polyunsaturate		0.229		1	A	1		0.065	0.259	
18:2 undifferentiated	_	0.147		1	A	1		0.042	0.166	
18:3 undifferentiated		0.000		0	z	7		0.000	0.000	
18:3 n-6 c,c,c	_	0.000		1	A	1		0.000	0.000	
18:3i		0.000		0	Z	7		0.000	0.000	
18:4	_	0.000 0.011		1	Z A	1		0.000	0.000	
20:2 n-6 c,c		0.000		1	A	1		0.003 0.000	0.012 0.000	
20:3 undifferentiated	_	0.000		_	A	1		0.000	0.000	
20:3 n-6										
20:4 undifferentiated		0.071		1	A	1		0.020	0.080	
20:4 n-3	_	0.071		-		-		0.020	0.000	
20:4 n-6										
20:5 n-3		0.000		0	z	7		0.000	0.000	
22:5 n-3		0.000		0	Z	7		0.000	0.000	
22:6 n-3		0.000		0	z	7		0.000	0.000	
Fatty acids, total trans		0.220		1	A	1		0.062	0.249	
Cholesterol		250		1	A	1		71	283	
Phytosterols										
Others:										
Alcohol, ethyl	g	0.0		0	Z	7		0.0	0.0	
Caffeine	_	0		0	z	7		0	0	
Theobromine		0		0	z	7		0	0	
Carotenoids:										
Carotene, beta	mcg	0		1	A	1		0.000	0.000	
Carotene, alpha		0		1	A	1		0.000	0.000	
Cryptoxanthin, beta		0		1	A	1		0.000	0.000	
Lycopene	mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin		0		0	Z	7		0.000	0.000	

# **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 3.87

		<u>Aı</u>	mount in 100 gı	Amount in edible portion of common					
			Nur	nber			<u>m</u>	easures of food	<u>l</u>
			of I	Data Der	v Source	Confidence			
Nutrients and Units	s	Mean	Std. Error Po	ints Cod	e Code	Code	Measure 1	Measure 2	Measure
Proximates:									
Water	-	64.08	2.234	4	1		163.40	54.47	
Energy		202		0 1	C 4		515	172	
Energy		845			4		2155	718	
Protein (N x 6.25)	-	25.85	0.402	4	1		65.92	21.97	
Total lipid (fat)	-	10.10	1.809	4	1		25.76	8.59	
Ash		0.91	0.099	4	1		2.32	0.77	
Carbohydrate, by difference		0.00			z 7		0.00	0.00	
Fiber, total dietary		0.0		0	z 7		0.0	0.0	
Sugars, total	-								
Starch	g								
Ainerals:									
Calcium, Ca	mg	9		1	1		23	8	
Iron, Fe	_	2.09		1	1		5.33	1.78	
Magnesium, Mg	-	18		1	1		46	15	
Phosphorus, P		166		1	1		423	141	
Potassium, K	-	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		0.047		1	1		0.120	0.040	
Selenium, Se	mcg	11.0	0.333	3 <i>I</i>	. 1		28.1	9.4	
itamins:									
Vitamin C, total ascorbic acid	ma	6.0		1	1		15.3	5.1	
Thiamin	-	0.070	)	1	1		0.179	0.060	
Riboflavin		0.350		1	1		0.893	0.298	
Niacin		1.470	)	1	1		3.749	1.250	
Pantothenic acid		0.740	)	1	1		1.887	0.629	
Vitamin B-6		0.150	)	1	1		0.383	0.128	
Folate, total	mcg	9		1	1		23	8	
Folic acid		0		0 2	7		0	0	
Folate, food	mcg	9		1	1		23	8	
Folate, DFE		9		0 N	2 4		23	8	
Vitamin B-12		5.30		1	1		13.52	4.51	
Vitamin A, IU		0		0	1		0	0	
Vitamin A, RAE		0		0	1		0	0	
Retinol		0		0	1		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta									
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
<u> ipids:</u>									
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									
16:1 undifferentiated									
17:1	-								
18:1 undifferentiated		4.300	)	0	1		10.965	3.655	
20:1	-								
22:1 undifferentiated	-								
24:1 c	-				_				
Fatty acids, total polyunsaturated		0.380		0	1		0.969	0.323	
18:2 undifferentiated		0.280	)	0	1		0.714	0.238	
18:3 undifferentiated	-								
18:4	g								

		<u>An</u>	nount in 100 grams	Amount in edible portion of common					
				Deriv Source	Confidence	<u>m</u>	measures of food		
Nutrients and Units		Mean	Std. Error Points	Code Code	Code	Measure 1	Measure 2	Measure 3	
20:3 undifferentiated	g g g								
Cholesterol	mg	238	0	1		607	202		
Phytosterols	mg								
Amino Acids:									
Tryptophan	g	0.279	0	1		0.711	0.237		
Threonine		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		0.774	0	1		1.974	0.658		
Valine		1.186	0	1		3.024	1.008		
Arginine	g	1.512	0	1		3.856	1.285		
Histidine		0.589	0	1		1.502	0.501		
Alanine	_	1.444	0	1		3.682	1.227		
Aspartic acid	_	2.200	0	1		5.610	1.870		
Glutamic acid	-	3.510	0	1		8.951	2.984		
Glycine	_	1.516	0	1		3.866	1.289		
Proline	_	1.221	0	1		3.114	1.038		
Serine		0.961	0	1		2.451	0.817		
Hydroxyproline	_								

### **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

Refuse: 16% Connective tissue and cartilage

		<u>Aı</u>	nount in 100 gra		Amount in edible portion of common measures of food				
Nutrients and Units		Mean		ata Der		e Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water		74.53	0.469	4	1		21.13	84.22	
Energy		131		0 1	C 4		37	148	
Energy		548			4		155	619	
Protein (N x 6.25)	-	17.18	0.787	4	1		4.87	19.41	
Total lipid (fat)		5.48	1.575	4	1		1.55	6.19	
Ash		0.89	0.041	4	1		0.25	1.01	
Carbohydrate, by difference		1.91			C 4		0.54	2.16	
Fiber, total dietary		0.0		0	z 7		0.0	0.0	
Sugars, total									
Starch	g								
Minerals:									
Calcium, Ca	mg	7		1	1		2	8	
Iron, Fe	_	2.72	0.527	4	1		0.77	3.07	
Magnesium, 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 2	. 1		2.0	7.9	
Vitamins:									
Vitamin C, total ascorbic acid	ma	5.0	0.432	6	1		1.4	5.7	
Thiamin	_	0.170		2	1		0.048	0.192	
Riboflavin	_	0.410		1	1		0.116	0.463	
Niacin		2.220		1	1		0.629	2.509	
Pantothenic acid		1.200	1	1	1		0.340	1.356	
Vitamin B-6		0.190	1	1	1		0.054	0.215	
Folate, total		5		1	1		1	6	
Folic acid		0		0 2	7		0	0	
Folate, food		5		1	1		1	6	
Folate, DFE		5		0 N	2 4		1	6	
Vitamin B-12		6.10		1	1		1.73	6.89	
Vitamin A, IU	IU	1	1.000	10	1		0	1	
Vitamin A, RAE	mcg_RAE	0	0.300	10	1		0	0	
Retinol	mcg	0	0.300	10	1		0	0	
Vitamin E (alpha-tocopherol)	mg								
Tocopherol, beta	mg								
Tocopherol, gamma									
Tocopherol, delta									
Vitamin D									
Vitamin K (phylloquinone)	mcg								
Lipids:									
Fatty acids, total saturated	g	2.350	ı	0	1		0.666	2.656	
Fatty acids, total monounsaturated		2.510		0	1		0.712	2.836	
14:1									
15:1									
16:1 undifferentiated									
17:1	-								
18:1 undifferentiated		2.230		0	1		0.632	2.520	
20:1									
22:1 undifferentiated									
24:1 c							_		
Fatty acids, total polyunsaturated		0.310		0	1		0.088	0.350	
18:2 undifferentiated		0.200		0	1		0.057	0.226	
18:3 undifferentiated	-								
18:4	-								
20:2 n-6 c,c	g								

		<u>Ar</u>	nount in 100 grams	Amount in edible portion of common			
Nutrients and Units			Numbe	measures of food			
		Mean	of Data Std. Error Points	 urce Confidence ode Code	Measure 1	Measure 2	Measure 3
20:3 undifferentiated	g g g g g g	62	0	1	18	70	
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		1.005	4	1	0.285	1.136	
Histidine	g	0.392	4	1	0.111	0.443	
Alanine	-	0.960	4	1	0.272	1.085	
Aspartic acid	-	1.462	4	1	0.414	1.652	
Glutamic acid	• • • • • • • • • • • • • • • • • • • •	2.333	4	1	0.661	2.636	
Glycine		1.008	4	1	0.286	1.139	
Proline	• • • • • • • • • • • • • • • • • • • •	0.812	4	1	0.230	0.918	
Serine		0.639	4	1	0.181	0.722	
Hydroxyproline	g						

### **Common Measures:**

Measure 1 = 28.35g: 1 oz Measure 2 = 113g: 4 oz

Calories Factors: Protein 4.27 Fat 9.02 Carbohydrate 4.11