



Lamb Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Serving Size 3 ounces (84g)

	NDB Number*	Calories	Calories From Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Protein	Vitamin A	Vitamin C	Calcium	Iron
Lamb - 1/8" fat trim													
Shank, roasted	17233	180	90	10 15	4 19	75 25	55 2	0 0	22	0	0	0	10%
Shoulder Arm Chop, braised	17247	280	170	19 29	8 39	100 34	60 3	0 0	26	0	0	0	10%
Shoulder Blade Chop, braised	17251	280	180	20 31	8 41	95 32	65 3	0 0	24	0	0	0	10%
Rib Roast, roasted	17241	290	210	23 36	10 49	80 27	60 3	0 0	18	0	0	0	8%
Loin Chop, broiled	17237	250	160	17 27	7 36	85 28	65 3	0 0	22	0	0	0	8%
Leg (whole), roasted	17231	200	110	12 19	5 25	75 26	55 2	0 0	22	0	0	0	10%

*USDA National Nutrient Database for Standard Reference, USDA, ARS.