

Lamb

Cooked Lamb Nutrition Facts

Serving Size: 3 oz. cooked serving Fat trim: 1/8" fat trim (unless otherwise noted) Country of origin: Domestic lamb Percent Daily Value (%DV) Based on a 2,000 calorie diet All products listed are not a significant source of dietary fiber, sugars, total carbohydrates, vitamin A, and vitamin C	USDA National Nutrient Database for Standard Reference Number	Calories	Calories from Fat	Total Fat: g/%DV	Saturated Fat: g/%DV	Cholesterol: mg/%DV	Sodium: mg/%DV	Protein: g	Calcium: %DV	Iron: %DV
Lamb Foreshank - braised	17229	210	100	11/17	5/25	90/30	60/3	24	0	10
Lamb Arm Chop - broiled	17248	230	140	15/23	7/35	80/27	65/3	21	0	10
Lamb Blade Chop - broiled	17252	230	140	16/25	6/30	80/27	70/3	20	2	8
Lamb Loin Chop - broiled	17237	250	160	18/28	7/35	85/28	65/3	20	0	8
Lamb Rib Roast - broiled	17241	290	210	23/35	10/50	80/27	65/3	19	0	8
Lamb Leg - Whole - roasted	17231	210	110	12/18	5/25	80/27	55/2	22	0	10
Lamb Leg - Sirloin Half - roasted	17235	240	150	17/26	7/35	80/27	60/3	21	0	10
Lamb Leg - Shank Half - roasted	17233	180	90	10/15	4/20	75/25	55/2	23	0	10
Ground Lamb - 95% Lean/5% Fat - broiled	-----	170	60	7/11	3/15	95/32	60/3	27	0	10
Ground Lamb - 90% Lean/10% Fat - broiled	-----	180	100	11/17	4.5/23	70/23	65/3	20	0	10
Ground Lamb - 85% Lean/15% Fat - broiled	-----	230	150	16/25	7/35	75/25	65/3	20	0	10
Ground Lamb - 80% Lean/20% Fat - broiled	-----	270	190	21/32	9/45	75/25	60/3	18	0	10