

Lamb

Raw Lamb Nutrition Facts

Serving Size: 4 oz. raw 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	17228	230	140	15/23	7/35	80/27	80/3	21	0	10
Lamb Arm Chop	17246	280	190	21/32	9/45	80/27	70/3	19	0	10
Lamb Blade Chop	17250	280	190	22/34	9/45	80/27	70/3	19	0	10
Lamb Loin Chop	17236	320	230	26/40	11/55	80/27	65/3	19	0	10
Lamb Rib Roast	17239	390	310	35/54	15/75	85/28	65/3	17	0	10
Lamb Leg - Whole	17230	240	150	16/25	7/35	75/25	65/3	21	0	10
Lamb Leg - Sirloin Half	17234	300	210	24/37	10/50	80/27	65/3	20	0	10
Lamb Leg - Shank Half	17232	210	120	13/20	6/30	75/25	65/3	22	0	10
Ground Lamb - 95% Lean/5% Fat - broiled	-----	150	50	6/9	2.5 /13	85/28	50/2	23	0	10
Ground Lamb - 90% Lean/10% Fat - broiled	-----	200	100	11/17	5/25	85/28	50/2	22	0	10
Ground Lamb - 85% Lean/15% Fat - broiled	-----	240	150	17/26	8/40	85/28	50/2	21	0	10
Ground Lamb - 80% Lean/20% Fat - broiled	-----	290	200	23/35	10/50	90/30	50/2	20	0	10