

Veal

Cooked Veal Nutrition Facts

Serving Size: 3 oz. cooked serving Fat trim: 1/8" fat trim Cooking method: Roasted 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
Veal Shoulder Arm Steak	17124	160	60	7/11	3/15	90/30	75/3	22	2	6
Veal Shoulder Blade Steak	17130	160	70	7/11	3/15	100/33	85/4	21	2	4
Veal Rib Roast	17112	190	110	12/18	4.5/23	95/32	80/3	20	0	4
Veal Loin Chop	17106	180	90	10/15	4.5/23	90/30	80/3	21	0	4
Veal Leg Top Round - Cutlet	17098	140	35	4/6	1.5/8	90/30	60/3	24	0	4

