

Veal

Raw Veal Nutrition Facts

Serving Size: 4 oz. raw serving Fat trim: 1/8" fat trim 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	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	17122	150	60	6/9	2.5/13	95/32	95/4	22	2	6
Veal Shoulder Blade Steak	17131	130	35	3.5/5	1/5	100/33	110/5	22	2	6
Veal Rib Roast	17110	180	90	10/15	4/20	95/32	100/4	21	0	6
Veal Loin Chop	17104	190	90	10/15	4.5/23	90/30	95/4	21	0	4
Veal Leg Top Round - Cutlet	17094	130	30	3.5/5	1.5/8	90/30	70/3	24	0	6

