

Meat Nutrition Facts



Food You Feel Good About Lamb	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbs		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	g			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
Serving Size 3oz (84g) Cooked, 1/8" fat trim																					
Loin	84	160	60	7	11	3	15	70	23	70	3	0	0	0	0	0	23	0	0	0	2
Tenderloin	84	160	60	7	11	3	15	70	23	70	3	0	0	0	0	0	23	0	0	0	2
Chop, Loin or Lamb Rib	84	160	60	7	11	3	15	70	23	70	3	0	0	0	0	0	23	0	0	0	2
Leg of Lamb	84	160	60	7	11	3	15	75	25	60	3	0	0	0	0	0	23	0	0	0	2
Shoulder Arm Chop	84	180	70	8	12	4	20	80	26	70	3	0	0	0	0	0	23	0	0	0	2
Shank	84	140	40	4	6	2	10	80	26	85	4	0	0	0	0	0	23	0	0	0	2
Shoulder Blade Chop	84	140	40	4	6	2	10	80	26	85	4	0	0	0	0	0	23	0	0	0	2
Lamb Rack	84	180	90	10	15	4	20	70	23	70	3	0	0	0	0	0	21	0	0	0	2