

# Meat Nutrition Facts



Lamb	Serving Size	Calories	Calories from fat	Total Fat		Saturated Fat		Cholesterol		Sodium		Total Carbohydrates		Dietary Fiber		Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
	Cooked			g	%DV	g	%DV	mg	%DV	mg	%DV	g	%DV	g	%DV	g	g	%DV	%DV	%DV	%DV
*FYFGA Chops, rib and loin eye	3 oz.	179	90	10	15	4	20	68	23	70	3	0	0	0	0	0	21	0	na	0	2
*FYFGA Chops, loin, tailless	3 oz.	163	63	7	11	3	15	69	23	68	3	0	0	0	0	0	23	0	0	0	2
*FYFGA Crown Roast	3 oz.	179	90	10	15	4	20	68	23	70	3	0	0	0	0	0	21	0	0	0	2
Ground Lamb	3 oz.	198	99	11	17	5	25	77	26	77	3	0	0	0	0	0	22	0	0	0	2
*FYFGA Leg, Whole, Boneless/semi boneless, or sliced, roasted	3 oz.	162	63	7	11	3	15	76	25	61	3	0	0	0	0	0	23	0	0	0	2
*FYFGA Rack of lamb, roasted	3 oz.	179	90	10	15	4	20	68	23	70	3	0	0	0	0	0	21	0	0	0	2
*FYFGA Shanks, PHF	3 oz.	140	36	4	6	2	10	78	26	85	4	0	0	0	0	0	23	0	0	0	2
*FYFGA Shoulder Chops, Round bone, or blade, broiled	3 oz.	178	72	8	12	4	20	79	26	71	3	0	0	0	0	0	23	0	0	0	2
Boneless Sirloin, broiled	3 oz.	241	144	16	25	7	35	82	27	58	2	0	0	0	0	0	21	0	0	0	2
*FYFGA, Tenderloin, Broiled	3 oz.	163	63	7	11	3	15	69	23	68	3	0	0	0	0	0	23	0	0	0	2

\*FYFGA - Food You Feel Good About Brand

Have questions or comments? Call Wegmans Consumer Affairs  
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