



# Lamb Nutrition Facts

Cooked (by moist or dry heat with no added ingredients), edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Serving Size:  
Raw – 4oz (112g)  
Cooked – 3oz (84g)

	NDB Number*	Calories	Calories from Fat	Total Fat	Saturated Fat	Cholesterol	Sodium	Total Carbohydrate	Protein	Vitamin A	Vitamin C	Calcium	Iron
Lamb - 1/8" fat trim				g %DV	g %DV	mg %DV	mg %DV	g %DV	g	%DV	%DV	%DV	%DV
Shank, <b>RAW</b>	17232	210	120	13 20	5 27	75 25	65 3	0 0	21	0	0	0	10
Shank, <b>ROASTED</b>	17233	180	90	10 15	4 19	75 25	55 2	0 0	22	0	0	0	10
Shoulder Arm Chop, <b>RAW</b>	17246	270	190	21 33	9 46	80 26	70 3	0 0	19	0	0	0	10
Shoulder Arm Chop, <b>BRAISED</b>	17247	280	170	19 29	8 39	100 34	60 3	0 0	26	0	0	0	10
Shoulder Blade Chop, <b>RAW</b>	17250	270	190	21 33	9 45	80 27	70 3	0 0	19	0	0	0	10
Shoulder Blade Chop, <b>BRAISED</b>	17251	280	180	20 31	8 41	95 32	65 3	0 0	24	0	0	0	10
Rib Roast, <b>RAW</b>	17239	380	310	34 53	15 75	85 28	65 3	0 0	17	0	0	0	8
Rib Roast, <b>ROASTED</b>	17241	290	210	23 36	10 49	80 27	60 3	0 0	18	0	0	0	8
Loin Chop, <b>RAW</b>	17236	310	230	25 39	11 56	80 27	65 3	0 0	19	0	0	0	10
Loin Chop, <b>BROILED</b>	17237	250	160	17 27	7 36	85 28	65 3	0 0	22	0	0	0	8
Leg (Whole), <b>RAW</b>	17230	230	150	16 25	7 35	75 25	65 3	0 0	21	0	0	0	10
Leg (Whole), <b>ROASTED</b>	17231	200	110	12 19	5 25	75 26	55 2	0 0	22	0	0	0	10

Lamb provides negligible amounts of dietary fiber and sugars.

SOURCE: \*USDA National Nutrient Database for Standard Reference, USDA, ARS.  
Data is from United States Department of Agriculture | Food Safety and Inspection Service | September 2011