



**Food ID:** F128

**Food name and Description:** Lamb flank

**Scientific name:** *Ovis aries*

**Alternate/Common name(s):** Tupa tiyan

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	73.3
Energy, calculated (kcal)	149
Protein (g)	16.6
Total Fat (g)	9.2
Carbohydrate, total (g)	0
Ash, total (g)	0.9

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	124
Iron, Fe (mg)	1
Sodium, Na (mg)	76

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	4.3
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.5
Fatty acids, monounsaturated, total (g)	2.42
Fatty acids, polyunsaturated, total(g)	0.36
Cholesterol (mg)	52