



Food ID: F129

Food name and Description: Lamb foreshank

Scientific name: *Ovis aries*

Alternate/Common name(s): Tupa biyas, harapan

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73
Energy, calculated (kcal)	135
Protein (g)	19.9
Total Fat (g)	6.1
Carbohydrate, total (g)	0
Ash, total (g)	1

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)	16
Phosphorus, P (mg)	131
Iron, Fe (mg)	0.5
Sodium, Na (mg)	59

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)	0.1
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.66
Fatty acids, monounsaturated, total (g)	2.5
Fatty acids, polyunsaturated, total(g)	0.48
Cholesterol (mg)	33