



Food ID: F130

Food name and Description: Lamb hind shank

Scientific name: *Ovis aries*

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

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.7
Energy, calculated (kcal)	124
Protein (g)	20.6
Total Fat (g)	4.6
Carbohydrate, total (g)	0
Ash, total (g)	1.1

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)	7
Phosphorus, P (mg)	108
Iron, Fe (mg)	1.5
Sodium, Na (mg)	62

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	1
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	1
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	6.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.84
Fatty acids, monounsaturated, total (g)	1.33
Fatty acids, polyunsaturated, total(g)	0.2
Cholesterol (mg)	-