



Food ID: F132

Food name and Description: Lamb loin

Scientific name: *Ovis aries*

Alternate/Common name(s): Tupa lomo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.1
Energy, calculated (kcal)	123
Protein (g)	20.2
Total Fat (g)	4.7
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)	8
Phosphorus, P (mg)	141
Iron, Fe (mg)	1.4
Sodium, Na (mg)	64

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)	0.14
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	6.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.08
Fatty acids, monounsaturated, total (g)	1.93
Fatty acids, polyunsaturated, total(g)	0.37
Cholesterol (mg)	-