



**Food ID:** F133

**Food name and Description:** Lamb lung

**Scientific name:** *Ovis aries*

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

**Edible portion:** 100%

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

Water (g)	77.4
Energy, calculated (kcal)	95
Protein (g)	17.3
Total Fat (g)	1.7
Carbohydrate, total (g)	2.5
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)	19
Phosphorus, P (mg)	172
Iron, Fe (mg)	1.8
Sodium, Na (mg)	175

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

Retinol, Vitamin A (µg)	18
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	18
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.43
Niacin (mg)	4.2
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.58
Fatty acids, monounsaturated, total (g)	0.44
Fatty acids, polyunsaturated, total(g)	0.23
Cholesterol (mg)	-