



Food ID: F134

Food name and Description: Lamb neck

Scientific name: *Ovis aries*

Alternate/Common name(s): Tupa leeg

Edible portion: 47%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.8
Energy, calculated (kcal)	141
Protein (g)	18.9
Total Fat (g)	7.3
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)	10
Phosphorus, P (mg)	132
Iron, Fe (mg)	1
Sodium, Na (mg)	56

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.08
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	4.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.06
Fatty acids, monounsaturated, total (g)	2.03
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	-