

**Food ID:** F136**Food name and Description:** Lamb roast/back**Scientific name:** *Ovis aries***Alternate/Common name(s):** Tupa likod**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	73.9
Energy, calculated (kcal)	129
Protein (g)	19.2
Total Fat (g)	5.8
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)	18
Phosphorus, P (mg)	131
Iron, Fe (mg)	1.8
Sodium, Na (mg)	59

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

Retinol, Vitamin A (µg)	2
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	5.9
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.53
Fatty acids, monounsaturated, total (g)	1.94
Fatty acids, polyunsaturated, total(g)	0.29
Cholesterol (mg)	-