



Food ID: F137

Food name and Description: Lamb shoulder

Scientific name: *Ovis aries*

Alternate/Common name(s): Tupa balikat

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75.2
Energy, calculated (kcal)	134
Protein (g)	16.1
Total Fat (g)	7.7
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)	16
Phosphorus, P (mg)	146
Iron, Fe (mg)	1.3
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)	0.13
Riboflavin, Vitamin B2 (mg)	0.2
Niacin (mg)	5.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.33
Fatty acids, monounsaturated, total (g)	3.16
Fatty acids, polyunsaturated, total(g)	0.61
Cholesterol (mg)	-