






Veal Nutrient Analysis



VEAL NUTRIENT ANALYSIS --- NUTRIENT CLAIMS EXCELLENT AND GOOD SOURCE OF NUTRIENTS. NUTRIENTS LISTED PER 100G

NDB #	17424	17425	17427	17430	17429
VEAL CUT	 VEAL, GROUND, PAN-FRIED	 VEAL, CUTLET, GRILLED	 VEAL, LOIN CHOP, GRILLED	 VEAL, SHOULDER BLADE CHOP, GRILLED	 VEAL, FORESHANK, OSSO BUCCO, BRAISED
SERVING SIZE (COOKED)	3.5 OZ	3.5 OZ	3.5 OZ	3.5 OZ	3.5 OZ
CALORIES KCAL	215	151	159	159	157
PROTEIN G	25.8	31.9	29.8	27.3	29.1
TOTAL FAT G	11.8	2.6	4.4	5.5	4.5
SATURATED FAT G	4.4	1	1.7	2.1	1.7
CHOLESTEROL MG	77	72	78	77	92
IRON MG	1.5	1.4	0.8	1.7	2.1
ZINC MG	2.95	3.3	1.8	5.1	5.3
NIACIN MG	7.9	10.1	7.9	5.1	3.8
VITAMIN B6 MG	0.5	0.8	0.7	0.4	0.2
VITAMIN B12 MCG	3.5	2.7	2.9	3.7	1.9
SELENIUM MCG	18.5	21.6	26.1	18.4	20.7
RIBOFLAVIN MG	0.4	0.5	0.3	0.5	0.4
PHOSPHORUS MG	231	277	214	253	218
CHOLINE MG	119.6	159.9	150.0	137.8	146.8

KEY:

EXCELLENT SOURCE OF NUTRIENT
(20%+ OF DAILY VALUE)

GOOD SOURCE OF NUTRIENT
(10-19% OF DAILY VALUE)

MEETS "EXTRA LEAN" CRITERIA: < 5G
TOTAL FAT, < 2G SAT FAT, < 95MG CHOL

MEETS "LEAN" CRITERIA: < 10G TOTAL
FAT, < 4.5G SAT FAT, < 95MG CHOL