

Raw Australian Lamb and Mutton

Per 100g edible portion	Moisture (g)	Energy (kJ)	Protein (g)	Fat (g)	Sat fat (g)	Trans fat (g)	Poly fat (g)	EPA + DHA + DPA (mg)
LAMB - raw								
Mini roast	73	582	22	6	2.1	0.3	0.6	74
Lamb steak (round or topside)	73	582	22	6	2.1	0.3	0.6	74
Leg roast (easy carve)	71	587	20	6	2.6	0.4	0.5	55
Leg roast (bone-in)	71	587	20	6	2.6	0.4	0.5	55
Diced	72	567	21	6	2.0	0.3	0.7	118
Rump	73	542	23	4	1.5	0.2	0.5	66
Chump chop	69	719	21	10	3.9	0.7	0.7	74
Strips	73	544	22	5	1.7	0.2	0.5	65
Tenderloin	74	485	20	4	1.5	0.2	0.5	66
Loin chop	63	737	28	7	2.9	0.4	0.5	78
Frenched cutlet/rack	72	688	21	9	3.5	0.5	0.7	102
Forequarter chop	70	733	20	11	3.5	0.8	0.8	129
Easy carve shoulder	71	635	18	9	2.9	0.7	0.7	100
Eye of loin	64	671	29	5	1.9	0.2	0.4	75
Butterfly steak	64	671	29	5	1.9	0.2	0.4	75
Lamb drumstick	70	723	19	11	3.2	0.7	0.8	129

Raw Australian Lamb and Mutton

Per 100g edible portion	EPA + DHA (mg)	Mono fat (g)	Cholesterol (mg)	Na (mg)	K (mg)	Ca (mg)	Fe (mg)	Zn (mg)
LAMB - raw								
Mini roast	32	2.4	64	60	296	4.4	2.6	3.9
Lamb steak (round or topside)	32	2.4	64	60	296	4.4	2.6	3.9
Leg roast (easy carve)	21	2.5	70	65	334	4.2	2.0	3.9
Leg roast (bone-in)	21	2.5	70	65	334	6.1	2.0	3.9
Diced	60	2.1	78	53	338	5.4	2.2	4.3
Rump	29	1.8	65	65	350	6.0	3.1	3.6
Chump chop	26	3.7	65	61	324	5.9	2.8	3.3
Strips	28	1.9	78	53	338	5.4	2.2	4.3
Tenderloin	29	1.8	70	69	330	8.5	2.1	2.9
Loin chop	33	2.7	73	69	320	8.4	1.8	2.7
Frenched cutlet/rack	44	3.4	67	62	340	9.2	2.0	2.8
Forequarter chop	59	4.1	60	67	306	9.5	1.5	4.9
Easy carve shoulder	45	3.4	55	50	318	6.7	2.0	5.1
Eye of loin	34	2.0	73	71	330	8.5	1.9	2.8
Butterfly steak	34	2.0	73	71	330	8.5	1.9	2.8
Lamb drumstick	61	3.8	60	68	311	9.6	1.5	5.0

Raw Australian Lamb and Mutton

Per 100g edible portion	Mg (mg)	P (mg)	Mn (mg)	Cu (mg)	Se (ug)	Vit A (ug)	Beta carotene (ug)	Vit B1 (mg)
LAMB - raw								
Mini roast	25	207	0.0	0.1	19.6	9	0.0	0.1
Lamb steak (round or topside)	25	207	0.0	0.1	19.6	9	0.0	0.1
Leg roast (easy carve)	28	220	0.0	0.1	18.8	10	0.0	0.1
Leg roast (bone-in)	29	229	0.0	0.1	18.8	10	0.0	0.1
Diced	27	249	0.0	0.1	14.9	9	0.0	0.1
Rump	30	350	0.0	0.2	20.0	9	0.0	0.2
Chump chop	28	321	0.0	0.1	18.0	11	0.0	0.1
Strips	27	248	0.0	0.0	14.9	9	0.0	0.1
Tenderloin	24	240	0.0	0.1	10.0	9	0.0	0.1
Loin chop	29	233	0.0	0.1	9.6	10	0.0	0.1
Frenched cutlet/rack	29	223	0.0	0.1	9.6	10	0.0	0.1
Forequarter chop	25	204	0.0	0.1	9.0	11	0.0	0.1
Easy carve shoulder	24	233	0.0	0.1	9.1	11	0.0	0.1
Eye of loin	30	240	0.0	0.1	10.0	9	0.0	0.1
Butterfly steak	30	240	0.0	0.1	10.0	9	0.0	0.1
Lamb drumstick	25	207	0.0	0.1	9.2	11	0.0	0.1

Raw Australian Lamb and Mutton

Per 100g edible portion	Vit B2 (mg)	Niacin (mg)	Pantothenic acid (mg)	Pyridoxine (mg)	Vit B12 (ug)	Vit D3 (ug)	alpha-tocopherol (mg)
LAMB - raw							
Mini roast	0.3	5.4	0.9	0.1	1.2	0.0	0.4
Lamb steak (round or topside)	0.3	5.4	0.9	0.1	1.2	0.0	0.4
Leg roast (easy carve)	0.2	4.1	0.9	0.1	0.8	0.0	0.4
Leg roast (bone-in)	0.2	4.4	0.9	0.1	0.9	0.0	0.4
Diced	0.2	4.5	0.9	0.1	0.8	0.0	0.4
Rump	0.3	6.5	0.9	0.1	1.3	0.0	0.4
Chump chop	0.2	6.1	0.9	0.1	1.5	0.0	0.5
Strips	0.2	4.2	0.9	0.1	0.7	0.0	0.4
Tenderloin	0.3	4.9	0.6	0.1	1.3	n/a	0.5
Loin chop	0.2	7.1	0.6	0.2	0.7	0.0	0.5
Frenched cutlet/rack	0.3	6.6	0.6	0.1	0.7	0.0	0.5
Forequarter chop	0.2	4.0	0.8	0.3	1.5	0.0	0.6
Easy carve shoulder	0.2	5.5	0.7	0.3	2.7	0.0	0.6
Eye of loin	0.2	7.3	0.6	0.2	0.6	n/a	0.5
Butterfly steak	0.2	7.3	0.6	0.2	0.6	n/a	0.5
Lamb drumstick	0.2	4.0	0.8	0.3	1.4	0.0	0.6

Raw Australian Lamb and Mutton

Per 100g edible portion	Folate (ug)	C14:0 (mg)	C15:0 (mg)	C16:0 (mg)	C17:0 (mg)	C18:0 (mg)	C22:0 (mg)	Single br1 (mg)
LAMB - raw								
Mini roast	n/a	125	23	1006	74	772	1	30
Lamb steak (round or topside)	n/a	125	23	1006	74	772	1	30
Leg roast (easy carve)	n/a	166	34	1204	102	993	1	41
Leg roast (bone-in)	n/a	166	34	1204	102	993	1	41
Diced	n/a	137	24	936	59	756	2	26
Rump	n/a	84	14	722	48	526	1	19
Chump chop	n/a	254	52	1815	157	1514	1	63
Strips	n/a	97	17	804	57	603	1	23
Tenderloin	n/a	84	14	722	48	526	1	19
Loin chop	n/a	210	34	1332	86	1168	1	37
Frenched cutlet/rack	n/a	242	39	1624	103	1409	2	44
Forequarter chop	n/a	341	60	1031	129	1790	2	64
Easy carve shoulder	n/a	292	51	801	109	1528	1	55
Eye of loin	n/a	99	16	894	53	740	1	20
Butterfly steak	n/a	99	16	894	53	740	1	20
Lamb drumstick	n/a	307	54	1033	117	1620	2	58

Raw Australian Lamb and Mutton

Per 100g edible portion	Single br2 (mg)	C14:1 (mg)	C16:1 (mg)	C18:1 trans (mg)	C18:1 (mg)	C18:2w6 trans (mg)	C18:2w6 (mg)	CLA (mg)	C18:3 trans (mg)
LAMB - raw									
Mini roast	54	6	79	175	2265	53	293	60	18
Lamb steak (round or topside)	54	6	79	175	2265	53	293	60	18
Leg roast (easy carve)	35	6	83	270	2419	82	274	80	17
Leg roast (bone-in)	35	6	83	270	2419	82	274	80	17
Diced	56	6	75	155	2056	55	305	64	16
Rump	50	4	62	102	1741	30	241	40	14
Chump chop	45	10	121	423	3570	128	393	123	24
Strips	49	5	66	128	1866	38	249	46	15
Tenderloin	50	4	62	102	1741	30	241	40	14
Loin chop	51	7	87	255	2625	73	247	76	18
Frenched cutlet/rack	68	8	108	300	3265	83	314	89	23
Forequarter chop	56	13	147	479	3905	166	411	151	29
Easy carve shoulder	42	11	124	416	3270	144	330	129	24
Eye of loin	53	4	62	137	1963	31	206	41	14
Butterfly steak	53	4	62	137	1963	31	206	41	14
Lamb drumstick	57	12	136	424	3614	147	398	136	27

Raw Australian Lamb and Mutton

Per 100g edible portion	C20:2w6 (mg)	C20:3w6 (mg)	C20:4w6 (mg)	C22:4w6 (mg)	C18:3w3 (mg)	EPA C20:5w3 (mg)	DPA C22:5w3 (mg)	DHA C22:6w3 (mg)	Total omega 3 (mg)
LAMB - raw									
Mini roast	13	9	107	8	67	21	42	11	141
Lamb steak (round or topside)	13	9	107	8	67	21	42	11	141
Leg roast (easy carve)	9	6	70	5	97	14	34	7	151
Leg roast (bone-in)	9	6	70	5	97	14	34	7	151
Diced	11	9	93	6	110	39	58	21	228
Rump	12	8	100	8	42	19	37	10	108
Chump chop	11	7	90	7	150	17	47	9	223
Strips	12	8	97	7	51	19	37	10	116
Tenderloin	12	8	100	8	42	19	37	10	108
Loin chop	14	7	81	5	84	25	45	8	162
Frenched cutlet/rack	19	10	109	7	99	33	58	11	201
Forequarter chop	11	9	93	6	183	39	69	20	312
Easy carve shoulder	8	7	71	5	151	30	55	16	251
Eye of loin	15	7	85	5	44	26	40	9	119
Butterfly steak	15	7	85	5	44	26	40	9	119
Lamb drumstick	11	9	95	7	172	40	68	21	301