

INTERACTIVE GUIDE TO THE  
**NUTRIENT COMPOSITION OF**  
**NEW ZEALAND**  
**BEEF & LAMB**



# ABOUT THIS GUIDE

## Background

Up-to-date and comprehensive nutrient data for 23 raw beef and 25 raw lamb cuts and offal items from New Zealand is presented in this guide. This meat was obtained from New Zealand sheep and cattle raised on pasture.

Nutrient concentrations are given per 100g of the:

- edible portion of the whole cut, excluding bone and waste
- lean portion only, excluding bone and waste AND trimmed of all visible fat

This information was obtained from research carried out by Massey University, New Zealand, funded by farmer levies through Beef + Lamb New Zealand Ltd.

Sample preparation and the analytical methods used were based on accepted industry standards and overseas database requirements.

## Key to abbreviations

In the tables of nutrient values presented for each cut and offal item, the following abbreviations are used:

SFA	Saturated fatty acids
MUFA	Monounsaturated fatty acids
PUFA	Polyunsaturated fatty acids
P:S Ratio	Ratio of polyunsaturated fat to saturated fat
NZ Meat Spec Guide	Refers to the technical description of the meat cut, as provided in the New Zealand Meat Specifications Guide <a href="http://www.beeflambnz.com/market/meat-specifications-and-processing/">http://www.beeflambnz.com/market/meat-specifications-and-processing/</a>

*For liver, kidney, lamb brains, ground lamb and manufacturing beef data is presented for 'whole cut' only, as visible fat was not present for liver, kidney and brains and not able to be trimmed from ground lamb and manufacturing beef.*

## The full report

A copy of the report describing the research summarised in this guide is available from the National Library of New Zealand.

*The Concentration of Selected Nutrients in New Zealand Beef and Lamb Cuts and Offal Items:* <http://bit.ly/1nWrpbp>

This report contains information on all the nutrients analysed and details of sampling and analytical methods used. It also contains data about the nutrient content of cooked cuts and offal items, where only data for raw meat are presented in this interactive guide

## Independent nutrient databases

The nutrient composition data contained in the report can also be accessed from independent nutrient databases, including:

- New Zealand Food Composition Database <http://www.foodcomposition.co.nz/>
- USDA National Nutrient Database for Standard Reference: <http://ndb.nal.usda.gov/>

Beef + Lamb New Zealand is grateful to the New Zealand Institute for Plant & Food Research and the United States Department of Agriculture for their assistance in validating the methodology and outputs of this research.

## About Beef + Lamb New Zealand

Beef + Lamb New Zealand Ltd is the farmer-owned industry organisation representing New Zealand's sheep and beef farmers.

Beef + Lamb New Zealand Ltd invests farmer levies to help develop a growing sheep and beef industry providing sustainable returns for future generations.

Beef + Lamb New Zealand Ltd has four programmes – Farm, Market, People and Information – to deliver innovative tools and services to support informed decision making, and continuous improvement in market access, product positioning and farming systems for New Zealand's sheep and beef sector.



NZ *Beef* NUTRIENT  
COMPOSITION

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Beef cuts

Offal items

## BOLAR BLADE

Large boneless, lean, medium tender cut with some exterior fat. Best suited to slow, moist cooking methods, such as braising or pot-roasting.



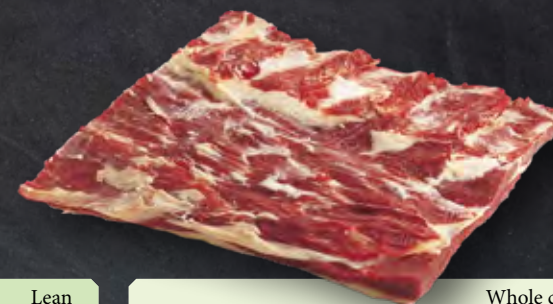
	Whole cut	Lean
Water (g/100g)	70.3	73.1
Energy (kJ/100g)	661	537
Energy (kcal/100g)	158	128
Protein (g/100g)	21.3	22.1
Fat (g/100g)	8.2	4.5
SFA (g/100g)	3.0	1.4
MUFA (g/100g)	2.9	1.7
PUFA (g/100g)	0.3	0.2
P:S ratio	0.10	0.18
omega 6 PUFA (mg/100g)	144	125
omega 3 PUFA (mg/100g)	123	99
omega 6: omega 3 ratio	1.17	1.26
Long-chain omega 3 fatty acids (mg/100g)	54	55
Trans Fats (g/100g)	0.4	0.1
Cholesterol (mg/100g)	57	56

	Whole cut	Lean
Vitamin A (µg/100g)	8.9	6.2
Vitamin B1 (Thiamine) (mg/100g)	0.05	0.05
Vitamin B2 (Riboflavin) (mg/100g)	0.10	0.11
Vitamin B3 (Niacin) (mg/100g)	3.01	3.14
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.52	0.55
Vitamin B6 (Pyridoxine) (mg/100g)	0.32	0.33
Vitamin B12 (Cobalamin) (µg/100g)	1.71	1.80
Vitamin D3 (µg/100g)	0.14	0.13
25-OH Vitamin D3 (µg/100g)	0.19	0.11
Vitamin E (mg/100g)	0.45	0.40

	Whole cut	Lean
Calcium (mg/100g)	4.3	3.6
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.9	0.8
Iron (mg/100g)	2.0	2.1
Magnesium (mg/100g)	21.5	22.5
Manganese (µg/100g)	12.7	13.4
Phosphorus (mg/100g)	182.9	190.5
Potassium (mg/100g)	312.9	325.2
Selenium (µg/100g)	1.1	1.0
Sodium (mg/100g)	53.6	55.2
Zinc (mg/100g)	3.5	3.6

## BRISKET NAVEL END

Medium grain cut with a mix of lean and fat. Requires slow, moist cooking by braising or pot-roasting.



	Whole cut	Lean
Water (g/100g)	53.4	67.9
Energy (kJ/100g)	1430	806
Energy (kcal/100g)	342	193
Protein (g/100g)	15.8	19.7
Fat (g/100g)	31.2	12.7
SFA (g/100g)	13.0	4.4
MUFA (g/100g)	10.9	5.5
PUFA (g/100g)	0.8	0.4
P:S ratio	0.06	0.09
omega 6 PUFA (mg/100g)	260	164
omega 3 PUFA (mg/100g)	245	105
omega 6: omega 3 ratio	1.06	1.56
Long-chain omega 3 fatty acids (mg/100g)	34	28
Trans Fats (g/100g)	2.2	0.6
Cholesterol (mg/100g)	62	53

	Whole cut	Lean
Vitamin A (µg/100g)	24.8	12.9
Vitamin B1 (Thiamine) (mg/100g)	0.06	0.03
Vitamin B2 (Riboflavin) (mg/100g)	0.08	0.10
Vitamin B3 (Niacin) (mg/100g)	2.69	3.58
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.24	0.33
Vitamin B6 (Pyridoxine) (mg/100g)	0.18	0.24
Vitamin B12 (Cobalamin) (µg/100g)	1.38	1.97
Vitamin D3 (µg/100g)	0.20	0.15
25-OH Vitamin D3 (µg/100g)	0.55	0.08
Vitamin E (mg/100g)	0.72	0.43

	Whole cut	Lean
Calcium (mg/100g)	8.6	4.8
Copper (mg/100g)	0.0	0.0
Iodine (µg/100g)	3.2	3.5
Iron (mg/100g)	1.1	1.4
Magnesium (mg/100g)	13.2	16.9
Manganese (µg/100g)	0.6	0.0
Phosphorus (mg/100g)	118.6	148.0
Potassium (mg/100g)	223.7	277.5
Selenium (µg/100g)	2.5	2.6
Sodium (mg/100g)	53.9	66.4
Zinc (mg/100g)	2.7	3.6

## BRISKET POINT END

Medium grain cut with a mix of lean and fat. Requires slow, moist cooking by braising or pot-roasting.



	Whole cut	Lean
Water (g/100g)	70.1	73.7
Energy (kJ/100g)	682	522
Energy (kcal/100g)	163	125
Protein (g/100g)	20.0	20.9
Fat (g/100g)	9.3	4.6
SFA (g/100g)	3.8	1.7
MUFA (g/100g)	3.8	2.3
PUFA (g/100g)	0.4	0.3
P:S ratio	0.10	0.16
omega 6 PUFA (mg/100g)	160	137
omega 3 PUFA (mg/100g)	127	96
omega 6: omega 3 ratio	1.26	1.43
Long-chain omega 3 fatty acids (mg/100g)	48	49
Trans Fats (g/100g)	0.6	0.2
Cholesterol (mg/100g)	55	54

	Whole cut	Lean
Vitamin A (µg/100g)	11.9	8.5
Vitamin B1 (Thiamine) (mg/100g)	0.04	0.04
Vitamin B2 (Riboflavin) (mg/100g)	0.05	0.05
Vitamin B3 (Niacin) (mg/100g)	4.09	4.34
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.25	0.27
Vitamin B6 (Pyridoxine) (mg/100g)	0.30	0.32
Vitamin B12 (Cobalamin) (µg/100g)	1.31	1.39
Vitamin D3 (µg/100g)	0.13	0.12
25-OH Vitamin D3 (µg/100g)	0.15	0.07
Vitamin E (mg/100g)	0.54	0.48

	Whole cut	Lean
Calcium (mg/100g)	4.8	3.7
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.9	1.9
Iron (mg/100g)	1.9	2.1
Magnesium (mg/100g)	20.2	21.4
Manganese (µg/100g)	10.1	10.7
Phosphorus (mg/100g)	179.2	188.7
Potassium (mg/100g)	305.6	321.1
Selenium (µg/100g)	2.6	2.7
Sodium (mg/100g)	49.2	50.8
Zinc (mg/100g)	2.5	2.7

# CHUCK EYE ROLL

Boneless, open grained, less tender cut, with minimal fat and easily trimmed. Ideal for stews, curries and casseroles, cut into cubes.



	Whole cut	Lean
Water (g/100g)	69.6	73.5
Energy (kJ/100g)	718	544
Energy (kcal/100g)	172	130
Protein (g/100g)	19.3	20.5
Fat (g/100g)	10.6	5.4
SFA (g/100g)	4.2	1.8
MUFA (g/100g)	3.4	2.0
PUFA (g/100g)	0.3	0.2
P:S ratio	0.08	0.14
omega 6 PUFA (mg/100g)	154	128
omega 3 PUFA (mg/100g)	134	96
omega 6: omega 3 ratio	1.15	1.33
Long-chain omega 3 fatty acids (mg/100g)	50	48
Trans Fats (g/100g)	0.6	0.2
Cholesterol (mg/100g)	64	61

	Whole cut	Lean
Vitamin A (µg/100g)	10.7	8.5
Vitamin B1 (Thiamine) (mg/100g)	0.05	0.05
Vitamin B2 (Riboflavin) (mg/100g)	0.11	0.12
Vitamin B3 (Niacin) (mg/100g)	2.72	2.88
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.26	0.27
Vitamin B6 (Pyridoxine) (mg/100g)	0.18	0.19
Vitamin B12 (Cobalamin) (µg/100g)	2.08	2.26
Vitamin D3 (µg/100g)	0.16	0.15
25-OH Vitamin D3 (µg/100g)	0.37	0.22
Vitamin E (mg/100g)	0.67	0.63

	Whole cut	Lean
Calcium (mg/100g)	5.1	4.5
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.8	0.7
Iron (mg/100g)	1.9	2.0
Magnesium (mg/100g)	19.1	20.3
Manganese (µg/100g)	8.5	9.1
Phosphorus (mg/100g)	170.3	180.2
Potassium (mg/100g)	299.4	314.6
Selenium (µg/100g)	1.5	1.3
Sodium (mg/100g)	53.6	55.7
Zinc (mg/100g)	4.5	4.8

## CUBE ROLL

Tender, succulent muscle with a fine grain. Internal marbling with little exterior fat. Steaks cut across the whole cube roll ideal for quick cooking by grilling, barbecuing or pan-frying, including stir-frying.



	Whole cut	Lean
Water (g/100g)	64.4	69.4
Energy (kJ/100g)	878	649
Energy (kcal/100g)	210	155
Protein (g/100g)	18.3	19.8
Fat (g/100g)	15.3	8.5
SFA (g/100g)	6.8	3.7
MUFA (g/100g)	5.0	3.1
PUFA (g/100g)	0.4	0.3
P:S ratio	0.06	0.07
omega 6 PUFA (mg/100g)	156	119
omega 3 PUFA (mg/100g)	161	112
omega 6: omega 3 ratio	0.97	1.06
Long-chain omega 3 fatty acids (mg/100g)	49	47
Trans Fats (g/100g)	1.0	0.5
Cholesterol (mg/100g)	64	59

	Whole cut	Lean
Vitamin A (µg/100g)	19.4	16.8
Vitamin B1 (Thiamine) (mg/100g)	0.07	0.07
Vitamin B2 (Riboflavin) (mg/100g)	0.07	0.08
Vitamin B3 (Niacin) (mg/100g)	2.99	3.26
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.29	0.31
Vitamin B6 (Pyridoxine) (mg/100g)	0.25	0.28
Vitamin B12 (Cobalamin) (µg/100g)	1.38	1.53
Vitamin D3 (µg/100g)	0.20	0.19
25-OH Vitamin D3 (µg/100g)	0.33	0.13
Vitamin E (mg/100g)	0.48	0.39

	Whole cut	Lean
Calcium (mg/100g)	4.6	3.4
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.2	0.0
Iron (mg/100g)	1.9	2.1
Magnesium (mg/100g)	17.9	19.5
Manganese (µg/100g)	8.5	9.4
Phosphorus (mg/100g)	161.1	174.1
Potassium (mg/100g)	297.2	319.5
Selenium (µg/100g)	4.5	4.7
Sodium (mg/100g)	43.4	45.1
Zinc (mg/100g)	3.3	3.7



## EYE ROUND

Large, lean, medium grained, medium tender cut. External fat easily removed. Requires slow, moist cooking methods, such as pot-roasting or simmering, particularly when corned.



	Whole cut	Lean
Water (g/100g)	72.9	74.1
Energy (kJ/100g)	517	462
Energy (kcal/100g)	123	110
Protein (g/100g)	19.9	20.2
Fat (g/100g)	4.9	3.3
SFA (g/100g)	1.6	0.9
MUFA (g/100g)	1.6	1.0
PUFA (g/100g)	0.2	0.2
P:S ratio	0.15	0.22
omega 6 PUFA (mg/100g)	115	106
omega 3 PUFA (mg/100g)	84	73
omega 6: omega 3 ratio	1.37	1.45
Long-chain omega 3 fatty acids (mg/100g)	39	39
Trans Fats (g/100g)	0.2	0.1
Cholesterol (mg/100g)	48	47

	Whole cut	Lean
Vitamin A (µg/100g)	8.3	7.1
Vitamin B1 (Thiamine) (mg/100g)	0.04	0.04
Vitamin B2 (Riboflavin) (mg/100g)	0.07	0.07
Vitamin B3 (Niacin) (mg/100g)	3.43	3.49
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.26	0.26
Vitamin B6 (Pyridoxine) (mg/100g)	0.32	0.33
Vitamin B12 (Cobalamin) (µg/100g)	1.12	1.14
Vitamin D3 (µg/100g)	0.09	0.09
25-OH Vitamin D3 (µg/100g)	0.10	0.08
Vitamin E (mg/100g)	0.48	0.46

	Whole cut	Lean
Calcium (mg/100g)	3.8	3.4
Copper (mg/100g)	0.0	0.0
Iodine (µg/100g)	0.1	0.0
Iron (mg/100g)	1.4	1.4
Magnesium (mg/100g)	21.3	21.7
Manganese (µg/100g)	0.0	0.0
Phosphorus (mg/100g)	188.9	192.2
Potassium (mg/100g)	346.1	352.1
Selenium (µg/100g)	1.1	1.1
Sodium (mg/100g)	39.4	39.7
Zinc (mg/100g)	2.7	2.8

# FLANK

Lean, flat, leaf-shaped medium tender cut, with a distinct lengthwise grain. Sliced thinly across the grain, it can be pan-fried or barbecued to rare and used for stir-fries, but must be marinated first.



	Whole cut	Lean
Water (g/100g)	72.1	73.6
Energy (kJ/100g)	657	592
Energy (kcal/100g)	157	142
Protein (g/100g)	20.1	20.5
Fat (g/100g)	8.6	6.7
SFA (g/100g)	3.2	2.3
MUFA (g/100g)	2.7	2.1
PUFA (g/100g)	0.2	0.2
P:S ratio	0.07	0.08
omega 6 PUFA (mg/100g)	106	95
omega 3 PUFA (mg/100g)	80	64
omega 6: omega 3 ratio	1.33	1.48
Long-chain omega 3 fatty acids (mg/100g)	28	27
Trans Fats (g/100g)	0.4	0.2
Cholesterol (mg/100g)	51	49

	Whole cut	Lean
Vitamin A (µg/100g)	8.7	7.8
Vitamin B1 (Thiamine) (mg/100g)	0.03	0.03
Vitamin B2 (Riboflavin) (mg/100g)	0.08	0.08
Vitamin B3 (Niacin) (mg/100g)	4.61	4.73
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.14	0.14
Vitamin B6 (Pyridoxine) (mg/100g)	0.20	0.20
Vitamin B12 (Cobalamin) (µg/100g)	1.51	1.56
Vitamin D3 (µg/100g)	0.14	0.14
25-OH Vitamin D3 (µg/100g)	0.20	0.14
Vitamin E (mg/100g)	0.37	0.34

	Whole cut	Lean
Calcium (mg/100g)	3.9	3.7
Copper (mg/100g)	0.0	0.0
Iodine (µg/100g)	1.3	1.3
Iron (mg/100g)	1.5	1.6
Magnesium (mg/100g)	19.3	19.8
Manganese (µg/100g)	5.9	6.0
Phosphorus (mg/100g)	171.6	175.2
Potassium (mg/100g)	324.2	330.6
Selenium (µg/100g)	3.5	3.5
Sodium (mg/100g)	46.3	46.8
Zinc (mg/100g)	4.2	4.3

# FLAT

Medium tender outside leg muscle with exterior fat easily removed. Ideal for pot-roasting when cooked as a whole cut.



	Whole cut	Lean
Water (g/100g)	68.7	70.8
Energy (kJ/100g)	739	643
Energy (kcal/100g)	177	154
Protein (g/100g)	20.6	21.3
Fat (g/100g)	10.6	7.7
SFA (g/100g)	3.9	2.6
MUFA (g/100g)	3.9	3.1
PUFA (g/100g)	0.4	0.3
P:S ratio	0.10	0.13
omega 6 PUFA (mg/100g)	176	163
omega 3 PUFA (mg/100g)	137	116
omega 6: omega 3 ratio	1.29	1.41
Long-chain omega 3 fatty acids (mg/100g)	47	46
Trans Fats (g/100g)	0.6	0.4
Cholesterol (mg/100g)	58	55

	Whole cut	Lean
Vitamin A (µg/100g)	12.0	10.9
Vitamin B1 (Thiamine) (mg/100g)	0.05	0.05
Vitamin B2 (Riboflavin) (mg/100g)	0.13	0.14
Vitamin B3 (Niacin) (mg/100g)	3.21	3.33
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.31	0.32
Vitamin B6 (Pyridoxine) (mg/100g)	0.27	0.28
Vitamin B12 (Cobalamin) (µg/100g)	2.72	2.85
Vitamin D3 (µg/100g)	0.02	0.00
25-OH Vitamin D3 (µg/100g)	0.21	0.12
Vitamin E (mg/100g)	0.55	0.52

	Whole cut	Lean
Calcium (mg/100g)	5.3	4.9
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.9	0.8
Iron (mg/100g)	1.8	1.9
Magnesium (mg/100g)	19.2	19.9
Manganese (µg/100g)	8.0	8.3
Phosphorus (mg/100g)	169.5	175.0
Potassium (mg/100g)	283.4	291.0
Selenium (µg/100g)	1.1	1.0
Sodium (mg/100g)	49.1	50.0
Zinc (mg/100g)	5.2	5.4

# HEART

Densely textured meat with no distinguishable grain. With the tubes and fat removed, best cut into strips and braised. Can also be pot-roasted.



	Whole cut	Lean
Water (g/100g)	71.6	78.1
Energy (kJ/100g)	710	436
Energy (kcal/100g)	170	104
Protein (g/100g)	17.0	18.5
Fat (g/100g)	11.4	3.4
SFA (g/100g)	4.6	0.9
MUFA (g/100g)	2.8	0.5
PUFA (g/100g)	0.7	0.6
P:S ratio	0.15	0.67
omega 6 PUFA (mg/100g)	410	408
omega 3 PUFA (mg/100g)	210	163
omega 6: omega 3 ratio	1.95	2.50
Long-chain omega 3 fatty acids (mg/100g)	98	102
Trans Fats (g/100g)	0.7	0.1
Cholesterol (mg/100g)	121	124

	Whole cut	Lean
Vitamin A (µg/100g)	13.3	10.3
Vitamin B1 (Thiamine) (mg/100g)	0.23	0.25
Vitamin B2 (Riboflavin) (mg/100g)	0.60	0.68
Vitamin B3 (Niacin) (mg/100g)	4.00	4.44
Vitamin B5 (Pantothenic Acid) (mg/100g)	1.57	1.79
Vitamin B6 (Pyridoxine) (mg/100g)	0.15	0.16
Vitamin B12 (Cobalamin) (µg/100g)	9.41	10.81
Vitamin D3 (µg/100g)	0.17	0.15
25-OH Vitamin D3 (µg/100g)	0.49	0.27
Vitamin E (mg/100g)	1.21	1.22

	Whole cut	Lean
Calcium (mg/100g)	5.0	4.1
Copper (mg/100g)	0.3	0.4
Iodine (µg/100g)	1.5	1.5
Iron (mg/100g)	3.9	4.4
Magnesium (mg/100g)	19.9	21.9
Manganese (µg/100g)	29.7	33.9
Phosphorus (mg/100g)	190.6	209.3
Potassium (mg/100g)	257.3	274.7
Selenium (µg/100g)	8.2	9.0
Sodium (mg/100g)	78.5	85.5
Zinc (mg/100g)	1.5	1.5

# HIND SHIN

Slow cook, gelatinous cut from the lower leg ideal for stews, soups and casseroles.



	Whole cut	Lean
Water (g/100g)	71.4	74.6
Energy (kJ/100g)	616	475
Energy (kcal/100g)	147	114
Protein (g/100g)	20.6	21.5
Fat (g/100g)	7.3	3.1
SFA (g/100g)	2.8	0.9
MUFA (g/100g)	2.6	1.3
PUFA (g/100g)	0.2	0.1
P:S ratio	0.08	0.17
omega 6 PUFA (mg/100g)	96	72
omega 3 PUFA (mg/100g)	89	59
omega 6: omega 3 ratio	1.08	1.22
Long-chain omega 3 fatty acids (mg/100g)	30	29
Trans Fats (g/100g)	0.4	0.1
Cholesterol (mg/100g)	57	56

	Whole cut	Lean
Vitamin A (µg/100g)	9.0	6.3
Vitamin B1 (Thiamine) (mg/100g)	0.04	0.04
Vitamin B2 (Riboflavin) (mg/100g)	0.11	0.11
Vitamin B3 (Niacin) (mg/100g)	3.13	3.29
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.49	0.52
Vitamin B6 (Pyridoxine) (mg/100g)	0.25	0.26
Vitamin B12 (Cobalamin) (µg/100g)	1.43	1.51
Vitamin D3 (µg/100g)	0.02	0.00
25-OH Vitamin D3 (µg/100g)	0.25	0.16
Vitamin E (mg/100g)	0.49	0.43

	Whole cut	Lean
Calcium (mg/100g)	4.7	4.0
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.6	0.5
Iron (mg/100g)	1.9	2.0
Magnesium (mg/100g)	19.9	20.8
Manganese (µg/100g)	8.6	9.1
Phosphorus (mg/100g)	170.2	177.8
Potassium (mg/100g)	312.6	326.1
Selenium (µg/100g)	2.0	2.0
Sodium (mg/100g)	61.2	63.4
Zinc (mg/100g)	3.7	3.9

## INSIDE

From the leg, a medium tender, coarse grain, lean cut with exterior fat easily removed. Suitable for casseroles or braised dishes as both a whole piece or as steaks. Best cooked to rare/medium rare to prevent drying out.



	Whole cut	Lean
Water (g/100g)	71.6	72.4
Energy (kJ/100g)	567	533
Energy (kcal/100g)	135	127
Protein (g/100g)	21.9	22.2
Fat (g/100g)	5.4	4.4
SFA (g/100g)	2.0	1.6
MUFA (g/100g)	1.8	1.5
PUFA (g/100g)	0.2	0.2
P:S ratio	0.12	0.15
omega 6 PUFA (mg/100g)	130	125
omega 3 PUFA (mg/100g)	91	84
omega 6: omega 3 ratio	1.42	1.49
Long-chain omega 3 fatty acids (mg/100g)	38	37
Trans Fats (g/100g)	0.3	0.2
Cholesterol (mg/100g)	56	55

	Whole cut	Lean
Vitamin A (µg/100g)	8.0	7.5
Vitamin B1 (Thiamine) (mg/100g)	0.06	0.06
Vitamin B2 (Riboflavin) (mg/100g)	0.07	0.07
Vitamin B3 (Niacin) (mg/100g)	3.91	3.96
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.28	0.28
Vitamin B6 (Pyridoxine) (mg/100g)	0.36	0.37
Vitamin B12 (Cobalamin) (µg/100g)	1.62	1.65
Vitamin D3 (µg/100g)	0.28	0.28
25-OH Vitamin D3 (µg/100g)	0.16	0.13
Vitamin E (mg/100g)	0.22	0.20

	Whole cut	Lean
Calcium (mg/100g)	3.7	3.6
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.5	0.5
Iron (mg/100g)	2.2	2.3
Magnesium (mg/100g)	22.1	22.4
Manganese (µg/100g)	8.3	8.5
Phosphorus (mg/100g)	195.6	197.9
Potassium (mg/100g)	334.9	338.2
Selenium (µg/100g)	1.4	1.4
Sodium (mg/100g)	39.6	39.7
Zinc (mg/100g)	2.9	2.9

# KIDNEY

Can be simmered or braised once membranes, sinew and core fat have been removed. Can also be added to slow-cooked beef stews, pies or soups.



	Whole cut
Water (g/100g)	80.5
Energy (kJ/100g)	361
Energy (kcal/100g)	86
Protein (g/100g)	15.7
Fat (g/100g)	2.6
SFA (g/100g)	0.6
MUFA (g/100g)	0.3
PUFA (g/100g)	0.6
P:S ratio	0.96
omega 6 PUFA (mg/100g)	405
omega 3 PUFA (mg/100g)	194
omega 6: omega 3 ratio	2.09
Long-chain omega 3 fatty acids (mg/100g)	154
Trans Fats (g/100g)	0.1
Cholesterol (mg/100g)	404

	Whole cut
Vitamin A (µg/100g)	89.1
Vitamin B1 (Thiamine) (mg/100g)	0.56
Vitamin B2 (Riboflavin) (mg/100g)	2.12
Vitamin B3 (Niacin) (mg/100g)	4.88
Vitamin B5 (Pantothenic Acid) (mg/100g)	3.97
Vitamin B6 (Pyridoxine) (mg/100g)	0.32
Vitamin B12 (Cobalamin) (µg/100g)	27.66
Vitamin D3 (µg/100g)	0.15
25-OH Vitamin D3 (µg/100g)	0.32
Vitamin E (mg/100g)	0.82

	Whole cut
Calcium (mg/100g)	9.2
Copper (mg/100g)	0.4
Iodine (µg/100g)	6.0
Iron (mg/100g)	3.8
Magnesium (mg/100g)	14.7
Manganese (µg/100g)	108.7
Phosphorus (mg/100g)	234.5
Potassium (mg/100g)	224.5
Selenium (µg/100g)	103.3
Sodium (mg/100g)	175.3
Zinc (mg/100g)	1.5

# KNUCKLE

From the leg, a medium tender cut with a fine grain. Suitable as a pot roast or braising steak, but lean cuts best cooked rare. Can be sliced very thinly as minute steaks or crumbed for pan-frying as schnitzel.



	Whole cut	Lean
Water (g/100g)	69.6	72.3
Energy (kJ/100g)	688	567
Energy (kcal/100g)	164	136
Protein (g/100g)	20.9	21.9
Fat (g/100g)	9.0	5.4
SFA (g/100g)	3.6	1.9
MUFA (g/100g)	2.9	1.9
PUFA (g/100g)	0.3	0.3
P:S ratio	0.09	0.14
omega 6 PUFA (mg/100g)	145	127
omega 3 PUFA (mg/100g)	125	99
omega 6: omega 3 ratio	1.16	1.28
Long-chain omega 3 fatty acids (mg/100g)	45	43
Trans Fats (g/100g)	0.5	0.3
Cholesterol (mg/100g)	59	56

	Whole cut	Lean
Vitamin A (µg/100g)	10.3	8.8
Vitamin B1 (Thiamine) (mg/100g)	0.04	0.04
Vitamin B2 (Riboflavin) (mg/100g)	0.06	0.07
Vitamin B3 (Niacin) (mg/100g)	2.57	2.67
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.27	0.28
Vitamin B6 (Pyridoxine) (mg/100g)	0.27	0.29
Vitamin B12 (Cobalamin) (µg/100g)	1.49	1.57
Vitamin D3 (µg/100g)	0.09	0.08
25-OH Vitamin D3 (µg/100g)	0.24	0.13
Vitamin E (mg/100g)	0.56	0.53

	Whole cut	Lean
Calcium (mg/100g)	4.0	3.6
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.1	0.0
Iron (mg/100g)	1.7	1.8
Magnesium (mg/100g)	20.7	21.7
Manganese (µg/100g)	6.5	6.7
Phosphorus (mg/100g)	181.2	188.7
Potassium (mg/100g)	327.9	340.2
Selenium (µg/100g)	1.5	1.4
Sodium (mg/100g)	41.0	41.6
Zinc (mg/100g)	3.4	3.5



# LIVER

Outer membrane and tubes should be removed before cooking.  
Can be braised slowly or sliced thinly, dusted in flour and pan-fried.



	Whole cut
Water (g/100g)	70.4
Energy (kJ/100g)	494
Energy (kcal/100g)	118
Protein (g/100g)	20.5
Fat (g/100g)	4.0
SFA (g/100g)	1.2
MUFA (g/100g)	0.5
PUFA (g/100g)	0.9
P:S ratio	0.73
omega 6 PUFA (mg/100g)	511
omega 3 PUFA (mg/100g)	351
omega 6: omega 3 ratio	1.46
Long-chain omega 3 fatty acids (mg/100g)	298
Trans Fats (g/100g)	0.2
Cholesterol (mg/100g)	254

	Whole cut
Vitamin A (µg/100g)	28319.5
Vitamin B1 (Thiamine) (mg/100g)	0.37
Vitamin B2 (Riboflavin) (mg/100g)	2.35
Vitamin B3 (Niacin) (mg/100g)	15.40
Vitamin B5 (Pantothenic Acid) (mg/100g)	10.30
Vitamin B6 (Pyridoxine) (mg/100g)	0.43
Vitamin B12 (Cobalamin) (µg/100g)	84.50
Vitamin D3 (µg/100g)	0.03
25-OH Vitamin D3 (µg/100g)	0.17
Vitamin E (mg/100g)	1.84

	Whole cut
Calcium (mg/100g)	3.8
Copper (mg/100g)	5.3
Iodine (µg/100g)	4.3
Iron (mg/100g)	8.4
Magnesium (mg/100g)	19.3
Manganese (µg/100g)	299.0
Phosphorus (mg/100g)	362.0
Potassium (mg/100g)	327.0
Selenium (µg/100g)	16.5
Sodium (mg/100g)	53.0
Zinc (mg/100g)	3.0

## MANUFACTURING BEEF

Classified by visual or chemical lean content, derived from boned-out fore and hindquarters. Wide variety of uses, including slow-cooked stews and casseroles, or quick-cooked patties, burgers or koftas, by pan-frying, barbecuing or grilling.



	Whole cut
Water (g/100g)	73.8
Energy (kJ/100g)	492
Energy (kcal/100g)	118
Protein (g/100g)	21.2
Fat (g/100g)	3.7
SFA (g/100g)	1.7
MUFA (g/100g)	1.2
PUFA (g/100g)	0.2
P:S ratio	0.14
omega 6 PUFA (mg/100g)	114
omega 3 PUFA (mg/100g)	93
omega 6: omega 3 ratio	1.23
Long-chain omega 3 fatty acids (mg/100g)	32
Trans Fats (g/100g)	0.2
Cholesterol (mg/100g)	49

	Whole cut
Vitamin A (µg/100g)	9.6
Vitamin B1 (Thiamine) (mg/100g)	0.05
Vitamin B2 (Riboflavin) (mg/100g)	0.11
Vitamin B3 (Niacin) (mg/100g)	2.91
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.53
Vitamin B6 (Pyridoxine) (mg/100g)	0.19
Vitamin B12 (Cobalamin) (µg/100g)	1.41
Vitamin D3 (µg/100g)	0.13
25-OH Vitamin D3 (µg/100g)	0.18
Vitamin E (mg/100g)	0.49

	Whole cut
Calcium (mg/100g)	5.7
Copper (mg/100g)	0.1
Iodine (µg/100g)	0.6
Iron (mg/100g)	2.0
Magnesium (mg/100g)	20.9
Manganese (µg/100g)	8.0
Phosphorus (mg/100g)	182.5
Potassium (mg/100g)	340.4
Selenium (µg/100g)	1.1
Sodium (mg/100g)	55.1
Zinc (mg/100g)	4.3

# OYSTER BLADE

Lean, medium grain cut. Ideally suited to slow, moist cooking methods, such as a braising or pot-roasting.



	Whole cut	Lean
Water (g/100g)	69.5	71.7
Energy (kJ/100g)	741	647
Energy (kcal/100g)	177	155
Protein (g/100g)	21.3	21.8
Fat (g/100g)	10.3	7.6
SFA (g/100g)	3.8	2.6
MUFA (g/100g)	3.6	2.7
PUFA (g/100g)	0.3	0.3
P:S ratio	0.09	0.10
omega 6 PUFA (mg/100g)	137	122
omega 3 PUFA (mg/100g)	130	112
omega 6: omega 3 ratio	1.05	1.09
Long-chain omega 3 fatty acids (mg/100g)	52	53
Trans Fats (g/100g)	0.4	0.2
Cholesterol (mg/100g)	56	56

	Whole cut	Lean
Vitamin A (µg/100g)	14.2	12.2
Vitamin B1 (Thiamine) (mg/100g)	0.06	0.05
Vitamin B2 (Riboflavin) (mg/100g)	0.12	0.12
Vitamin B3 (Niacin) (mg/100g)	2.29	2.36
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.83	0.86
Vitamin B6 (Pyridoxine) (mg/100g)	0.15	0.16
Vitamin B12 (Cobalamin) (µg/100g)	2.24	2.33
Vitamin D3 (µg/100g)	0.18	0.18
25-OH Vitamin D3 (µg/100g)	0.24	0.20
Vitamin E (mg/100g)	0.42	0.38

	Whole cut	Lean
Calcium (mg/100g)	4.5	3.8
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.9	0.8
Iron (mg/100g)	1.9	2.0
Magnesium (mg/100g)	17.5	18.1
Manganese (µg/100g)	7.8	8.1
Phosphorus (mg/100g)	153.3	157.8
Potassium (mg/100g)	288.0	296.6
Selenium (µg/100g)	2.0	2.0
Sodium (mg/100g)	57.4	58.7
Zinc (mg/100g)	4.5	4.6

## RIBS PREPARED

Tender and fine grained, and includes the cube roll. Best suited to a slow or high temperature roast and easily carved.



	Whole cut	Lean
Water (g/100g)	63.5	71.3
Energy (kJ/100g)	960	610
Energy (kcal/100g)	229	146
Protein (g/100g)	18.7	21.3
Fat (g/100g)	17.3	6.8
SFA (g/100g)	7.3	2.5
MUFA (g/100g)	5.2	2.3
PUFA (g/100g)	0.4	0.2
P:S ratio	0.06	0.08
omega 6 PUFA (mg/100g)	157	97
omega 3 PUFA (mg/100g)	152	69
omega 6: omega 3 ratio	1.03	1.41
Long-chain omega 3 fatty acids (mg/100g)	37	30
Trans Fats (g/100g)	1.1	0.3
Cholesterol (mg/100g)	65	57

	Whole cut	Lean
Vitamin A (µg/100g)	12.4	7.8
Vitamin B1 (Thiamine) (mg/100g)	0.04	0.03
Vitamin B2 (Riboflavin) (mg/100g)	0.08	0.09
Vitamin B3 (Niacin) (mg/100g)	3.70	4.31
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.27	0.29
Vitamin B6 (Pyridoxine) (mg/100g)	0.22	0.26
Vitamin B12 (Cobalamin) (µg/100g)	0.99	1.17
Vitamin D3 (µg/100g)	0.21	0.18
25-OH Vitamin D3 (µg/100g)	0.47	0.15
Vitamin E (mg/100g)	0.80	0.74

	Whole cut	Lean
Calcium (mg/100g)	14.4	15.2
Copper (mg/100g)	0.0	0.0
Iodine (µg/100g)	1.2	1.1
Iron (mg/100g)	1.6	1.8
Magnesium (mg/100g)	17.9	20.4
Manganese (µg/100g)	5.2	5.9
Phosphorus (mg/100g)	162.8	184.2
Potassium (mg/100g)	301.0	336.8
Selenium (µg/100g)	2.9	2.9
Sodium (mg/100g)	49.6	53.6
Zinc (mg/100g)	3.4	4.0

# RUMP CENTRE

Medium tender, medium grain, lean, boneless cut. Can be cooked whole by sealing and roasting to rare, or cuts into large steaks for grilling or frying.



	Whole cut	Lean
Water (g/100g)	69.8	72.2
Energy (kJ/100g)	695	589
Energy (kcal/100g)	166	141
Protein (g/100g)	20.9	21.7
Fat (g/100g)	9.2	6.1
SFA (g/100g)	3.5	2.0
MUFA (g/100g)	2.9	2.0
PUFA (g/100g)	0.4	0.3
P:S ratio	0.10	0.15
omega 6 PUFA (mg/100g)	172	158
omega 3 PUFA (mg/100g)	129	106
omega 6: omega 3 ratio	1.34	1.49
Long-chain omega 3 fatty acids (mg/100g)	44	42
Trans Fats (g/100g)	0.5	0.3
Cholesterol (mg/100g)	58	55

	Whole cut	Lean
Vitamin A (µg/100g)	8.6	7.2
Vitamin B1 (Thiamine) (mg/100g)	0.07	0.07
Vitamin B2 (Riboflavin) (mg/100g)	0.11	0.12
Vitamin B3 (Niacin) (mg/100g)	2.64	2.73
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.56	0.58
Vitamin B6 (Pyridoxine) (mg/100g)	0.26	0.28
Vitamin B12 (Cobalamin) (µg/100g)	2.04	2.15
Vitamin D3 (µg/100g)	0.10	0.09
25-OH Vitamin D3 (µg/100g)	0.20	0.10
Vitamin E (mg/100g)	0.36	0.32

	Whole cut	Lean
Calcium (mg/100g)	4.0	3.6
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.9	0.8
Iron (mg/100g)	2.2	2.3
Magnesium (mg/100g)	20.9	21.7
Manganese (µg/100g)	9.2	9.6
Phosphorus (mg/100g)	184.6	191.3
Potassium (mg/100g)	331.6	342.6
Selenium (µg/100g)	1.5	1.5
Sodium (mg/100g)	47.9	48.8
Zinc (mg/100g)	3.3	3.5

# STRIPLOIN

Tender, fine grain, lean, boneless cut, with fat cover easily removed. Whole piece can be roasted or, when cut into steaks, is ideal for pan-frying, grilling or barbecuing.



	Whole cut	Lean
Water (g/100g)	60.9	70.4
Energy (kJ/100g)	1035	611
Energy (kcal/100g)	247	146
Protein (g/100g)	18.5	20.9
Fat (g/100g)	19.4	7.0
SFA (g/100g)	8.1	2.5
MUFA (g/100g)	6.9	2.8
PUFA (g/100g)	0.5	0.2
P:S ratio	0.06	0.10
omega 6 PUFA (mg/100g)	177	106
omega 3 PUFA (mg/100g)	179	93
omega 6: omega 3 ratio	0.99	1.14
Long-chain omega 3 fatty acids (mg/100g)	39	40
Trans Fats (g/100g)	1.4	0.3
Cholesterol (mg/100g)	57	54

	Whole cut	Lean
Vitamin A (µg/100g)	21.0	12.2
Vitamin B1 (Thiamine) (mg/100g)	0.06	0.05
Vitamin B2 (Riboflavin) (mg/100g)	0.07	0.09
Vitamin B3 (Niacin) (mg/100g)	3.58	4.24
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.25	0.30
Vitamin B6 (Pyridoxine) (mg/100g)	0.27	0.32
Vitamin B12 (Cobalamin) (µg/100g)	0.61	0.71
Vitamin D3 (µg/100g)	0.21	0.19
25-OH Vitamin D3 (µg/100g)	0.36	0.13
Vitamin E (mg/100g)	0.55	0.35

	Whole cut	Lean
Calcium (mg/100g)	7.3	4.5
Copper (mg/100g)	0.0	0.1
Iodine (µg/100g)	1.0	0.5
Iron (mg/100g)	1.4	1.6
Magnesium (mg/100g)	16.9	19.7
Manganese (µg/100g)	5.2	6.1
Phosphorus (mg/100g)	153.4	177.3
Potassium (mg/100g)	268.5	309.1
Selenium (µg/100g)	2.8	3.0
Sodium (mg/100g)	43.1	47.0
Zinc (mg/100g)	2.3	2.8

# SWEETBREAD

Pale, tender meat from the thymus gland. Prior to cooking, requires soaking for a couple of hours in water, changed 2-3 times. Best cooked by simmering, then removing any sinew or membrane.



	Whole cut	Lean
Water (g/100g)	56.0	57.7
Energy (kJ/100g)	1333	1262
Energy (kcal/100g)	319	302
Protein (g/100g)	11.3	11.5
Fat (g/100g)	30.6	28.6
SFA (g/100g)	13.3	12.3
MUFA (g/100g)	8.6	8.1
PUFA (g/100g)	0.7	0.6
P:S ratio	0.05	0.05
omega 6 PUFA (mg/100g)	329	323
omega 3 PUFA (mg/100g)	213	194
omega 6: omega 3 ratio	1.55	1.66
Long-chain omega 3 fatty acids (mg/100g)	67	67
Trans Fats (g/100g)	1.5	1.3
Cholesterol (mg/100g)	210	217

	Whole cut	Lean
Vitamin A (µg/100g)	20.2	19.4
Vitamin B1 (Thiamine) (mg/100g)	0.09	0.09
Vitamin B2 (Riboflavin) (mg/100g)	0.12	0.12
Vitamin B3 (Niacin) (mg/100g)	1.95	2.00
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.57	0.60
Vitamin B6 (Pyridoxine) (mg/100g)	0.04	0.04
Vitamin B12 (Cobalamin) (µg/100g)	1.99	2.10
Vitamin D3 (µg/100g)	0.60	0.62
25-OH Vitamin D3 (µg/100g)	0.20	0.10
Vitamin E (mg/100g)	0.71	0.69

	Whole cut	Lean
Calcium (mg/100g)	4.2	3.8
Copper (mg/100g)	4.8	5.1
Iodine (µg/100g)	3.1	3.2
Iron (mg/100g)	1.1	1.2
Magnesium (mg/100g)	14.8	15.3
Manganese (µg/100g)	11.4	12.0
Phosphorus (mg/100g)	316.0	331.0
Potassium (mg/100g)	308.0	318.0
Selenium (µg/100g)	8.6	9.0
Sodium (mg/100g)	62.2	64.0
Zinc (mg/100g)	1.0	1.0

# TENDERLOIN

The most tender, fine grain cut with little exterior fat, but some silverskin for removal before cooking. Log shape tapering from the thicker 'butt' end to the 'tail' end. Butt end can be roasted, often as a Châteaubriand. The rest yields small filet mignon steaks taken from the tail end and larger tournedos in the centre.



	Whole cut	Lean
Water (g/100g)	71.3	71.8
Energy (kJ/100g)	605	582
Energy (kcal/100g)	145	139
Protein (g/100g)	21.0	21.2
Fat (g/100g)	6.8	6.1
SFA (g/100g)	2.8	2.5
MUFA (g/100g)	2.0	1.8
PUFA (g/100g)	0.3	0.3
P:S ratio	0.10	0.10
omega 6 PUFA (mg/100g)	132	129
omega 3 PUFA (mg/100g)	111	106
omega 6: omega 3 ratio	1.19	1.22
Long-chain omega 3 fatty acids (mg/100g)	47	47
Trans Fats (g/100g)	0.3	0.3
Cholesterol (mg/100g)	59	58

	Whole cut	Lean
Vitamin A (µg/100g)	9.5	9.2
Vitamin B1 (Thiamine) (mg/100g)	0.05	0.05
Vitamin B2 (Riboflavin) (mg/100g)	0.12	0.12
Vitamin B3 (Niacin) (mg/100g)	4.02	4.05
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.57	0.58
Vitamin B6 (Pyridoxine) (mg/100g)	0.26	0.27
Vitamin B12 (Cobalamin) (µg/100g)	1.76	1.78
Vitamin D3 (µg/100g)	0.10	0.10
25-OH Vitamin D3 (µg/100g)	0.15	0.12
Vitamin E (mg/100g)	0.60	0.60

	Whole cut	Lean
Calcium (mg/100g)	3.6	3.5
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	2.0	2.0
Iron (mg/100g)	2.2	2.2
Magnesium (mg/100g)	23.9	24.1
Manganese (µg/100g)	12.0	12.1
Phosphorus (mg/100g)	202.8	204.4
Potassium (mg/100g)	359.6	362.3
Selenium (µg/100g)	4.3	4.3
Sodium (mg/100g)	39.3	39.4
Zinc (mg/100g)	2.3	2.3



# TONGUE

Tender meat when cooked, by simmering gently, and skin removed. Can be chilled and pressed before serving.



	Whole cut	Lean
Water (g/100g)	63.8	65.2
Energy (kJ/100g)	1069	1011
Energy (kcal/100g)	255	242
Protein (g/100g)	17.3	17.8
Fat (g/100g)	20.8	19.1
SFA (g/100g)	7.6	6.7
MUFA (g/100g)	6.7	6.2
PUFA (g/100g)	0.7	0.6
P:S ratio	0.09	0.09
omega 6 PUFA (mg/100g)	340	337
omega 3 PUFA (mg/100g)	205	192
omega 6: omega 3 ratio	1.66	1.76
Long-chain omega 3 fatty acids (mg/100g)	58	58
Trans Fats (g/100g)	0.9	0.8
Cholesterol (mg/100g)	81	81

	Whole cut	Lean
Vitamin A (µg/100g)	12.8	12.0
Vitamin B1 (Thiamine) (mg/100g)	0.06	0.06
Vitamin B2 (Riboflavin) (mg/100g)	0.20	0.21
Vitamin B3 (Niacin) (mg/100g)	2.92	3.00
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.42	0.43
Vitamin B6 (Pyridoxine) (mg/100g)	0.09	0.09
Vitamin B12 (Cobalamin) (µg/100g)	4.98	5.18
Vitamin D3 (µg/100g)	0.35	0.35
25-OH Vitamin D3 (µg/100g)	0.32	0.26
Vitamin E (mg/100g)	0.96	0.95

	Whole cut	Lean
Calcium (mg/100g)	4.7	4.4
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.5	1.5
Iron (mg/100g)	1.8	1.8
Magnesium (mg/100g)	15.9	16.3
Manganese (µg/100g)	13.0	13.4
Phosphorus (mg/100g)	146.8	150.0
Potassium (mg/100g)	247.7	252.0
Selenium (µg/100g)	2.5	2.5
Sodium (mg/100g)	71.4	73.0
Zinc (mg/100g)	2.6	2.7

# TRIPE UNCOOKED

Derived from the stomach. When sliced or diced, requires long, slow cooking, by simmering. Honeycomb tripe is the most commonly eaten.



	Whole cut	Lean
Water (g/100g)	76.3	82.2
Energy (kJ/100g)	562	322
Energy (kcal/100g)	134	77
Protein (g/100g)	14.0	14.9
Fat (g/100g)	8.8	2.0
SFA (g/100g)	4.2	1.1
MUFA (g/100g)	2.7	0.9
PUFA (g/100g)	0.3	0.2
P:S ratio	0.08	0.17
omega 6 PUFA (mg/100g)	147	113
omega 3 PUFA (mg/100g)	118	68
omega 6: omega 3 ratio	1.25	1.66
Long-chain omega 3 fatty acids (mg/100g)	47	44
Trans Fats (g/100g)	0.7	0.2
Cholesterol (mg/100g)	116	117

	Whole cut	Lean
Vitamin A (µg/100g)	9.1	6.1
Vitamin B1 (Thiamine) (mg/100g)	0.05	0.05
Vitamin B2 (Riboflavin) (mg/100g)	0.17	0.19
Vitamin B3 (Niacin) (mg/100g)	7.19	7.94
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.67	0.74
Vitamin B6 (Pyridoxine) (mg/100g)	0.04	0.04
Vitamin B12 (Cobalamin) (µg/100g)	6.36	7.12
Vitamin D3 (µg/100g)	0.21	0.20
25-OH Vitamin D3 (µg/100g)	0.46	0.28
Vitamin E (mg/100g)	0.53	0.45

	Whole cut	Lean
Calcium (mg/100g)	101.1	112.2
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	4.0	4.3
Iron (mg/100g)	4.0	4.4
Magnesium (mg/100g)	17.7	19.1
Manganese (µg/100g)	3609.2	4055.0
Phosphorus (mg/100g)	149.4	159.4
Potassium (mg/100g)	208.5	216.6
Selenium (µg/100g)	3.1	3.1
Sodium (mg/100g)	75.5	80.9
Zinc (mg/100g)	1.7	1.7

NZ *Lamb* NUTRIENT  
COMPOSITION

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Lamb cuts

Offal items

## BONE-IN LEG CHOP/STEAK

Large, lean, medium tender cut with a central bone (steaks - boneless). Can be barbecued or pan-fried if marinated, and braised, stewed or baked slowly.



	Whole cut	Lean
Water (g/100g)	66.8	74.3
Energy (kJ/100g)	854	526
Energy (kcal/100g)	204	126
Protein (g/100g)	18.6	21.1
Fat (g/100g)	14.5	4.6
SFA (g/100g)	6.0	1.6
MUFA (g/100g)	4.1	1.4
PUFA (g/100g)	0.6	0.3
P:S ratio	0.10	0.21
omega 6 PUFA (mg/100g)	193	127
omega 3 PUFA (mg/100g)	202	117
omega 6: omega 3 ratio	0.96	1.09
Long-chain omega 3 fatty acids (mg/100g)	52	52
Trans Fats (g/100g)	1.0	0.2
Cholesterol (mg/100g)	67	66

	Whole cut	Lean
Vitamin A (µg/100g)	8.75	2.55
Vitamin B1 (Thiamine) (mg/100g)	0.16	0.17
Vitamin B2 (Riboflavin) (mg/100g)	0.15	0.17
Vitamin B3 (Niacin) (mg/100g)	4.64	5.24
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.48	0.55
Vitamin B6 (Pyridoxine) (mg/100g)	0.12	0.14
Vitamin B12 (Cobalamin) (µg/100g)	1.46	1.64
Vitamin D3 (µg/100g)	0.04	0.03
25-OH Vitamin D3 (µg/100g)	0.24	0.17
Vitamin E (mg/100g)	0.26	0.14

	Whole cut	Lean
Calcium (mg/100g)	9.7	10.7
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.6	0.4
Iron (mg/100g)	1.5	1.6
Magnesium (mg/100g)	21.5	24.2
Manganese (µg/100g)	7.1	7.9
Phosphorus (mg/100g)	176.9	198.1
Potassium (mg/100g)	314.7	350.3
Selenium (µg/100g)	3.0	3.2
Sodium (mg/100g)	59.4	64.3
Zinc (mg/100g)	2.8	3.2

## BONELESS CHUMP

A tender, lean leg cut, with some fat throughout but exterior fat easily removed. Suitable for fast roasting and best tied to retain shape.



	Whole cut	Lean
Water (g/100g)	62.7	74.6
Energy (kJ/100g)	1020	505
Energy (kcal/100g)	244	121
Protein (g/100g)	17.8	21.7
Fat (g/100g)	19.3	3.8
SFA (g/100g)	8.2	1.3
MUFA (g/100g)	5.4	1.0
PUFA (g/100g)	0.8	0.3
P:S ratio	0.09	0.24
omega 6 PUFA (mg/100g)	227	132
omega 3 PUFA (mg/100g)	257	133
omega 6: omega 3 ratio	0.88	0.99
Long-chain omega 3 fatty acids (mg/100g)	54	55
Trans Fats (g/100g)	1.2	0.1
Cholesterol (mg/100g)	68	65

	Whole cut	Lean
Vitamin A (µg/100g)	13.28	4.56
Vitamin B1 (Thiamine) (mg/100g)	0.14	0.15
Vitamin B2 (Riboflavin) (mg/100g)	0.11	0.13
Vitamin B3 (Niacin) (mg/100g)	4.34	5.26
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.64	0.81
Vitamin B6 (Pyridoxine) (mg/100g)	0.13	0.15
Vitamin B12 (Cobalamin) (µg/100g)	1.70	2.06
Vitamin D3 (µg/100g)	0.03	0.02
25-OH Vitamin D3 (µg/100g)	0.23	0.11
Vitamin E (mg/100g)	0.49	0.32

	Whole cut	Lean
Calcium (mg/100g)	4.1	4.4
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.1	0.8
Iron (mg/100g)	1.3	1.5
Magnesium (mg/100g)	20.2	24.5
Manganese (µg/100g)	10.6	13.0
Phosphorus (mg/100g)	167.7	201.1
Potassium (mg/100g)	291.9	346.0
Selenium (µg/100g)	3.8	4.4
Sodium (mg/100g)	54.6	61.7
Zinc (mg/100g)	2.4	2.9

## BONELESS FLAP

A cut with fat and lean interspersed best suited to slow cooking methods, such as braising or stewing.



	Whole cut	Lean
Water (g/100g)	55.1	69.5
Energy (kJ/100g)	1366	749
Energy (kcal/100g)	326	179
Protein (g/100g)	16.4	21.7
Fat (g/100g)	29.2	10.3
SFA (g/100g)	12.5	4.0
MUFA (g/100g)	8.1	2.7
PUFA (g/100g)	1.0	0.4
P:S ratio	0.08	0.10
omega 6 PUFA (mg/100g)	268	136
omega 3 PUFA (mg/100g)	318	153
omega 6: omega 3 ratio	0.84	0.89
Long-chain omega 3 fatty acids (mg/100g)	35	28
Trans Fats (g/100g)	1.8	0.4
Cholesterol (mg/100g)	64	58

	Whole cut	Lean
Vitamin A (µg/100g)	19.75	8.99
Vitamin B1 (Thiamine) (mg/100g)	0.06	0.04
Vitamin B2 (Riboflavin) (mg/100g)	0.11	0.14
Vitamin B3 (Niacin) (mg/100g)	3.56	4.62
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.35	0.47
Vitamin B6 (Pyridoxine) (mg/100g)	0.09	0.12
Vitamin B12 (Cobalamin) (µg/100g)	1.62	2.14
Vitamin D3 (µg/100g)	0.05	0.03
25-OH Vitamin D3 (µg/100g)	0.27	0.09
Vitamin E (mg/100g)	0.57	0.37

	Whole cut	Lean
Calcium (mg/100g)	5.7	6.7
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.8	1.7
Iron (mg/100g)	0.8	1.0
Magnesium (mg/100g)	15.1	19.2
Manganese (µg/100g)	0.6	0.0
Phosphorus (mg/100g)	130.5	164.4
Potassium (mg/100g)	243.3	303.3
Selenium (µg/100g)	3.1	3.7
Sodium (mg/100g)	69.8	86.7
Zinc (mg/100g)	2.4	3.2

## BONELESS LOIN

Very tender, lean, boneless cut with no exterior fat. Best cooked quickly by fast roasting to rare or medium rare, pan-frying as a whole piece or cut across the grain into smaller portions.



	Whole cut	Lean
Water (g/100g)	74.4	74.5
Energy (kJ/100g)	506	500
Energy (kcal/100g)	121	119
Protein (g/100g)	21.4	21.5
Fat (g/100g)	4.0	3.8
SFA (g/100g)	1.3	1.2
MUFA (g/100g)	1.0	0.9
PUFA (g/100g)	0.3	0.3
P:S ratio	0.21	0.23
omega 6 PUFA (mg/100g)	124	123
omega 3 PUFA (mg/100g)	114	112
omega 6: omega 3 ratio	1.09	1.10
Long-chain omega 3 fatty acids (mg/100g)	53	53
Trans Fats (g/100g)	0.1	0.1
Cholesterol (mg/100g)	66	66

	Whole cut	Lean
Vitamin A (µg/100g)	1.86	1.73
Vitamin B1 (Thiamine) (mg/100g)	0.07	0.07
Vitamin B2 (Riboflavin) (mg/100g)	0.16	0.16
Vitamin B3 (Niacin) (mg/100g)	6.34	6.36
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.54	0.54
Vitamin B6 (Pyridoxine) (mg/100g)	0.18	0.18
Vitamin B12 (Cobalamin) (µg/100g)	1.12	1.12
Vitamin D3 (µg/100g)	0.03	0.03
25-OH Vitamin D3 (µg/100g)	0.10	0.09
Vitamin E (mg/100g)	0.34	0.33

	Whole cut	Lean
Calcium (mg/100g)	4.2	4.2
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.2	1.2
Iron (mg/100g)	1.5	1.6
Magnesium (mg/100g)	26.1	26.2
Manganese (µg/100g)	9.8	9.8
Phosphorus (mg/100g)	216.7	217.1
Potassium (mg/100g)	367.6	368.4
Selenium (µg/100g)	2.9	2.9
Sodium (mg/100g)	60.1	60.2
Zinc (mg/100g)	2.1	2.1

# BONELESS, ROLLED, NETTED SHOULDER

Boneless, medium tender roasting joint with lean and fat interspersed. Best roasted slowly, covered or uncovered, or pot-roasted.



	Whole cut	Lean
Water (g/100g)	62.3	72.9
Energy (kJ/100g)	1049	595
Energy (kcal/100g)	251	142
Protein (g/100g)	16.9	20.2
Fat (g/100g)	20.5	6.9
SFA (g/100g)	8.4	2.2
MUFA (g/100g)	5.5	1.6
PUFA (g/100g)	0.8	0.4
P:S ratio	0.09	0.16
omega 6 PUFA (mg/100g)	231	137
omega 3 PUFA (mg/100g)	254	136
omega 6: omega 3 ratio	0.91	1.01
Long-chain omega 3 fatty acids (mg/100g)	44	43
Trans Fats (g/100g)	1.2	0.2
Cholesterol (mg/100g)	62	58

	Whole cut	Lean
Vitamin A (µg/100g)	13.24	4.78
Vitamin B1 (Thiamine) (mg/100g)	0.13	0.14
Vitamin B2 (Riboflavin) (mg/100g)	0.12	0.14
Vitamin B3 (Niacin) (mg/100g)	4.34	5.20
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.47	0.58
Vitamin B6 (Pyridoxine) (mg/100g)	0.10	0.11
Vitamin B12 (Cobalamin) (µg/100g)	1.97	2.38
Vitamin D3 (µg/100g)	0.06	0.04
25-OH Vitamin D3 (µg/100g)	0.29	0.18
Vitamin E (mg/100g)	0.37	0.21

	Whole cut	Lean
Calcium (mg/100g)	4.5	4.7
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.4	1.3
Iron (mg/100g)	1.0	1.2
Magnesium (mg/100g)	17.6	20.8
Manganese (µg/100g)	7.4	8.8
Phosphorus (mg/100g)	149.2	174.6
Potassium (mg/100g)	279.3	324.9
Selenium (µg/100g)	3.0	3.3
Sodium (mg/100g)	57.7	64.7
Zinc (mg/100g)	3.1	3.8



# BRAINS

Pale, greyish colour becoming a whiter, delicate and tender meat on cooking. Prior to cooking, requires soaking for a couple of hours in water, changed 2-3 times. Blanch by simmering, remove any membrane then press and chill until cold. Cooking can be finished by pan-frying quickly.



	Whole cut
Water (g/100g)	78.5
Energy (kJ/100g)	489
Energy (kcal/100g)	117
Protein (g/100g)	11.3
Fat (g/100g)	8.0
SFA (g/100g)	1.0
MUFA (g/100g)	0.7
PUFA (g/100g)	0.5
P:S ratio	0.44
omega 6 PUFA (mg/100g)	140
omega 3 PUFA (mg/100g)	322
omega 6: omega 3 ratio	0.43
Long-chain omega 3 fatty acids (mg/100g)	322
Trans Fats (g/100g)	0.0
Cholesterol (mg/100g)	2100

	Whole cut
Vitamin A (µg/100g)	3.05
Vitamin B1 (Thiamine) (mg/100g)	0.10
Vitamin B2 (Riboflavin) (mg/100g)	0.20
Vitamin B3 (Niacin) (mg/100g)	3.81
Vitamin B5 (Pantothenic Acid) (mg/100g)	1.94
Vitamin B6 (Pyridoxine) (mg/100g)	0.09
Vitamin B12 (Cobalamin) (µg/100g)	9.99
Vitamin D3 (µg/100g)	0.00
25-OH Vitamin D3 (µg/100g)	0.06
Vitamin E (mg/100g)	0.87

	Whole cut
Calcium (mg/100g)	3.6
Copper (mg/100g)	0.3
Iodine (µg/100g)	1.4
Iron (mg/100g)	1.1
Magnesium (mg/100g)	13.5
Manganese (µg/100g)	30.7
Phosphorus (mg/100g)	326.7
Potassium (mg/100g)	307.1
Selenium (µg/100g)	13.5
Sodium (mg/100g)	116.5
Zinc (mg/100g)	1.1

# BREAST

From the forequarter, best suited to slow, moist methods of cooking, such as braising. Spare ribs can be cut from the breast, and barbecued or grilled after being marinated.



	Whole cut	Lean
Water (g/100g)	46.1	71.7
Energy (kJ/100g)	1729	604
Energy (kcal/100g)	413	144
Protein (g/100g)	11.0	18.3
Fat (g/100g)	41.3	8.0
SFA (g/100g)	18.1	2.8
MUFA (g/100g)	11.6	2.1
PUFA (g/100g)	1.3	0.2
P:S ratio	0.07	0.09
omega 6 PUFA (mg/100g)	367	124
omega 3 PUFA (mg/100g)	426	123
omega 6: omega 3 ratio	0.86	1.01
Long-chain omega 3 fatty acids (mg/100g)	42	33
Trans Fats (g/100g)	2.8	0.2
Cholesterol (mg/100g)	71	65

	Whole cut	Lean
Vitamin A (µg/100g)	28.12	9.29
Vitamin B1 (Thiamine) (mg/100g)	0.07	0.06
Vitamin B2 (Riboflavin) (mg/100g)	0.09	0.16
Vitamin B3 (Niacin) (mg/100g)	2.93	4.95
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.30	0.53
Vitamin B6 (Pyridoxine) (mg/100g)	0.09	0.14
Vitamin B12 (Cobalamin) (µg/100g)	1.16	1.96
Vitamin D3 (µg/100g)	0.10	0.04
25-OH Vitamin D3 (µg/100g)	0.41	0.10
Vitamin E (mg/100g)	0.66	0.31

	Whole cut	Lean
Calcium (mg/100g)	8.4	13.3
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	2.2	2.8
Iron (mg/100g)	0.9	1.1
Magnesium (mg/100g)	13.0	21.0
Manganese (µg/100g)	4.7	7.5
Phosphorus (mg/100g)	114.0	179.5
Potassium (mg/100g)	196.6	293.5
Selenium (µg/100g)	2.9	4.0
Sodium (mg/100g)	67.3	106.8
Zinc (mg/100g)	1.8	2.9

## FORE-SHANK

Highly gelatinous meat becoming juicy and tender on cooking. Ideal for a slow-cooked casserole, covered roast or used for soup.



	Whole cut	Lean
Water (g/100g)	68.6	74.5
Energy (kJ/100g)	764	509
Energy (kcal/100g)	183	122
Protein (g/100g)	20.1	22.1
Fat (g/100g)	11.5	3.8
SFA (g/100g)	4.8	1.3
MUFA (g/100g)	3.3	1.1
PUFA (g/100g)	0.5	0.3
P:S ratio	0.11	0.22
omega 6 PUFA (mg/100g)	179	129
omega 3 PUFA (mg/100g)	172	106
omega 6: omega 3 ratio	1.04	1.22
Long-chain omega 3 fatty acids (mg/100g)	43	42
Trans Fats (g/100g)	0.7	0.1
Cholesterol (mg/100g)	66	65

	Whole cut	Lean
Vitamin A (µg/100g)	7.78	3.15
Vitamin B1 (Thiamine) (mg/100g)	0.10	0.10
Vitamin B2 (Riboflavin) (mg/100g)	0.10	0.10
Vitamin B3 (Niacin) (mg/100g)	4.09	4.47
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.42	0.47
Vitamin B6 (Pyridoxine) (mg/100g)	0.09	0.10
Vitamin B12 (Cobalamin) (µg/100g)	2.01	2.21
Vitamin D3 (µg/100g)	0.03	0.02
25-OH Vitamin D3 (µg/100g)	0.20	0.14
Vitamin E (mg/100g)	0.27	0.18

	Whole cut	Lean
Calcium (mg/100g)	6.7	7.1
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.6	1.5
Iron (mg/100g)	1.3	1.4
Magnesium (mg/100g)	18.8	20.5
Manganese (µg/100g)	8.1	8.8
Phosphorus (mg/100g)	156.9	170.0
Potassium (mg/100g)	286.1	308.9
Selenium (µg/100g)	6.4	7.0
Sodium (mg/100g)	76.1	81.8
Zinc (mg/100g)	3.9	4.3

## GROUND LAMB

Suitable for a variety of cooking methods, including slow-cooked stews and casseroles, or quick pan-frying as patties and meatballs.



	Whole cut
Water (g/100g)	69.3
Energy (kJ/100g)	803
Energy (kcal/100g)	192
Protein (g/100g)	20.3
Fat (g/100g)	12.4
SFA (g/100g)	4.9
MUFA (g/100g)	3.0
PUFA (g/100g)	0.5
P:S ratio	0.10
omega 6 PUFA (mg/100g)	161
omega 3 PUFA (mg/100g)	154
omega 6: omega 3 ratio	1.05
Long-chain omega 3 fatty acids (mg/100g)	37
Trans Fats (g/100g)	0.6
Cholesterol (mg/100g)	63

	Whole cut
Vitamin A (µg/100g)	7.82
Vitamin B1 (Thiamine) (mg/100g)	0.06
Vitamin B2 (Riboflavin) (mg/100g)	0.18
Vitamin B3 (Niacin) (mg/100g)	5.01
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.16
Vitamin B6 (Pyridoxine) (mg/100g)	0.13
Vitamin B12 (Cobalamin) (µg/100g)	1.62
Vitamin D3 (µg/100g)	0.03
25-OH Vitamin D3 (µg/100g)	0.11
Vitamin E (mg/100g)	0.24

	Whole cut
Calcium (mg/100g)	4.1
Copper (mg/100g)	0.1
Iodine (µg/100g)	2.5
Iron (mg/100g)	1.0
Magnesium (mg/100g)	18.1
Manganese (µg/100g)	7.0
Phosphorus (mg/100g)	155.9
Potassium (mg/100g)	281.4
Selenium (µg/100g)	4.7
Sodium (mg/100g)	56.6
Zinc (mg/100g)	2.8

# HEART

Dense meat with no obvious grain. Requires a slow cooking method, such as braising, having first been cut in half with any tubes or fat removed.



	Whole cut	Lean
Water (g/100g)	69.7	77.8
Energy (kJ/100g)	783	440
Energy (kcal/100g)	187	105
Protein (g/100g)	16.0	18.1
Fat (g/100g)	13.8	3.7
SFA (g/100g)	5.7	1.0
MUFA (g/100g)	3.4	0.5
PUFA (g/100g)	0.9	0.6
P:S ratio	0.16	0.63
omega 6 PUFA (mg/100g)	437	405
omega 3 PUFA (mg/100g)	285	208
omega 6: omega 3 ratio	1.53	1.95
Long-chain omega 3 fatty acids (mg/100g)	102	112
Trans Fats (g/100g)	0.9	0.1
Cholesterol (mg/100g)	113	119

	Whole cut	Lean
Vitamin A (µg/100g)	11.70	5.36
Vitamin B1 (Thiamine) (mg/100g)	0.45	0.52
Vitamin B2 (Riboflavin) (mg/100g)	0.46	0.54
Vitamin B3 (Niacin) (mg/100g)	5.04	5.76
Vitamin B5 (Pantothenic Acid) (mg/100g)	1.92	2.24
Vitamin B6 (Pyridoxine) (mg/100g)	0.13	0.14
Vitamin B12 (Cobalamin) (µg/100g)	7.16	8.40
Vitamin D3 (µg/100g)	0.07	0.03
25-OH Vitamin D3 (µg/100g)	0.26	0.18
Vitamin E (mg/100g)	0.68	0.65

	Whole cut	Lean
Calcium (mg/100g)	4.7	4.6
Copper (mg/100g)	0.4	0.4
Iodine (µg/100g)	1.3	1.4
Iron (mg/100g)	2.9	3.3
Magnesium (mg/100g)	18.1	20.2
Manganese (µg/100g)	19.1	22.2
Phosphorus (mg/100g)	181.8	204.2
Potassium (mg/100g)	251.9	276.5
Selenium (µg/100g)	9.5	10.9
Sodium (mg/100g)	84.3	93.6
Zinc (mg/100g)	1.5	1.7

# HIND-SHANK

Larger than the fore-shank, highly gelatinous meat becoming juicy and tender on cooking. Ideal for a slow-cooked casserole, covered roast or used for soup.



	Whole cut	Lean
Water (g/100g)	67.5	74.5
Energy (kJ/100g)	775	466
Energy (kcal/100g)	185	111
Protein (g/100g)	18.3	20.4
Fat (g/100g)	12.6	3.4
SFA (g/100g)	5.2	1.1
MUFA (g/100g)	3.6	1.0
PUFA (g/100g)	0.6	0.3
P:S ratio	0.11	0.27
omega 6 PUFA (mg/100g)	182	126
omega 3 PUFA (mg/100g)	185	109
omega 6: omega 3 ratio	0.98	1.16
Long-chain omega 3 fatty acids (mg/100g)	48	48
Trans Fats (g/100g)	0.8	0.1
Cholesterol (mg/100g)	64	62

	Whole cut	Lean
Vitamin A (µg/100g)	7.61	2.20
Vitamin B1 (Thiamine) (mg/100g)	0.07	0.06
Vitamin B2 (Riboflavin) (mg/100g)	0.15	0.16
Vitamin B3 (Niacin) (mg/100g)	4.37	4.85
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.43	0.49
Vitamin B6 (Pyridoxine) (mg/100g)	0.13	0.15
Vitamin B12 (Cobalamin) (µg/100g)	1.30	1.43
Vitamin D3 (µg/100g)	0.04	0.04
25-OH Vitamin D3 (µg/100g)	0.22	0.16
Vitamin E (mg/100g)	0.40	0.29

	Whole cut	Lean
Calcium (mg/100g)	4.8	5.0
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.1	1.0
Iron (mg/100g)	1.3	1.5
Magnesium (mg/100g)	19.7	21.9
Manganese (µg/100g)	9.5	10.6
Phosphorus (mg/100g)	167.2	184.8
Potassium (mg/100g)	297.5	326.9
Selenium (µg/100g)	4.3	4.7
Sodium (mg/100g)	75.2	82.0
Zinc (mg/100g)	3.1	3.5

# KIDNEY

Medium tender, lean meat with fat cover removed. Any membrane and small fat pieces from inside the kidney should be removed prior to cooking. Suitable for pan-frying and grilling quickly, or diced and added to stews and casseroles.



	Whole cut
Water (g/100g)	81.0
Energy (kJ/100g)	349
Energy (kcal/100g)	83
Protein (g/100g)	15.2
Fat (g/100g)	2.5
SFA (g/100g)	0.8
MUFA (g/100g)	0.4
PUFA (g/100g)	0.5
P:S ratio	0.68
omega 6 PUFA (mg/100g)	303
omega 3 PUFA (mg/100g)	223
omega 6: omega 3 ratio	1.36
Long-chain omega 3 fatty acids (mg/100g)	173
Trans Fats (g/100g)	0.1
Cholesterol (mg/100g)	369

	Whole cut
Vitamin A (µg/100g)	61.34
Vitamin B1 (Thiamine) (mg/100g)	0.41
Vitamin B2 (Riboflavin) (mg/100g)	1.28
Vitamin B3 (Niacin) (mg/100g)	8.43
Vitamin B5 (Pantothenic Acid) (mg/100g)	3.21
Vitamin B6 (Pyridoxine) (mg/100g)	0.17
Vitamin B12 (Cobalamin) (µg/100g)	50.37
Vitamin D3 (µg/100g)	0.13
25-OH Vitamin D3 (µg/100g)	0.28
Vitamin E (mg/100g)	0.42

	Whole cut
Calcium (mg/100g)	7.9
Copper (mg/100g)	0.4
Iodine (µg/100g)	4.6
Iron (mg/100g)	6.6
Magnesium (mg/100g)	15.6
Manganese (µg/100g)	84.1
Phosphorus (mg/100g)	245.0
Potassium (mg/100g)	231.1
Selenium (µg/100g)	93.6
Sodium (mg/100g)	167.5
Zinc (mg/100g)	1.8

# LIVER

Tender and very lean. Fine skin covering should be removed prior to cooking. Requires fast cooking methods, such as pan-frying or stir-frying.



	Whole cut
Water (g/100g)	70.8
Energy (kJ/100g)	529
Energy (kcal/100g)	126
Protein (g/100g)	20.7
Fat (g/100g)	4.9
SFA (g/100g)	1.5
MUFA (g/100g)	0.8
PUFA (g/100g)	0.9
P:S ratio	0.60
omega 6 PUFA (mg/100g)	291
omega 3 PUFA (mg/100g)	564
omega 6: omega 3 ratio	0.52
Long-chain omega 3 fatty acids (mg/100g)	427
Trans Fats (g/100g)	0.2
Cholesterol (mg/100g)	386

	Whole cut
Vitamin A (µg/100g)	15434.00
Vitamin B1 (Thiamine) (mg/100g)	1.21
Vitamin B2 (Riboflavin) (mg/100g)	4.21
Vitamin B3 (Niacin) (mg/100g)	13.70
Vitamin B5 (Pantothenic Acid) (mg/100g)	5.57
Vitamin B6 (Pyridoxine) (mg/100g)	0.22
Vitamin B12 (Cobalamin) (µg/100g)	59.00
Vitamin D3 (µg/100g)	0.00
25-OH Vitamin D3 (µg/100g)	0.50
Vitamin E (mg/100g)	0.86

	Whole cut
Calcium (mg/100g)	4.2
Copper (mg/100g)	11.4
Iodine (µg/100g)	5.8
Iron (mg/100g)	4.6
Magnesium (mg/100g)	17.9
Manganese (µg/100g)	330.0
Phosphorus (mg/100g)	380.6
Potassium (mg/100g)	284.6
Selenium (µg/100g)	11.1
Sodium (mg/100g)	58.8
Zinc (mg/100g)	3.4



# LOIN CHOP

Tender and lean with exterior fat easily trimmed. Suitable for fast cooking methods, such as pan-frying or grilling.



	Whole cut	Lean
Water (g/100g)	57.1	71.4
Energy (kJ/100g)	1228	591
Energy (kcal/100g)	293	141
Protein (g/100g)	15.5	20.0
Fat (g/100g)	25.9	6.9
SFA (g/100g)	11.3	2.8
MUFA (g/100g)	7.4	2.0
PUFA (g/100g)	1.0	0.4
P:S ratio	0.09	0.15
omega 6 PUFA (mg/100g)	282	167
omega 3 PUFA (mg/100g)	314	160
omega 6: omega 3 ratio	0.90	1.04
Long-chain omega 3 fatty acids (mg/100g)	46	45
Trans Fats (g/100g)	1.7	0.3
Cholesterol (mg/100g)	69	66

	Whole cut	Lean
Vitamin A (µg/100g)	16.11	4.81
Vitamin B1 (Thiamine) (mg/100g)	0.11	0.12
Vitamin B2 (Riboflavin) (mg/100g)	0.12	0.15
Vitamin B3 (Niacin) (mg/100g)	4.17	5.40
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.39	0.53
Vitamin B6 (Pyridoxine) (mg/100g)	0.13	0.16
Vitamin B12 (Cobalamin) (µg/100g)	1.48	1.90
Vitamin D3 (µg/100g)	0.06	0.05
25-OH Vitamin D3 (µg/100g)	0.25	0.08
Vitamin E (mg/100g)	0.46	0.22

	Whole cut	Lean
Calcium (mg/100g)	14.1	18.4
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	2.3	2.3
Iron (mg/100g)	1.2	1.5
Magnesium (mg/100g)	17.8	22.7
Manganese (µg/100g)	6.8	8.8
Phosphorus (mg/100g)	149.5	189.0
Potassium (mg/100g)	262.6	326.7
Selenium (µg/100g)	4.4	5.5
Sodium (mg/100g)	63.6	77.0
Zinc (mg/100g)	2.1	2.7

# LOIN SADDLE

Lean, tender cut, with exterior fat removed easily. Suitable for roasting or pot-roasting.



	Whole cut	Lean
Water (g/100g)	60.0	73.5
Energy (kJ/100g)	1135	547
Energy (kcal/100g)	271	131
Protein (g/100g)	16.5	20.9
Fat (g/100g)	23.0	5.3
SFA (g/100g)	9.9	2.0
MUFA (g/100g)	6.5	1.6
PUFA (g/100g)	0.9	0.4
P:S ratio	0.09	0.18
omega 6 PUFA (mg/100g)	255	146
omega 3 PUFA (mg/100g)	276	129
omega 6: omega 3 ratio	0.92	1.13
Long-chain omega 3 fatty acids (mg/100g)	48	47
Trans Fats (g/100g)	1.5	0.3
Cholesterol (mg/100g)	69	66

	Whole cut	Lean
Vitamin A (µg/100g)	14.72	4.39
Vitamin B1 (Thiamine) (mg/100g)	0.11	0.12
Vitamin B2 (Riboflavin) (mg/100g)	0.11	0.14
Vitamin B3 (Niacin) (mg/100g)	4.67	5.92
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.34	0.44
Vitamin B6 (Pyridoxine) (mg/100g)	0.14	0.18
Vitamin B12 (Cobalamin) (µg/100g)	0.95	1.13
Vitamin D3 (µg/100g)	0.04	0.02
25-OH Vitamin D3 (µg/100g)	0.30	0.17
Vitamin E (mg/100g)	0.44	0.22

	Whole cut	Lean
Calcium (mg/100g)	6.0	6.9
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.3	1.0
Iron (mg/100g)	1.3	1.5
Magnesium (mg/100g)	18.9	23.5
Manganese (µg/100g)	7.5	9.4
Phosphorus (mg/100g)	156.3	193.1
Potassium (mg/100g)	290.1	355.7
Selenium (µg/100g)	3.5	4.2
Sodium (mg/100g)	63.4	75.0
Zinc (mg/100g)	2.0	2.5

# NECK CHOPS

A cost effective cut, best suited to slow, moist cooking, such as braising and stewing in casseroles.



	Whole cut	Lean
Water (g/100g)	64.6	72.4
Energy (kJ/100g)	966	630
Energy (kcal/100g)	231	150
Protein (g/100g)	17.4	19.8
Fat (g/100g)	18.1	8.0
SFA (g/100g)	7.7	3.2
MUFA (g/100g)	5.0	2.2
PUFA (g/100g)	0.7	0.4
P:S ratio	0.09	0.12
omega 6 PUFA (mg/100g)	222	155
omega 3 PUFA (mg/100g)	238	151
omega 6: omega 3 ratio	0.94	1.03
Long-chain omega 3 fatty acids (mg/100g)	38	36
Trans Fats (g/100g)	1.1	0.3
Cholesterol (mg/100g)	72	71

	Whole cut	Lean
Vitamin A (µg/100g)	11.50	5.23
Vitamin B1 (Thiamine) (mg/100g)	0.08	0.08
Vitamin B2 (Riboflavin) (mg/100g)	0.13	0.14
Vitamin B3 (Niacin) (mg/100g)	3.79	4.30
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.30	0.34
Vitamin B6 (Pyridoxine) (mg/100g)	0.11	0.12
Vitamin B12 (Cobalamin) (µg/100g)	2.50	2.89
Vitamin D3 (µg/100g)	0.04	0.02
25-OH Vitamin D3 (µg/100g)	0.21	0.12
Vitamin E (mg/100g)	0.36	0.24

	Whole cut	Lean
Calcium (mg/100g)	19.5	22.5
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	2.0	2.1
Iron (mg/100g)	1.1	1.2
Magnesium (mg/100g)	18.0	20.3
Manganese (µg/100g)	6.5	7.3
Phosphorus (mg/100g)	155.8	175.0
Potassium (mg/100g)	288.9	323.0
Selenium (µg/100g)	4.3	4.8
Sodium (mg/100g)	73.3	81.2
Zinc (mg/100g)	3.0	3.5

## RACK - FULLY FRENCHED

A well-trimmed rack with the backbone and exterior fat removed. Very tender, best served rare or medium rare by fast roasting. Pan-fry individual Frenched cutlets to rare or medium rare.



	Whole cut	Lean
Water (g/100g)	69.5	71.7
Energy (kJ/100g)	707	611
Energy (kcal/100g)	169	146
Protein (g/100g)	19.9	20.6
Fat (g/100g)	10.0	7.1
SFA (g/100g)	4.4	3.1
MUFA (g/100g)	3.0	2.2
PUFA (g/100g)	0.5	0.4
P:S ratio	0.10	0.12
omega 6 PUFA (mg/100g)	149	128
omega 3 PUFA (mg/100g)	167	141
omega 6: omega 3 ratio	0.90	0.91
Long-chain omega 3 fatty acids (mg/100g)	41	41
Trans Fats (g/100g)	0.7	0.4
Cholesterol (mg/100g)	63	62

	Whole cut	Lean
Vitamin A (µg/100g)	6.83	4.96
Vitamin B1 (Thiamine) (mg/100g)	0.06	0.06
Vitamin B2 (Riboflavin) (mg/100g)	0.17	0.18
Vitamin B3 (Niacin) (mg/100g)	5.02	5.21
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.58	0.60
Vitamin B6 (Pyridoxine) (mg/100g)	0.24	0.25
Vitamin B12 (Cobalamin) (µg/100g)	1.03	1.05
Vitamin D3 (µg/100g)	0.09	0.09
25-OH Vitamin D3 (µg/100g)	0.21	0.18
Vitamin E (mg/100g)	0.35	0.32

	Whole cut	Lean
Calcium (mg/100g)	7.5	7.7
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.7	1.7
Iron (mg/100g)	1.4	1.4
Magnesium (mg/100g)	22.1	22.9
Manganese (µg/100g)	7.9	8.1
Phosphorus (mg/100g)	186.3	192.5
Potassium (mg/100g)	323.6	333.8
Selenium (µg/100g)	2.8	2.9
Sodium (mg/100g)	61.6	63.0
Zinc (mg/100g)	2.2	2.2

## RACK - PARTLY FRENCHED

A well-trimmed rack with the backbone and exterior fat removed.  
 Very tender, best served rare or medium rare by fast roasting.  
 Pan-fry individual Frenched cutlets to rare or medium rare.

	Whole cut	Lean
Water (g/100g)	62.8	70.2
Energy (kJ/100g)	994	667
Energy (kcal/100g)	237	159
Protein (g/100g)	18.1	20.7
Fat (g/100g)	18.5	8.6
SFA (g/100g)	7.4	2.9
MUFA (g/100g)	4.9	2.0
PUFA (g/100g)	0.7	0.4
P:S ratio	0.10	0.15
omega 6 PUFA (mg/100g)	209	143
omega 3 PUFA (mg/100g)	239	156
omega 6: omega 3 ratio	0.87	0.92
Long-chain omega 3 fatty acids (mg/100g)	43	42
Trans Fats (g/100g)	1.2	0.4
Cholesterol (mg/100g)	66	64

	Whole cut	Lean
Vitamin A (µg/100g)	11.04	4.98
Vitamin B1 (Thiamine) (mg/100g)	0.08	0.08
Vitamin B2 (Riboflavin) (mg/100g)	0.17	0.19
Vitamin B3 (Niacin) (mg/100g)	5.04	5.75
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.39	0.45
Vitamin B6 (Pyridoxine) (mg/100g)	0.16	0.18
Vitamin B12 (Cobalamin) (µg/100g)	1.12	1.25
Vitamin D3 (µg/100g)	0.03	0.02
25-OH Vitamin D3 (µg/100g)	0.14	0.05
Vitamin E (mg/100g)	0.40	0.28

	Whole cut	Lean
Calcium (mg/100g)	10.3	11.5
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.2	1.0
Iron (mg/100g)	1.3	1.4
Magnesium (mg/100g)	19.6	22.1
Manganese (µg/100g)	8.0	9.1
Phosphorus (mg/100g)	164.7	185.2
Potassium (mg/100g)	277.3	308.6
Selenium (µg/100g)	3.3	3.6
Sodium (mg/100g)	61.1	66.6
Zinc (mg/100g)	2.3	2.7

# SQUARE-CUT SHOULDER

Medium tender roasting joint with lean and fat interspersed.  
Best roasted slowly, covered or uncovered, or pot-roasted.



	Whole cut	Lean
Water (g/100g)	61.3	72.5
Energy (kJ/100g)	1117	640
Energy (kcal/100g)	267	153
Protein (g/100g)	16.2	19.7
Fat (g/100g)	22.6	8.3
SFA (g/100g)	9.5	2.9
MUFA (g/100g)	6.4	2.4
PUFA (g/100g)	0.9	0.4
P:S ratio	0.09	0.15
omega 6 PUFA (mg/100g)	251	152
omega 3 PUFA (mg/100g)	264	135
omega 6: omega 3 ratio	0.95	1.13
Long-chain omega 3 fatty acids (mg/100g)	42	39
Trans Fats (g/100g)	1.5	0.4
Cholesterol (mg/100g)	60	56

	Whole cut	Lean
Vitamin A (µg/100g)	13.48	4.13
Vitamin B1 (Thiamine) (mg/100g)	0.10	0.10
Vitamin B2 (Riboflavin) (mg/100g)	0.13	0.16
Vitamin B3 (Niacin) (mg/100g)	2.93	3.46
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.24	0.28
Vitamin B6 (Pyridoxine) (mg/100g)	0.12	0.14
Vitamin B12 (Cobalamin) (µg/100g)	1.87	2.30
Vitamin D3 (µg/100g)	0.17	0.17
25-OH Vitamin D3 (µg/100g)	0.28	0.16
Vitamin E (mg/100g)	0.53	0.40

	Whole cut	Lean
Calcium (mg/100g)	10.3	12.1
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	2.1	2.2
Iron (mg/100g)	1.0	1.1
Magnesium (mg/100g)	16.9	20.1
Manganese (µg/100g)	6.9	8.3
Phosphorus (mg/100g)	147.8	175.1
Potassium (mg/100g)	262.3	307.2
Selenium (µg/100g)	4.5	5.3
Sodium (mg/100g)	64.0	73.4
Zinc (mg/100g)	2.9	3.6

# SQUARE-CUT SHOULDER CHOPS

Chops containing some bone and fat interspersed with lean, giving well-marbled, juicy meat. Ideal for braising or can be barbecued if marinated prior to cooking.



	Whole cut	Lean
Water (g/100g)	61.2	72.0
Energy (kJ/100g)	1137	684
Energy (kcal/100g)	272	163
Protein (g/100g)	17.0	20.6
Fat (g/100g)	22.8	9.1
SFA (g/100g)	9.7	3.4
MUFA (g/100g)	6.4	2.6
PUFA (g/100g)	1.0	0.6
P:S ratio	0.10	0.16
omega 6 PUFA (mg/100g)	278	189
omega 3 PUFA (mg/100g)	326	219
omega 6: omega 3 ratio	0.85	0.86
Long-chain omega 3 fatty acids (mg/100g)	73	79
Trans Fats (g/100g)	1.5	0.4
Cholesterol (mg/100g)	63	59

	Whole cut	Lean
Vitamin A (µg/100g)	14.94	6.28
Vitamin B1 (Thiamine) (mg/100g)	0.07	0.07
Vitamin B2 (Riboflavin) (mg/100g)	0.15	0.18
Vitamin B3 (Niacin) (mg/100g)	3.25	3.86
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.24	0.28
Vitamin B6 (Pyridoxine) (mg/100g)	0.06	0.06
Vitamin B12 (Cobalamin) (µg/100g)	2.06	2.52
Vitamin D3 (µg/100g)	0.13	0.12
25-OH Vitamin D3 (µg/100g)	0.28	0.17
Vitamin E (mg/100g)	0.51	0.39

	Whole cut	Lean
Calcium (mg/100g)	21.6	26.6
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.6	1.6
Iron (mg/100g)	1.1	1.2
Magnesium (mg/100g)	17.8	21.2
Manganese (µg/100g)	6.8	8.1
Phosphorus (mg/100g)	159.7	189.4
Potassium (mg/100g)	274.2	320.9
Selenium (µg/100g)	6.2	7.4
Sodium (mg/100g)	70.7	81.8
Zinc (mg/100g)	2.7	3.3

# SWEETBREAD

Pale, tender meat from the thymus gland. Prior to cooking, requires soaking for a couple of hours in water, changed 2-3 times. Blanch by simmering, remove any membrane then press and chill until cold. Cooking can be finished by pan-frying quickly.



	Whole cut	Lean
Water (g/100g)	78.0	79.5
Energy (kJ/100g)	496	436
Energy (kcal/100g)	119	104
Protein (g/100g)	15.5	15.8
Fat (g/100g)	6.3	4.6
SFA (g/100g)	2.3	1.5
MUFA (g/100g)	1.6	1.1
PUFA (g/100g)	0.3	0.2
P:S ratio	0.13	0.16
omega 6 PUFA (mg/100g)	110	96
omega 3 PUFA (mg/100g)	118	102
omega 6: omega 3 ratio	0.93	0.94
Long-chain omega 3 fatty acids (mg/100g)	61	61
Trans Fats (g/100g)	0.3	0.2
Cholesterol (mg/100g)	226	230

	Whole cut	Lean
Vitamin A (µg/100g)	6.85	5.75
Vitamin B1 (Thiamine) (mg/100g)	0.08	0.08
Vitamin B2 (Riboflavin) (mg/100g)	0.10	0.10
Vitamin B3 (Niacin) (mg/100g)	1.91	1.93
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.98	1.00
Vitamin B6 (Pyridoxine) (mg/100g)	0.00	0.00
Vitamin B12 (Cobalamin) (µg/100g)	2.54	2.60
Vitamin D3 (µg/100g)	0.14	0.13
25-OH Vitamin D3 (µg/100g)	0.09	0.08
Vitamin E (mg/100g)	0.69	0.69

	Whole cut	Lean
Calcium (mg/100g)	3.5	3.5
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	3.0	3.1
Iron (mg/100g)	0.8	0.8
Magnesium (mg/100g)	19.4	19.8
Manganese (µg/100g)	12.4	12.7
Phosphorus (mg/100g)	412.1	422.0
Potassium (mg/100g)	426.4	435.0
Selenium (µg/100g)	12.0	12.3
Sodium (mg/100g)	55.4	56.0
Zinc (mg/100g)	1.4	1.4



# TENDERLOIN

Small, lean, boneless strip of very tender meat, requiring minimal cooking. Suitable for pan-frying or grilling to rare or medium rare.



	Whole cut	Lean
Water (g/100g)	74.0	74.4
Energy (kJ/100g)	501	486
Energy (kcal/100g)	120	116
Protein (g/100g)	20.4	20.5
Fat (g/100g)	4.3	3.8
SFA (g/100g)	2.4	2.2
MUFA (g/100g)	1.8	1.7
PUFA (g/100g)	0.5	0.5
P:S ratio	0.23	0.24
omega 6 PUFA (mg/100g)	275	273
omega 3 PUFA (mg/100g)	225	222
omega 6: omega 3 ratio	1.22	1.23
Long-chain omega 3 fatty acids (mg/100g)	91	91
Trans Fats (g/100g)	0.2	0.2
Cholesterol (mg/100g)	69	69

	Whole cut	Lean
Vitamin A (µg/100g)	1.72	1.41
Vitamin B1 (Thiamine) (mg/100g)	0.08	0.08
Vitamin B2 (Riboflavin) (mg/100g)	0.21	0.21
Vitamin B3 (Niacin) (mg/100g)	7.26	7.30
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.86	0.87
Vitamin B6 (Pyridoxine) (mg/100g)	0.25	0.25
Vitamin B12 (Cobalamin) (µg/100g)	1.87	1.88
Vitamin D3 (µg/100g)	0.02	0.02
25-OH Vitamin D3 (µg/100g)	0.10	0.09
Vitamin E (mg/100g)	0.41	0.41

	Whole cut	Lean
Calcium (mg/100g)	4.0	4.0
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	0.8	0.8
Iron (mg/100g)	1.6	1.6
Magnesium (mg/100g)	26.1	26.3
Manganese (µg/100g)	12.2	12.3
Phosphorus (mg/100g)	221.0	222.2
Potassium (mg/100g)	379.0	380.8
Selenium (µg/100g)	5.0	5.0
Sodium (mg/100g)	49.3	49.4
Zinc (mg/100g)	2.2	2.2

## TESTES

Prior to cooking, requires soaking for a couple of hours in water, changed 2-3 times. Blanch by simmering, remove any membrane then press and chill until cold. Finish cooking by pan-frying.

	Whole cut	Lean
Water (g/100g)	84.7	85.0
Energy (kJ/100g)	291	279
Energy (kcal/100g)	69	67
Protein (g/100g)	11.4	11.4
Fat (g/100g)	2.7	2.4
SFA (g/100g)	0.9	0.8
MUFA (g/100g)	0.4	0.4
PUFA (g/100g)	0.3	0.3
P:S ratio	0.37	0.43
omega 6 PUFA (mg/100g)	134	132
omega 3 PUFA (mg/100g)	209	207
omega 6: omega 3 ratio	0.64	0.64
Long-chain omega 3 fatty acids (mg/100g)	206	207
Trans Fats (g/100g)	0.0	0.0
Cholesterol (mg/100g)	391	393

	Whole cut	Lean
Vitamin A (µg/100g)	10.24	10.07
Vitamin B1 (Thiamine) (mg/100g)	0.31	0.31
Vitamin B2 (Riboflavin) (mg/100g)	0.21	0.21
Vitamin B3 (Niacin) (mg/100g)	1.74	1.74
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.87	0.87
Vitamin B6 (Pyridoxine) (mg/100g)	0.03	0.03
Vitamin B12 (Cobalamin) (µg/100g)	9.85	9.89
Vitamin D3 (µg/100g)	0.01	0.01
25-OH Vitamin D3 (µg/100g)	0.16	0.15
Vitamin E (mg/100g)	0.31	0.31

	Whole cut	Lean
Calcium (mg/100g)	5.3	5.3
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	5.2	5.2
Iron (mg/100g)	1.1	1.1
Magnesium (mg/100g)	10.9	11.0
Manganese (µg/100g)	29.1	29.2
Phosphorus (mg/100g)	178.4	179.0
Potassium (mg/100g)	264.0	264.7
Selenium (µg/100g)	26.0	26.2
Sodium (mg/100g)	119.1	119.5
Zinc (mg/100g)	1.1	1.1

## TONGUE - SWISS CUT

Tender meat when cooked and skin removed. Blanch and simmer gently before removing skin, while still hot. Can be chilled and pressed before serving.



	Whole cut	Lean
Water (g/100g)	62.1	66.5
Energy (kJ/100g)	1120	934
Energy (kcal/100g)	268	223
Protein (g/100g)	13.3	14.3
Fat (g/100g)	24.0	18.6
SFA (g/100g)	8.6	6.1
MUFA (g/100g)	7.8	6.4
PUFA (g/100g)	1.2	1.0
P:S ratio	0.14	0.17
omega 6 PUFA (mg/100g)	397	379
omega 3 PUFA (mg/100g)	380	346
omega 6: omega 3 ratio	1.04	1.10
Long-chain omega 3 fatty acids (mg/100g)	66	68
Trans Fats (g/100g)	1.4	1.0
Cholesterol (mg/100g)	87	88

	Whole cut	Lean
Vitamin A (µg/100g)	9.16	5.38
Vitamin B1 (Thiamine) (mg/100g)	0.10	0.10
Vitamin B2 (Riboflavin) (mg/100g)	0.27	0.29
Vitamin B3 (Niacin) (mg/100g)	2.88	3.08
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.40	0.44
Vitamin B6 (Pyridoxine) (mg/100g)	0.09	0.10
Vitamin B12 (Cobalamin) (µg/100g)	5.55	6.10
Vitamin D3 (µg/100g)	0.11	0.12
25-OH Vitamin D3 (µg/100g)	0.23	0.18
Vitamin E (mg/100g)	0.62	0.57

	Whole cut	Lean
Calcium (mg/100g)	5.8	6.1
Copper (mg/100g)	0.1	0.2
Iodine (µg/100g)	1.4	1.3
Iron (mg/100g)	1.2	1.2
Magnesium (mg/100g)	14.1	15.0
Manganese (µg/100g)	16.3	17.9
Phosphorus (mg/100g)	133.1	142.1
Potassium (mg/100g)	196.3	206.7
Selenium (µg/100g)	5.0	5.4
Sodium (mg/100g)	72.8	77.5
Zinc (mg/100g)	1.5	1.6

# TUNNEL-BONED LEG, CHUMP OFF, SHANK OFF

Large, boneless medium tender cut, with chump and shank removed. Shape kept intact with internal cavity ideal for stuffing. Suitable for roasting. May also be opened out (butterflied) and cooked flat as a roast or on the barbecue.



	Whole cut	Lean
Water (g/100g)	66.7	74.4
Energy (kJ/100g)	840	503
Energy (kcal/100g)	201	120
Protein (g/100g)	18.4	20.9
Fat (g/100g)	14.2	4.1
SFA (g/100g)	6.0	1.4
MUFA (g/100g)	4.1	1.3
PUFA (g/100g)	0.6	0.3
P:S ratio	0.11	0.24
omega 6 PUFA (mg/100g)	208	143
omega 3 PUFA (mg/100g)	224	141
omega 6: omega 3 ratio	0.93	1.01
Long-chain omega 3 fatty acids (mg/100g)	53	54
Trans Fats (g/100g)	0.9	0.2
Cholesterol (mg/100g)	66	64

	Whole cut	Lean
Vitamin A (µg/100g)	9.44	3.21
Vitamin B1 (Thiamine) (mg/100g)	0.13	0.14
Vitamin B2 (Riboflavin) (mg/100g)	0.18	0.20
Vitamin B3 (Niacin) (mg/100g)	4.62	5.23
Vitamin B5 (Pantothenic Acid) (mg/100g)	0.59	0.68
Vitamin B6 (Pyridoxine) (mg/100g)	0.20	0.22
Vitamin B12 (Cobalamin) (µg/100g)	1.68	1.89
Vitamin D3 (µg/100g)	0.03	0.01
25-OH Vitamin D3 (µg/100g)	0.21	0.13
Vitamin E (mg/100g)	0.40	0.30

	Whole cut	Lean
Calcium (mg/100g)	3.9	3.9
Copper (mg/100g)	0.1	0.1
Iodine (µg/100g)	1.7	1.7
Iron (mg/100g)	1.3	1.4
Magnesium (mg/100g)	21.2	24.0
Manganese (µg/100g)	9.4	10.7
Phosphorus (mg/100g)	176.0	197.4
Potassium (mg/100g)	308.5	343.7
Selenium (µg/100g)	3.4	3.6
Sodium (mg/100g)	55.8	60.2
Zinc (mg/100g)	2.9	3.3