

NDB No. 17169

Game meat, goat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.360		0		1		4.624	1.156	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.204	0.051	
17:1.....g									
18:1 undifferentiated.....g	1.240		0		1		4.216	1.054	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230		0		1		0.782	0.196	
18:2 undifferentiated.....g	0.130		0		1		0.442	0.111	
18:3 undifferentiated.....g	0.020		0		1		0.068	0.017	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.272	0.068	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		255	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.403		0		1		1.370	0.343	
Threonine.....g	1.290		0		1		4.386	1.097	
Isoleucine.....g	1.371		0		1		4.661	1.165	
Leucine.....g	2.258		0		1		7.677	1.919	
Lysine.....g	2.016		0		1		6.854	1.714	
Methionine.....g	0.726		0		1		2.468	0.617	
Cystine.....g	0.323		0		1		1.098	0.275	
Phenylalanine.....g	0.941		0		1		3.199	0.800	
Tyrosine.....g	0.833		0		1		2.832	0.708	
Valine.....g	1.452		0		1		4.937	1.234	
Arginine.....g	1.989		0		1		6.763	1.691	
Histidine.....g	0.565		0		1		1.921	0.480	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 340g: 1 piece, cooked (yield from 1 lb raw meat, boneless)

Measure 2 = 85g: 3 oz

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Calories Factors: Protein 4.27

Fat 9.02

Carbohydrate 3.87

Food Group: 17 Lamb, Veal, and Game Products

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