






Veal Nutrient Analysis



Funded by the Beef Checkoff.

NUTRIENT DATABASE #	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 BUCO, BRAISED
SERVING SIZE (COOKED)	3 OZ	3 OZ	3 OZ	3 OZ	3 OZ
CALORIES KCAL	183	128	135	135	133
PROTEIN G	22	27.1	25.3	23.2	24.8
TOTAL FAT G	10	2.2	3.8	4.7	3.8
SATURATED FAT G	3.71	0.86	1.5	1.8	1.4
CHOLESTEROL MG	65	61	66	65	78
IRON MG	1.3	1.2	0.7	1.4	1.8
ZINC MG	2.5	2.8	1.6	4.3	4.5
NIACIN MG	6.72	8.6	6.7	4.4	3.2
VITAMIN B6 MG	0.43	0.65	0.59	0.37	0.15
VITAMIN B12 MCG	3	2.3	2.5	3.1	1.6
SELENIUM MCG	15.7	18.4	22.2	15.6	17.6
RIBOFLAVIN MG	0.37	0.4	0.28	0.41	0.3
PHOSPHORUS MG	196	235	182	215	185
CHOLINE MG	101.7	135.9	127.5	117.1	124.8

NUTRIENTS LISTED PER 85G, COOKED.

PHOTOS COURTESY OF MOSNER FAMILY BRANDS.

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**