

American Lamb

Selected Foodservice Cuts and How to Cook Them



Boneless Shoulder Roast (BRT)
(Braise, Roast)



Shoulder Chops - Blade & Arm
(Braise, Broil, Grill, Panbroil, Panfry)



Frenched Rib Roast
(Broil, Grill, Roast)



Rib Chops
(Broil, Grill, Panbroil, Panfry, Roast)



Rib Chops, Frenched, Special
(Broil, Grill, Panbroil, Panfry, Roast)



Loin Roast
(Roast)



Loin Chops
(Broil, Grill, Panbroil, Panfry)



Frenched-Style Leg Roast
(Roast)



Boneless Leg Roast (BRT)
(Roast)



Shanks - Fore Shank & Frenched Hind Shank
(Braise)



Spareribs (Denver Ribs)
(Braise, Broil, Grill, Roast)

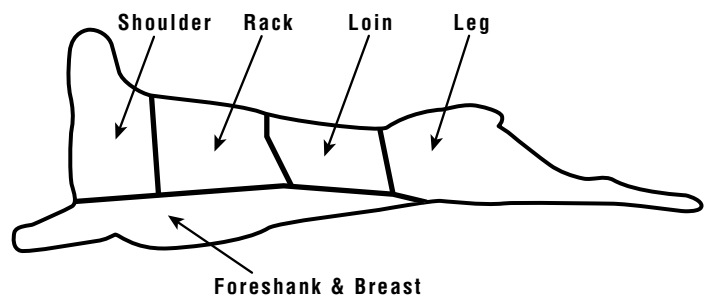


Lamb for Stew
(Braise)

The above cuts are a partial representation of lamb cuts available.



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Nutritional Information on American Lamb Selected Cuts

(per 3-ounce cooked serving)

Cut	Calories	Carbohydrates	Total Fat	Saturated Fat	Cholesterol	Protein	Iron	Sodium
Foreshank <i>(separable lean only, trimmed to 1/4" fat, choice, braised)</i>	159	0 g	5.12 g	1.83 g	88 mg	26.36 g	1.93 mg	63 mg
Leg <i>(Shank and sirloin, separable lean only, trimmed to 1/4" fat, choice, roasted)</i>	162	0 g	6.58 g	2.35 g	76 mg	24.05 g	1.80 mg	58 mg
Loin <i>(separable lean only, trimmed to 1/4" fat, choice, roasted)</i>	172	0 g	8.30 g	3.16 g	74 mg	22.60 g	2.07 mg	56 mg
Rib <i>(separable lean only, trimmed to 1/4" fat, choice, roasted)</i>	197	0 g	11.31 g	4.05 g	75 mg	22.24 g	1.50 mg	69 mg
Shoulder <i>(arm and blade, separable lean only, trimmed to 1/4" fat, choice, roasted)</i>	173	0 g	9.15 g	3.47 g	74 mg	21.20 g	1.81 mg	58 mg
Cubes for Stew or Kabob <i>(leg and shoulder, separable lean only, trimmed to 1/4" fat, choice, braised)</i>	190	0 g	7.48 g	2.68 g	92 mg	28.64 g	2.38 mg	60 mg

Source: USDA National Nutrient Database for Standard Reference, Release 17 (2004)



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