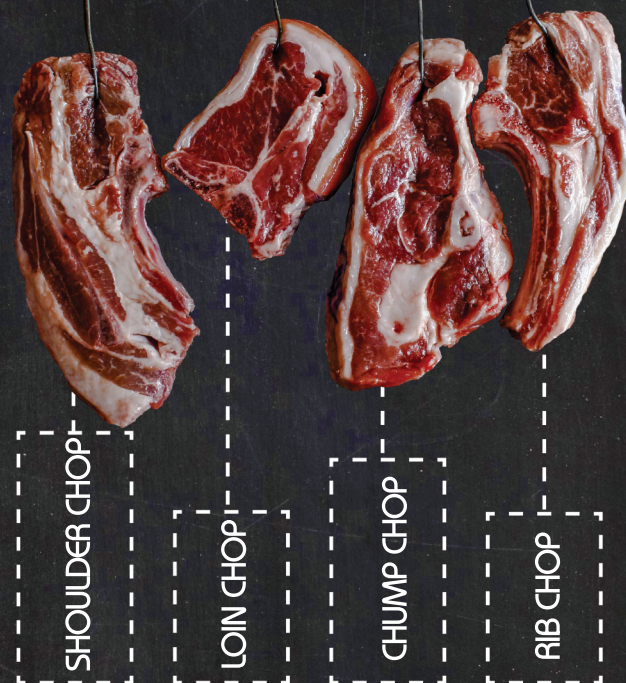


WHAT A CHOP



Not all chops are the same.
Check out how a South African lamb carcass is cut into different kinds of lamb chops.



LOIN CHOP

79g average cooked edible portion

22g Protein

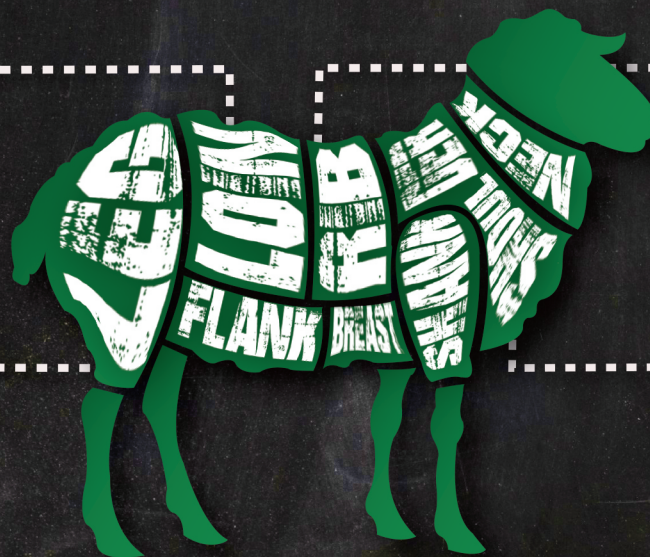
6g Fat

CHUMP CHOP

76g average cooked edible portion

17,5g Protein

7,5g Fat



RIB CHOP

50g average cooked edible portion

14g Protein

4g Fat

SHOULDER CHOP

64g average cooked edible portion

15g Protein

6,3g Fat

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Healthy Meat By Lamb and Mutton SA

www.cookingwithlamb.com

Supported by the red meat industry of South Africa. *These are average values for A2 lamb chops from major retailers in South Africa, values may differ for older animals. Portion size values reference: Bester, M. 2017. Physical and nutrient composition data of animal source foods. Available online from the University of Pretoria Theses and Dissertations collection.