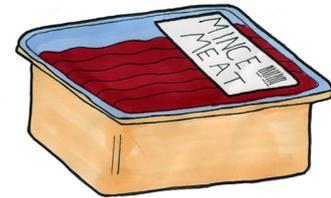


MINCE AND NUTRITION



WHAT TYPE OF MINCED MEAT SHOULD YOU GO FOR?

With each of the different varieties of minced meat – lamb, pork, beef and turkey – you’ll see regular, lean and, in some cases, extra-lean packs. As we’ve seen, the fat content of these types can vary greatly.



Look at these two examples of beef mince labels:

100g RAW BEEF MINCE CONTAINS;

225 kcal; 19.7g protein; 16.2g fat; of which 6.9g saturated fat; 1.4mg iron; 0.37mg vitamin B6; 2mg vitamin B12.

100g EXTRA-LEAN RAW BEEF MINCE CONTAINS;

174 kcal; 21.9g protein; 9.6g fat; of which 4.2g saturated fat; 1.5mg iron; 0.42mg vitamin B6; 2mg vitamin B12.

As you can see, the lean mince contains about 50 calories (kcal) less than the standard mince, but the real difference lies in the fat content: the regular mince has more than 6g more fat per 100g as well as almost 3g more saturated fat per 100g. The iron and vitamin levels remain pretty similar.

That’s not to say you shouldn’t use regular mince because a good-quality regular mince that’s about 20% fat will be delicious and provide you with a good amount of protein. But, if you’re keeping an eye on your fat intake or preparing a high-fat meal like lasagne and looking for tricks to reduce the overall fat content, lean mince is a great choice.

BENEFITS OF MINCED MEAT

Minced meat is a great source of bio-available protein, which means the protein is more easily absorbed into the body than if it were vegetable-based protein. Beef and lamb mince are also a great source of iron, which helps concentration and reduces tiredness and fatigue.

THE BEST WAYS TO COOK WITH MINCE

As mince already has quite a high fat content, try these cooking tips to reduce the overall fat content of your meals:

- Grill burgers, instead of frying them, with just a light spray of oil.
- When stewing, skim away any excess fat from the top of your stew before serving.
- With things like meatballs and koftas, aim to shallow-fry rather than deep-fry and drain on kitchen paper before serving to get rid of excess oil.