

Basic Report 05295, Turkey roast, boneless, frozen, seasoned, light and dark meat, raw

Report Date: January 28, 2015 07:08 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 box (net weight, 2.5 lb) 1,134g
Proximates				
Water	g	70.40	59.84	798.34
Energy	kcal	120	102	1361
Protein	g	17.60	14.96	199.58
Total lipid (fat)	g	2.20	1.87	24.95
Carbohydrate, by difference	g	6.40	5.44	72.58
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	1	1	11
Iron, Fe	mg	2.10	1.78	23.81
Magnesium, Mg	mg	20	17	227
Phosphorus, P	mg	158	134	1792
Potassium, K	mg	360	306	4082
Sodium, Na	mg	678	576	7689
Zinc, Zn	mg	1.91	1.62	21.66
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.040	0.034	0.454
Riboflavin	mg	0.120	0.102	1.361
Niacin	mg	4.400	3.740	49.896
Vitamin B-6	mg	0.380	0.323	4.309
Folate, DFE	µg	7	6	79
Vitamin B-12	µg	0.35	0.30	3.97
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Lipids				
Fatty acids, total saturated	g	0.730	0.620	8.278

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 box (net weight, 2.5 lb) 1,134g
Fatty acids, total monounsaturated	g	0.470	0.399	5.330
Fatty acids, total polyunsaturated	g	0.640	0.544	7.258
Cholesterol	mg	53	45	601