

Basic Report 05700, Turkey, enhanced, dark meat from whole, meat and skin, raw

Report Date: February 01, 2015 00:37 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 lb 453g
Proximates				
Water	g	70.55	59.97	319.59
Energy	kcal	169	144	766
Protein	g	17.84	15.16	80.82
Total lipid (fat)	g	10.83	9.21	49.06
Carbohydrate, by difference	g	0.15	0.13	0.68
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.10	0.08	0.45
Minerals				
Calcium, Ca	mg	14	12	63
Iron, Fe	mg	0.83	0.71	3.76
Magnesium, Mg	mg	18	15	82
Phosphorus, P	mg	172	146	779
Potassium, K	mg	202	172	915
Sodium, Na	mg	161	137	729
Zinc, Zn	mg	2.30	1.95	10.42
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.051	0.043	0.231
Riboflavin	mg	0.216	0.184	0.978
Niacin	mg	5.235	4.450	23.715
Vitamin B-6	mg	0.370	0.314	1.676
Vitamin B-12	µg	1.81	1.54	8.20
Vitamin A, RAE	µg	28	24	127
Vitamin A, IU	IU	93	79	421
Vitamin E (alpha-tocopherol)	mg	0.11	0.09	0.50
Vitamin D (D2 + D3)	µg	0.5	0.4	2.3

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Vitamin D	IU	20	17	91
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	2.600	2.210	11.778
Fatty acids, total monounsaturated	g	4.400	3.740	19.932
Fatty acids, total polyunsaturated	g	3.810	3.238	17.259
Cholesterol	mg	82	70	371
Other				
Caffeine	mg	0	0	0