

Basic Report 01140, Egg, quail, whole, fresh, raw

Report Date: January 29, 2015 03:18 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 egg 9g
Proximates			
Water	g	74.35	6.69
Energy	kcal	158	14
Protein	g	13.05	1.17
Total lipid (fat)	g	11.09	1.00
Carbohydrate, by difference	g	0.41	0.04
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.40	0.04
Minerals			
Calcium, Ca	mg	64	6
Iron, Fe	mg	3.65	0.33
Magnesium, Mg	mg	13	1
Phosphorus, P	mg	226	20
Potassium, K	mg	132	12
Sodium, Na	mg	141	13
Zinc, Zn	mg	1.47	0.13
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.130	0.012
Riboflavin	mg	0.790	0.071
Niacin	mg	0.150	0.013
Vitamin B-6	mg	0.150	0.013
Folate, DFE	µg	66	6
Vitamin B-12	µg	1.58	0.14
Vitamin A, RAE	µg	156	14
Vitamin A, IU	IU	543	49
Vitamin E (alpha-tocopherol)	mg	1.08	0.10

Nutrient	Unit	1 Value Per100 g	1 egg 9g
Vitamin D (D2 + D3)	µg	1.4	0.1
Vitamin D	IU	55	5
Vitamin K (phylloquinone)	µg	0.3	0.0
Lipids			
Fatty acids, total saturated	g	3.557	0.320
Fatty acids, total monounsaturated	g	4.324	0.389
Fatty acids, total polyunsaturated	g	1.324	0.119
Cholesterol	mg	844	76
Other			
Caffeine	mg	0	0