

Basic Report 35075, Squirrel, ground, meat (Alaska Native)

Report Date: January 30, 2015 08:58 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	75.40
Energy	kcal	111
Protein	g	19.30
Total lipid (fat)	g	3.80
Carbohydrate, by difference	g	0.00
Minerals		
Iron, Fe	mg	4.70
Phosphorus, P	mg	175
Vitamins		
Vitamin A, IU	IU	220