

Basic Report 35080, Deer (venison), sitka, raw (Alaska Native)

Report Date: January 30, 2015 22:58 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g |
|------------------------------------|------|------------------------|
| Proximates | | |
| Water | g | 75.00 |
| Energy | kcal | 116 |
| Protein | g | 21.50 |
| Total lipid (fat) | g | 2.66 |
| Carbohydrate, by difference | g | 0.00 |
| Minerals | | |
| Calcium, Ca | mg | 7 |
| Iron, Fe | mg | 2.90 |
| Vitamins | | |
| Vitamin C, total ascorbic acid | mg | 0.0 |
| Thiamin | mg | 0.200 |
| Riboflavin | mg | 0.360 |
| Niacin | mg | 6.600 |
| Vitamin A, RAE | µg | 0 |
| Vitamin A, IU | IU | 0 |
| Lipids | | |
| Fatty acids, total saturated | g | 0.630 |
| Fatty acids, total monounsaturated | g | 0.340 |
| Fatty acids, total polyunsaturated | g | 0.350 |
| Cholesterol | mg | 18 |