

Basic Report 35081, Walrus, meat, raw (Alaska Native)

Report Date: February 01, 2015 17:42 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g |
|------------------------------------|------|------------------------|
| Proximates | | |
| Water | g | 65.10 |
| Energy | kcal | 199 |
| Protein | g | 19.20 |
| Total lipid (fat) | g | 13.60 |
| Carbohydrate, by difference | g | 0.00 |
| Minerals | | |
| Calcium, Ca | mg | 18 |
| Iron, Fe | mg | 9.40 |
| Phosphorus, P | mg | 122 |
| Vitamins | | |
| Thiamin | mg | 0.180 |
| Riboflavin | mg | 0.240 |
| Niacin | mg | 4.800 |
| Vitamin A, IU | IU | 170 |
| Lipids | | |
| Fatty acids, total saturated | g | 2.570 |
| Fatty acids, total monounsaturated | g | 8.420 |
| Fatty acids, total polyunsaturated | g | 2.600 |
| Cholesterol | mg | 80 |