

Basic Report 35082, Walrus, meat and subcutaneous fat raw (Alaska Native)

Report Date: January 31, 2015 03:34 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	58.90
Energy	kcal	282
Protein	g	16.30
Total lipid (fat)	g	24.10
Carbohydrate, by difference	g	0.00
Minerals		
Iron, Fe	mg	9.40
Phosphorus, P	mg	125
Vitamins		
Thiamin	mg	0.080
Riboflavin	mg	0.320
Vitamin A, IU	IU	550