

Basic Report 05220, Turkey, whole, breast, meat only, cooked, roasted

Report Date: July 21, 2019 15:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	5.0 oz 141.67g	1 breast 1,413g
Proximates				
Water	g	67.88	96.16	959.14
Energy	kcal	147	208	2077
Protein	g	30.13	42.68	425.74
Total lipid (fat)	g	2.08	2.95	29.39
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	9	13	127
Iron, Fe	mg	0.71	1.01	10.03
Magnesium, Mg	mg	32	45	452
Phosphorus, P	mg	230	326	3250
Potassium, K	mg	249	353	3518
Sodium, Na	mg	99	140	1399
Zinc, Zn	mg	1.72	2.44	24.30
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.035	0.050	0.495
Riboflavin	mg	0.205	0.290	2.897
Niacin	mg	11.750	16.646	166.028
Vitamin B-6	mg	0.807	1.143	11.403
Folate, DFE	µg	9	13	127
Vitamin B-12	µg	0.39	0.55	5.51
Vitamin A, RAE	µg	3	4	42
Vitamin A, IU	IU	11	16	155
Vitamin E (alpha-tocopherol)	mg	0.06	0.09	0.85

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Vitamin D (D2 + D3)	µg	0.3	0.4	4.2
Vitamin D	IU	10	14	141
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.593	0.840	8.379
Fatty acids, total monounsaturated	g	0.626	0.887	8.845
Fatty acids, total polyunsaturated	g	0.528	0.748	7.461
Fatty acids, total trans	g	0.024	0.034	0.339
Cholesterol	mg	80	113	1130
Amino Acids				
Other				
Caffeine	mg	0	0	0