

Basic Report 05306, Turkey, Ground, cooked
Report Date: August 24, 2019 01:29 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 patty (4 oz, raw) (yield after cooking) 82g	1 unit, yield from 1 lb raw 330g
Proximates					
Water	g	62.07	52.76	50.90	204.83
Energy	kcal	203	173	166	670
Protein	g	27.37	23.26	22.44	90.32
Total lipid (fat)	g	10.40	8.84	8.53	34.32
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	28	24	23	92
Iron, Fe	mg	1.52	1.29	1.25	5.02
Magnesium, Mg	mg	30	26	25	99
Phosphorus, P	mg	254	216	208	838
Potassium, K	mg	294	250	241	970
Sodium, Na	mg	78	66	64	257
Zinc, Zn	mg	3.11	2.64	2.55	10.26
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.077	0.065	0.063	0.254
Riboflavin	mg	0.211	0.179	0.173	0.696
Niacin	mg	8.724	7.415	7.154	28.789
Vitamin B-6	mg	0.633	0.538	0.519	2.089
Folate, DFE	µg	7	6	6	23
Vitamin B-12	µg	1.34	1.14	1.10	4.42
Vitamin A, RAE	µg	24	20	20	79
Vitamin A, IU	IU	79	67	65	261
Vitamin E (alpha-tocopherol)	mg	0.11	0.09	0.09	0.36

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Vitamin D (D2 + D3)	µg	0.2	0.2	0.2	0.7
Vitamin D	IU	8	7	7	26
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	2.669	2.269	2.189	8.808
Fatty acids, total monounsaturated	g	3.458	2.939	2.836	11.411
Fatty acids, total polyunsaturated	g	2.917	2.479	2.392	9.626
Fatty acids, total trans	g	0.134	0.114	0.110	0.442
Cholesterol	mg	93	79	76	307
Amino Acids					
Other					
Caffeine	mg	0	0	0	0