

Basic Report 07046, Turkey breast, low salt, prepackaged or deli, luncheon meat
Report Date: August 24, 2019 09:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 slice 28g	1 slice NFS 28g	1 cup wafer slices or shaved 81g	1 cubic inch 14g	2.0 oz 57g
Proximates							
Water	g	71.10	19.91	19.91	57.59	9.95	40.53
Energy	kcal	109	31	31	88	15	62
Protein	g	21.81	6.11	6.11	17.67	3.05	12.43
Total lipid (fat)	g	0.83	0.23	0.23	0.67	0.12	0.47
Carbohydrate, by difference	g	3.51	0.98	0.98	2.84	0.49	2.00
Fiber, total dietary	g	0.5	0.1	0.1	0.4	0.1	0.3
Sugars, total	g	3.51	0.98	0.98	2.84	0.49	2.00
Minerals							
Calcium, Ca	mg	8	2	2	6	1	5
Iron, Fe	mg	0.63	0.18	0.18	0.51	0.09	0.36
Magnesium, Mg	mg	21	6	6	17	3	12
Phosphorus, P	mg	162	45	45	131	23	92
Potassium, K	mg	211	59	59	171	30	120
Sodium, Na	mg	772	216	216	625	108	440
Zinc, Zn	mg	1.33	0.37	0.37	1.08	0.19	0.76
Vitamins							
Vitamin C, total ascorbic acid	mg	5.7	1.6	1.6	4.6	0.8	3.2
Thiamin	mg	0.130	0.036	0.036	0.105	0.018	0.074
Riboflavin	mg	0.320	0.090	0.090	0.259	0.045	0.182
Niacin	mg	0.110	0.031	0.031	0.089	0.015	0.063
Vitamin B-6	mg	0.128	0.036	0.036	0.104	0.018	0.073
Folate, DFE	µg	4	1	1	3	1	2
Vitamin B-12	µg	0.09	0.03	0.03	0.07	0.01	0.05
Vitamin A, RAE	µg	10	3	3	8	1	6
Vitamin A, IU	IU	33	9	9	27	5	19
Vitamin E (alpha-tocopherol)	mg	0.09	0.03	0.03	0.07	0.01	0.05

Nutrient	Unit	1 Value Per100 g	1 slice 28g	1 slice NFS 28g	1 cup wafer slices or shaved 81g	1 cubic inch 14g	2.0 oz 57g
Vitamin D (D2 + D3)	µg	0.1	0.0	0.0	0.1	0.0	0.1
Vitamin D	IU	2	1	1	2	0	1
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Lipids							
Fatty acids, total saturated	g	0.197	0.055	0.055	0.160	0.028	0.112
Fatty acids, total monounsaturated	g	0.261	0.073	0.073	0.211	0.037	0.149
Fatty acids, total polyunsaturated	g	0.184	0.052	0.052	0.149	0.026	0.105
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	44	12	12	36	6	25
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0