

## Basic Report 05188, Turkey, from whole, dark meat, cooked, roasted

Report Date: October 18, 2017 23:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving 85g
<b>Proximates</b>			
Water	g	65.23	55.45
Energy	kcal	173	147
Protein	g	27.71	23.55
Total lipid (fat)	g	6.04	5.13
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.00	0.00
<b>Minerals</b>			
Calcium, Ca	mg	17	14
Iron, Fe	mg	1.43	1.22
Magnesium, Mg	mg	27	23
Phosphorus, P	mg	212	180
Potassium, K	mg	227	193
Sodium, Na	mg	104	88
Zinc, Zn	mg	3.51	2.98
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.060	0.051
Riboflavin	mg	0.375	0.319
Niacin	mg	6.685	5.682
Vitamin B-6	mg	0.438	0.372
Folate, DFE	µg	9	8
Vitamin B-12	µg	1.65	1.40
Vitamin A, RAE	µg	5	4
Vitamin A, IU	IU	18	15
Vitamin E (alpha-tocopherol)	mg	0.07	0.06

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 serving 85g</b>
Vitamin D (D2 + D3)	µg	0.3	0.3
Vitamin D	IU	10	8
Vitamin K (phylloquinone)	µg	0.0	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	1.807	1.536
Fatty acids, total monounsaturated	g	2.061	1.752
Fatty acids, total polyunsaturated	g	1.662	1.413
Fatty acids, total trans	g	0.080	0.068
Cholesterol	mg	128	109
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0