

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

Report Date: July 20, 2019 06:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Proximates			
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
Minerals			
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
Vitamins			
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

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g
Vitamin D (D2 + D3)	µg	0.3	0.3
Vitamin D	IU	10	8
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
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
Amino Acids			
Other			
Caffeine	mg	0	0