

Basic Report 05215, Turkey, back from whole bird, meat only, raw

Report Date: September 25, 2017 23:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 114g	1 back 1,124g
Proximates				
Water	g	76.01	86.65	854.35
Energy	kcal	113	129	1270
Protein	g	21.28	24.26	239.19
Total lipid (fat)	g	2.50	2.85	28.10
Carbohydrate, by difference	g	0.15	0.17	1.69
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.10	0.11	1.12
Minerals				
Calcium, Ca	mg	11	13	124
Iron, Fe	mg	1.04	1.19	11.69
Magnesium, Mg	mg	25	28	281
Phosphorus, P	mg	176	201	1978
Potassium, K	mg	226	258	2540
Sodium, Na	mg	124	141	1394
Zinc, Zn	mg	2.59	2.95	29.11
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.062	0.071	0.697
Riboflavin	mg	0.255	0.291	2.866
Niacin	mg	5.696	6.493	64.023
Vitamin B-6	mg	0.440	0.502	4.946
Vitamin B-12	µg	2.05	2.34	23.04
Vitamin A, RAE	µg	13	15	146
Vitamin A, IU	IU	43	49	483
Vitamin E (alpha-tocopherol)	mg	0.12	0.14	1.35
Vitamin D (D2 + D3)	µg	0.3	0.3	3.4

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Cholesterol	mg	79	90	888
Amino Acids				
Other				
Caffeine	mg	0	0	0