

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

Report Date: May 25, 2017 08:20 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 D | IU | 13 | 15 | 146 |
| Vitamin K (phylloquinone) | µg | 0.0 | 0.0 | 0.0 |
| Lipids | | | | |
| Cholesterol | mg | 79 | 90 | 888 |
| Amino Acids | | | | |
| Other | | | | |
| Caffeine | mg | 0 | 0 | 0 |