

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

Report Date: July 25, 2017 14:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 114g	1 back 1,124g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
Cholesterol	mg	79	90	888
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0