

Basic Report 05651, Ostrich, oyster, raw

Report Date: June 18, 2019 07:21 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 serving (cooked from 4 oz raw) 85g	1 oz 28.35g
Proximates				
Water	g	75.62	64.28	21.44
Energy	kcal	125	106	35
Protein	g	21.55	18.32	6.11
Total lipid (fat)	g	3.67	3.12	1.04
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	6	5	2
Iron, Fe	mg	3.86	3.28	1.09
Magnesium, Mg	mg	21	18	6
Phosphorus, P	mg	204	173	58
Potassium, K	mg	297	252	84
Sodium, Na	mg	83	71	24
Zinc, Zn	mg	3.59	3.05	1.02
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.194	0.165	0.055
Riboflavin	mg	0.284	0.241	0.081
Niacin	mg	4.665	3.965	1.323
Vitamin B-6	mg	0.507	0.431	0.144
Folate, DFE	µg	8	7	2
Vitamin B-12	µg	4.91	4.17	1.39
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.20	0.17	0.06

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Lipids				
Fatty acids, total saturated	g	1.220	1.037	0.346
Fatty acids, total monounsaturated	g	1.250	1.062	0.354
Fatty acids, total polyunsaturated	g	0.610	0.518	0.173
Cholesterol	mg	73	62	21
Amino Acids				
Other				
Caffeine	mg	0	0	0