

**Basic Report 05729, Turkey, wing, from whole bird, meat only, with added solution, raw**

Report Date: June 27, 2017 01:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 wing 358g
<b>Proximates</b>				
Water	g	76.42	64.96	273.58
Energy	kcal	102	87	365
Protein	g	21.54	18.31	77.11
Total lipid (fat)	g	1.66	1.41	5.94
Carbohydrate, by difference	g	0.14	0.12	0.50
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.05	0.04	0.18
<b>Minerals</b>				
Calcium, Ca	mg	14	12	50
Iron, Fe	mg	0.54	0.46	1.93
Magnesium, Mg	mg	25	21	90
Phosphorus, P	mg	236	201	845
Potassium, K	mg	242	206	866
Sodium, Na	mg	206	175	737
Zinc, Zn	mg	1.30	1.10	4.65
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.033	0.028	0.118
Riboflavin	mg	0.145	0.123	0.519
Niacin	mg	9.924	8.435	35.528
Vitamin B-6	mg	0.775	0.659	2.774
Vitamin B-12	µg	0.63	0.54	2.26
Vitamin A, RAE	µg	6	5	21
Vitamin A, IU	IU	20	17	72
Vitamin E (alpha-tocopherol)	mg	0.06	0.05	0.21
Vitamin D (D2 + D3)	µg	0.1	0.1	0.4

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Vitamin D	IU	5	4	18
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.536	0.456	1.919
Fatty acids, total monounsaturated	g	0.491	0.417	1.758
Fatty acids, total polyunsaturated	g	0.479	0.407	1.715
Fatty acids, total trans	g	0.024	0.020	0.086
Cholesterol	mg	54	46	193
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0