

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

Report Date: December 12, 2017 18:46 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 wing 358g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0