

Basic Report 05741, Turkey, thigh, from whole bird, meat only, roasted

Report Date: September 15, 2019 12:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 thigh 319g
Proximates				
Water	g	65.23	55.45	208.08
Energy	kcal	165	140	526
Protein	g	27.71	23.55	88.39
Total lipid (fat)	g	6.04	5.13	19.27
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	17	14	54
Iron, Fe	mg	1.43	1.22	4.56
Magnesium, Mg	mg	27	23	86
Phosphorus, P	mg	212	180	676
Potassium, K	mg	227	193	724
Sodium, Na	mg	104	88	332
Zinc, Zn	mg	3.51	2.98	11.20
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.060	0.051	0.191
Riboflavin	mg	0.375	0.319	1.196
Niacin	mg	6.685	5.682	21.325
Vitamin B-6	mg	0.438	0.372	1.397
Folate, DFE	µg	9	8	29
Vitamin B-12	µg	1.65	1.40	5.26
Vitamin A, RAE	µg	5	4	16
Vitamin A, IU	IU	18	15	57
Vitamin E (alpha-tocopherol)	mg	0.07	0.06	0.22

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 thigh 319g
Vitamin D (D2 + D3)	µg	0.3	0.3	1.0
Vitamin D	IU	10	8	32
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	1.807	1.536	5.764
Fatty acids, total monounsaturated	g	2.061	1.752	6.575
Fatty acids, total polyunsaturated	g	1.662	1.413	5.302
Fatty acids, total trans	g	0.080	0.068	0.255
Cholesterol	mg	128	109	408
Amino Acids				
Other				
Caffeine	mg	0	0	0