

Basic Report 01140, Egg, quail, whole, fresh, raw

Report Date: September 25, 2017 23:55 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 egg 9g |
|--------------------------------|-------------|---------------------------------|---------------------|
| Proximates | | | |
| Water | g | 74.35 | 6.69 |
| Energy | kcal | 158 | 14 |
| Protein | g | 13.05 | 1.17 |
| Total lipid (fat) | g | 11.09 | 1.00 |
| Carbohydrate, by difference | g | 0.41 | 0.04 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 0.40 | 0.04 |
| Minerals | | | |
| Calcium, Ca | mg | 64 | 6 |
| Iron, Fe | mg | 3.65 | 0.33 |
| Magnesium, Mg | mg | 13 | 1 |
| Phosphorus, P | mg | 226 | 20 |
| Potassium, K | mg | 132 | 12 |
| Sodium, Na | mg | 141 | 13 |
| Zinc, Zn | mg | 1.47 | 0.13 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.130 | 0.012 |
| Riboflavin | mg | 0.790 | 0.071 |
| Niacin | mg | 0.150 | 0.013 |
| Vitamin B-6 | mg | 0.150 | 0.013 |
| Folate, DFE | µg | 66 | 6 |
| Vitamin B-12 | µg | 1.58 | 0.14 |
| Vitamin A, RAE | µg | 156 | 14 |
| Vitamin A, IU | IU | 543 | 49 |
| Vitamin E (alpha-tocopherol) | mg | 1.08 | 0.10 |

| Nutrient | Unit | 1 Value Per100 g | 1 egg 9g |
|------------------------------------|-------------|---------------------------------|---------------------|
| Vitamin D (D2 + D3) | µg | 1.4 | 0.1 |
| Vitamin D | IU | 55 | 5 |
| Vitamin K (phylloquinone) | µg | 0.3 | 0.0 |
| Lipids | | | |
| Fatty acids, total saturated | g | 3.557 | 0.320 |
| Fatty acids, total monounsaturated | g | 4.324 | 0.389 |
| Fatty acids, total polyunsaturated | g | 1.324 | 0.119 |
| Cholesterol | mg | 844 | 76 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |