

Basic Report 05150, Goose, liver, raw
Report Date: July 15, 2019 20:43 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 liver 94g	1 unit (yield from 1 lb ready-to-cook goose) 11g
Proximates				
Water	g	71.78	67.47	7.90
Energy	kcal	133	125	15
Protein	g	16.37	15.39	1.80
Total lipid (fat)	g	4.28	4.02	0.47
Carbohydrate, by difference	g	6.32	5.94	0.70
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	43	40	5
Iron, Fe	mg	30.53	28.70	3.36
Magnesium, Mg	mg	24	23	3
Phosphorus, P	mg	261	245	29
Potassium, K	mg	230	216	25
Sodium, Na	mg	140	132	15
Zinc, Zn	mg	3.07	2.89	0.34
Vitamins				
Vitamin C, total ascorbic acid	mg	4.5	4.2	0.5
Thiamin	mg	0.562	0.528	0.062
Riboflavin	mg	0.892	0.838	0.098
Niacin	mg	6.500	6.110	0.715
Vitamin B-6	mg	0.760	0.714	0.084
Folate, DFE	µg	738	694	81
Vitamin B-12	µg	54.00	50.76	5.94
Vitamin A, RAE	µg	9309	8750	1024
Vitamin A, IU	IU	30998	29138	3410
Lipids				
Fatty acids, total saturated	g	1.590	1.495	0.175

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Fatty acids, total monounsaturated	g	0.810	0.761	0.089
Fatty acids, total polyunsaturated	g	0.260	0.244	0.029
Cholesterol	mg	515	484	57

Amino Acids

Other