

Basic Report 05178, Turkey, all classes, liver, cooked, simmered

Report Date: August 17, 2019 17:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 liver cooked 53g
Proximates				
Water	g	63.99	54.39	33.91
Energy	kcal	189	161	100
Protein	g	27.00	22.95	14.31
Total lipid (fat)	g	8.18	6.95	4.34
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	19	16	10
Iron, Fe	mg	1.79	1.52	0.95
Magnesium, Mg	mg	26	22	14
Phosphorus, P	mg	312	265	165
Potassium, K	mg	153	130	81
Sodium, Na	mg	98	83	52
Zinc, Zn	mg	4.53	3.85	2.40
Vitamins				
Vitamin C, total ascorbic acid	mg	22.6	19.2	12.0
Thiamin	mg	0.256	0.218	0.136
Riboflavin	mg	2.687	2.284	1.424
Niacin	mg	11.090	9.426	5.878
Vitamin B-6	mg	0.882	0.750	0.467
Folate, DFE	µg	691	587	366
Vitamin B-12	µg	28.17	23.94	14.93
Vitamin A, RAE	µg	10751	9138	5698
Vitamin A, IU	IU	35836	30461	18993
Vitamin E (alpha-tocopherol)	mg	0.15	0.13	0.08

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	2.304	1.958	1.221
Fatty acids, total monounsaturated	g	1.038	0.882	0.550
Fatty acids, total polyunsaturated	g	2.167	1.842	1.149
Fatty acids, total trans	g	0.058	0.049	0.031
Cholesterol	mg	648	551	343
Amino Acids				
Other				
Caffeine	mg	0	0	0