

Basic Report 05304, Turkey, mechanically deboned, from turkey frames, raw

Report Date: September 20, 2019 06:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 lb 227g
Proximates			
Water	g	69.09	156.83
Energy	kcal	201	456
Protein	g	13.29	30.17
Total lipid (fat)	g	15.96	36.23
Carbohydrate, by difference	g	0.00	0.00
Fiber, total dietary	g	0.0	0.0
Minerals			
Calcium, Ca	mg	145	329
Iron, Fe	mg	1.61	3.65
Magnesium, Mg	mg	13	30
Phosphorus, P	mg	115	261
Potassium, K	mg	173	393
Sodium, Na	mg	48	109
Zinc, Zn	mg	2.90	6.58
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.048	0.109
Riboflavin	mg	0.134	0.304
Niacin	mg	1.969	4.470
Vitamin B-6	mg	0.210	0.477
Folate, DFE	µg	7	16
Vitamin B-12	µg	0.26	0.59
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Lipids			
Fatty acids, total saturated	g	5.310	12.054

Nutrient	Unit	1 Value Per100 g	0.5 lb 227g
Fatty acids, total monounsaturated	g	5.020	11.395
Fatty acids, total polyunsaturated	g	4.510	10.238
Cholesterol	mg	95	216
Amino Acids			
Other			