

Basic Report 17181, Game meat, rabbit, wild, cooked, stewed

Report Date: August 19, 2017 11:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 piece, cooked (yield from 1 lb raw meat, boneless) 299g
Proximates				
Water	g	61.37	52.16	183.50
Energy	kcal	173	147	517
Protein	g	33.02	28.07	98.73
Total lipid (fat)	g	3.51	2.98	10.49
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	18	15	54
Iron, Fe	mg	4.85	4.12	14.50
Magnesium, Mg	mg	31	26	93
Phosphorus, P	mg	240	204	718
Potassium, K	mg	343	292	1026
Sodium, Na	mg	45	38	135
Zinc, Zn	mg	2.38	2.02	7.12
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.020	0.017	0.060
Riboflavin	mg	0.070	0.060	0.209
Niacin	mg	6.400	5.440	19.136
Vitamin B-6	mg	0.340	0.289	1.017
Folate, DFE	µg	8	7	24
Vitamin B-12	µg	6.51	5.53	19.46
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.41	0.35	1.23

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	1.5	1.3	4.5
Lipids				
Fatty acids, total saturated	g	1.050	0.892	3.139
Fatty acids, total monounsaturated	g	0.950	0.807	2.841
Fatty acids, total polyunsaturated	g	0.680	0.578	2.033
Cholesterol	mg	123	105	368
Amino Acids				
Other				
Caffeine	mg	0	0	0