

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

Report Date: May 22, 2017 15:09 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 |