

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

Report Date: March 24, 2018 19:34 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
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0