

Basic Report 05157, Quail, meat and skin, raw

Report Date: September 19, 2019 15:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 quail 109g	1 unit (yield from 1 lb ready-to cook quail) 405g
Proximates				
Water	g	69.65	75.92	282.08
Energy	kcal	192	209	778
Protein	g	19.63	21.40	79.50
Total lipid (fat)	g	12.05	13.13	48.80
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	13	14	53
Iron, Fe	mg	3.97	4.33	16.08
Magnesium, Mg	mg	23	25	93
Phosphorus, P	mg	275	300	1114
Potassium, K	mg	216	235	875
Sodium, Na	mg	53	58	215
Zinc, Zn	mg	2.42	2.64	9.80
Vitamins				
Vitamin C, total ascorbic acid	mg	6.1	6.6	24.7
Thiamin	mg	0.244	0.266	0.988
Riboflavin	mg	0.260	0.283	1.053
Niacin	mg	7.538	8.216	30.529
Vitamin B-6	mg	0.600	0.654	2.430
Folate, DFE	µg	8	9	32
Vitamin B-12	µg	0.43	0.47	1.74
Vitamin A, RAE	µg	73	80	296
Vitamin A, IU	IU	243	265	984
Lipids				
Fatty acids, total saturated	g	3.380	3.684	13.689

Nutrient	Unit	1 Value Per100 g	1 quail 109g	1 unit (yield from 1 lb ready-to cook quail) 405g
Fatty acids, total monounsaturated	g	4.180	4.556	16.929
Fatty acids, total polyunsaturated	g	2.980	3.248	12.069
Cholesterol	mg	76	83	308
Amino Acids				
Other				