

Basic Report 05168, Turkey, whole, meat only, cooked, roasted

Report Date: July 19, 2019 19:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 bird 3,812g
Proximates				
Water	g	66.70	56.70	2542.60
Energy	kcal	159	135	6061
Protein	g	29.06	24.70	1107.77
Total lipid (fat)	g	3.84	3.26	146.38
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	13	11	496
Iron, Fe	mg	1.03	0.88	39.26
Magnesium, Mg	mg	29	25	1105
Phosphorus, P	mg	222	189	8463
Potassium, K	mg	239	203	9111
Sodium, Na	mg	101	86	3850
Zinc, Zn	mg	2.51	2.13	95.68
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.047	0.040	1.792
Riboflavin	mg	0.280	0.238	10.674
Niacin	mg	9.500	8.075	362.140
Vitamin B-6	mg	0.643	0.547	24.511
Folate, DFE	µg	9	8	343
Vitamin B-12	µg	0.94	0.80	35.83
Vitamin A, RAE	µg	4	3	152
Vitamin A, IU	IU	14	12	534
Vitamin E (alpha-tocopherol)	mg	0.06	0.05	2.29

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Vitamin D (D2 + D3)	µg	0.3	0.3	11.4
Vitamin D	IU	10	8	381
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	1.132	0.962	43.152
Fatty acids, total monounsaturated	g	1.264	1.074	48.184
Fatty acids, total polyunsaturated	g	1.032	0.877	39.340
Fatty acids, total trans	g	0.049	0.042	1.868
Cholesterol	mg	101	86	3850
Amino Acids				
Other				
Caffeine	mg	0	0	0