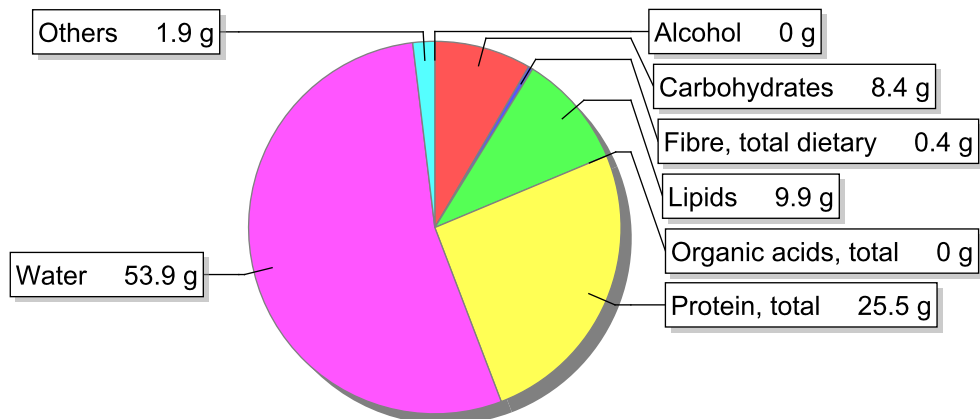


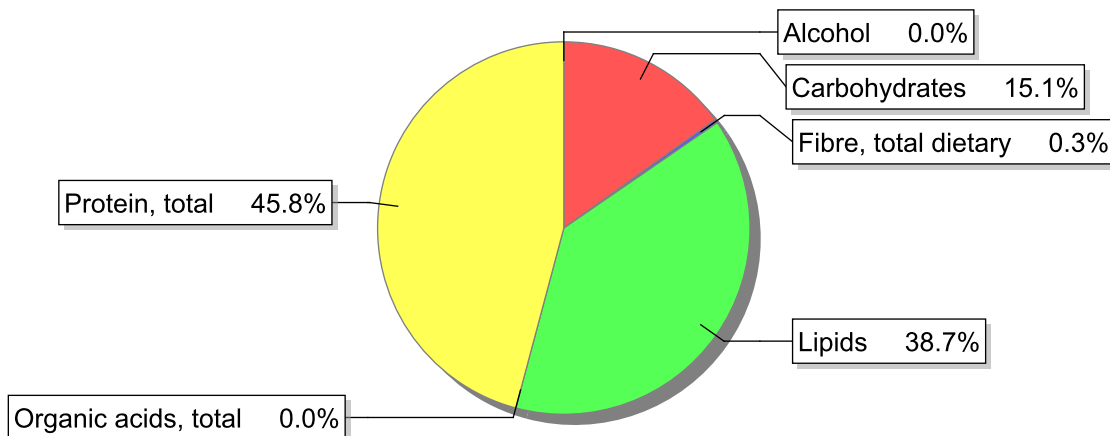
Food

Name: Turkey, breast, meat only, breaded, fried
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 100%
Code: IS290
FoodEX2 Code: A03VV

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	226	kcal	
energy kJ, total metabolisable	946	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	5	g	
fatty acid 18:2 n-6 cis,cis	5.0	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	0.3	g	
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	8.1	g	
salt	0.6	g	
fibre, total dietary	0.4	g	
protein, total	25.5	g	
alcohol	0	g	
water	53.9	g	
organic acids, total	0	g	
cholesterol	107	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	30	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.4	µg	
alpha-tocopherol	0.16	mg	
thiamin	0.05	mg	
riboflavin	0.18	mg	
niacin, preformed	6.7	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	5.1	mg	
vitamin B-6, total	0.39	mg	
vitamin B-12	1.2	µg	
vitamin C	0	mg	
folate, total	8.1	µg	
Minerals			
ash	1.92	g	
sodium	250	mg	
potassium	350	mg	
calcium	20	mg	
phosphorus	220	mg	
magnesium	34	mg	
iron, total	1.2	mg	
zinc	0.9	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References