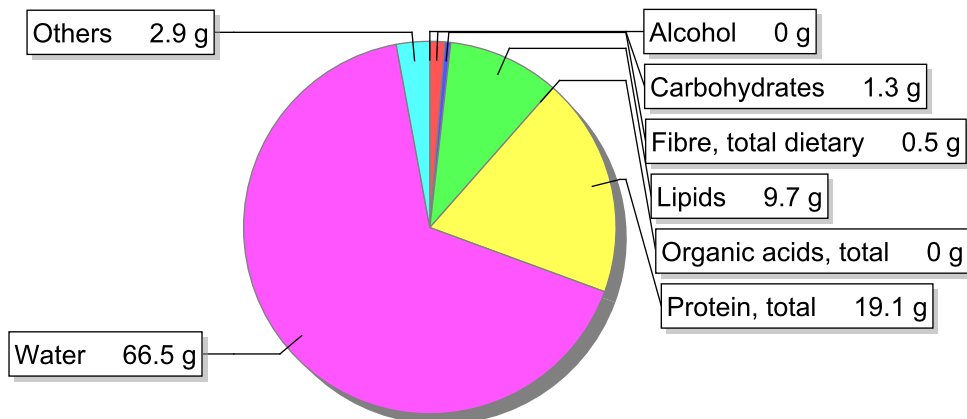


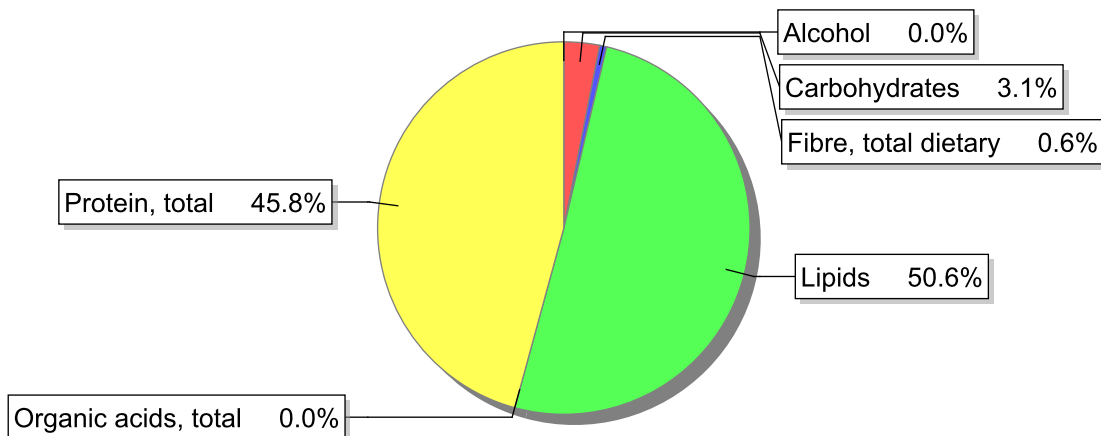
Food

Name: Turkey, leg, meat and skin, stewed with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 88%
Code: IS286
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	170	kcal	
energy kJ, total metabolisable	710	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	3.5	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	1.95	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	1.1	g	
sucrose	0.2	g	
lactose	0.0	g	
oligosaccharides, available	0.2	g	
starch, total	0	g	
salt	1.2	g	
fibre, total dietary	0.5	g	
protein, total	19.1	g	
alcohol	0	g	
water	66.5	g	
organic acids, total	0	g	
cholesterol	86	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	33	µg	
carotene, total (vitamin A precursors)	136	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.31	mg	
thiamin	0.07	mg	
riboflavin	0.19	mg	
niacin, preformed	3.2	mg	
niacin equivalents, total	8.73	mg	
niacin equivalents from tryptophan	3.52	mg	
vitamin B-6, total	0.25	mg	
vitamin B-12	0.99	µg	
vitamin C	5.6	mg	
folate, total	17	µg	
Minerals			
ash	2.46	g	
sodium	460	mg	
potassium	240	mg	
calcium	24	mg	
phosphorus	140	mg	
magnesium	22	mg	
iron, total	1.5	mg	
zinc	2.8	mg	

Legend

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

References