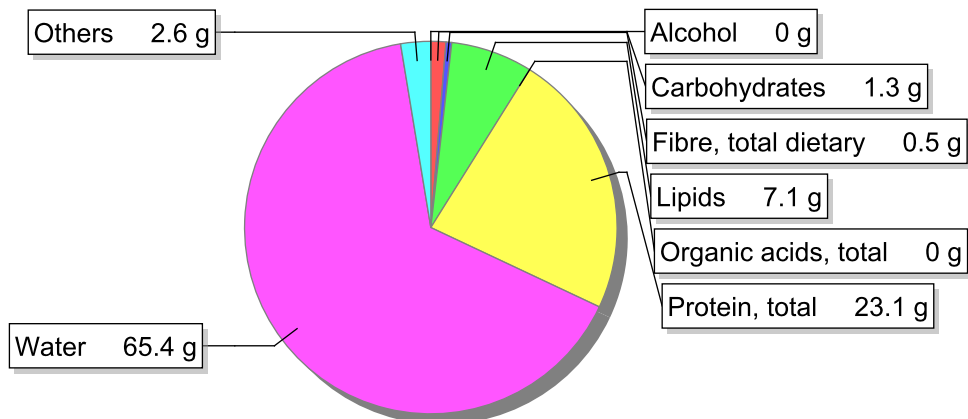


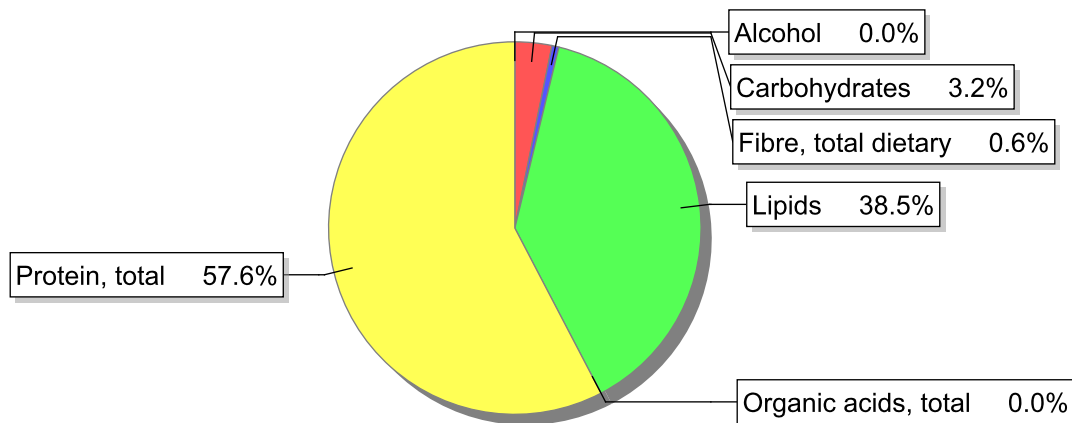
**Food**

**Name:** Turkey, breast, meat and skin, stewed with margarine  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Fowl and game meat  
**Edible Part:** 79%  
**Code:** IS287  
**FoodEX2 Code:** A03VY

**Composition [g/100g]**



**Energy**



**Nutritive content per 100g edible portion**

Name	Value	Unit	Source(s)
<b>Energy value</b>			
energy kcal, total metabolisable	163	kcal	
energy kJ, total metabolisable	682	kJ	
<b>Macro nutrients</b>			
Lipids		g	
fatty acids, total saturated	2.7	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	1.9	g	
fatty acid 18:2 n-6 cis,cis	1.44	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	23.1	g	
alcohol	0	g	
water	65.4	g	
organic acids, total	0	g	
cholesterol	67	mg	
<b>Vitamins</b>			
vitamin A; retinol equiv from retinol and carotenoid activities	46	µg	
carotene, total (vitamin A precursors)	139	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.31	mg	
thiamin	0.07	mg	
riboflavin	0.1	mg	
niacin, preformed	4.6	mg	
niacin equivalents, total	12.1	mg	
niacin equivalents from tryptophan	4.29	mg	
vitamin B-6, total	0.37	mg	
vitamin B-12	0.49	µg	
vitamin C	5.5	mg	
folate, total	9.3	µg	
<b>Minerals</b>			
ash	2.51	g	
sodium	460	mg	
potassium	260	mg	
calcium	16	mg	
phosphorus	150	mg	
magnesium	29	mg	
iron, total	0.8	mg	
zinc	0.6	mg	

## Legend

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

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## References