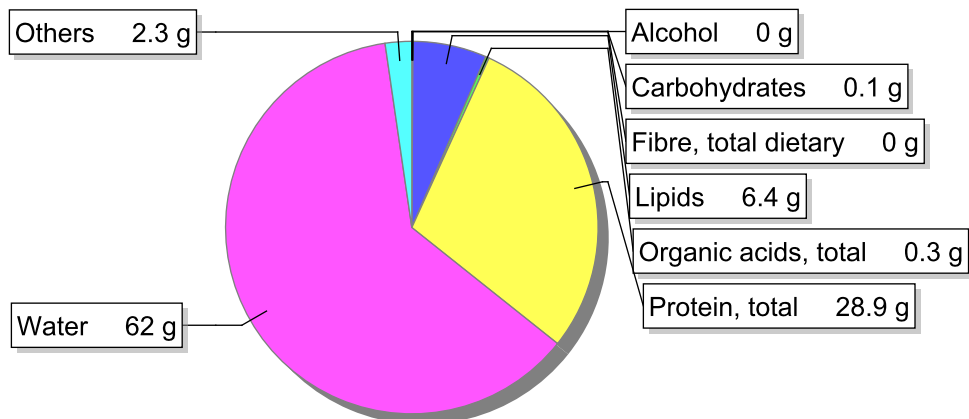


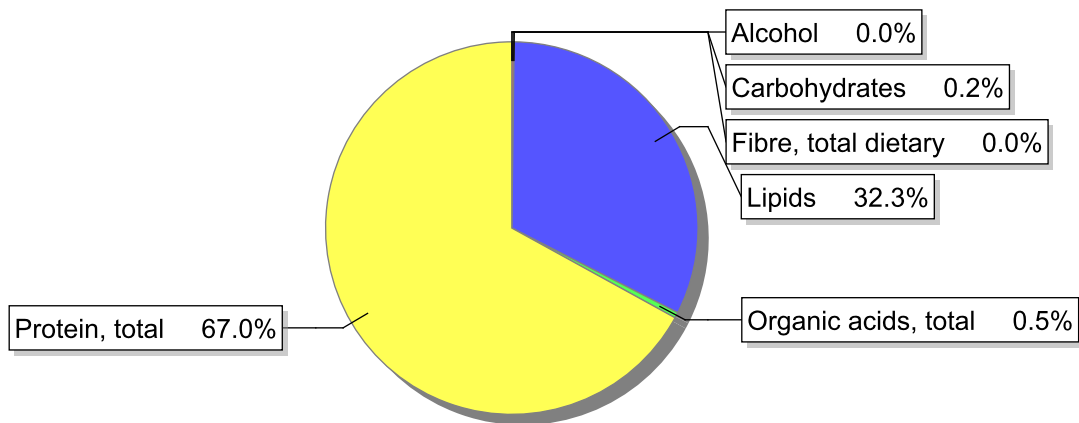
Food

Name: Turkey, breast, meat only, roasted with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 81%
Code: IS288
FoodEX2 Code: A01SQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| Energy value | | | |
| energy kcal, total metabolisable | 175 | kcal | |
| energy kJ, total metabolisable | 734 | kJ | |
| Macro nutrients | | | |
| Lipids | | g | |
| fatty acids, total saturated | 2.8 | g | |
| fatty acids, total monounsaturated | 1.5 | g | |
| fatty acids, total polyunsaturated | 1.6 | 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 | 0.1 | g | |
| sucrose | 0.0 | g | |
| lactose | 0.0 | g | |
| oligosaccharides, available | 0 | g | |
| starch, total | 0 | g | |
| salt | 1.1 | g | |
| fibre, total dietary | 0 | g | |
| protein, total | 28.9 | g | |
| alcohol | 0 | g | |
| water | 62 | g | |
| organic acids, total | 0.3 | g | |
| cholesterol | 71 | mg | |
| Vitamins | | | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 36 | µg | |
| carotene, total (vitamin A precursors) | 24 | µg | |
| vitamin D | 0.3 | µg | |
| alpha-tocopherol | 0 | mg | |
| thiamin | 0.05 | mg | |
| riboflavin | 0.13 | mg | |
| niacin, preformed | 7.8 | mg | |
| niacin equivalents, total | 14.8 | mg | |
| niacin equivalents from tryptophan | 5.44 | mg | |
| vitamin B-6, total | 0.45 | mg | |
| vitamin B-12 | 0.83 | µg | |
| vitamin C | 2.8 | mg | |
| folate, total | 6.3 | µg | |
| Minerals | | | |
| ash | 2.30 | g | |
| sodium | 430 | mg | |
| potassium | 310 | mg | |
| calcium | 10 | mg | |
| phosphorus | 210 | mg | |
| magnesium | 35 | mg | |
| iron, total | 0.8 | mg | |
| zinc | 0.7 | mg | |

Legend

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

References