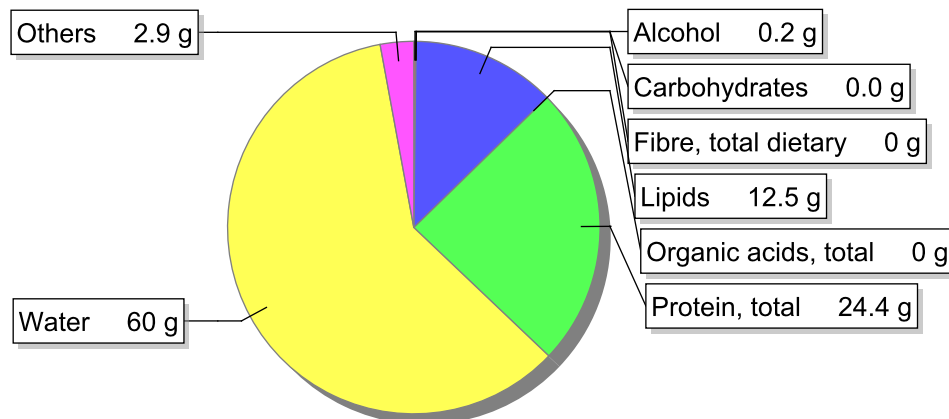


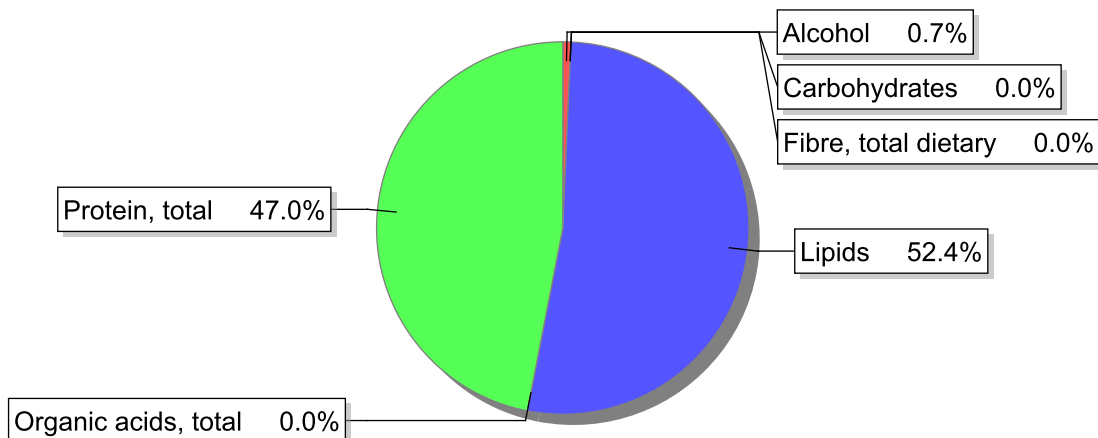
Food

Name: Turkey, leg, meat and skin, roasted with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 88%
Code: IS289
FoodEX2 Code: A01SQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	212	kcal	
energy kJ, total metabolisable	883	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	4.4	g	
fatty acids, total monounsaturated	4.6	g	
fatty acids, total polyunsaturated	3.2	g	
fatty acid 18:2 n-6 cis,cis	2.45	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	
Carbohydrates		g	
sugars, total	0.0	g	
sucrose	0	g	
lactose	0.0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	1.2	g	
fibre, total dietary	0	g	
protein, total	24.4	g	
alcohol	0.2	g	
water	60	g	
organic acids, total	0	g	
cholesterol	111	mg	
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	16	µg	
carotene, total (vitamin A precursors)	10	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0	mg	
thiamin	0.07	mg	
riboflavin	0.22	mg	
niacin, preformed	5.2	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	4.52	mg	
vitamin B-6, total	0.26	mg	
vitamin B-12	1.7	µg	
vitamin C	0	mg	
folate, total	16	µg	
Minerals			
ash	2.51	g	
sodium	490	mg	
potassium	260	mg	
calcium	20	mg	
phosphorus	200	mg	
magnesium	24	mg	
iron, total	2	mg	
zinc	3.8	mg	

Legend

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

References