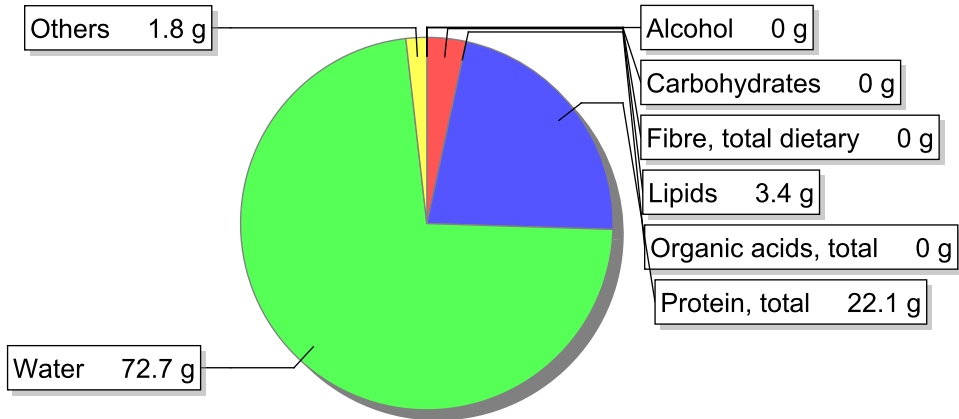


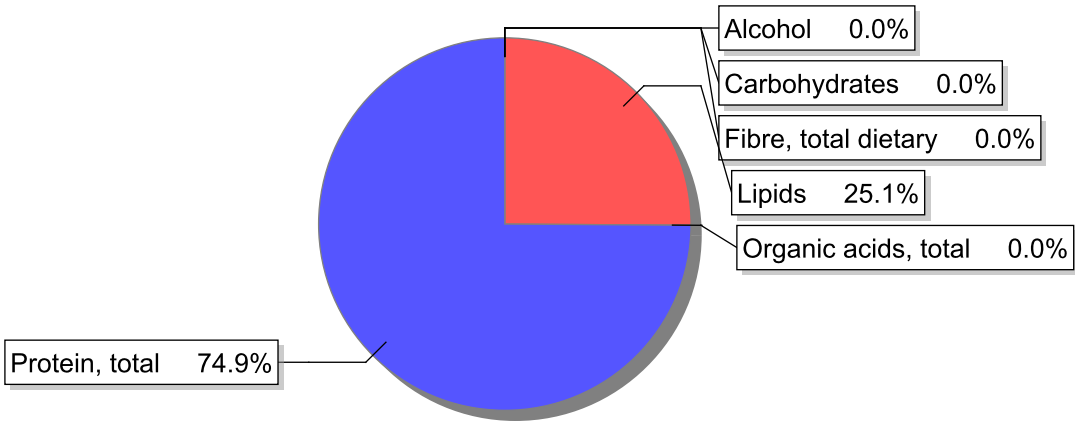
Food

Name: Quail, meat only, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 100%
Code: IS302
FoodEX2 Code: A01TB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	119	kcal	
energy kJ, total metabolisable	502	kJ	
fatty acids, total saturated	1	g	
fatty acids, total monounsaturated	1	g	
fatty acids, total polyunsaturated	0.9	g	
fatty acid 18:2 n-6 cis,cis	0.7	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	22.1	g	
alcohol	0	g	
water	72.7	g	
organic acids, total	0	g	
cholesterol	55	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	17	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.17	mg	
riboflavin	0.22	mg	
niacin, preformed	9.1	mg	
niacin equivalents, total	15	mg	
niacin equivalents from tryptophan	5.8	mg	
vitamin B-6, total	0.56	mg	
vitamin B-12	0.47	µg	
vitamin C	0	mg	
folate, total	7	µg	
ash	1.30	g	
sodium	45	mg	
potassium	250	mg	
calcium	13	mg	
phosphorus	240	mg	
magnesium	29	mg	
iron, total	3.1	mg	
zinc	2.7	mg	

Legend

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

References