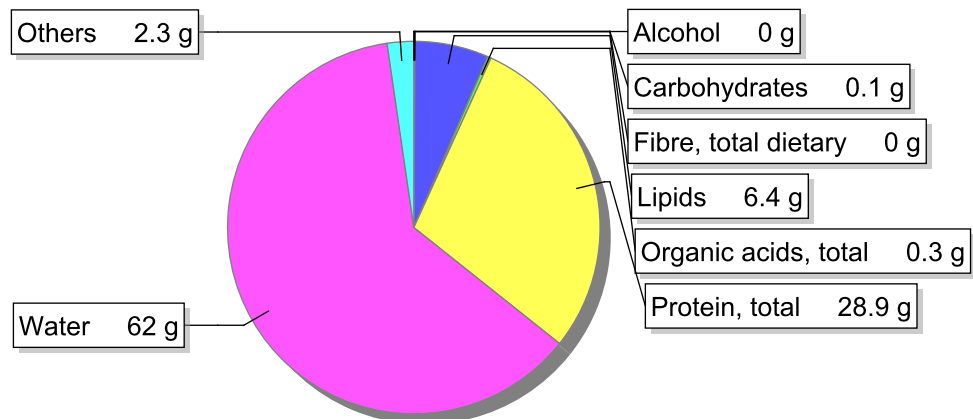


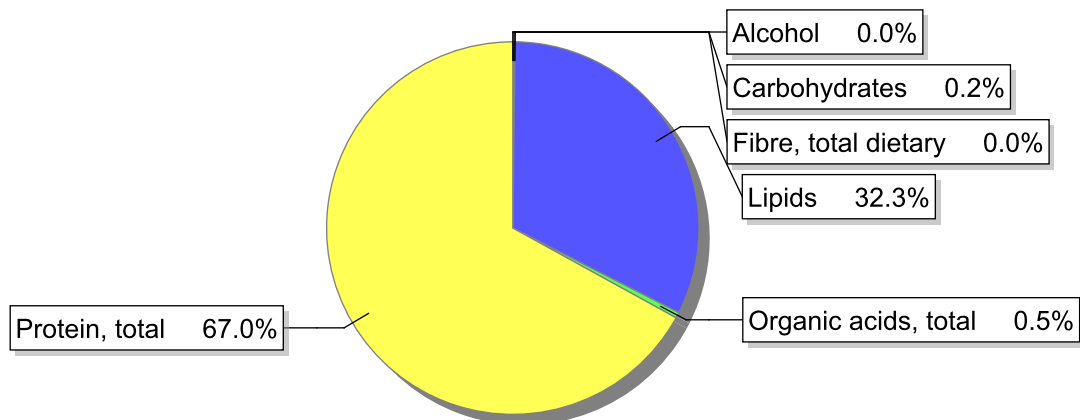
## Food

**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 kcal, total metabolisable	175	kcal	
energy kJ, total metabolisable	734	kJ	
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	
fatty acids, total trans	0	g	
sugars, total	0.1	g	
sucrose	0.0	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.0	g	
<b>salt</b>	1.1	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	28.9	g	
<b>alcohol</b>	0	g	
<b>water</b>	62	g	
<b>organic acids, total</b>	0.3	g	
<b>cholesterol</b>	71	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	36	µg	
<b>carotene, total (vitamin A precursors)</b>	24	µg	
<b>vitamin D</b>	0.3	µg	
<b>alpha-tocopherol</b>	0	mg	
<b>thiamin</b>	0.05	mg	
<b>riboflavin</b>	0.13	mg	
<b>niacin, preformed</b>	7.8	mg	
<b>niacin equivalents, total</b>	14.8	mg	
<b>niacin equivalents from tryptophan</b>	5.44	mg	
<b>vitamin B-6, total</b>	0.45	mg	
<b>vitamin B-12</b>	0.83	µg	
<b>vitamin C</b>	2.8	mg	
<b>folate, total</b>	6.3	µg	
<b>ash</b>	2.30	g	
<b>sodium</b>	430	mg	
<b>potassium</b>	310	mg	
<b>calcium</b>	10	mg	
<b>phosphorus</b>	210	mg	
<b>magnesium</b>	35	mg	
<b>iron, total</b>	0.8	mg	
<b>zinc</b>	0.7	mg	

## Legend

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

## References