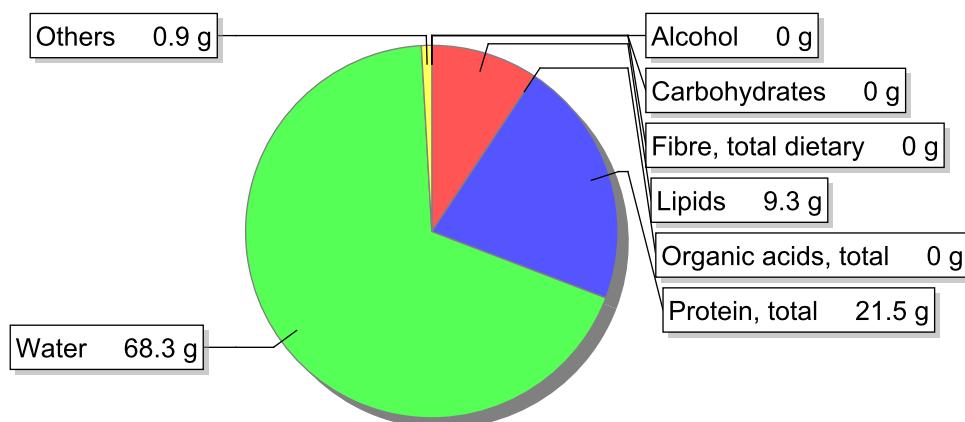


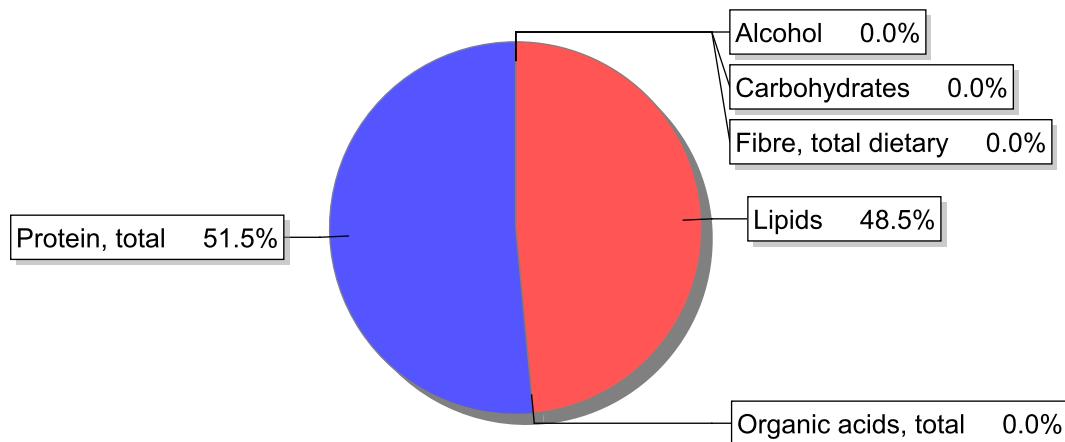
Food

Name: Quail, meat and skin, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 62%
Code: IS301
FoodEX2 Code: A01TB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	170	kcal	
energy kJ, total metabolisable	710	kJ	
fatty acids, total saturated	2.6	g	
fatty acids, total monounsaturated	3.2	g	
fatty acids, total polyunsaturated	2.3	g	
fatty acid 18:2 n-6 cis,cis	1.8	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	21.5	g	
alcohol	0	g	
water	68.3	g	
organic acids, total	0	g	
cholesterol	60	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	72	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.15	mg	
riboflavin	0.2	mg	
niacin, preformed	7.5	mg	
niacin equivalents, total	13	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.6	mg	
vitamin B-12	0.43	µg	
vitamin C	0	mg	
folate, total	8	µg	
ash	0.90	g	
sodium	47	mg	
potassium	220	mg	
calcium	13	mg	
phosphorus	220	mg	
magnesium	27	mg	
iron, total	2.7	mg	
zinc	2.4	mg	

Legend

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

References