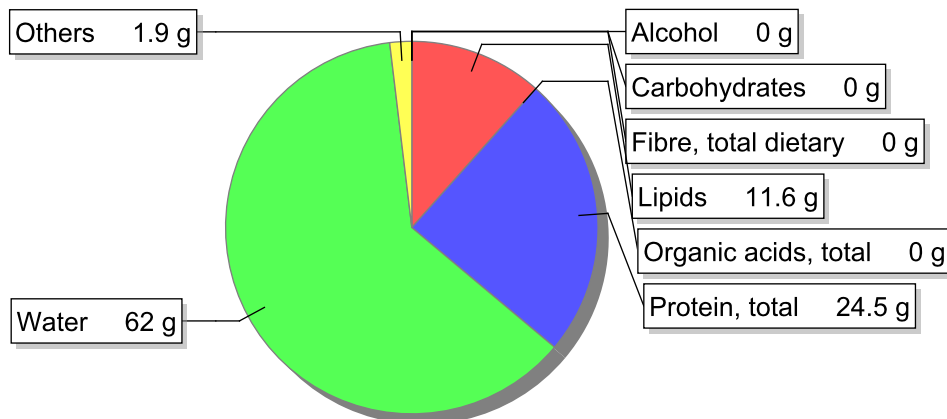


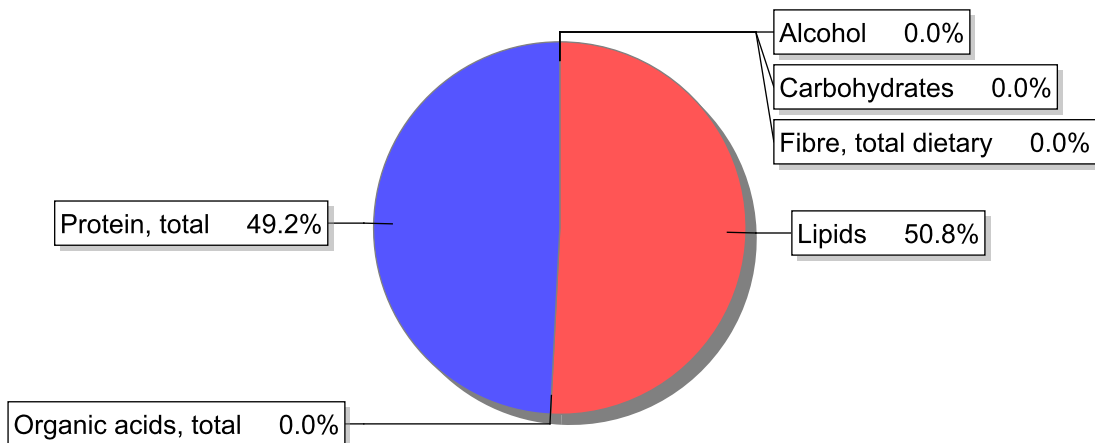
Food

Name: Quail, meat and skin, grilled
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 62%
Code: IS304
FoodEX2 Code: A01TB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	202	kcal	
energy kJ, total metabolisable	846	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	4.1	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.2	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	24.5	g	
alcohol	0	g	
water	62	g	
organic acids, total	0	g	
cholesterol	86	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	68	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.7	mg	
thiamin	0.19	mg	
riboflavin	0.33	mg	
niacin, preformed	7.7	mg	
niacin equivalents, total	14	mg	
niacin equivalents from tryptophan	6.1	mg	
vitamin B-6, total	0.46	mg	
vitamin B-12	0.36	µg	
vitamin C	0	mg	
folate, total	6.1	µg	
ash	1.90	g	
sodium	320	mg	
potassium	170	mg	
calcium	17	mg	
phosphorus	280	mg	
magnesium	26	mg	
iron, total	4.8	mg	
zinc	3.1	mg	

Legend

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

References