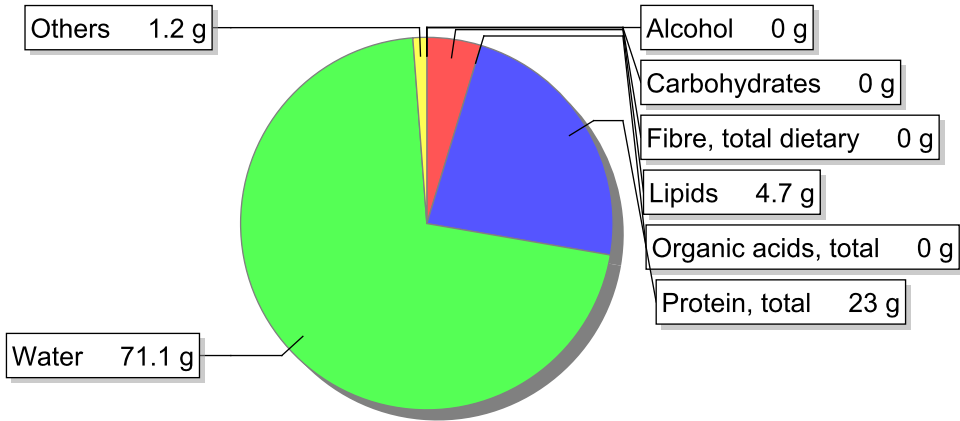


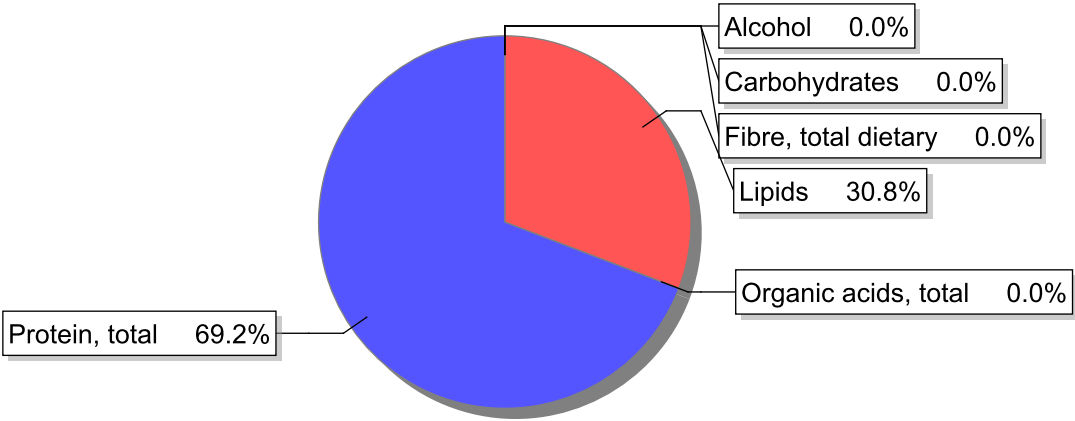
Food

Name: Turkey, breast, meat and skin, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 88%
Code: IS282
FoodEX2 Code: A01SQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	134	kcal	
energy kJ, total metabolisable	565	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	1.9	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	0.8	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	23	g	58
alcohol	0	g	
water	71.1	g	
organic acids, total	0	g	
cholesterol	68	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0	mg	
thiamin	0.07	mg	
riboflavin	0.1	mg	58
niacin, preformed	7.4	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	4.3	mg	
vitamin B-6, total	0.52	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	7.4	µg	
ash	1.20	g	
sodium	64	mg	
potassium	330	mg	
calcium	7	mg	
phosphorus	200	mg	
magnesium	30	mg	
iron, total	0.7	mg	
zinc	0.6	mg	

Legend

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

References

Id	Reference
58	Gonçalves Ferreira, FA; Silva Graça, ME (1985) - Tabela de Composição dos Alimentos Portugueses. Reimpressão da 2ª Edição de 1963. Instituto Nacional de Saúde Dr. Ricardo Jorge, Lisboa.