

Food

Name: Turkey, breast, meat and skin, stewed with margarine

Group: Meat and meat products, fowl and game meat

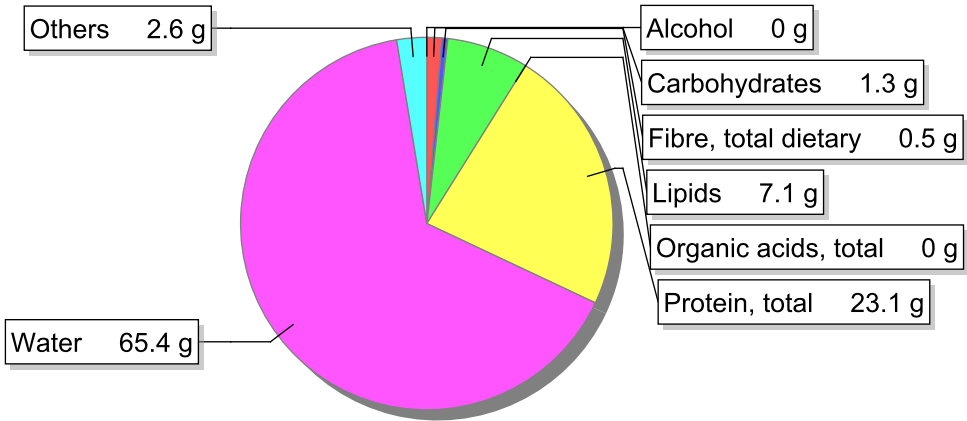
Subgroup: Fowl and game meat

Edible Part: 79%

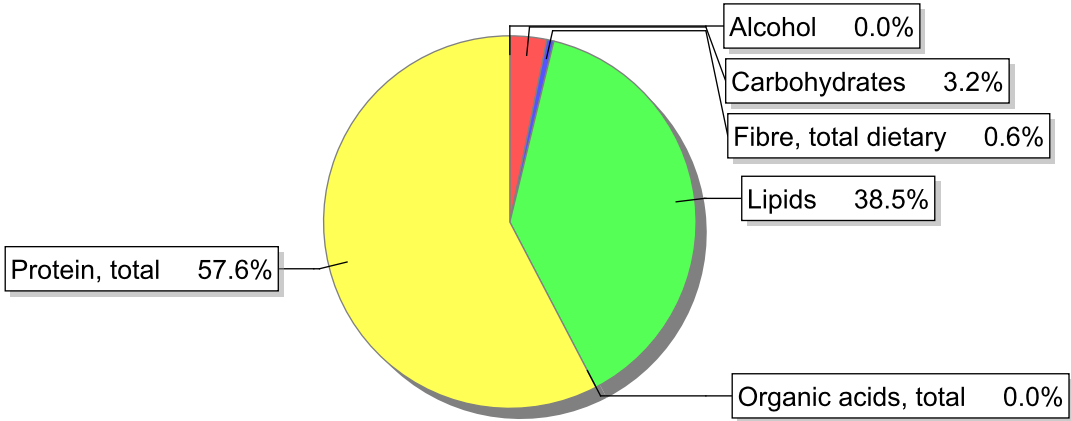
Code: IS287

FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	163	kcal	
energy kJ, total metabolisable	682	kJ	
fatty acids, total saturated	2.7	g	
fatty acids, total monounsaturated	2.4	g	
fatty acids, total polyunsaturated	1.9	g	
fatty acid 18:2 n-6 cis,cis	1.44	g	
fatty acids, total trans	0	g	
sugars, total	1.1	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.2	g	
fibre, total dietary	0.5	g	
protein, total	23.1	g	
alcohol	0	g	
water	65.4	g	
organic acids, total	0	g	
cholesterol	67	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	46	µg	
carotene, total (vitamin A precursors)	139	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.31	mg	
thiamin	0.07	mg	
riboflavin	0.1	mg	
niacin, preformed	4.6	mg	
niacin equivalents, total	12.1	mg	
niacin equivalents from tryptophan	4.29	mg	
vitamin B-6, total	0.37	mg	
vitamin B-12	0.49	µg	
vitamin C	5.5	mg	
folate, total	9.3	µg	
ash	2.51	g	
sodium	460	mg	
potassium	260	mg	
calcium	16	mg	
phosphorus	150	mg	
magnesium	29	mg	
iron, total	0.8	mg	
zinc	0.6	mg	

Legend

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

References