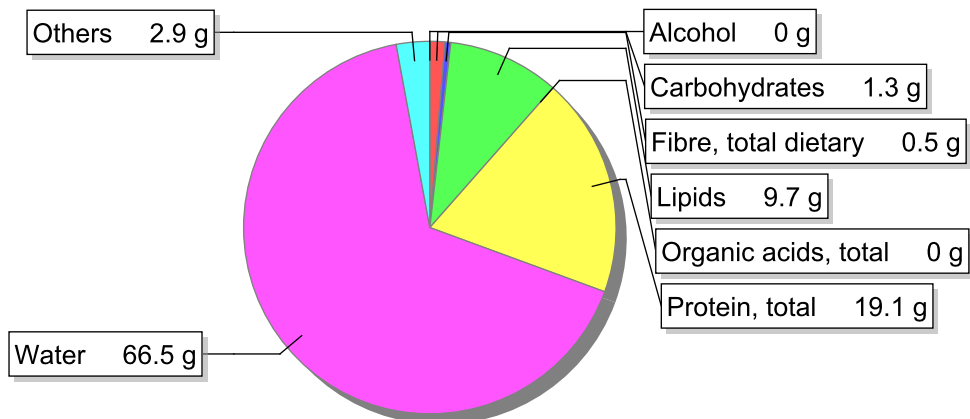


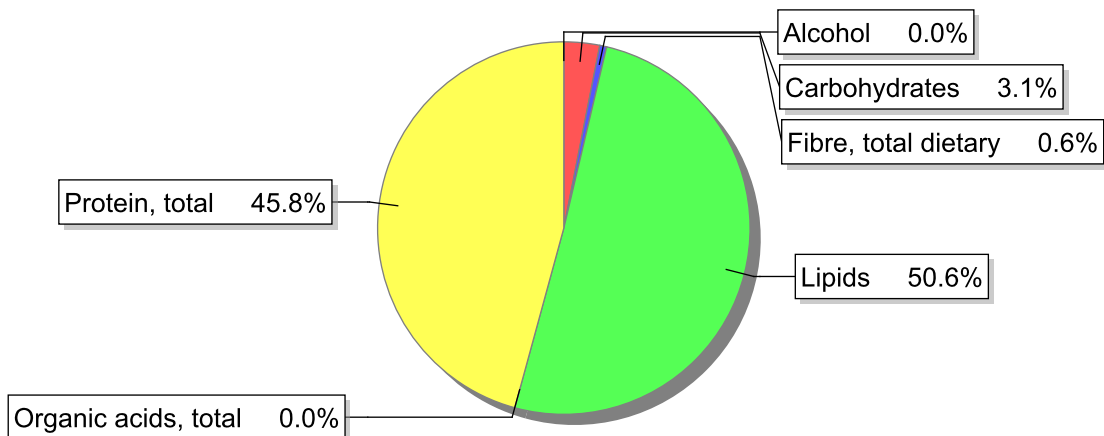
## Food

**Name:** Turkey, leg, meat and skin, stewed with margarine  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Fowl and game meat  
**Edible Part:** 88%  
**Code:** IS286  
**FoodEX2 Code:** A03VY

## 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	3.4	g	
fatty acids, total monounsaturated	3.5	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	1.95	g	
fatty acids, total trans	0	g	
sugars, total	1.1	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0.0	g	
<b>oligosaccharides, available</b>	0.2	g	
<b>starch, total</b>	0	g	
<b>protein, total</b>	19.1	g	
<b>alcohol</b>	0	g	
<b>water</b>	66.5	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	86	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	33	µg	
<b>carotene, total (vitamin A precursors)</b>	136	µg	
<b>vitamin D</b>	0.2	µg	
<b>alpha-tocopherol</b>	0.31	mg	
<b>thiamin</b>	0.07	mg	
<b>riboflavin</b>	0.19	mg	
<b>niacin, preformed</b>	3.2	mg	
<b>niacin equivalents, total</b>	8.73	mg	
<b>niacin equivalents from tryptophan</b>	3.52	mg	
<b>vitamin B-6, total</b>	0.25	mg	
<b>vitamin B-12</b>	0.99	µg	
<b>vitamin C</b>	5.6	mg	
<b>folate, total</b>	17	µg	
<b>ash</b>	2.46	g	
<b>sodium</b>	460	mg	
<b>potassium</b>	240	mg	
<b>calcium</b>	24	mg	
<b>phosphorus</b>	140	mg	
<b>magnesium</b>	22	mg	
<b>iron, total</b>	1.5	mg	
<b>zinc</b>	2.8	mg	

## Legend

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

## References