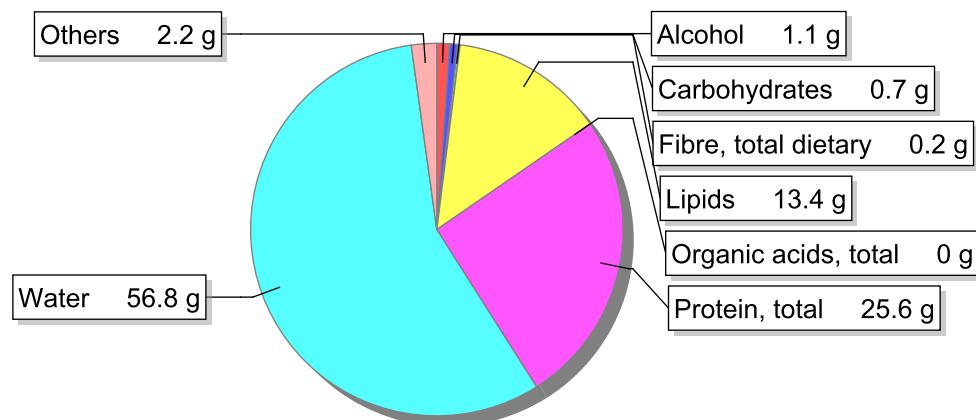


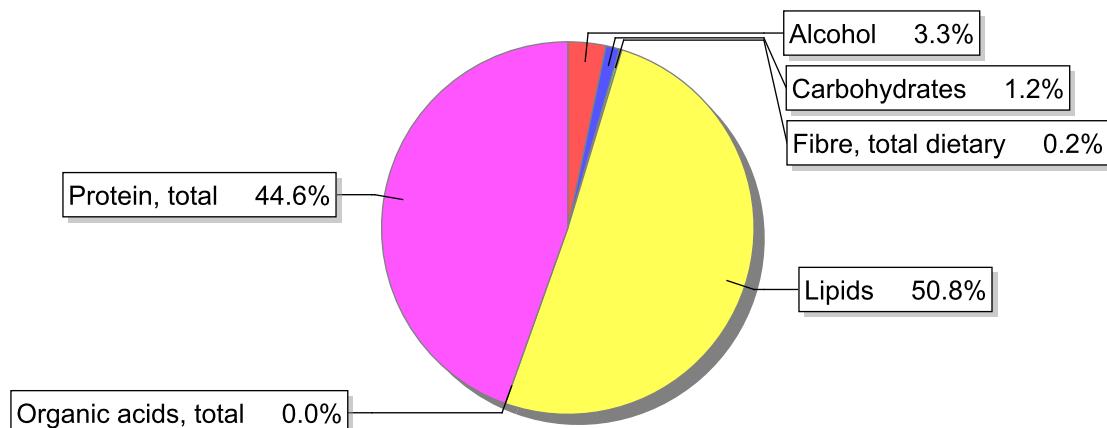
Food

Name: Quail, meat and skin, stewed with olive oil
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 62%
Code: IS303
FoodEX2 Code: A01TB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	234	kcal	
energy kJ, total metabolisable	976	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	5.6	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.29	g	
fatty acids, total trans	0	g	
sugars, total	0.3	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	1.3	g	
fibre, total dietary	0.2	g	
protein, total	25.6	g	
alcohol	1.1	g	
water	56.8	g	
organic acids, total	0	g	
cholesterol	71	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	85	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.47	mg	
thiamin	0.11	mg	
riboflavin	0.23	mg	
niacin, preformed	5.4	mg	
niacin equivalents, total	15.5	mg	
niacin equivalents from tryptophan	6.18	mg	
vitamin B-6, total	0.45	mg	
vitamin B-12	0.25	µg	
vitamin C	0.8	mg	
folate, total	5.5	µg	
ash	2.32	g	
sodium	500	mg	
potassium	160	mg	
calcium	17	mg	
phosphorus	190	mg	
magnesium	28	mg	
iron, total	2.7	mg	
zinc	2.7	mg	

Legend

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

References