



Food ID: F126

Food name and Description: Goose breast

Scientific name: *Anser cygnoides*

Alternate/Common name(s): Gansa dibdib

Edible portion: 72%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.3
Energy, calculated (kcal)	122
Protein (g)	23.4
Total Fat (g)	3.2
Carbohydrate, total (g)	0
Ash, total (g)	1.1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	100
Phosphorus, P (mg)	100
Iron, Fe (mg)	1.3
Sodium, Na (mg)	76

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.49
Niacin (mg)	12.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.25
Fatty acids, monounsaturated, total (g)	0.83
Fatty acids, polyunsaturated, total(g)	0.4
Cholesterol (mg)	38