



Food ID: F127

Food name and Description: Goose thigh

Scientific name: *Anser cygnoides*

Alternate/Common name(s): Gansa hita

Edible portion: 71%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.1
Energy, calculated (kcal)	127
Protein (g)	23
Total Fat (g)	3.9
Carbohydrate, total (g)	0
Ash, total (g)	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)	8
Phosphorus, P (mg)	188
Iron, Fe (mg)	2.8
Sodium, Na (mg)	77

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	55
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	6.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.53
Fatty acids, monounsaturated, total (g)	2.06
Fatty acids, polyunsaturated, total(g)	0.44
Cholesterol (mg)	-