

**Food ID:** F139**Food name and Description:** Moor hen breast**Scientific name:** *Gallinula chloropus***Alternate/Common name(s):** Ulok pitso**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	70.4
Energy, calculated (kcal)	147
Protein (g)	21.4
Total Fat (g)	6.8
Carbohydrate, total (g)	0
Ash, total (g)	1.4

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)	26
Phosphorus, P (mg)	189
Iron, Fe (mg)	3
Sodium, Na (mg)	61

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	15
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.23
Riboflavin, Vitamin B2 (mg)	0.51
Niacin (mg)	7.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.96
Fatty acids, monounsaturated, total (g)	2.81
Fatty acids, polyunsaturated, total(g)	1.44
Cholesterol (mg)	47