



Food ID: F140

Food name and Description: Moor hen gizzard

Scientific name: *Gallinula chloropus*

Alternate/Common name(s): Ulok balun-balunan

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.8
Energy, calculated (kcal)	113
Protein (g)	22.5
Total Fat (g)	1.6
Carbohydrate, total (g)	2.2
Ash, total (g)	0.9

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)	19
Phosphorus, P (mg)	127
Iron, Fe (mg)	1.7
Sodium, Na (mg)	91

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)	0.11
Riboflavin, Vitamin B2 (mg)	0.22
Niacin (mg)	4.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.41
Fatty acids, monounsaturated, total (g)	0.4
Fatty acids, polyunsaturated, total(g)	0.28
Cholesterol (mg)	186