



Food ID: F141

Food name and Description: Moor hen liver

Scientific name: *Gallinula chloropus*

Alternate/Common name(s): Ulok atay

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.7
Energy, calculated (kcal)	130
Protein (g)	18
Total Fat (g)	3.5
Carbohydrate, total (g)	6.5
Ash, total (g)	1.3

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)	56
Phosphorus, P (mg)	197
Iron, Fe (mg)	8.1
Sodium, Na (mg)	88

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	9880
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	9880
Thiamin, Vitamin B1 (mg)	0.44
Riboflavin, Vitamin B2 (mg)	0.9
Niacin (mg)	8.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.13
Fatty acids, monounsaturated, total (g)	0.91
Fatty acids, polyunsaturated, total(g)	0.95
Cholesterol (mg)	250