



**Food ID:** F142

**Food name and Description:** Moor hen thigh

**Scientific name:** *Gallinula chloropus*

**Alternate/Common name(s):** Ulok hita

**Edible portion:** -%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.9
Energy, calculated (kcal)	134
Protein (g)	20.1
Total Fat (g)	5.9
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)	37
Phosphorus, P (mg)	171
Iron, Fe (mg)	3.1
Sodium, Na (mg)	65

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.13
Riboflavin, Vitamin B2 (mg)	0.24
Niacin (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.61
Fatty acids, monounsaturated, total (g)	2.47
Fatty acids, polyunsaturated, total(g)	1.23
Cholesterol (mg)	35