

**Food ID:** F143**Food name and Description:** Pigeon breast**Scientific name:** *Columba livia***Alternate/Common name(s):** Kalapati pitso**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	66.5
Energy, calculated (kcal)	207
Protein (g)	17.1
Total Fat (g)	15.4
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)	18
Phosphorus, P (mg)	284
Iron, Fe (mg)	0.4
Sodium, Na (mg)	63

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	57
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	57
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	1.82
Niacin (mg)	5.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.8
Fatty acids, monounsaturated, total (g)	9.44
Fatty acids, polyunsaturated, total(g)	2.06
Cholesterol (mg)	107