

**Food ID:** F144**Food name and Description:** Pigeon thigh**Scientific name:** *Columba livia***Alternate/Common name(s):** Kalapati hita**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	64.6
Energy, calculated (kcal)	239
Protein (g)	14.6
Total Fat (g)	20.1
Carbohydrate, total (g)	0
Ash, total (g)	0.7

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)	10
Phosphorus, P (mg)	218
Iron, Fe (mg)	0.6
Sodium, Na (mg)	44

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	75
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	75
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.41
Niacin (mg)	2.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.95
Fatty acids, monounsaturated, total (g)	12.31
Fatty acids, polyunsaturated, total(g)	2.69
Cholesterol (mg)	140