



Food ID: F145

Food name and Description: Pigeon, squab/young meat

Scientific name: *Columba livia*

Alternate/Common name(s): Kalapati pitson

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.4
Energy, calculated (kcal)	154
Protein (g)	17
Total Fat (g)	9.5
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)	12
Phosphorus, P (mg)	180
Iron, Fe (mg)	3
Sodium, Na (mg)	34

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	35
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	35
Thiamin, Vitamin B1 (mg)	0.25
Riboflavin, Vitamin B2 (mg)	1.77
Niacin (mg)	8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.48
Fatty acids, monounsaturated, total (g)	3.37
Fatty acids, polyunsaturated, total(g)	2.03
Cholesterol (mg)	114