



Food ID: F203

Food name and Description: Quail meat

Scientific name: *Coturnix coturnix*

Alternate/Common name(s): Pugo laman

Edible portion: 69%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	70.2
Energy, calculated (kcal)	154
Protein (g)	21.1
Total Fat (g)	7.7
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)	129
Phosphorus, P (mg)	189
Iron, Fe (mg)	1.5
Sodium, Na (mg)	51

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	490
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	490
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.27
Niacin (mg)	5.2
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.24
Fatty acids, monounsaturated, total (g)	2.18
Fatty acids, polyunsaturated, total(g)	1.99
Cholesterol (mg)	119