



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 |