



Food ID: F207

Food name and Description: Snipe lean meat

Scientific name: *Gallinago gallinago*

Alternate/Common name(s): Agatsona laman

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.6
Energy, calculated (kcal)	113
Protein (g)	21
Total Fat (g)	3.2
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	29
Phosphorus, P (mg)	219
Iron, Fe (mg)	3.7
Sodium, Na (mg)	43

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	12
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	12
Thiamin, Vitamin B1 (mg)	0.29
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	8.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.93
Fatty acids, monounsaturated, total (g)	0.9
Fatty acids, polyunsaturated, total(g)	0.82
Cholesterol (mg)	62