

**Food ID:** F208**Food name and Description:** Turkey breast**Scientific name:** *Meleagris gallopavo***Alternate/Common name(s):** Pabo pitso**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	74.5
Energy, calculated (kcal)	100
Protein (g)	24.1
Total Fat (g)	0.4
Carbohydrate, total (g)	0
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.1

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	7
Phosphorus, P (mg)	185
Iron, Fe (mg)	1.2
Sodium, Na (mg)	115

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	2
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	10.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.07
Fatty acids, polyunsaturated, total(g)	0.07
Cholesterol (mg)	-