

**Food ID:** F209**Food name and Description:** Turkey liver**Scientific name:** *Meleagris gallopavo***Alternate/Common name(s):** Pabo atay**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	72.6
Energy, calculated (kcal)	124
Protein (g)	19.2
Total Fat (g)	3.9
Carbohydrate, total (g)	2.9
Ash, total (g)	1.4

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)	50
Phosphorus, P (mg)	216
Iron, Fe (mg)	35.8
Sodium, Na (mg)	147

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	19750
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	19750
Thiamin, Vitamin B1 (mg)	0.22
Riboflavin, Vitamin B2 (mg)	1.85
Niacin (mg)	18
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.18
Fatty acids, monounsaturated, total (g)	0.58
Fatty acids, polyunsaturated, total(g)	1.19
Cholesterol (mg)	294