



**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