

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 11:34:05