

**Food ID:** F210**Food name and Description:** Turkey thigh**Scientific name:** *Meleagris gallopavo***Alternate/Common name(s):** Pabo hita**Edible portion:** -%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	76.6
Energy, calculated (kcal)	100
Protein (g)	20.3
Total Fat (g)	2.1
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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	8
Phosphorus, P (mg)	141
Iron, Fe (mg)	1
Sodium, Na (mg)	61

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	7
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	7
Thiamin, Vitamin B1 (mg)	0.09
Riboflavin, Vitamin B2 (mg)	0.28
Niacin (mg)	4.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.55
Fatty acids, monounsaturated, total (g)	0.69
Fatty acids, polyunsaturated, total(g)	0.56
Cholesterol (mg)	-