



Food ID: F212

Food name and Description: Venison thigh

Scientific name: *Rusa marianna*

Alternate/Common name(s): Usa hita

Edible portion: -%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.7
Energy, calculated (kcal)	89
Protein (g)	21.9
Total Fat (g)	0.2
Carbohydrate, total (g)	0
Ash, total (g)	1.2

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)	12
Phosphorus, P (mg)	170
Iron, Fe (mg)	1.3
Sodium, Na (mg)	45

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	8.5
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)	0.06
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	-