



Food ID: F263

Food name and Description: Venison jerky

Scientific name:

Alternate/Common name(s): Tapa, usa

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	17.7
Energy, calculated (kcal)	323
Protein (g)	62.8
Total Fat (g)	8
Carbohydrate, total (g)	0
Ash, total (g)	11.5

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)	119
Phosphorus, P (mg)	340
Iron, Fe (mg)	10.5
Sodium, Na (mg)	2441

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	5
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.56
Niacin (mg)	6.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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