



Food ID: H010

Food name and Description: Egg, quail

Scientific name: *N/A*

Alternate/Common name(s): Itlog, pugo

Edible portion: 85%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	73.9
Energy, calculated (kcal)	153
Protein (g)	11.8
Total Fat (g)	10.6
Carbohydrate, total (g)	2.7
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	80
Phosphorus, P (mg)	223
Iron, Fe (mg)	2.1
Sodium, Na (mg)	143

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	315
beta-Carotene (µg)	90
Retinol Activity Equivalent, RAE (µg)	323
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.34
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.4
Fatty acids, monounsaturated, total (g)	4.13
Fatty acids, polyunsaturated, total(g)	1.27
Cholesterol (mg)	807