



Food ID: H011

Food name and Description: Egg, quail, boiled

Scientific name:

Alternate/Common name(s): Itlog, pugo, nilaga

Edible portion: 88%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	74.6
Energy, calculated (kcal)	150
Protein (g)	11.8
Total Fat (g)	10.4
Carbohydrate, total (g)	2.2
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)	93
Phosphorus, P (mg)	214
Iron, Fe (mg)	2.2
Sodium, Na (mg)	105

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	325
beta-Carotene (µg)	70
Retinol Activity Equivalent, RAE (µg)	331
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.59
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.34
Fatty acids, monounsaturated, total (g)	4.06
Fatty acids, polyunsaturated, total(g)	1.24
Cholesterol (mg)	791