



Food ID: H022

Food name and Description: Egg, quail, pickled

Scientific name:

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

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	80.5
Energy, calculated (kcal)	102
Protein (g)	8.1
Total Fat (g)	6.9
Carbohydrate, total (g)	1.8
Ash, total (g)	2.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.1
Sugars, total (g)	0.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	89
Phosphorus, P (mg)	122
Iron, Fe (mg)	1.8
Sodium, Na (mg)	852

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	475
beta-Carotene (µg)	40
Retinol Activity Equivalent, RAE (µg)	478
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	0
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)	-