



Ostrich, ground, raw

TOTAL
12.9
8.7

Macronutrient profile [gr. of nutrient per 100 gr. food]



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

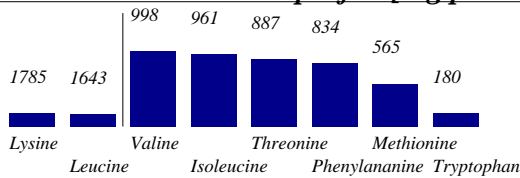
FIBER
0
0

Energy [kcal per 100 gr. food]



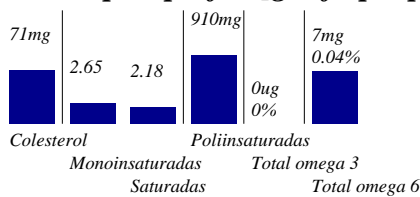
kCALs
7.2
6.3
25

Essential aminoacids profile [mg per 100 gr. food]



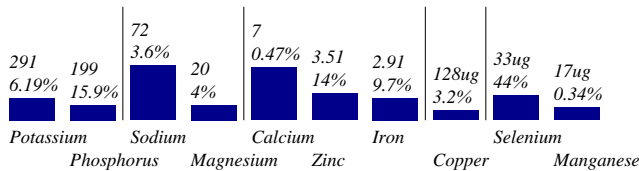
PROTE.
44
36.1
100

Main lipids profile [gr of lipid per 100 gr. food]



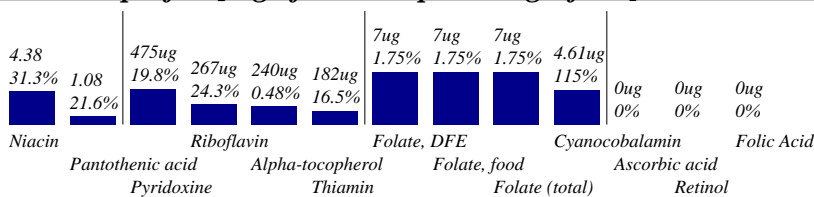
EFA
0

Mineral and oligoelements profile [mg of mineral per 100 gr. food]



MINER.
10.1

Vitamin profile [mg of vitamin per 100 gr. food]



VITAM.
16.9

Phytochemicals profile [mg of nutrient per 100 gr. food]

