



Turkey, all classes, back, meat and skin, cooked, roasted

TOTAL
14.2
9.6

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



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

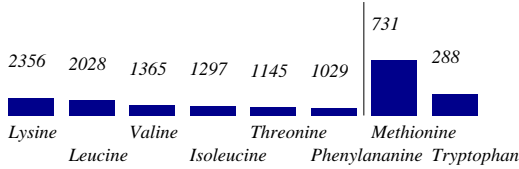
FIBER
0
0

Energy [kcal per 100 gr. food]



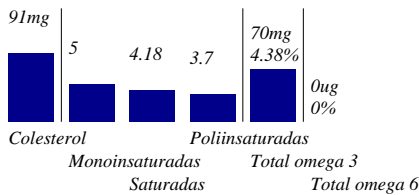
kCALs
10.6
9.4
25

Essential aminoacids profile [mg per 100 gr. food]



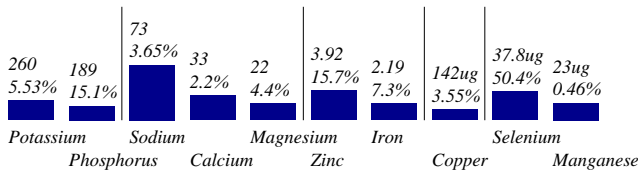
PROTE.
57.8
47.5
100

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



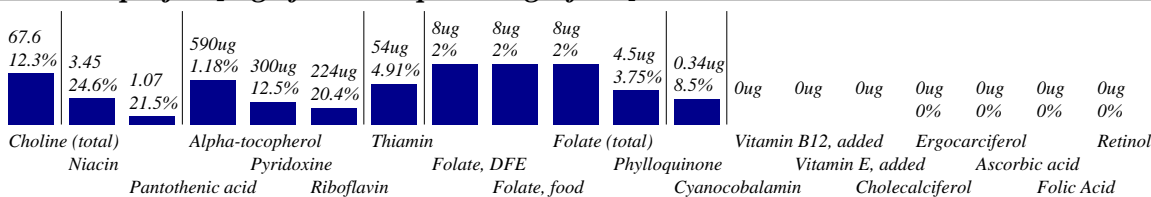
EFA
2.2

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



MINER.
10.8

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



VITAM.
7.2

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

