



Turkey, young hen, skin only, cooked, roasted

TOTAL
10.8
8.8

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



Proteins
Water
Sugars
Fibre
Alcohol
Lipids
Other

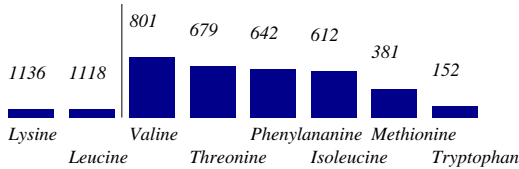
FIBER
0
0

Energy [kcal per 100 gr. food]



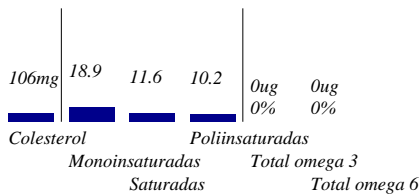
kCALs
21
18.5
6

Essential aminoacids profile [mg per 100 gr. food]



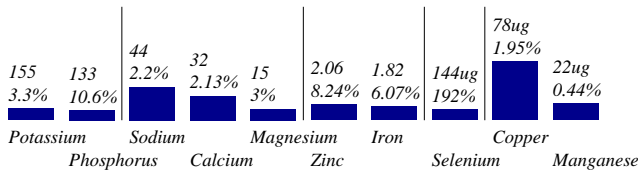
PROTE.
41.4
34
100

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



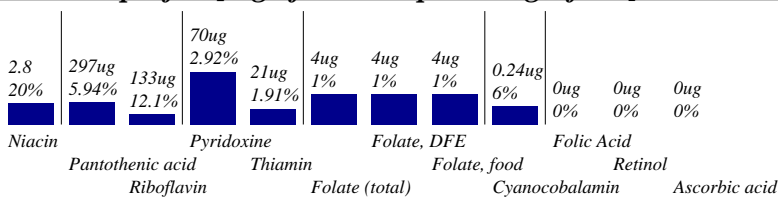
EFA
0

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



MINER.
13.8

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



VITAM.
4.3