



Turkey, young tom, meat only, cooked, roasted

|              |
|--------------|
| <b>TOTAL</b> |
| <b>13.7</b>  |
| <b>10.1</b>  |

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



|          |
|----------|
| Proteins |
| Water    |
| Sugars   |
| Fibre    |
| Alcohol  |
| Lipids   |
| Other    |

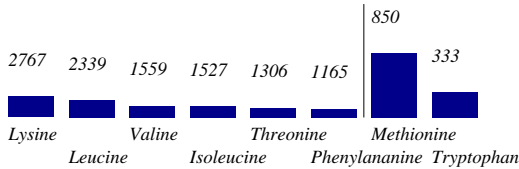
|              |
|--------------|
| <b>FIBER</b> |
| <b>0</b>     |
| <b>0</b>     |

Energy [kcal per 100 gr. food]



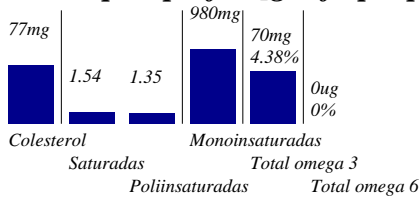
|              |
|--------------|
| <b>kCALs</b> |
| <b>7.3</b>   |
| <b>6.5</b>   |
| <b>16.4</b>  |

Essential aminoacids profile [mg per 100 gr. food]



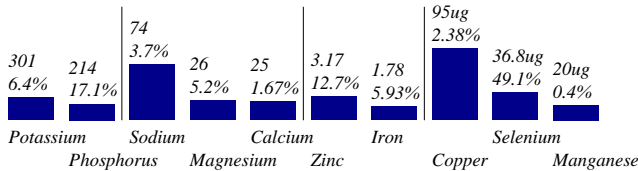
|               |
|---------------|
| <b>PROTE.</b> |
| <b>63.8</b>   |
| <b>52.4</b>   |
| <b>100</b>    |

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



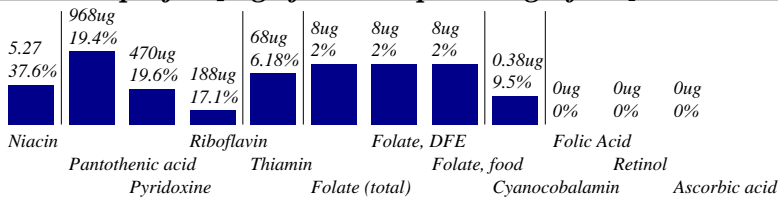
|            |
|------------|
| <b>EFA</b> |
| <b>2.2</b> |

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



|               |
|---------------|
| <b>MINER.</b> |
| <b>10.5</b>   |

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



|               |
|---------------|
| <b>VITAM.</b> |
| <b>9.6</b>    |