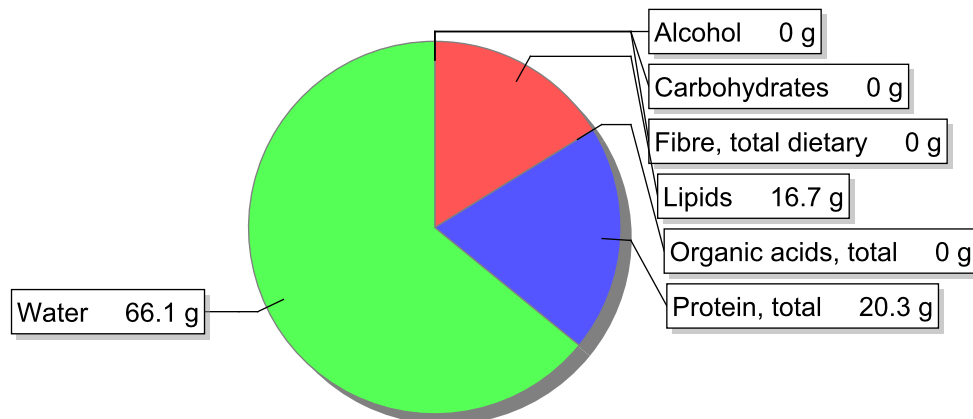


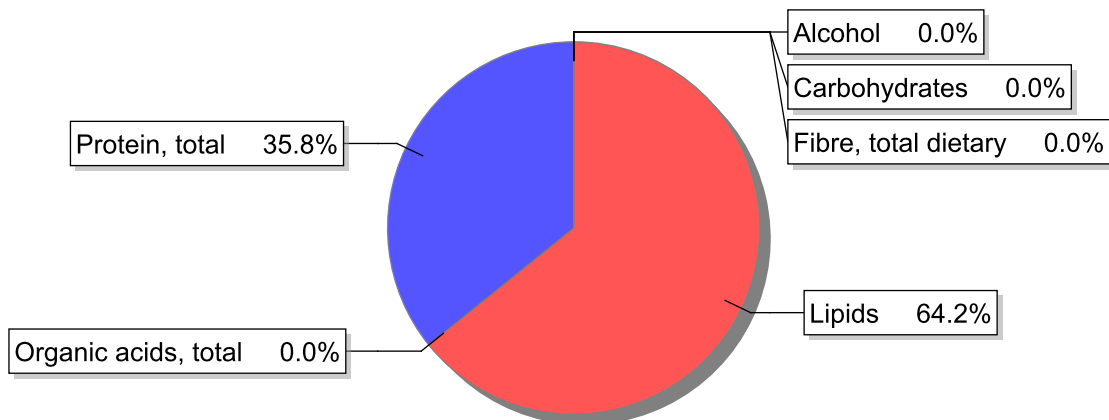
Food

Name: Pigeon, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 72%
Code:
FoodEX2 Code: A01TA

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	232	kcal	
energy kJ, total metabolisable	963	kJ	
fatty acids, total saturated	7.5	g	653
fatty acids, total monounsaturated	6.9	g	653
fatty acids, total polyunsaturated	1.7	g	653
fatty acid 18:2 n-6 cis,cis	1	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	653

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.1	g	
fibre, total dietary	0	g	653
protein, total	20.3	g	653
alcohol	0	g	653
water	66.1	g	653
organic acids, total	0	g	653
cholesterol	95	mg	653
vitamin A; retinol equiv from retinol and carotenoid activities	73	µg	653
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.16	mg	653
riboflavin	0.23	mg	653
niacin, preformed	4.4	mg	653
niacin equivalents, total	9.6	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.41	mg	653
vitamin B-12	0.4	µg	653
vitamin C	0	mg	
folate, total	6	µg	653
ash	1.2	g	653
sodium	53	mg	653
potassium	160	mg	653
calcium	11	mg	653
phosphorus	210	mg	653
magnesium	21	mg	653
iron, total	3	mg	653
zinc	1.5	mg	653

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
653	Slovak food composition database 2009: selection of compiled food composition database, EuroFIR doc, FoodExplorer