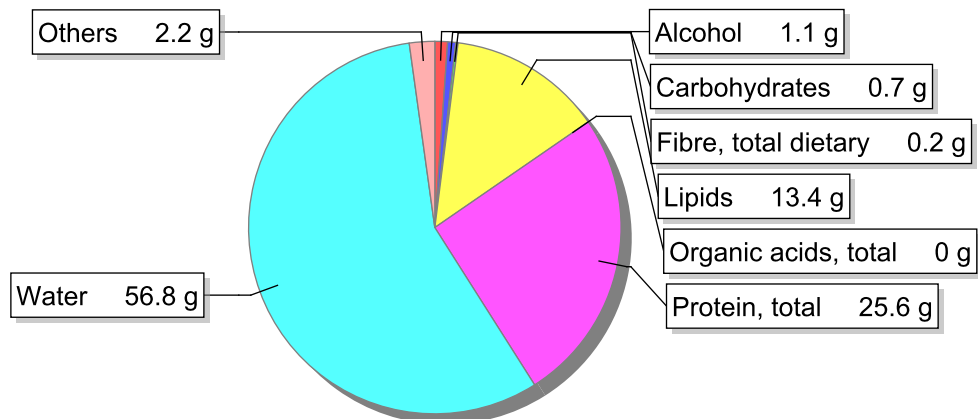


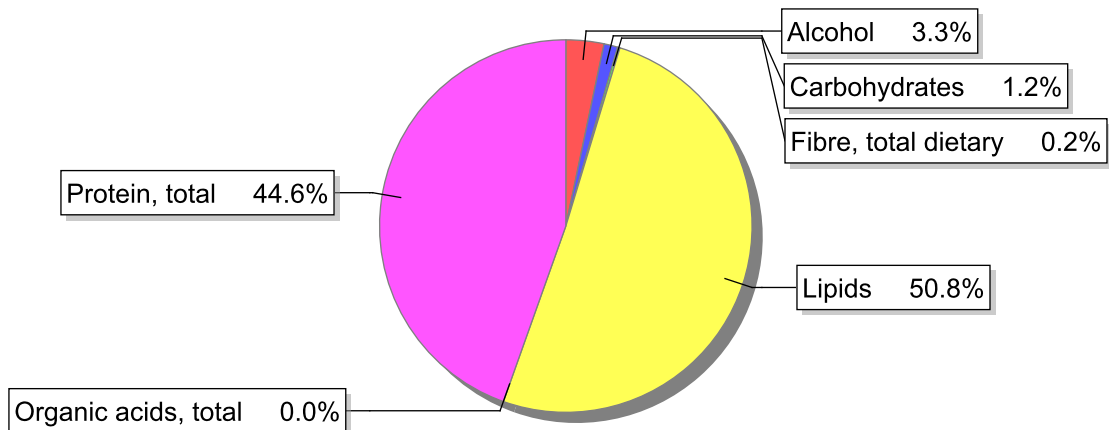
## Food

**Name:** Quail, meat and skin, stewed with olive oil  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Fowl and game meat  
**Edible Part:** 62%  
**Code:** IS303  
**FoodEX2 Code:** A01TB

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	234	kcal	
energy kJ, total metabolisable	976	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	5.6	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.29	g	
fatty acids, total trans	0	g	
sugars, total	0.3	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
<b>lactose</b>	0	g	
<b>salt</b>	1.3	g	
<b>fibre, total dietary</b>	0.2	g	
<b>protein, total</b>	25.6	g	
<b>alcohol</b>	1.1	g	
<b>water</b>	56.8	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	71	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	85	µg	
<b>carotene, total (vitamin A precursors)</b>	0	µg	
<b>vitamin D</b>	0.3	µg	
<b>alpha-tocopherol</b>	0.47	mg	
<b>thiamin</b>	0.11	mg	
<b>riboflavin</b>	0.23	mg	
<b>niacin, preformed</b>	5.4	mg	
<b>niacin equivalents, total</b>	15.5	mg	
<b>niacin equivalents from tryptophan</b>	6.18	mg	
<b>vitamin B-6, total</b>	0.45	mg	
<b>vitamin B-12</b>	0.25	µg	
<b>vitamin C</b>	0.8	mg	
<b>folate, total</b>	5.5	µg	
<b>ash</b>	2.32	g	
<b>sodium</b>	500	mg	
<b>potassium</b>	160	mg	
<b>calcium</b>	17	mg	
<b>phosphorus</b>	190	mg	
<b>magnesium</b>	28	mg	
<b>iron, total</b>	2.7	mg	
<b>zinc</b>	2.7	mg	

## Legend

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

## References