

# Turkey, young hen, meat only, cooked, roasted

[New Search](#)

Refuse: 30% (20% bone, 10% skin)

NDB No: 05234 (Nutrient values and weights are for edible portion)

Nutrient	Units	Value per 2300 grams	Number of Data Points
<b>Proximates</b>			
Water	g	1481.89	15
Energy	kcal	4025	0
Energy	kJ	16836	0
Protein	g	672.75	15
Total lipid (fat)	g	126.73	15
Ash	g	24.61	15
Carbohydrate, by difference	g	0.00	0
Fiber, total dietary	g	0.0	0
<b>Minerals</b>			
Calcium, Ca	mg	575	15
Iron, Fe	mg	40.48	15
Magnesium, Mg	mg	598	15
Phosphorus, P	mg	4876	15
Potassium, K	mg	6877	15
Sodium, Na	mg	1541	15
Zinc, Zn	mg	69.69	3
Copper, Cu	mg	2.001	3
Manganese, Mn	mg	0.506	3
Selenium, Se	mcg	791.2	0
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0
Thiamin	mg	1.334	15
Riboflavin	mg	4.025	15
Niacin	mg	129.881	15
Pantothenic acid	mg	20.907	0
Vitamin B-6	mg	10.120	0
Folate, total	mcg	161	0
Folic acid	mcg	0	0
Folate, food	mcg	161	0
Folate, DFE	mcg_DFE	161	0
Vitamin B-12	mcg	8.28	0

Vitamin A, RAE	mcg_RAE	0	0
Retinol	mcg	0	0
Vitamin A, IU	IU	0	0
<b>Lipids</b>			
Fatty acids, total saturated	g	41.860	0
10:0	g	0.000	0
12:0	g	0.460	0
14:0	g	0.690	0
16:0	g	20.930	0
18:0	g	12.650	0
Fatty acids, total monounsaturated	g	26.220	0
16:1 undifferentiated	g	3.680	0
18:1 undifferentiated	g	21.620	0
20:1	g	0.460	0
22:1 undifferentiated	g	0.460	0
Fatty acids, total polyunsaturated	g	36.340	0
18:2 undifferentiated	g	27.600	0
18:3 undifferentiated	g	0.920	0
20:4 undifferentiated	g	5.290	0
20:5 n-3	g	0.000	0
22:5 n-3	g	0.920	0
22:6 n-3	g	1.150	0
Cholesterol	mg	1679	15
<b>Amino acids</b>			
Tryptophan	g	7.636	0
Threonine	g	29.923	0
Isoleucine	g	34.983	0
Leucine	g	53.613	0
Lysine	g	63.411	0
Methionine	g	19.481	0
Cystine	g	6.992	0
Phenylalanine	g	26.703	0
Tyrosine	g	26.588	0
Valine	g	35.742	0
Arginine	g	46.920	0
Histidine	g	20.999	0
Alanine	g	41.653	0
Aspartic acid	g	65.343	0
Glutamic acid	g	109.802	0
Glycine	g	33.373	0

	g	27.991	0
Serine	g	29.923	0

USDA National Nutrient Database for Standard Reference, Release 21 (2008)

[New Search](#)