

NUTRITIVE VALUE OF ANIMAL FOODS

	Energy (Kcals)	Moisture (g)	Protein (g)	Fat (g)	Mineral (g)	Fibre (g)	Carbohydrates (g)	Calcium (mg)	Phosphorus (mg)	Iron (mg)
Beef meal	410	8	79	10	2	0	0	68	324	19
Beef muscle	114	74	23	3	1	-	-	10	190	1
Buffalo meat	86	79	19	1	1	-	-	3	189	-
Duck	130	72	22	5	1	-	0	4	235	-
Egg, duck	181	71	13	14	1	-	1	70	260	2
Egg, hen	173	74	13	13	1	-	-	60	220	2
Egg, turtle	124	76	12	7	1	-	4	93	299	-
Goat meat lean	118	74	21	4	1	-	-	12	193	-
Fowl	109	72	26	1	1	-	-	25	245	-
Grey quail	103	75	22	2	1	-	-	22	282	-
Liver goat	107	76	20	3	1	-	-	17	279	-
Liver sheep	150	70	19	7	1	-	1	10	380	6
Mutton, muscle	194	71	18	13	1	-	-	150	150	2
Pigeon	137	70	23	5	1	-	-	12	290	-
Pork, muscle	114	77	19	4	1	-	-	30	200	2
Turtles meat	86	79	16	1	1	-	1	7	162	-
Venison	97	75	21	1	1	-	2	3	233	-

Source

Gopalan. C, Rama Sastri B.V. and Balasubramanian, S.C., 2004, Nutritive Value of Indian Foods, National Institute of Nutrition, ICMR, Hyderabad.