



**COUNTRY  
COOKHOUSE**

# NUTRITIONAL ANALYSIS



	BEEF	CHICKEN	TURKEY	SALMON
Calories (kcal)	202	158	160	117
Crude Protein (g)	14	15	17	15
Crude Fat (g)	14	10	9	5
Carbohydrates (g)	4	2	3	3
Fibre (g)	2	1	1	1
Moisture (g)	64	70	69	74
Calcium (g)	0.65	0.5	0.50	0.47
Phosphorus (g)	0.50	0.4	0.40	0.40
Potassium (g)	0.34	0.235	0.24	0.26
Sodium (g)	0.16	0.13	0.26	0.11
Magnesium (mg)	30.5	31.8	31.2	29.4
Iron (mg)	8.2	5.3	7.0	5.9
Iodine (mcg)	49.7	85.0	43.5	35.6
Copper (mg)	0.70	0.53	0.70	0.70
Manganese (mg)	0.73	0.55	0.64	0.52
Selenium (mcg)	19.6	17.7	21.3	22.2
Zinc (mg)	5.2	3.9	4.0	3.0
Vitamin A (mcg RE)	571.7	112.0	505.6	419.1
Thiamine (mg)	0.12	0.09	0.12	0.11
Riboflavine (mg)	0.50	0.30	0.52	0.50
Panhotenic Acid (mg)	0.97	0.65	0.90	1.13
Niacin (mg)	3.3	1.0	5.2	4.6
Pyridoxine (mg)	0.20	0.10	0.29	0.29
Cobalamine (mcg)	6.6	1.4	6.7	7.2
Folate (mcg)	29.9	12.5	30.3	29.8
Vitamin D (mcg)	0.98	0.55	0.88	2.83
Vitamin E (mg)	2.2	1.6	1.7	2.5
Linoleic Acid (g)	0.66	2.6	1.1	0.5
Alpha-linolenic Acid (g)	0.27	0.21	0.25	0.34