

National Nutrient Database for Standard Reference
Release 24

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Statistics Report

Nutrient data for 05669, Ground turkey, 85% lean, 15% fat, pan-broiled crumbles

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Nutrient values and weights are for edible portion

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	56.66	9	0.988	52.36	60.93	8.0	54.385	58.944	1	Analytical or derived from analytical	--	04/2010
Energy	kcal	258	0	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Energy	kJ	1077	0	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Protein 1	g	25.11	9	0.554	21.69	27.86	8.0	23.833	26.389	1	Analytical or derived from analytical	--	04/2010
Total lipid (fat) 1	g	17.45	9	1.107	10.86	21.55	8.0	14.899	20.003	1	Analytical or derived from analytical	--	04/2010
Ash 1	g	1.32	9	0.045	1.01	1.48	8.0	1.214	1.42	1	Analytical or derived from analytical	--	04/2010
Carbohydrate, by	g	0.00	0	--	--	--	--	--	--	--	Calculated or	--	07/2010

difference												imputed		
Fiber, total dietary	g	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Sugars, total	g	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Minerals														
Calcium, Ca 1	mg	49	4	6.749	31.0	63.0	3.0	27.386	70.342		1	Analytical or derived from analytical	--	04/2010
Iron, Fe 1	mg	1.98	4	0.134	1.7	2.24	3.0	1.552	2.407		1	Analytical or derived from analytical	--	04/2010
Magnesium, Mg 1	mg	28	4	0.448	27.0	29.0	3.0	26.816	29.669		1	Analytical or derived from analytical	--	04/2010
Phosphorus, P 1	mg	263	4	15.584	219.0	285.0	3.0	213.561	312.753		1	Analytical or derived from analytical	--	04/2010
Potassium, K 1	mg	276	4	3.191	269.0	285.0	3.0	266.309	286.618		1	Analytical or derived from analytical	--	04/2010
Sodium, Na 1	mg	85	4	3.651	76.0	94.0	3.0	73.75	96.987		1	Analytical or derived from analytical	--	04/2010
Zinc, Zn 1	mg	3.56	4	0.121	3.22	3.76	3.0	3.178	3.949		1	Analytical or derived from analytical	--	04/2010
Copper, Cu 1	mg	0.194	4	0.018	0.162	0.232	3.0	0.138	0.25		1	Analytical or derived from analytical	--	04/2010
Manganese, Mn 1	mg	0.015	4	0.002	0.01	0.017	3.0	0.01	0.02		1	Analytical or derived from analytical	--	04/2010
Selenium, Se 1	µg	36.1	4	2.353	29.8	40.5	3.0	28.586	43.564		1	Analytical or derived from analytical	--	04/2010
Vitamins														
Vitamin C, total ascorbic acid	mg	0.0	0	--	--	--	--	--	--		--	Assumed zero	--	04/2010
Thiamin 1	mg	0.080	4	0.007	0.07	0.1	3.0	0.057	0.102		1	Analytical or derived from analytical	--	04/2010

Riboflavin 1	mg	0.260	4	0.011	0.23	0.28	3.0	0.226	0.294	1	Analytical or derived from analytical	--	04/2010
Niacin 1	mg	7.720	4	0.801	6.65	10.1	3.0	5.172	10.268	1	Analytical or derived from analytical	--	04/2010
Pantothenic acid 1	mg	1.400	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin B-6 1	mg	0.462	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Folate, total	µg	7	0	--	--	--	--	--	--	--	Calculated or imputed	05306	04/2010
Folic acid	µg	0	0	--	--	--	--	--	--	--	Calculated or imputed	05306	04/2010
Folate, food	µg	7	0	--	--	--	--	--	--	--	Calculated or imputed	05306	04/2010
Folate, DFE	mcg_DFE	7	0	--	--	--	--	--	--	--	Calculated or imputed	05306	07/2010
Choline, total	mg	76.7	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Betaine	mg	9.5	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Vitamin B-12 1	µg	1.60	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Vitamin A, RAE	mcg_RAE	35	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Retinol 1	µg	35	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Carotene, beta	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Carotene, alpha	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Cryptoxanthin, beta	µg	0	0	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Vitamin A, IU	IU	117	0	--	--	--	--	--	--	--	Analytical or	--	04/2010

												derived from analytical		
Lycopene	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Lutein + zeaxanthin	µg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Vitamin E (alpha-tocopherol) 1	mg	0.09	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Tocopherol, beta 1	mg	0.00	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Tocopherol, gamma 1	mg	0.09	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Tocopherol, delta 1	mg	0.01	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Vitamin D (D2 + D3) 2	µg	0.2	45	--	0.1	0.3	--	--	--	--	1	Analytical data from the literature, partial documentation	--	04/2010
Vitamin D3 (cholecalciferol) 2	µg	0.2	45	--	0.1	0.3	--	--	--	--	1	Analytical data from the literature, partial documentation	--	04/2010
Vitamin D	IU	8	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	07/2010
Vitamin K (phylloquinone)	µg	0.0	1	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Lipids														
Fatty acids, total saturated	g	4.572	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
4:0 1	g	0.004	4	0.000	0.0030	0.0040	3.0	0.0030	0.0040		1	Analytical or derived from analytical	--	04/2010
6:0 1	g	0.001	4	0.001	0.0	--	3.0	--	0.0030		1	Analytical or derived from analytical	--	04/2010

8:0 1	g	0.003	4	0.001	0.0	--	3.0	--	0.0070	1	Analytical or derived from analytical	--	04/2010
10:0 1	g	0.006	4	0.001	0.0050	0.0070	3.0	0.0040	0.0070	1	Analytical or derived from analytical	--	04/2010
12:0 1	g	0.027	4	0.004	0.021	0.039	3.0	0.013	0.04	1	Analytical or derived from analytical	--	04/2010
14:0 1	g	0.163	4	0.010	0.136	0.184	3.0	0.131	0.195	1	Analytical or derived from analytical	--	04/2010
15:0 1	g	0.025	4	0.002	0.021	0.028	3.0	0.02	0.03	1	Analytical or derived from analytical	--	04/2010
16:0 1	g	3.028	4	0.246	2.304	3.393	3.0	2.243	3.812	1	Analytical or derived from analytical	--	04/2010
17:0 1	g	0.050	4	0.003	0.044	0.057	3.0	0.041	0.058	1	Analytical or derived from analytical	--	04/2010
18:0 1	g	1.244	4	0.091	0.981	1.397	3.0	0.955	1.533	1	Analytical or derived from analytical	--	04/2010
20:0 1	g	0.017	4	0.001	0.014	0.019	3.0	0.014	0.02	1	Analytical or derived from analytical	--	04/2010
22:0 1	g	0.005	4	0.001	0.0040	0.0060	3.0	0.0030	0.0060	1	Analytical or derived from analytical	--	04/2010
24:0 1	g	0.002	4	0.000	0.0010	0.0030	3.0	0.0010	0.0030	1	Analytical or derived from analytical	--	04/2010
Fatty acids, total monounsaturated	g	6.050	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
14:1 1	g	0.023	4	0.002	0.019	0.027	3.0	0.017	0.029	1	Analytical or derived from analytical	--	04/2010
15:1 1	g	0.000	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	04/2010
16:1	g	0.485	4	0.046	0.362	0.566	3.0	0.341	0.63	1	Analytical or derived from	--	04/2010

undifferentiated 1											analytical		
16:1 c 1	g	0.473	4	0.045	0.35	0.552	3.0	0.329	0.616	1	Analytical or derived from analytical	--	04/2010
16:1 t 1	g	0.013	4	0.001	0.011	0.014	3.0	0.01	0.015	1	Analytical or derived from analytical	--	04/2010
17:1 1	g	0.032	4	0.002	0.028	0.036	3.0	0.026	0.038	1	Analytical or derived from analytical	--	04/2010
18:1 undifferentiated 1	g	5.421	4	0.358	4.446	6.161	3.0	4.281	6.561	1	Analytical or derived from analytical	--	04/2010
18:1 c 1	g	5.242	4	0.348	4.289	5.951	3.0	4.134	6.349	1	Analytical or derived from analytical	--	04/2010
18:1 t 1	g	0.179	4	0.012	0.157	0.21	3.0	0.142	0.216	1	Analytical or derived from analytical	--	04/2010
20:1 1	g	0.066	4	0.004	0.057	0.077	3.0	0.053	0.08	1	Analytical or derived from analytical	--	04/2010
22:1 undifferentiated 1	g	0.003	4	0.000	0.0020	0.0030	3.0	0.0020	0.0030	1	Analytical or derived from analytical	--	04/2010
22:1 c 1	g	0.003	4	0.000	0.0020	0.0030	3.0	0.0020	0.0030	1	Analytical or derived from analytical	--	04/2010
22:1 t 1	g	0.000	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	04/2010
24:1 c 1	g	0.020	4	0.007	0.0020	0.031	3.0	--	0.041	1	Analytical or derived from analytical	--	04/2010
Fatty acids, total polyunsaturated	g	4.624	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
18:2 undifferentiated 1	g	4.135	4	0.242	3.642	4.647	3.0	3.367	4.904	1	Analytical or derived from analytical	--	04/2010
18:2 n-6 c,c 1	g	4.054	4	0.240	3.569	4.562	3.0	3.29	4.818	1	Analytical or derived from analytical	--	04/2010

18:2 CLAs 1	g	0.030	4	0.001	0.028	0.032	3.0	0.027	0.033	1	Analytical or derived from analytical	--	04/2010
18:2 t not further defined 1	g	0.051	4	0.003	0.043	0.054	3.0	0.042	0.059	1	Analytical or derived from analytical	--	04/2010
18:3 undifferentiated 1	g	0.227	4	0.008	0.205	0.24	3.0	0.202	0.251	1	Analytical or derived from analytical	--	04/2010
18:3 n-3 c,c,c (ALA) 1	g	0.214	4	0.007	0.193	0.226	3.0	0.191	0.237	1	Analytical or derived from analytical	--	04/2010
18:3 n-6 c,c,c 1	g	0.013	4	0.000	0.012	0.014	3.0	0.011	0.014	1	Analytical or derived from analytical	--	04/2010
18:3i 1	g	0.000	4	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	04/2010
18:4 1	g	0.001	4	0.000	0.0010	0.0010	--	--	--	1	Analytical or derived from analytical	--	04/2010
20:2 n-6 c,c 1	g	0.032	4	0.003	0.026	0.039	3.0	0.022	0.042	1	Analytical or derived from analytical	--	04/2010
20:3 undifferentiated 1	g	0.018	4	0.001	0.016	0.019	3.0	0.016	0.02	1	Analytical or derived from analytical	--	04/2010
20:3 n-6 1	g	0.016	4	0.001	0.014	0.017	3.0	0.013	0.018	1	Analytical or derived from analytical	--	04/2010
20:4 undifferentiated 1	g	0.137	4	0.010	0.109	0.159	3.0	0.104	0.171	1	Analytical or derived from analytical	--	04/2010
20:5 n-3 (EPA) 1	g	0.020	4	0.006	0.0050	0.03	3.0	0.0020	0.039	1	Analytical or derived from analytical	--	04/2010
22:4 1	g	0.024	4	0.002	0.019	0.027	3.0	0.019	0.03	1	Analytical or derived from analytical	--	04/2010
22:5 n-3 (DPA) 1	g	0.013	4	0.002	0.011	0.018	3.0	0.0090	0.018	1	Analytical or derived from analytical	--	04/2010
22:6 n-3 (DHA) 1	g	0.010	4	0.002	0.0080	0.016	3.0	0.0040	0.016	1	Analytical or	--	04/2010

											derived from analytical		
Fatty acids, total trans	g	0.243	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Fatty acids, total trans-monoenoic	g	0.192	0	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Cholesterol 1	mg	106	4	3.336	97.0	111.0	3.0	95.484	116.716	1	Analytical or derived from analytical	--	04/2010
Amino Acids													
Tryptophan 1	g	0.286	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Threonine 1	g	1.154	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Isoleucine 1	g	1.126	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Leucine 1	g	2.076	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Lysine 1	g	2.250	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Methionine 1	g	0.740	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Cystine 1	g	0.266	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Phenylalanine 1	g	0.980	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Tyrosine 1	g	0.891	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Valine 1	g	1.166	0	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Arginine 1	g	1.826	0	--	--	--	--	--	--	--	Analytical or derived from	--	04/2010

												analytical		
Histidine 1	g	0.745	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Alanine 1	g	1.566	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Aspartic acid 1	g	2.429	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Glutamic acid 1	g	4.026	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Glycine 1	g	1.376	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Proline 1	g	1.113	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Serine 1	g	1.069	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Hydroxyproline	g	0.210	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	07/2010
Other														
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Caffeine	mg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Theobromine	mg	0	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13C , 2009 Beltsville MD

² The Composition of Foods , 2002 McCance and Widdowson's The Composition of Foods