Nutrition Facts Serving Size 1 quail 109g (109 g)

Amount Per Servin	g	
Calories 209	Calories from	m Fat 119
	% Daily	Value*
Total Fat 13g		20%
Saturated Fat 4g		18%
Trans Fat		
Cholesterol 83mg		28%
Sodium 58mg		2%
Total Carbohydrate	• 0g	0%
Dietary Fiber 0g		0%
Sugars 0g		
Protein 21g		
Vitamin A 5%	• Vitamin C	11%
Calcium 1%	• Iron	24%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
Calories	2,000	2,500
Total Fat Less than Sat Fat Less than Cholesterol Less than Sodium Less than Total Carbohydrate Fiber	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4		
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