Nutrition Facts

Serving Size 1 quail 92g (92 g)

Amount Per Serving

Calories 123 Calories from Fat 38

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 1g	6%
Trans Fat	
Cholesterol 64mg	21%
Sodium 47mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	

Vitamin A	1%	• Vitamin C	11%
Calcium	1%	• Iron	23%

*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	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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