

Calculator - Vitamin C in Turkey

Vitamin C in 100g of 'turkey', click a link for different servings.

Turkey, liver, all classes, raw - Vitamin C	24 mg
Turkey, liver, all classes, cooked, simmered - Vitamin C	22 mg
Turkey, all classes, giblets, cooked, simmered, some giblet fat - Vitamin C	13 mg
Turkey, gizzard, all classes, cooked, simmered - Vitamin C	6 mg
Turkey, gizzard, all classes, raw - Vitamin C	6 mg
Turkey, all classes, giblets, raw - Vitamin C	3 mg
Turkey, heart, all classes, raw - Vitamin C	3 mg
Turkey, heart, all classes, cooked, simmered - Vitamin C	2 mg
Turkey, all classes, meat and skin and giblets and neck, raw - Vitamin C	0 mg
Turkey, all classes, neck, meat only, raw - Vitamin C	0 mg
Turkey, all classes, dark meat, raw - Vitamin C	0 mg
Turkey, all classes, wing, meat and skin, raw - Vitamin C	0 mg
Turkey, all classes, skin only, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, light meat, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, leg, meat and skin, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, skin only, raw - Vitamin C	0 mg
Turkey, all classes, light meat, raw - Vitamin C	0 mg
Turkey, all classes, leg, meat and skin, raw - Vitamin C	0 mg
Turkey, all classes, meat only, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, dark meat, meat and skin, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, breast, meat and skin, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, meat only, raw - Vitamin C	0 mg
Turkey, all classes, dark meat, meat and skin, raw - Vitamin C	0 mg
Turkey, all classes, breast, meat and skin, raw - Vitamin C	0 mg
Turkey, all classes, meat and skin, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, light meat, meat and skin, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, back, meat and skin, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, meat and skin, raw - Vitamin C	0 mg
Turkey, all classes, light meat, meat and skin, raw - Vitamin C	0 mg
Turkey, all classes, back, meat and skin, raw - Vitamin C	0 mg
Turkey, all classes, meat and skin and giblets and neck, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, neck, meat only, cooked, simmered - Vitamin C	0 mg
Turkey, all classes, dark meat, cooked, roasted - Vitamin C	0 mg
Turkey, all classes, wing, meat and skin, cooked, roasted - Vitamin C	0 mg

Read more at <http://www.dietandfitnesstoday.com/vitamin-c-in-turkey.php#fPgyR7y3DuHIOJa4.99>