

Manchester Farms Quail

INGREDIENTS: Quail.

05/22/2025

Nutrition Facts	
About 4 servings per container	
Serving size	4 oz (113g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 50mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 0.9mcg	4%
Calcium 40mg	4%
Iron 2mg	10%
Potassium 280mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	