Manchester Farms Marinated Quail

05/29/2025

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 95mg	**32%**
Sodium 1020mg	**44%**
Total Carbohydrate 3g	**1%**
Dietary Fiber 1g	**4%**
Total Sugars 0g	
Includes 0g Added Sugars	**0%**
Protein 19g	
Vitamin D 0.5mcg	2%
Calcium 10mg	0%
Iron 1.6mg	8%
Potassium 290mg	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.

INGREDIENTS: Quail, Water, Char Grill Marinade (Salt, Maltodextrin, Rice Starch, Spices [Including Celery Seed], Gum Arabic, Natural Flavor, Sugar, Onion Powder, Torula Yeast, Garlic Powder, and less than 2% Tricalcium Phosphate added to prevent caking).