

Basic Report 05307, Chicken, cornish game hens, meat and skin, raw

Report Date: February 01, 2015 00:39 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	0.5 bird 168g
Proximates				
Water	g	68.18	57.95	114.54
Energy	kcal	200	170	336
Protein	g	17.15	14.58	28.81
Total lipid (fat)	g	14.02	11.92	23.55
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	11	9	18
Iron, Fe	mg	0.78	0.66	1.31
Magnesium, Mg	mg	18	15	30
Phosphorus, P	mg	140	119	235
Potassium, K	mg	236	201	396
Sodium, Na	mg	61	52	102
Zinc, Zn	mg	1.15	0.98	1.93
Vitamins				
Vitamin C, total ascorbic acid	mg	0.5	0.4	0.8
Thiamin	mg	0.073	0.062	0.123
Riboflavin	mg	0.170	0.145	0.286
Niacin	mg	5.675	4.824	9.534
Vitamin B-6	mg	0.295	0.251	0.496
Folate, DFE	µg	3	3	5
Vitamin B-12	µg	0.33	0.28	0.55
Vitamin A, RAE	µg	32	27	54
Vitamin A, IU	IU	108	92	181
Vitamin E (alpha-tocopherol)	mg	0.28	0.24	0.47

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Vitamin K (phylloquinone)	µg	2.4	2.0	4.0
Lipids				
Fatty acids, total saturated	g	3.890	3.306	6.535
Fatty acids, total monounsaturated	g	6.160	5.236	10.349
Fatty acids, total polyunsaturated	g	2.770	2.354	4.654
Cholesterol	mg	101	86	170
Other				
Caffeine	mg	0	0	0