

Basic Report 05109, Chicken, roasting, meat and skin and giblets and neck, raw

Report Date: January 30, 2015 12:02 EST

Nutrient values and weights are for edible portion

| Nutrient | Unit | 1 Value Per100 g | 3.0 oz 85g | 1 chicken 1,509g |
|--------------------------------|------|------------------|------------|------------------|
| Proximates | | | | |
| Water | g | 65.98 | 56.08 | 995.64 |
| Energy | kcal | 213 | 181 | 3214 |
| Protein | g | 17.09 | 14.53 | 257.89 |
| Total lipid (fat) | g | 15.46 | 13.14 | 233.29 |
| Carbohydrate, by difference | g | 0.09 | 0.08 | 1.36 |
| Fiber, total dietary | g | 0.0 | 0.0 | 0.0 |
| Minerals | | | | |
| Calcium, Ca | mg | 10 | 8 | 151 |
| Iron, Fe | mg | 1.37 | 1.16 | 20.67 |
| Magnesium, Mg | mg | 19 | 16 | 287 |
| Phosphorus, P | mg | 165 | 140 | 2490 |
| Potassium, K | mg | 196 | 167 | 2958 |
| Sodium, Na | mg | 69 | 59 | 1041 |
| Zinc, Zn | mg | 1.28 | 1.09 | 19.32 |
| Vitamins | | | | |
| Vitamin C, total ascorbic acid | mg | 2.4 | 2.0 | 36.2 |
| Thiamin | mg | 0.059 | 0.050 | 0.890 |
| Riboflavin | mg | 0.171 | 0.145 | 2.580 |
| Niacin | mg | 6.427 | 5.463 | 96.983 |
| Vitamin B-6 | mg | 0.320 | 0.272 | 4.829 |
| Folate, DFE | µg | 26 | 22 | 392 |
| Vitamin B-12 | µg | 0.99 | 0.84 | 14.94 |
| Vitamin A, RAE | µg | 253 | 215 | 3818 |
| Vitamin A, IU | IU | 843 | 717 | 12721 |
| Lipids | | | | |
| Fatty acids, total saturated | g | 4.410 | 3.749 | 66.547 |

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|------------------------------------|-------------|---------------------------------|-----------------------|-----------------------------|
| Fatty acids, total monounsaturated | g | 6.390 | 5.432 | 96.425 |
| Fatty acids, total polyunsaturated | g | 3.330 | 2.831 | 50.250 |
| Cholesterol | mg | 86 | 73 | 1298 |