

Basic Report 05677, Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised

Report Date: September 25, 2017 18:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 thigh without skin 111g	1 thigh with skin 129g
Proximates				
Water	g	61.93	68.74	79.89
Energy	kcal	229	254	295
Protein	g	22.57	25.05	29.12
Total lipid (fat)	g	15.43	17.13	19.90
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	12	14
Iron, Fe	mg	1.21	1.34	1.56
Magnesium, Mg	mg	23	26	30
Phosphorus, P	mg	187	208	241
Potassium, K	mg	245	272	316
Sodium, Na	mg	76	84	98
Zinc, Zn	mg	1.64	1.82	2.12
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.080	0.089	0.103
Riboflavin	mg	0.157	0.174	0.203
Niacin	mg	5.276	5.856	6.806
Vitamin B-6	mg	0.385	0.427	0.497
Folate, DFE	µg	4	4	5
Vitamin B-12	µg	0.43	0.48	0.55
Vitamin A, RAE	µg	16	18	21
Vitamin A, IU	IU	54	60	70
Vitamin E (alpha-tocopherol)	mg	0.17	0.19	0.22

Nutrient	Unit	1 Value Per100 g	1 thigh without skin 111g	1 thigh with skin 129g
Vitamin D (D2 + D3)	µg	0.3	0.3	0.4
Vitamin D	IU	11	12	14
Vitamin K (phylloquinone)	µg	0.3	0.3	0.4
Lipids				
Fatty acids, total saturated	g	4.253	4.721	5.486
Fatty acids, total monounsaturated	g	6.488	7.202	8.370
Fatty acids, total polyunsaturated	g	2.963	3.289	3.822
Fatty acids, total trans	g	0.082	0.091	0.106
Cholesterol	mg	139	154	179
Amino Acids				
Other				
Caffeine	mg	0	0	0