

Basic Report 05680, Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised

Report Date: June 29, 2017 05:04 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 drumstick without skin 95g	1 drumstick with skin 106g
Proximates				
Water	g	70.18	66.67	74.39
Energy	kcal	149	142	158
Protein	g	22.99	21.84	24.37
Total lipid (fat)	g	6.33	6.01	6.71
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	14	13	15
Iron, Fe	mg	0.78	0.74	0.83
Magnesium, Mg	mg	21	20	22
Phosphorus, P	mg	170	162	180
Potassium, K	mg	229	218	243
Sodium, Na	mg	169	161	179
Zinc, Zn	mg	2.34	2.22	2.48
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.080	0.076	0.085
Riboflavin	mg	0.160	0.152	0.170
Niacin	mg	5.070	4.817	5.374
Vitamin B-6	mg	0.310	0.294	0.329
Folate, DFE	µg	4	4	4
Vitamin B-12	µg	0.31	0.29	0.33
Vitamin A, RAE	µg	7	7	7
Vitamin A, IU	IU	23	22	24
Vitamin E (alpha-tocopherol)	mg	0.17	0.16	0.18

Nutrient	Unit	1 Value Per100 g	1 drumstick without skin 95g	1 drumstick with skin 106g
Vitamin D (D2 + D3)	µg	0.1	0.1	0.1
Vitamin D	IU	2	2	2
Vitamin K (phylloquinone)	µg	3.7	3.5	3.9
Lipids				
Fatty acids, total saturated	g	1.730	1.643	1.834
Fatty acids, total monounsaturated	g	2.620	2.489	2.777
Fatty acids, total polyunsaturated	g	1.349	1.282	1.430
Fatty acids, total trans	g	0.035	0.033	0.037
Cholesterol	mg	135	128	143
Amino Acids				
Other				
Caffeine	mg	0	0	0