

Basic Report 05683, Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted

Report Date: September 20, 2019 20:49 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 thigh with skin 130g	1 thigh without skin 112g
Proximates					
Water	g	67.86	57.68	88.22	76.00
Energy	kcal	164	139	213	184
Protein	g	24.23	20.60	31.50	27.14
Total lipid (fat)	g	7.73	6.57	10.05	8.66
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	10	8	13	11
Iron, Fe	mg	0.98	0.83	1.27	1.10
Magnesium, Mg	mg	24	20	31	27
Phosphorus, P	mg	202	172	263	226
Potassium, K	mg	268	228	348	300
Sodium, Na	mg	177	150	230	198
Zinc, Zn	mg	1.90	1.61	2.47	2.13
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.091	0.077	0.118	0.102
Riboflavin	mg	0.272	0.231	0.354	0.305
Niacin	mg	6.343	5.392	8.246	7.104
Vitamin B-6	mg	0.444	0.377	0.577	0.497
Folate, DFE	µg	4	3	5	4
Vitamin B-12	µg	0.37	0.31	0.48	0.41
Vitamin A, RAE	µg	8	7	10	9
Vitamin A, IU	IU	27	23	35	30
Vitamin E (alpha-tocopherol)	mg	0.36	0.31	0.47	0.40

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 thigh with skin 130g	1 thigh without skin 112g
Vitamin D (D2 + D3)	µg	0.3	0.3	0.4	0.3
Vitamin D	IU	13	11	17	15
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	2.405	2.044	3.126	2.694
Fatty acids, total monounsaturated	g	3.463	2.944	4.502	3.879
Fatty acids, total polyunsaturated	g	1.863	1.584	2.422	2.087
Fatty acids, total trans	g	0.046	0.039	0.060	0.052
Cholesterol	mg	122	104	159	137
Amino Acids					
Other					
Caffeine	mg	0	0	0	0