

Basic Report 05688, Chicken, dark meat, drumstick, meat and skin, with added solution, raw

Report Date: August 24, 2019 12:37 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 drumstick with skin 143g	1 drumstick without skin 130g
Proximates					
Water	g	73.79	83.38	105.52	95.93
Energy	kcal	146	165	209	190
Protein	g	18.03	20.37	25.78	23.44
Total lipid (fat)	g	8.24	9.31	11.78	10.71
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	8	9	11	10
Iron, Fe	mg	0.69	0.78	0.99	0.90
Magnesium, Mg	mg	15	17	21	20
Phosphorus, P	mg	135	153	193	176
Potassium, K	mg	179	202	256	233
Sodium, Na	mg	150	170	214	195
Zinc, Zn	mg	1.80	2.03	2.57	2.34
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.089	0.101	0.127	0.116
Riboflavin	mg	0.217	0.245	0.310	0.282
Niacin	mg	4.612	5.212	6.595	5.996
Vitamin B-6	mg	0.346	0.391	0.495	0.450
Folate, DFE	µg	3	3	4	4
Vitamin B-12	µg	0.45	0.51	0.64	0.58
Vitamin A, RAE	µg	15	17	21	20
Vitamin A, IU	IU	50	56	72	65
Vitamin E (alpha-tocopherol)	mg	0.40	0.45	0.57	0.52

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 drumstick with skin 143g	1 drumstick without skin 130g
Vitamin D (D2 + D3)	µg	0.2	0.2	0.3	0.3
Vitamin D	IU	8	9	11	10
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	2.334	2.637	3.338	3.034
Fatty acids, total monounsaturated	g	3.561	4.024	5.092	4.629
Fatty acids, total polyunsaturated	g	1.864	2.106	2.666	2.423
Fatty acids, total trans	g	0.051	0.058	0.073	0.066
Cholesterol	mg	95	107	136	124
Amino Acids					
Other					
Caffeine	mg	0	0	0	0