

Basic Report 21422, KFC, Popcorn Chicken

Report Date: June 19, 2019 05:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 piece 6.4g	10.0 pieces 56g
Proximates				
Water	g	35.62	2.28	19.95
Energy	kcal	351	22	197
Protein	g	17.67	1.13	9.90
Total lipid (fat)	g	21.74	1.39	12.17
Carbohydrate, by difference	g	21.18	1.36	11.86
Fiber, total dietary	g	1.0	0.1	0.6
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	32	2	18
Iron, Fe	mg	1.42	0.09	0.80
Magnesium, Mg	mg	28	2	16
Phosphorus, P	mg	299	19	167
Potassium, K	mg	288	18	161
Sodium, Na	mg	1140	73	638
Zinc, Zn	mg	0.98	0.06	0.55
Vitamins				
Thiamin	mg	0.177	0.011	0.099
Riboflavin	mg	0.130	0.008	0.073
Niacin	mg	8.108	0.519	4.540
Vitamin B-6	mg	0.502	0.032	0.281
Vitamin B-12	µg	0.14	0.01	0.08
Vitamin E (alpha-tocopherol)	mg	1.32	0.08	0.74
Vitamin K (phylloquinone)	µg	17.4	1.1	9.7
Lipids				
Fatty acids, total saturated	g	3.954	0.253	2.214
Fatty acids, total monounsaturated	g	5.660	0.362	3.170

Nutrient	Unit	1 Value Per100 g	1 piece 6.4g	10.0 pieces 56g
Fatty acids, total polyunsaturated	g	10.093	0.646	5.652
Fatty acids, total trans	g	0.158	0.010	0.088
Cholesterol	mg	40	3	22

Amino Acids

Other