

Full Report (All Nutrients) 21422, KFC, Popcorn Chicken

Report Date: July 15, 2019 20:09 EDT

Nutrient values and weights are for edible portion.

Food Group : Fast Foods

Common Name: KFC

Manufacturer Kentucky Fried Chicken

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 6.4g	10.0 pieces 56g
Proximates						
Water 1	g	35.62	6	1.780	2.28	19.95
Energy	kcal	351	--	--	22	197
Energy	kJ	1469	--	--	94	823
Protein 1	g	17.67	6	1.000	1.13	9.90
Total lipid (fat) 1	g	21.74	6	0.610	1.39	12.17
Ash 1	g	3.79	6	0.180	0.24	2.12
Carbohydrate, by difference	g	21.18	--	--	1.36	11.86
Fiber, total dietary 2	g	1.0	2	--	0.1	0.6
Sugars, total 2	g	0.00	2	--	0.00	0.00
Sucrose 2	g	0.00	2	--	0.00	0.00
Glucose (dextrose) 2	g	0.00	2	--	0.00	0.00
Fructose 2	g	0.00	2	--	0.00	0.00
Lactose 2	g	0.00	2	--	0.00	0.00
Maltose 2	g	0.00	2	--	0.00	0.00
Galactose 2	g	0.00	2	--	0.00	0.00
Starch 2	g	18.35	4	0.520	1.17	10.28
Minerals						
Calcium, Ca 2	mg	32	4	0.000	2	18
Iron, Fe 2	mg	1.42	4	0.080	0.09	0.80
Magnesium, Mg 2	mg	28	4	0.000	2	16
Phosphorus, P 2	mg	299	4	8.000	19	167

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 6.4g	10.0 pieces 56g
Potassium, K 2	mg	288	4	5.000	18	161
Sodium, Na 2	mg	1140	4	61.000	73	638
Zinc, Zn 2	mg	0.98	4	0.280	0.06	0.55
Copper, Cu 2	mg	0.078	4	0.003	0.005	0.044
Manganese, Mn 2	mg	0.232	4	0.004	0.015	0.130
Selenium, Se 2	µg	26.1	4	1.500	1.7	14.6
Vitamins						
Thiamin 2	mg	0.177	4	0.014	0.011	0.099
Riboflavin 2	mg	0.130	4	0.012	0.008	0.073
Niacin 2	mg	8.108	4	0.327	0.519	4.540
Pantothenic acid 2	mg	1.125	4	0.025	0.072	0.630
Vitamin B-6 2	mg	0.502	4	0.015	0.032	0.281
Vitamin B-12 2	µg	0.14	4	0.003	0.01	0.08
Vitamin E (alpha-tocopherol) 2	mg	1.32	4	0.180	0.08	0.74
Tocopherol, beta 2	mg	0.09	4	0.020	0.01	0.05
Tocopherol, gamma 2	mg	5.88	4	1.410	0.38	3.29
Tocopherol, delta 2	mg	3.02	4	0.440	0.19	1.69
Tocotrienol, alpha 2	mg	0.00	4	0.005	0.00	0.00
Tocotrienol, beta 2	mg	0.00	4	0.000	0.00	0.00
Tocotrienol, gamma 2	mg	0.10	4	0.050	0.01	0.06
Tocotrienol, delta 2	mg	0.00	4	0.000	0.00	0.00
Vitamin K (phylloquinone) 2	µg	17.4	1	--	1.1	9.7
Lipids						
Fatty acids, total saturated	g	3.954	--	--	0.253	2.214
4:0 1	g	0.003	6	0.000	0.000	0.002
6:0 1	g	0.001	6	0.000	0.000	0.001
8:0 1	g	0.009	6	0.001	0.001	0.005
10:0 1	g	0.003	6	0.000	0.000	0.002
12:0 1	g	0.004	6	0.000	0.000	0.002
14:0 1	g	0.037	6	0.002	0.002	0.021
15:0 1	g	0.006	6	0.000	0.000	0.003
16:0 1	g	2.689	6	0.075	0.172	1.506

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 6.4g	10.0 pieces 56g
17:0 1	g	0.022	6	0.001	0.001	0.012
18:0 1	g	1.044	6	0.061	0.067	0.585
20:0 1	g	0.057	6	0.003	0.004	0.032
22:0 1	g	0.057	6	0.003	0.004	0.032
24:0 1	g	0.023	6	0.001	0.001	0.013
Fatty acids, total monounsaturated	g	5.660	--	--	0.362	3.170
14:1 1	g	0.007	6	0.001	0.000	0.004
15:1 1	g	0.003	6	0.000	0.000	0.002
16:1 undifferentiated 1	g	0.233	6	0.028	0.015	0.130
16:1 c 1	g	0.231	6	0.028	0.015	0.129
16:1 t 1	g	0.002	6	0.000	0.000	0.001
17:1 1	g	0.010	6	0.002	0.001	0.006
18:1 undifferentiated 1	g	5.311	6	0.201	0.340	2.974
18:1 c 1	g	5.259	6	0.205	0.337	2.945
18:1 t 1	g	0.052	6	0.007	0.003	0.029
20:1 1	g	0.081	6	0.002	0.005	0.045
22:1 undifferentiated 1	g	0.003	6	0.000	0.000	0.002
22:1 c 1	g	0.003	6	0.000	0.000	0.002
22:1 t 1	g	0.000	6	0.000	0.000	0.000
24:1 c 1	g	0.011	6	0.001	0.001	0.006
Fatty acids, total polyunsaturated	g	10.093	--	--	0.646	5.652
18:2 undifferentiated 1	g	9.420	6	0.606	0.603	5.275
18:2 n-6 c,c 1	g	9.288	6	0.607	0.594	5.201
18:2 CLAs 1	g	0.028	6	0.001	0.002	0.016
18:2 t not further defined 1	g	0.104	6	0.003	0.007	0.058
18:3 undifferentiated 1	g	0.583	6	0.028	0.037	0.326
18:3 n-3 c,c,c (ALA) 1	g	0.577	6	0.028	0.037	0.323
18:3 n-6 c,c,c 1	g	0.006	6	0.001	0.000	0.003
18:4 1	g	0.002	6	0.000	0.000	0.001
20:2 n-6 c,c 1	g	0.014	6	0.000	0.001	0.008
20:3 undifferentiated 1	g	0.012	6	0.001	0.001	0.007
20:3 n-6 1	g	0.011	6	0.001	0.001	0.006

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 piece 6.4g	10.0 pieces 56g
20:4 undifferentiated 1	g	0.035	6	0.001	0.002	0.020
20:5 n-3 (EPA) 1	g	0.001	6	0.000	0.000	0.001
22:4 1	g	0.022	6	0.001	0.001	0.012
22:5 n-3 (DPA) 1	g	0.003	6	0.000	0.000	0.002
22:6 n-3 (DHA) 1	g	0.002	6	0.000	0.000	0.001
Fatty acids, total trans	g	0.158	--	--	0.010	0.088
Fatty acids, total trans-monoenoic	g	0.054	--	--	0.003	0.030
Cholesterol 2	mg	40	4	1.000	3	22
Amino Acids						
Tryptophan 2	g	0.231	--	--	0.015	0.129
Threonine 2	g	0.724	--	--	0.046	0.405
Isoleucine 2	g	0.791	--	--	0.051	0.443
Leucine 2	g	1.379	--	--	0.088	0.772
Lysine 2	g	1.293	--	--	0.083	0.724
Methionine 2	g	0.357	--	--	0.023	0.200
Cystine 2	g	0.212	--	--	0.014	0.119
Phenylalanine 2	g	0.743	--	--	0.048	0.416
Tyrosine 2	g	0.473	--	--	0.030	0.265
Valine 2	g	0.859	--	--	0.055	0.481
Arginine 2	g	1.042	--	--	0.067	0.584
Histidine 2	g	0.579	--	--	0.037	0.324
Alanine 2	g	0.974	--	--	0.062	0.545
Aspartic acid 2	g	1.563	--	--	0.100	0.875
Glutamic acid 2	g	3.772	--	--	0.241	2.112
Glycine 2	g	0.762	--	--	0.049	0.427
Proline 2	g	0.878	--	--	0.056	0.492
Serine 2	g	0.714	--	--	0.046	0.400

Other

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13b, 2009 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 10c, 2006 Beltsville MD