

**Basic Report 21446, POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed**

Report Date: September 18, 2019 18:07 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 wing without skin, bone and breading 16g
<b>Proximates</b>			
Water	g	55.85	8.94
Energy	kcal	212	34
Protein	g	28.94	4.63
Total lipid (fat)	g	9.42	1.51
Carbohydrate, by difference	g	2.90	0.46
<b>Minerals</b>			
Calcium, Ca	mg	38	6
Iron, Fe	mg	0.92	0.15
Magnesium, Mg	mg	26	4
Phosphorus, P	mg	188	30
Potassium, K	mg	314	50
Sodium, Na	mg	814	130
Zinc, Zn	mg	2.02	0.32
<b>Vitamins</b>			
Thiamin	mg	0.098	0.016
Riboflavin	mg	0.297	0.048
Niacin	mg	8.127	1.300
Vitamin B-6	mg	0.300	0.048
Vitamin B-12	µg	0.75	0.12
Vitamin A, RAE	µg	10	2
Vitamin A, IU	IU	35	6
Vitamin E (alpha-tocopherol)	mg	0.39	0.06
<b>Lipids</b>			
Fatty acids, total saturated	g	3.079	0.493
Fatty acids, total monounsaturated	g	4.024	0.644
Fatty acids, total polyunsaturated	g	1.391	0.223

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 wing without skin, bone and breading 16g</b>
Fatty acids, total trans	g	0.196	0.031
Cholesterol	mg	156	25

**Amino Acids**

**Other**