

## Basic Report 05007, Chicken, broilers or fryers, meat and skin, cooked, fried, batter

Report Date: September 17, 2019 09:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit (yield from 1 lb ready-to-cook chicken) 280g	0.5 chicken, bone removed 466g
<b>Proximates</b>					
Water	g	49.39	41.98	138.29	230.16
Energy	kcal	289	246	809	1347
Protein	g	22.54	19.16	63.11	105.04
Total lipid (fat)	g	17.35	14.75	48.58	80.85
Carbohydrate, by difference	g	9.42	8.01	26.38	43.90
Fiber, total dietary	g	0.3	0.3	0.8	1.4
Sugars, total	g	0.00	0.00	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	21	18	59	98
Iron, Fe	mg	1.37	1.16	3.84	6.38
Magnesium, Mg	mg	21	18	59	98
Phosphorus, P	mg	155	132	434	722
Potassium, K	mg	185	157	518	862
Sodium, Na	mg	292	248	818	1361
Zinc, Zn	mg	1.67	1.42	4.68	7.78
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.115	0.098	0.322	0.536
Riboflavin	mg	0.189	0.161	0.529	0.881
Niacin	mg	7.043	5.987	19.720	32.820
Vitamin B-6	mg	0.310	0.264	0.868	1.445
Folate, DFE	µg	25	21	70	116
Vitamin B-12	µg	0.28	0.24	0.78	1.30
Vitamin A, RAE	µg	28	24	78	130
Vitamin A, IU	IU	93	79	260	433
Vitamin E (alpha-tocopherol)	mg	1.24	1.05	3.47	5.78

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Vitamin D (D2 + D3)	µg	0.2	0.2	0.6	0.9
Vitamin D	IU	7	6	20	33
Vitamin K (phylloquinone)	µg	2.4	2.0	6.7	11.2
<b>Lipids</b>					
Fatty acids, total saturated	g	4.610	3.919	12.908	21.483
Fatty acids, total monounsaturated	g	7.090	6.026	19.852	33.039
Fatty acids, total polyunsaturated	g	4.100	3.485	11.480	19.106
Cholesterol	mg	87	74	244	405
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0