

Basic Report 05028, Chicken, liver, all classes, cooked, simmered

Report Date: November 19, 2018 00:07 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 liver 44g
Proximates				
Water	g	66.81	56.79	29.40
Energy	kcal	167	142	73
Protein	g	24.46	20.79	10.76
Total lipid (fat)	g	6.51	5.53	2.86
Carbohydrate, by difference	g	0.87	0.74	0.38
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	11	9	5
Iron, Fe	mg	11.63	9.89	5.12
Magnesium, Mg	mg	25	21	11
Phosphorus, P	mg	405	344	178
Potassium, K	mg	263	224	116
Sodium, Na	mg	76	65	33
Zinc, Zn	mg	3.98	3.38	1.75
Vitamins				
Vitamin C, total ascorbic acid	mg	27.9	23.7	12.3
Thiamin	mg	0.291	0.247	0.128
Riboflavin	mg	1.993	1.694	0.877
Niacin	mg	11.045	9.388	4.860
Vitamin B-6	mg	0.755	0.642	0.332
Folate, DFE	µg	578	491	254
Vitamin B-12	µg	16.85	14.32	7.41
Vitamin A, RAE	µg	3981	3384	1752
Vitamin A, IU	IU	13328	11329	5864
Vitamin E (alpha-tocopherol)	mg	0.82	0.70	0.36

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	2.060	1.751	0.906
Fatty acids, total monounsaturated	g	1.416	1.204	0.623
Fatty acids, total polyunsaturated	g	1.988	1.690	0.875
Fatty acids, total trans	g	0.090	0.076	0.040
Cholesterol	mg	563	479	248
Amino Acids				
Other				
Caffeine	mg	0	0	0