

Full Report (All Nutrients) 05028, Chicken, liver, all classes, cooked, simmered

Report Date: August 21, 2019 10:27 EDT

Nutrient values and weights are for edible portion.

Food Group : Poultry Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.5 oz 99.17g	1 liver 44g
Proximates						
Water 1	g	66.81	4	0.420	66.25	29.40
Energy	kcal	167	--	--	166	73
Energy	kJ	697	--	--	691	307
Protein 1	g	24.46	4	0.290	24.26	10.76
Total lipid (fat) 1	g	6.51	4	0.630	6.46	2.86
Ash 1	g	1.36	4	0.010	1.35	0.60
Carbohydrate, by difference	g	0.87	--	--	0.86	0.38
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca 1	mg	11	4	2.000	11	5
Iron, Fe 1	mg	11.63	4	0.340	11.53	5.12
Magnesium, Mg 1	mg	25	4	0.000	25	11
Phosphorus, P 1	mg	405	4	5.000	402	178
Potassium, K 1	mg	263	4	13.000	261	116
Sodium, Na 1	mg	76	4	3.000	75	33
Zinc, Zn 1	mg	3.98	4	0.100	3.95	1.75
Copper, Cu 1	mg	0.496	4	0.041	0.492	0.218
Manganese, Mn 1	mg	0.359	4	0.017	0.356	0.158
Selenium, Se 1	µg	82.4	4	10.400	81.7	36.3
Vitamins						
Vitamin C, total ascorbic acid	mg	27.9	--	--	27.7	12.3

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.5 oz 99.17g	1 liver 44g
Thiamin 1	mg	0.291	4	0.004	0.289	0.128
Riboflavin 1	mg	1.993	4	0.059	1.976	0.877
Niacin 1	mg	11.045	4	0.522	10.953	4.860
Pantothenic acid 1	mg	6.668	4	0.185	6.612	2.934
Vitamin B-6 1	mg	0.755	4	0.052	0.749	0.332
Folate, total 2	µg	578	4	46.000	573	254
Folic acid	µg	0	--	--	0	0
Folate, food	µg	578	4	46.000	573	254
Folate, DFE	µg	578	--	--	573	254
Choline, total 1 3	mg	290.0	4	2.200	287.6	127.6
Betaine 1 3	mg	12.8	4	2.000	12.7	5.6
Vitamin B-12 1	µg	16.85	4	1.120	16.71	7.41
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	3981	--	--	3948	1752
Retinol 1	µg	3978	4	437.000	3945	1750
Carotene, beta 1	µg	30	4	8.000	30	13
Carotene, alpha 1	µg	11	4	0.000	11	5
Cryptoxanthin, beta 1	µg	11	4	0.000	11	5
Vitamin A, IU	IU	13328	--	--	13217	5864
Lycopene 1	µg	21	4	7.000	21	9
Lutein + zeaxanthin	µg	83	--	--	82	37
Vitamin E (alpha-tocopherol) 2	mg	0.82	8	--	0.81	0.36
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta 2	mg	0.00	2	--	0.00	0.00
Tocopherol, gamma 2	mg	0.35	8	--	0.35	0.15
Tocopherol, delta 2	mg	0.00	2	--	0.00	0.00
Tocotrienol, alpha 2	mg	0.00	2	--	0.00	0.00
Tocotrienol, beta 2	mg	0.00	2	--	0.00	0.00
Tocotrienol, gamma 2	mg	0.00	2	--	0.00	0.00
Tocotrienol, delta 2	mg	0.00	2	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.5 oz 99.17g	1 liver 44g
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone) 1 2	µg	0.0	4	0.000	0.0	0.0
Lipids						
Fatty acids, total saturated	g	2.060	--	--	2.043	0.906
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0 1	g	0.003	4	0.003	0.003	0.001
12:0 1	g	0.000	4	0.000	0.000	0.000
14:0 1	g	0.013	4	0.005	0.013	0.006
15:0 1	g	0.000	4	0.000	0.000	0.000
16:0 1	g	1.107	4	0.158	1.098	0.487
17:0 1	g	0.000	4	0.000	0.000	0.000
18:0 1	g	0.923	4	0.102	0.915	0.406
20:0 1	g	0.000	4	0.000	0.000	0.000
22:0 1	g	0.014	4	0.001	0.014	0.006
Fatty acids, total monounsaturated	g	1.416	--	--	1.404	0.623
14:1 1	g	0.000	4	0.000	0.000	0.000
15:1 1	g	0.000	4	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.120	4	0.015	0.119	0.053
17:1 1	g	0.000	4	0.000	0.000	0.000
18:1 undifferentiated 1	g	1.276	4	0.164	1.265	0.561
20:1 1	g	0.021	4	0.001	0.021	0.009
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.988	--	--	1.971	0.875
18:2 undifferentiated	g	0.719	--	--	0.713	0.316
18:2 n-6 c,c 1	g	0.719	4	0.048	0.713	0.316
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 n-3 c,c,c (ALA) 1	g	0.012	4	0.000	0.012	0.005
18:3 n-6 c,c,c 1	g	0.011	4	0.004	0.011	0.005
18:4	g	0.000	--	--	0.000	0.000
20:2 n-6 c,c 1	g	0.019	4	0.011	0.019	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.5 oz 99.17g	1 liver 44g
20:3 undifferentiated 1	g	0.000	4	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.508	4	0.052	0.504	0.224
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.090	4	0.032	0.089	0.040
Cholesterol 1	mg	563	4	22.000	558	248
Amino Acids						
Tryptophan 1	g	0.248	--	--	0.246	0.109
Threonine 1	g	1.021	--	--	1.012	0.449
Isoleucine 1	g	1.144	--	--	1.134	0.503
Leucine 1	g	2.128	--	--	2.110	0.936
Lysine 1	g	1.875	--	--	1.859	0.825
Methionine 1	g	0.608	--	--	0.603	0.268
Cystine 1	g	0.383	--	--	0.380	0.169
Phenylalanine 1	g	1.160	--	--	1.150	0.510
Tyrosine 1	g	0.919	--	--	0.911	0.404
Valine 1	g	1.405	--	--	1.393	0.618
Arginine 1	g	1.539	--	--	1.526	0.677
Histidine 1	g	0.714	--	--	0.708	0.314
Alanine 1	g	1.398	--	--	1.386	0.615
Aspartic acid 1	g	2.243	--	--	2.224	0.987
Glutamic acid 1	g	2.946	--	--	2.921	1.296
Glycine 1	g	1.195	--	--	1.185	0.526
Proline 1	g	1.022	--	--	1.013	0.450
Serine 1	g	1.035	--	--	1.026	0.455
Hydroxyproline 1	g	0.043	1	--	0.043	0.019
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6i, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6j, 2002 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

Langual Code(s)

- A0273 POULTRY OR POULTRY PRODUCT (US CFR)
- A1275 0500 POULTRY PRODUCTS (USDA SR)
- B1457 CHICKEN
- C0176 LIVER
- E0150 WHOLE, NATURAL SHAPE
- F0014 FULLY HEAT-TREATED
- G0020 SIMMERED, POACHED OR STEWED
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- R0001 GEOGRAPHIC PLACE OR REGION NOT KNOWN