

Basic Report 05130, Chicken, stewing, light meat, meat only, cooked, stewed

Report Date: September 15, 2019 12:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped or diced 140g	1 unit (yield from 1 lb ready-to-cook chicken) 64g
Proximates				
Water	g	57.79	80.91	36.99
Energy	kcal	213	298	136
Protein	g	33.04	46.26	21.15
Total lipid (fat)	g	7.98	11.17	5.11
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	14	20	9
Iron, Fe	mg	1.19	1.67	0.76
Magnesium, Mg	mg	23	32	15
Phosphorus, P	mg	225	315	144
Potassium, K	mg	199	279	127
Sodium, Na	mg	58	81	37
Zinc, Zn	mg	0.83	1.16	0.53
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.094	0.132	0.060
Riboflavin	mg	0.196	0.274	0.125
Niacin	mg	8.538	11.953	5.464
Vitamin B-6	mg	0.390	0.546	0.250
Folate, DFE	µg	4	6	3
Vitamin B-12	µg	0.27	0.38	0.17
Vitamin A, RAE	µg	22	31	14
Vitamin A, IU	IU	73	102	47
Lipids				
Fatty acids, total saturated	g	1.980	2.772	1.267

Nutrient	Unit	1 Value Per100 g	1 cup, chopped or diced 140g	1 unit (yield from 1 lb ready-to-cook chicken) 64g
Fatty acids, total monounsaturated	g	2.690	3.766	1.722
Fatty acids, total polyunsaturated	g	1.890	2.646	1.210
Cholesterol	mg	70	98	45
Amino Acids				
Other				