

Basic Report 05136, Chicken, capons, meat and skin, cooked, roasted
Report Date: September 20, 2019 01:34 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 capon) 196g	0.5 capon, bone removed 637g
Proximates					
Water	g	58.70	49.90	115.05	373.92
Energy	kcal	229	195	449	1459
Protein	g	28.96	24.62	56.76	184.48
Total lipid (fat)	g	11.65	9.90	22.83	74.21
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Minerals					
Calcium, Ca	mg	14	12	27	89
Iron, Fe	mg	1.49	1.27	2.92	9.49
Magnesium, Mg	mg	24	20	47	153
Phosphorus, P	mg	246	209	482	1567
Potassium, K	mg	255	217	500	1624
Sodium, Na	mg	49	42	96	312
Zinc, Zn	mg	1.74	1.48	3.41	11.08
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.070	0.060	0.137	0.446
Riboflavin	mg	0.170	0.145	0.333	1.083
Niacin	mg	8.947	7.605	17.536	56.992
Vitamin B-6	mg	0.430	0.365	0.843	2.739
Folate, DFE	µg	6	5	12	38
Vitamin B-12	µg	0.33	0.28	0.65	2.10
Vitamin A, IU	IU	68	58	133	433
Lipids					
Fatty acids, total saturated	g	3.260	2.771	6.390	20.766
Fatty acids, total monounsaturated	g	4.750	4.037	9.310	30.258

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 unit (yield from 1 lb ready-to cook capon) 196g	0.5 capon, bone removed 637g
Fatty acids, total polyunsaturated	g	2.520	2.142	4.939	16.052
Cholesterol	mg	86	73	169	548

Amino Acids

Other