

Basic Report 05661, Chicken, liver, all classes, cooked, pan-fried

Report Date: June 19, 2019 15:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 liver 44g
Proximates				
Water	g	65.22	55.44	28.70
Energy	kcal	172	146	76
Protein	g	25.78	21.91	11.34
Total lipid (fat)	g	6.43	5.47	2.83
Carbohydrate, by difference	g	1.11	0.94	0.49
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	10	8	4
Iron, Fe	mg	12.88	10.95	5.67
Magnesium, Mg	mg	27	23	12
Phosphorus, P	mg	442	376	194
Potassium, K	mg	315	268	139
Sodium, Na	mg	92	78	40
Zinc, Zn	mg	4.01	3.41	1.76
Vitamins				
Vitamin C, total ascorbic acid	mg	2.7	2.3	1.2
Thiamin	mg	0.292	0.248	0.128
Riboflavin	mg	2.313	1.966	1.018
Niacin	mg	13.925	11.836	6.127
Vitamin B-6	mg	0.840	0.714	0.370
Folate, DFE	µg	560	476	246
Vitamin B-12	µg	21.13	17.96	9.30
Vitamin A, RAE	µg	4296	3652	1890
Vitamin A, IU	IU	14378	12221	6326
Vitamin E (alpha-tocopherol)	mg	0.77	0.65	0.34

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Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	2.033	1.728	0.895
Fatty acids, total monounsaturated	g	1.387	1.179	0.610
Fatty acids, total polyunsaturated	g	1.265	1.075	0.557
Fatty acids, total trans	g	0.098	0.083	0.043
Cholesterol	mg	564	479	248
Amino Acids				
Other				
Caffeine	mg	0	0	0