

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

Report Date: July 24, 2019 01:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	65.22	4	0.340	64.23	65.67	3.0	64.13	66.3	1	Analytical or derived from analytical	--	02/2003
Energy	kcal	172	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
Energy	kJ	721	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
Protein 1	g	25.78	4	0.420	25.02	26.82	3.0	24.42	27.13	1	Analytical or derived from analytical	--	02/2003
Total lipid (fat) 1	g	6.43	4	0.350	5.45	7.01	3.0	5.29	7.55	1	Analytical or derived from analytical	--	02/2003
Ash 1	g	1.47	4	0.030	1.4	1.56	3.0	1.35	1.58	1	Analytical or derived from analytical	--	02/2003
Carbohydrate, by difference	g	1.11	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Sugars, total	g	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Minerals													
Calcium, Ca 1	mg	10	4	1.000	8	15	3.0	5.0	14.0	1	Analytical or derived from analytical	--	02/2003

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Iron, Fe 1	mg	12.88	4	0.880	10.4	14.5	3.0	10.07	15.67	1	Analytical or derived from analytical	--	02/2003
Magnesium, Mg 1	mg	27	4	0.000	26	28	3.0	25.0	28.0	1	Analytical or derived from analytical	--	02/2003
Phosphorus, P 1	mg	442	4	7.000	428	460	3.0	417.0	467.0	1	Analytical or derived from analytical	--	02/2003
Potassium, K 1	mg	315	4	18.000	282	357	3.0	257.0	372.0	1	Analytical or derived from analytical	--	02/2003
Sodium, Na 1	mg	92	4	4.000	85	101	3.0	78.0	104.0	1	Analytical or derived from analytical	--	02/2003
Zinc, Zn 1	mg	4.01	4	0.060	3.85	4.12	3.0	3.8	4.2	1	Analytical or derived from analytical	--	02/2003
Copper, Cu 1	mg	0.535	4	0.035	0.48	0.64	3.0	0.423	0.648	1	Analytical or derived from analytical	--	02/2003
Manganese, Mn 1	mg	0.375	4	0.006	0.36	0.39	3.0	0.356	0.394	1	Analytical or derived from analytical	--	02/2003
Selenium, Se 1	µg	88.2	4	11.400	56.9	112	3.0	51.7	124.6	1	Analytical or derived from analytical	--	02/2003
Vitamins													
Vitamin C, total ascorbic acid 1	mg	2.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

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Thiamin 1	mg	0.292	4	0.008	0.28	0.31	3.0	0.267	0.317	1	Analytical or derived from analytical	--	02/2003
Riboflavin 1	mg	2.313	4	0.037	2.22	2.39	3.0	2.195	2.43	1	Analytical or derived from analytical	--	02/2003
Niacin 1	mg	13.925	4	0.448	13.3	15.2	3.0	12.5	15.35	1	Analytical or derived from analytical	--	02/2003
Pantothenic acid 1	mg	8.315	4	0.364	7.28	8.84	3.0	7.156	9.474	1	Analytical or derived from analytical	--	02/2003
Vitamin B-6 1	mg	0.840	4	0.043	0.71	0.9	3.0	0.703	0.976	1	Analytical or derived from analytical	--	02/2003
Folate, total 2	µg	560	4	58.000	441	718	3.0	372.0	747.0	1	Analytical or derived from analytical	--	02/2003
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
Folate, food	µg	560	4	58.000	441	718	3.0	372.0	747.0	1	Analytical or derived from analytical	--	08/2007
Folate, DFE	µg	560	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
Choline, total 1	mg	326.8	4	20.400	301.1	387.6	3.0	261.6	392.0	1	Analytical or derived from analytical	--	08/2007
Betaine 1	mg	21.0	4	3.400	14.1	30.5	3.0	10.1	31.9	1	Analytical or derived from analytical	--	08/2007

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Vitamin B-12 1	µg	21.13	4	2.630	16.6	26.9	3.0	12.73	29.51	1	Analytical or derived from analytical	--	02/2003
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
Vitamin A, RAE	µg	4296	4	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Retinol 1	µg	4293	4	485.000	3,150	5,520	3.0	2748.0	5836.0	1	Analytical or derived from analytical	--	02/2003
Carotene, beta 1	µg	31	4	3.000	25	38	3.0	20.0	40.0	1	Analytical or derived from analytical	--	02/2003
Carotene, alpha 1	µg	11	4	0.000	11	11	--	--	--	1	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta 1	µg	11	4	0.000	11	11	--	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin A, IU	IU	14378	4	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lycopene 1	µg	25	4	2.000	18	29	3.0	15.0	33.0	1	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
Vitamin E (alpha-tocopherol) 2	mg	0.77	8	--	0.62	1.06	--	--	--	1	Analytical or derived from analytical	--	02/2003

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Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
Tocopherol, beta 2	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Tocopherol, gamma 2	mg	0.33	6	--	0.27	0.42	--	--	--	1	Analytical or derived from analytical	--	02/2003
Tocopherol, delta 2	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Tocotrienol, alpha 2	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Tocotrienol, beta 2	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Tocotrienol, gamma 2	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Tocotrienol, delta 2	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Vitamin K (phylloquinone) 1	µg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
Lipids													
Fatty acids, total saturated	g	2.033	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
4:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	02/2003
6:0	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

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8:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
10:0 1	g	0.003	4	0.003	0	0.01	3.0	-0.005	0.01	1	Analytical or derived from analytical	--	02/2003
12:0 1	g	0.003	4	0.003	0	0.01	3.0	-0.005	0.01	1	Analytical or derived from analytical	--	02/2003
14:0 1	g	0.014	4	0.001	0.01	0.02	3.0	0.009	0.018	1	Analytical or derived from analytical	--	02/2003
15:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
16:0 1	g	1.088	4	0.101	0.81	1.27	3.0	0.767	1.409	1	Analytical or derived from analytical	--	02/2003
17:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
18:0 1	g	0.911	4	0.046	0.79	1	3.0	0.766	1.057	1	Analytical or derived from analytical	--	02/2003
20:0 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
22:0 1	g	0.015	4	0.001	0.01	0.02	3.0	0.012	0.017	1	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	1.387	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
14:1 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
15:1 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
16:1 undifferentiated 1	g	0.120	4	0.013	0.09	0.15	3.0	0.079	0.161	1	Analytical or derived from analytical	--	02/2003
17:1 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
18:1 undifferentiated 1	g	1.246	4	0.122	0.99	1.57	3.0	0.859	1.633	1	Analytical or derived from analytical	--	02/2003
20:1 1	g	0.021	4	0.001	0.02	0.03	3.0	0.016	0.025	1	Analytical or derived from analytical	--	02/2003
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Fatty acids, total polyunsaturated	g	1.265	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2007
18:2 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	03/2006
18:2 n-6 c,c 1	g	0.714	4	0.021	0.67	0.76	3.0	0.646	0.782	1	Analytical or derived from analytical	--	02/2003
18:3 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	08/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) 1	g	0.012	4	0.001	0.01	0.01	3.0	0.01	0.014	1	Analytical or derived from analytical	--	02/2003
18:3 n-6 c,c,c 1	g	0.014	4	0.001	0.01	0.02	3.0	0.01	0.018	1	Analytical or derived from analytical	--	02/2003
18:4	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
20:2 n-6 c,c 1	g	0.018	4	0.010	0	0.04	3.0	-0.015	0.05	1	Analytical or derived from analytical	--	02/2003
20:3 undifferentiated 1	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	02/2003
20:4 undifferentiated 1	g	0.508	4	0.038	0.43	0.61	3.0	0.386	0.629	1	Analytical or derived from analytical	--	02/2003
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Fatty acids, total trans 1	g	0.098	4	0.033	0	0.13	3.0	-0.006	0.201	1	Analytical or derived from analytical	--	02/2003
Cholesterol 1	mg	564	4	13.000	535	600	3.0	520.0	606.0	1	Analytical or derived from analytical	--	02/2003
Amino Acids													
Tryptophan 1	g	0.261	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 1	g	1.076	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine 1	g	1.206	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine 1	g	2.243	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine 1	g	1.976	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine 1	g	0.641	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine 1	g	0.404	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine 1	g	1.223	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine 1	g	0.969	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine 1	g	1.481	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine 1	g	1.622	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine 1	g	0.752	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine 1	g	1.473	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid 1	g	2.363	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid 1	g	3.105	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine 1	g	1.260	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline 1	g	1.077	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine 1	g	1.090	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Hydroxyproline 1	g	0.043	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003

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

