

Basic Report 05675, Chicken, skin (drumsticks and thighs), cooked, roasted

Report Date: September 18, 2019 07:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 lb 453g
Proximates				
Water	g	39.45	33.53	178.71
Energy	kcal	462	393	2093
Protein	g	16.57	14.08	75.06
Total lipid (fat)	g	43.99	37.39	199.27
Carbohydrate, by difference	g	0.00	0.00	0.00
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	45
Iron, Fe	mg	0.90	0.77	4.08
Magnesium, Mg	mg	16	14	72
Phosphorus, P	mg	151	128	684
Potassium, K	mg	181	154	820
Sodium, Na	mg	85	72	385
Zinc, Zn	mg	0.86	0.73	3.90
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.052	0.044	0.236
Riboflavin	mg	0.062	0.053	0.281
Niacin	mg	3.917	3.329	17.744
Vitamin B-6	mg	0.197	0.167	0.892
Folate, DFE	µg	3	3	14
Vitamin B-12	µg	0.50	0.42	2.27
Vitamin A, RAE	µg	54	46	245
Vitamin A, IU	IU	181	154	820
Vitamin E (alpha-tocopherol)	mg	0.23	0.20	1.04

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 lb 453g
Vitamin D (D2 + D3)	µg	0.2	0.2	0.9
Vitamin D	IU	6	5	27
Vitamin K (phylloquinone)	µg	0.5	0.4	2.3
Lipids				
Fatty acids, total saturated	g	12.146	10.324	55.021
Fatty acids, total monounsaturated	g	19.185	16.307	86.908
Fatty acids, total polyunsaturated	g	8.787	7.469	39.805
Fatty acids, total trans	g	0.246	0.209	1.114
Cholesterol	mg	132	112	598
Amino Acids				
Other				
Caffeine	mg	0	0	0