

## Basic Report 21472, Fast Foods, Fried Chicken, Wing, meat and skin and breading

Report Date: June 24, 2017 20:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 wing, with skin 58g	1 wing, without skin 37g	1 wing, bone and skin removed 20g
<b>Proximates</b>					
Water	g	44.57	25.85	16.49	8.91
Energy	kcal	310	180	115	62
Protein	g	21.14	12.26	7.82	4.23
Total lipid (fat)	g	20.09	11.65	7.43	4.02
Carbohydrate, by difference	g	11.19	6.49	4.14	2.24
Fiber, total dietary	g	0.1	0.1	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	67	39	25	13
Iron, Fe	mg	1.04	0.60	0.38	0.21
Magnesium, Mg	mg	24	14	9	5
Phosphorus, P	mg	220	128	81	44
Potassium, K	mg	262	152	97	52
Sodium, Na	mg	867	503	321	173
Zinc, Zn	mg	1.33	0.77	0.49	0.27
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.092	0.053	0.034	0.018
Riboflavin	mg	0.243	0.141	0.090	0.049
Niacin	mg	6.452	3.742	2.387	1.290
Vitamin B-6	mg	0.194	0.113	0.072	0.039
Folate, DFE	µg	37	21	14	7
Vitamin B-12	µg	0.46	0.27	0.17	0.09
Vitamin A, RAE	µg	16	9	6	3
Vitamin A, IU	IU	53	31	20	11
Vitamin E (alpha-tocopherol)	mg	0.74	0.43	0.27	0.15

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 wing, with skin 58g</b>	<b>1 wing, without skin 37g</b>	<b>1 wing, bone and skin removed 20g</b>
Vitamin D (D2 + D3)	µg	0.1	0.1	0.0	0.0
Vitamin D	IU	5	3	2	1
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
<b>Lipids</b>					
Fatty acids, total saturated	g	5.358	3.108	1.982	1.072
Fatty acids, total monounsaturated	g	9.753	5.657	3.609	1.951
Fatty acids, total polyunsaturated	g	3.354	1.945	1.241	0.671
Fatty acids, total trans	g	0.312	0.181	0.115	0.062
Cholesterol	mg	114	66	42	23
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0