

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

Report Date: February 19, 2018 22:25 EST

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
Proximates					
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
Minerals					
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
Vitamins					
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

Nutrient	Unit	1 Value Per100 g	1 wing, with skin 58g	1 wing, without skin 37g	1 wing, bone and skin removed 20g
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
Lipids					
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
Amino Acids					
Other					
Caffeine	mg	0	0	0	0