

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

Report Date: August 17, 2017 23:16 EDT

Nutrient values and weights are for edible portion.

| Nutrient                       | Unit | 1<br>Value<br>Per100 g | 1 wing, with skin<br>58g | 1 wing, without skin<br>37g | 1 wing, bone and skin<br>removed<br>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                                    |

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|------------------------------------|-------------|---------------------------------|----------------------------------|-------------------------------------|--|
| 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  |