

Basic Report 05009, Chicken, broilers or fryers, meat and skin, cooked, roasted

Report Date: June 16, 2019 05:13 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 cup, chopped or diced 140g	1 unit (yield from 1 lb ready-to-cook chicken) 178g
Proximates					
Water	g	59.45	50.53	83.23	105.82
Energy	kcal	239	203	335	425
Protein	g	27.30	23.20	38.22	48.59
Total lipid (fat)	g	13.60	11.56	19.04	24.21
Carbohydrate, by difference	g	0.00	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00	0.00
Minerals					
Calcium, Ca	mg	15	13	21	27
Iron, Fe	mg	1.26	1.07	1.76	2.24
Magnesium, Mg	mg	23	20	32	41
Phosphorus, P	mg	182	155	255	324
Potassium, K	mg	223	190	312	397
Sodium, Na	mg	82	70	115	146
Zinc, Zn	mg	1.94	1.65	2.72	3.45
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.063	0.054	0.088	0.112
Riboflavin	mg	0.168	0.143	0.235	0.299
Niacin	mg	8.487	7.214	11.882	15.107
Vitamin B-6	mg	0.400	0.340	0.560	0.712
Folate, DFE	µg	5	4	7	9
Vitamin B-12	µg	0.30	0.26	0.42	0.53
Vitamin A, RAE	µg	48	41	67	85
Vitamin A, IU	IU	161	137	225	287
Vitamin E (alpha-tocopherol)	mg	0.27	0.23	0.38	0.48

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	2	2	3	4
Vitamin K (phylloquinone)	µg	2.4	2.0	3.4	4.3
Lipids					
Fatty acids, total saturated	g	3.790	3.221	5.306	6.746
Fatty acids, total monounsaturated	g	5.340	4.539	7.476	9.505
Fatty acids, total polyunsaturated	g	2.970	2.525	4.158	5.287
Cholesterol	mg	88	75	123	157
Amino Acids					
Other					
Caffeine	mg	0	0	0	0