

**Basic Report 05012, Chicken, broilers or fryers, meat only, cooked, fried**
**Report Date: August 18, 2019 01:19 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped or diced 140g	1 unit (yield from 1 lb ready-to-cook chicken) 155g	0.5 chicken, bone and skin removed 258g
<b>Proximates</b>					
Water	g	57.53	80.54	89.17	148.43
Energy	kcal	219	307	339	565
Protein	g	30.57	42.80	47.38	78.87
Total lipid (fat)	g	9.12	12.77	14.14	23.53
Carbohydrate, by difference	g	1.69	2.37	2.62	4.36
Fiber, total dietary	g	0.1	0.1	0.2	0.3
Sugars, total	g	0.00	0.00	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	17	24	26	44
Iron, Fe	mg	1.35	1.89	2.09	3.48
Magnesium, Mg	mg	27	38	42	70
Phosphorus, P	mg	205	287	318	529
Potassium, K	mg	257	360	398	663
Sodium, Na	mg	91	127	141	235
Zinc, Zn	mg	2.24	3.14	3.47	5.78
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.085	0.119	0.132	0.219
Riboflavin	mg	0.198	0.277	0.307	0.511
Niacin	mg	9.663	13.528	14.978	24.931
Vitamin B-6	mg	0.480	0.672	0.744	1.238
Folate, DFE	µg	7	10	11	18
Vitamin B-12	µg	0.34	0.48	0.53	0.88
Vitamin A, RAE	µg	18	25	28	46
Vitamin A, IU	IU	59	83	91	152
Vitamin E (alpha-tocopherol)	mg	0.46	0.64	0.71	1.19

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.2	0.3
Vitamin D	IU	5	7	8	13
Vitamin K (phylloquinone)	µg	2.8	3.9	4.3	7.2
<b>Lipids</b>					
Fatty acids, total saturated	g	2.460	3.444	3.813	6.347
Fatty acids, total monounsaturated	g	3.350	4.690	5.192	8.643
Fatty acids, total polyunsaturated	g	2.150	3.010	3.333	5.547
Cholesterol	mg	94	132	146	243
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0