

Basic Report 05027, Chicken, liver, all classes, raw

Report Date: September 17, 2019 09:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 liver 44g
Proximates				
Water	g	76.46	86.40	33.64
Energy	kcal	119	134	52
Protein	g	16.92	19.12	7.44
Total lipid (fat)	g	4.83	5.46	2.13
Carbohydrate, by difference	g	0.73	0.82	0.32
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	8	9	4
Iron, Fe	mg	8.99	10.16	3.96
Magnesium, Mg	mg	19	21	8
Phosphorus, P	mg	297	336	131
Potassium, K	mg	230	260	101
Sodium, Na	mg	71	80	31
Zinc, Zn	mg	2.67	3.02	1.17
Vitamins				
Vitamin C, total ascorbic acid	mg	17.9	20.2	7.9
Thiamin	mg	0.305	0.345	0.134
Riboflavin	mg	1.778	2.009	0.782
Niacin	mg	9.728	10.993	4.280
Vitamin B-6	mg	0.853	0.964	0.375
Folate, DFE	µg	588	664	259
Vitamin B-12	µg	16.58	18.74	7.30
Vitamin A, RAE	µg	3296	3724	1450
Vitamin A, IU	IU	11078	12518	4874
Vitamin E (alpha-tocopherol)	mg	0.70	0.79	0.31

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	1.563	1.766	0.688
Fatty acids, total monounsaturated	g	1.249	1.411	0.550
Fatty acids, total polyunsaturated	g	1.306	1.476	0.575
Fatty acids, total trans	g	0.065	0.073	0.029
Cholesterol	mg	345	390	152
Amino Acids				
Other				
Caffeine	mg	0	0	0