

## Basic Report 05057, Chicken, broilers or fryers, breast, meat and skin, raw

Report Date: June 19, 2019 21:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken) 87g	0.5 breast, bone removed 145g
<b>Proximates</b>				
Water	g	69.46	60.43	100.72
Energy	kcal	172	150	249
Protein	g	20.85	18.14	30.23
Total lipid (fat)	g	9.25	8.05	13.41
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	11	10	16
Iron, Fe	mg	0.74	0.64	1.07
Magnesium, Mg	mg	25	22	36
Phosphorus, P	mg	174	151	252
Potassium, K	mg	220	191	319
Sodium, Na	mg	63	55	91
Zinc, Zn	mg	0.80	0.70	1.16
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.063	0.055	0.091
Riboflavin	mg	0.085	0.074	0.123
Niacin	mg	9.908	8.620	14.367
Vitamin B-6	mg	0.530	0.461	0.769
Folate, DFE	µg	4	3	6
Vitamin B-12	µg	0.34	0.30	0.49
Vitamin A, RAE	µg	24	21	35
Vitamin A, IU	IU	83	72	120
Vitamin E (alpha-tocopherol)	mg	0.27	0.23	0.39

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Vitamin D (D2 + D3)	µg	0.4	0.3	0.6
Vitamin D	IU	16	14	23
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
<b>Lipids</b>				
Fatty acids, total saturated	g	2.660	2.314	3.857
Fatty acids, total monounsaturated	g	3.820	3.323	5.539
Fatty acids, total polyunsaturated	g	1.960	1.705	2.842
Fatty acids, total trans	g	0.105	0.091	0.152
Cholesterol	mg	64	56	93
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0