

**Full Report (All Nutrients) 05057, Chicken, broilers or fryers, breast, meat and skin, raw**

**Report Date: July 23, 2019 00:59 EDT**

Nutrient values and weights are for edible portion.

Food Group : Poultry Products

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

**Refuse:20% Refuse Description: Bone**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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	29	0.270	60.43	100.72
Energy	kcal	172	--	--	150	249
Energy	kJ	720	--	--	626	1044
Protein	g	20.85	29	0.140	18.14	30.23
Total lipid (fat)	g	9.25	29	0.240	8.05	13.41
Ash	g	1.01	29	0.050	0.88	1.46
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	24	0.000	10	16
Iron, Fe	mg	0.74	24	0.030	0.64	1.07
Magnesium, Mg	mg	25	24	0.000	22	36
Phosphorus, P	mg	174	24	3.000	151	252
Potassium, K	mg	220	24	5.000	191	319
Sodium, Na	mg	63	24	1.000	55	91
Zinc, Zn	mg	0.80	24	0.010	0.70	1.16
Copper, Cu	mg	0.039	24	0.001	0.034	0.057
Manganese, Mn	mg	0.018	24	0.000	0.016	0.026
Selenium, Se	µg	16.6	--	--	14.4	24.1

**Vitamins**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken) 87g	0.5 breast, bone removed 145g
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.063	16	0.004	0.055	0.091
Riboflavin	mg	0.085	16	0.004	0.074	0.123
Niacin	mg	9.908	16	0.427	8.620	14.367
Pantothenic acid	mg	0.804	1	--	0.699	1.166
Vitamin B-6	mg	0.530	11	0.019	0.461	0.769
Folate, total	µg	4	4	0.000	3	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	4	4	0.000	3	6
Folate, DFE	µg	4	--	--	3	6
Choline, total	mg	67.1	--	--	58.4	97.3
Betaine	mg	8.8	--	--	7.7	12.8
Vitamin B-12	µg	0.34	--	--	0.30	0.49
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	24	--	--	21	35
Retinol	µg	24	--	--	21	35
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	83	--	--	72	120
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.27	--	--	0.23	0.39
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.06	--	--	0.05	0.09
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
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken) 87g	0.5 breast, bone removed 145g
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.010	--	--	0.009	0.014
14:0	g	0.080	--	--	0.070	0.116
16:0	g	1.950	--	--	1.697	2.828
18:0	g	0.540	--	--	0.470	0.783
Fatty acids, total monounsaturated	g	3.820	--	--	3.323	5.539
16:1 undifferentiated	g	0.500	--	--	0.435	0.725
18:1 undifferentiated	g	3.170	--	--	2.758	4.596
20:1	g	0.100	--	--	0.087	0.145
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	1.960	--	--	1.705	2.842
18:2 undifferentiated	g	1.740	--	--	1.514	2.523
18:3 undifferentiated	g	0.080	--	--	0.070	0.116
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.050	--	--	0.044	0.072
20:5 n-3 (EPA)	g	0.010	--	--	0.009	0.014
22:5 n-3 (DPA)	g	0.010	--	--	0.009	0.014
22:6 n-3 (DHA)	g	0.020	--	--	0.017	0.029
Fatty acids, total trans	g	0.105	--	--	0.091	0.152
Cholesterol	mg	64	--	--	56	93
<b>Amino Acids</b>						
Tryptophan	g	0.237	--	--	0.206	0.344
Threonine	g	0.869	--	--	0.756	1.260
Isoleucine	g	1.063	--	--	0.925	1.541
Leucine	g	1.534	--	--	1.335	2.224
Lysine	g	1.725	--	--	1.501	2.501
Methionine	g	0.563	--	--	0.490	0.816
Cystine	g	0.274	--	--	0.238	0.397
Phenylalanine	g	0.816	--	--	0.710	1.183
Tyrosine	g	0.684	--	--	0.595	0.992
Valine	g	1.020	--	--	0.887	1.479
Arginine	g	1.289	--	--	1.121	1.869
Histidine	g	0.625	--	--	0.544	0.906

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Alanine	g	1.187	--	--	1.033	1.721
Aspartic acid	g	1.859	--	--	1.617	2.696
Glutamic acid	g	3.076	--	--	2.676	4.460
Glycine	g	1.228	--	--	1.068	1.781
Proline	g	0.954	--	--	0.830	1.383
Serine	g	0.729	--	--	0.634	1.057
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

**Langual Code(s)**

- A0273 POULTRY OR POULTRY PRODUCT (US CFR)
- A1275 0500 POULTRY PRODUCTS (USDA SR)
- B1198 BROILER OR FRYER CHICKEN
- C0267 SKELETAL MEAT PART, WITHOUT BONE, WITH SKIN
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- Z0004 LIGHT MEAT
- Z0158 BREAST (POULTRY MEAT CUT)