

Basic Report 05062, Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw

Report Date: June 18, 2019 07:34 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	4.0 oz 113g	1 piece 272g	1 package 926g
Proximates					
Water	g	73.90	83.51	201.01	684.31
Energy	kcal	120	136	326	1111
Protein	g	22.50	25.43	61.20	208.35
Total lipid (fat)	g	2.62	2.96	7.13	24.26
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	5	6	14	46
Iron, Fe	mg	0.37	0.42	1.01	3.43
Magnesium, Mg	mg	28	32	76	259
Phosphorus, P	mg	213	241	579	1972
Potassium, K	mg	334	377	908	3093
Sodium, Na	mg	45	51	122	417
Zinc, Zn	mg	0.68	0.77	1.85	6.30
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.094	0.106	0.256	0.870
Riboflavin	mg	0.177	0.200	0.481	1.639
Niacin	mg	9.600	10.848	26.112	88.896
Vitamin B-6	mg	0.811	0.916	2.206	7.510
Folate, DFE	µg	9	10	24	83
Vitamin B-12	µg	0.21	0.24	0.57	1.94
Vitamin A, RAE	µg	9	10	24	83
Vitamin A, IU	IU	30	34	82	278
Vitamin E (alpha-tocopherol)	mg	0.56	0.63	1.52	5.19

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	1	1	3	9
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.563	0.636	1.531	5.213
Fatty acids, total monounsaturated	g	0.689	0.779	1.874	6.380
Fatty acids, total polyunsaturated	g	0.424	0.479	1.153	3.926
Fatty acids, total trans	g	0.007	0.008	0.019	0.065
Cholesterol	mg	73	82	199	676
Amino Acids					
Other					
Caffeine	mg	0	0	0	0