

**Basic Report 05064, Chicken, broilers or fryers, breast, meat only, cooked, roasted**

Report Date: August 18, 2019 09:41 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) 52g	0.5 breast, bone and skin removed 86g
<b>Proximates</b>					
Water	g	65.26	91.36	33.94	56.12
Energy	kcal	165	231	86	142
Protein	g	31.02	43.43	16.13	26.68
Total lipid (fat)	g	3.57	5.00	1.86	3.07
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
<b>Minerals</b>					
Calcium, Ca	mg	15	21	8	13
Iron, Fe	mg	1.04	1.46	0.54	0.89
Magnesium, Mg	mg	29	41	15	25
Phosphorus, P	mg	228	319	119	196
Potassium, K	mg	256	358	133	220
Sodium, Na	mg	74	104	38	64
Zinc, Zn	mg	1.00	1.40	0.52	0.86
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.070	0.098	0.036	0.060
Riboflavin	mg	0.114	0.160	0.059	0.098
Niacin	mg	13.712	19.197	7.130	11.792
Vitamin B-6	mg	0.600	0.840	0.312	0.516
Folate, DFE	µg	4	6	2	3
Vitamin B-12	µg	0.34	0.48	0.18	0.29
Vitamin A, RAE	µg	6	8	3	5
Vitamin A, IU	IU	21	29	11	18
Vitamin E (alpha-tocopherol)	mg	0.27	0.38	0.14	0.23

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Vitamin D (D2 + D3)	µg	0.1	0.1	0.1	0.1
Vitamin D	IU	5	7	3	4
Vitamin K (phylloquinone)	µg	0.3	0.4	0.2	0.3
<b>Lipids</b>					
Fatty acids, total saturated	g	1.010	1.414	0.525	0.869
Fatty acids, total monounsaturated	g	1.240	1.736	0.645	1.066
Fatty acids, total polyunsaturated	g	0.770	1.078	0.400	0.662
Cholesterol	mg	85	119	44	73
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0