

Basic Report 05085, Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter

Report Date: May 22, 2017 17:24 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 unit (yield from 1 lb ready-to-cook chicken) 16g	1 neck, bone removed 52g
Proximates				
Water	g	46.92	7.51	24.40
Energy	kcal	330	53	172
Protein	g	19.82	3.17	10.31
Total lipid (fat)	g	23.52	3.76	12.23
Carbohydrate, by difference	g	8.70	1.39	4.52
Minerals				
Calcium, Ca	mg	31	5	16
Iron, Fe	mg	2.15	0.34	1.12
Magnesium, Mg	mg	16	3	8
Phosphorus, P	mg	115	18	60
Potassium, K	mg	151	24	79
Sodium, Na	mg	276	44	144
Zinc, Zn	mg	2.50	0.40	1.30
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.100	0.016	0.052
Riboflavin	mg	0.237	0.038	0.123
Niacin	mg	4.528	0.724	2.355
Vitamin B-6	mg	0.210	0.034	0.109
Folate, DFE	µg	21	3	11
Vitamin B-12	µg	0.24	0.04	0.12
Vitamin A, RAE	µg	51	8	27
Vitamin A, IU	IU	170	27	88
Lipids				
Fatty acids, total saturated	g	6.220	0.995	3.234
Fatty acids, total monounsaturated	g	9.790	1.566	5.091

Nutrient	Unit	1 Value Per100 g	1 unit (yield from 1 lb ready-to-cook chicken) 16g	1 neck, bone removed 52g
Fatty acids, total polyunsaturated	g	5.560	0.890	2.891
Cholesterol	mg	91	15	47

Amino Acids

Other