

## Basic Report 05097, Chicken, broilers or fryers, thigh, meat only, cooked, fried

Report Date: October 21, 2017 15:16 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) 31g	1 thigh, bone and skin removed 52g
<b>Proximates</b>				
Water	g	59.31	18.39	30.84
Energy	kcal	218	68	113
Protein	g	28.18	8.74	14.65
Total lipid (fat)	g	10.30	3.19	5.36
Carbohydrate, by difference	g	1.18	0.37	0.61
Fiber, total dietary	g	0.0	0.0	0.0
<b>Minerals</b>				
Calcium, Ca	mg	13	4	7
Iron, Fe	mg	1.46	0.45	0.76
Magnesium, Mg	mg	26	8	14
Phosphorus, P	mg	199	62	103
Potassium, K	mg	259	80	135
Sodium, Na	mg	95	29	49
Zinc, Zn	mg	2.79	0.86	1.45
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.088	0.027	0.046
Riboflavin	mg	0.255	0.079	0.133
Niacin	mg	7.120	2.207	3.702
Vitamin B-6	mg	0.380	0.118	0.198
Folate, DFE	µg	9	3	5
Vitamin B-12	µg	0.33	0.10	0.17
Vitamin A, IU	IU	70	22	36
Vitamin D (D2 + D3)	µg	0.2	0.1	0.1
Vitamin D	IU	8	2	4

### Lipids

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 unit (yield from 1 lb ready-to-cook chicken) 31g</b>	<b>1 thigh, bone and skin removed 52g</b>
Fatty acids, total saturated	g	2.780	0.862	1.446
Fatty acids, total monounsaturated	g	3.820	1.184	1.986
Fatty acids, total polyunsaturated	g	2.430	0.753	1.264
Cholesterol	mg	102	32	53
<b>Amino Acids</b>				
<b>Other</b>				