

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

Report Date: August 20, 2017 07:52 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
Proximates				
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
Minerals				
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
Vitamins				
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

Nutrient	Unit	1 Value Per100 g	1 unit (yield from 1 lb ready-to-cook chicken) 31g	1 thigh, bone and skin removed 52g
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
Amino Acids				
Other				