

## Basic Report 05107, Chicken, broilers or fryers, wing, meat only, cooked, roasted

Report Date: May 28, 2017 02:41 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) 13g	1 wing, bone and skin removed 21g
<b>Proximates</b>				
Water	g	62.78	8.16	13.18
Energy	kcal	203	26	43
Protein	g	30.46	3.96	6.40
Total lipid (fat)	g	8.13	1.06	1.71
Carbohydrate, by difference	g	0.00	0.00	0.00
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
<b>Minerals</b>				
Calcium, Ca	mg	16	2	3
Iron, Fe	mg	1.16	0.15	0.24
Magnesium, Mg	mg	21	3	4
Phosphorus, P	mg	166	22	35
Potassium, K	mg	210	27	44
Sodium, Na	mg	92	12	19
Zinc, Zn	mg	2.14	0.28	0.45
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.047	0.006	0.010
Riboflavin	mg	0.129	0.017	0.027
Niacin	mg	7.312	0.951	1.536
Vitamin B-6	mg	0.590	0.077	0.124
Folate, DFE	µg	4	1	1
Vitamin B-12	µg	0.34	0.04	0.07
Vitamin A, RAE	µg	18	2	4
Vitamin A, IU	IU	61	8	13
Vitamin E (alpha-tocopherol)	mg	0.27	0.04	0.06

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Vitamin D (D2 + D3)	µg	0.1	0.0	0.0
Vitamin D	IU	5	1	1
Vitamin K (phylloquinone)	µg	0.3	0.0	0.1
<b>Lipids</b>				
Fatty acids, total saturated	g	2.260	0.294	0.475
Fatty acids, total monounsaturated	g	2.610	0.339	0.548
Fatty acids, total polyunsaturated	g	1.780	0.231	0.374
Cholesterol	mg	85	11	18
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0