

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

Report Date: September 23, 2017 21:24 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) 13g	1 wing, bone and skin removed 21g
Proximates				
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
Minerals				
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
Vitamins				
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

Nutrient	Unit	1 Value Per100 g	1 unit (yield from 1 lb ready-to-cook chicken) 13g	1 wing, bone and skin removed 21g
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0