

Basic Report 05119, Chicken, roasting, dark meat, meat only, raw

Report Date: November 21, 2017 21:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 unit (yield from 1 lb ready-to-cook chicken) 113g	0.5 chicken, bone and skin removed 258g
Proximates				
Water	g	75.48	85.29	194.74
Energy	kcal	113	128	292
Protein	g	18.74	21.18	48.35
Total lipid (fat)	g	3.61	4.08	9.31
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	9	10	23
Iron, Fe	mg	1.15	1.30	2.97
Magnesium, Mg	mg	21	24	54
Phosphorus, P	mg	178	201	459
Potassium, K	mg	227	257	586
Sodium, Na	mg	95	107	245
Zinc, Zn	mg	1.65	1.86	4.26
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.072	0.081	0.186
Riboflavin	mg	0.173	0.195	0.446
Niacin	mg	5.878	6.642	15.165
Vitamin B-6	mg	0.320	0.362	0.826
Folate, DFE	µg	9	10	23
Vitamin B-12	µg	0.34	0.38	0.88
Vitamin A, RAE	µg	18	20	46
Vitamin A, IU	IU	60	68	155
Vitamin E (alpha-tocopherol)	mg	0.21	0.24	0.54

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Vitamin K (phylloquinone)	µg	2.4	2.7	6.2
Lipids				
Fatty acids, total saturated	g	0.930	1.051	2.399
Fatty acids, total monounsaturated	g	1.120	1.266	2.890
Fatty acids, total polyunsaturated	g	0.900	1.017	2.322
Cholesterol	mg	72	81	186
Amino Acids				
Other				
Caffeine	mg	0	0	0