

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

Report Date: May 27, 2017 05:49 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) 113g	0.5 chicken, bone and skin removed 258g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0