

Basic Report 05133, Chicken, capons, meat and skin and giblets and neck, raw

Report Date: September 15, 2019 12:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 capon 2,152g
Proximates				
Water	g	63.66	54.11	1369.96
Energy	kcal	232	197	4993
Protein	g	18.51	15.73	398.34
Total lipid (fat)	g	16.90	14.36	363.69
Carbohydrate, by difference	g	0.08	0.07	1.72
Fiber, total dietary	g	0.0	0.0	0.0
Minerals				
Calcium, Ca	mg	11	9	237
Iron, Fe	mg	1.41	1.20	30.34
Magnesium, Mg	mg	21	18	452
Phosphorus, P	mg	181	154	3895
Potassium, K	mg	213	181	4584
Sodium, Na	mg	47	40	1011
Zinc, Zn	mg	1.32	1.12	28.41
Vitamins				
Vitamin C, total ascorbic acid	mg	2.6	2.2	56.0
Thiamin	mg	0.065	0.055	1.399
Riboflavin	mg	0.183	0.156	3.938
Niacin	mg	7.074	6.013	152.232
Vitamin B-6	mg	0.360	0.306	7.747
Folate, DFE	µg	27	23	581
Vitamin B-12	µg	1.01	0.86	21.74
Vitamin A, RAE	µg	272	231	5853
Vitamin A, IU	IU	905	769	19476
Lipids				
Fatty acids, total saturated	g	4.890	4.156	105.233

Nutrient	Unit	1 Value Per100 g	3.0 oz 85g	1 capon 2,152g
Fatty acids, total monounsaturated	g	7.160	6.086	154.083
Fatty acids, total polyunsaturated	g	3.600	3.060	77.472
Cholesterol	mg	87	74	1872
Amino Acids				
Other				