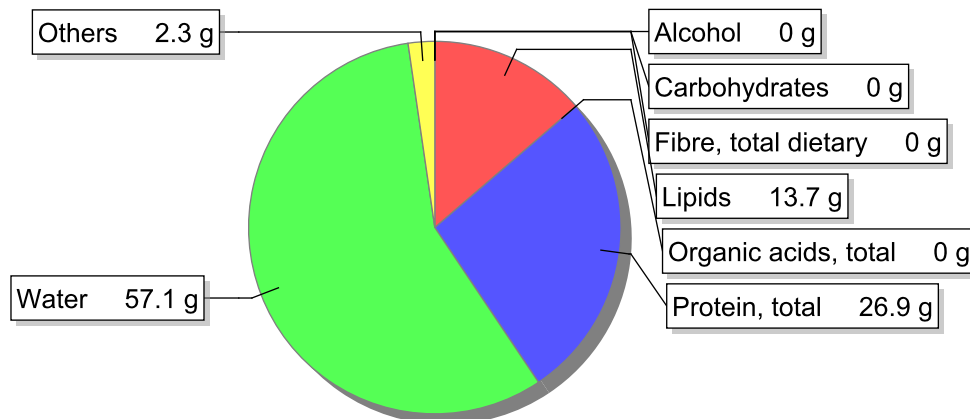


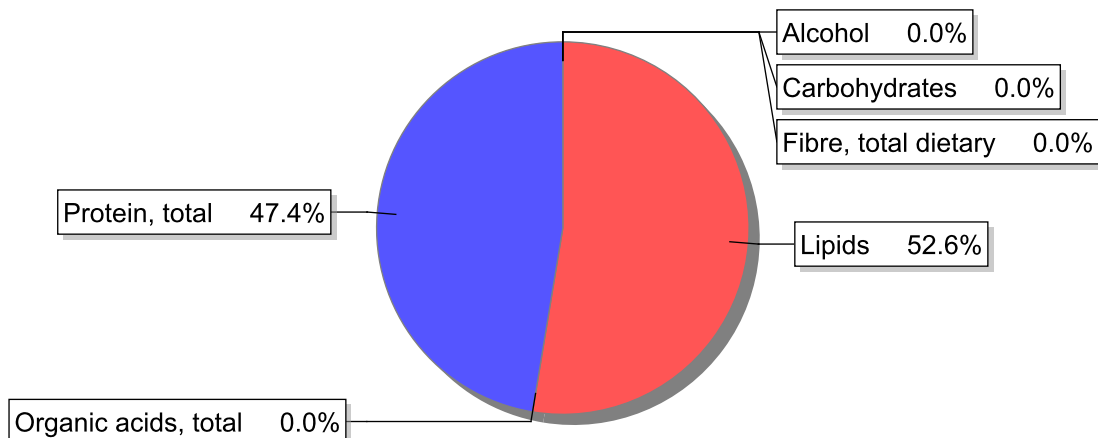
Food

Name: Chicken, leg quarter, meat and skin, roasted, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 64%
Code: IS261
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	231	kcal	
energy kJ, total metabolisable	964	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	4.5	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.4	g	
fatty acids, total trans	0.1	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.7	g	
fibre, total dietary	0	g	
protein, total	26.9	g	
alcohol	0	g	
water	57.1	g	
organic acids, total	0	g	
cholesterol	131	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	30	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.1	mg	
riboflavin	0.38	mg	
niacin, preformed	5.8	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	5	mg	
vitamin B-6, total	0.16	mg	
vitamin B-12	0.91	µg	
vitamin C	0	mg	
folate, total	6.6	µg	
ash	2.28	g	
sodium	300	mg	
potassium	410	mg	
calcium	22	mg	
phosphorus	190	mg	
magnesium	25	mg	
iron, total	1.4	mg	
zinc	1.4	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB