

Food

**Name:** Chicken, leg quarter, meat and skin, boiled

**Group:** Meat and meat products, fowl and game meat

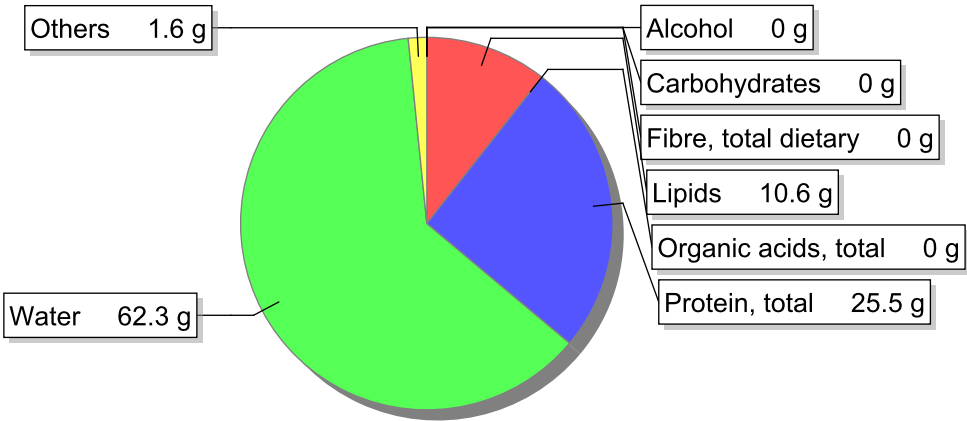
**Subgroup:** Fowl and game meat

**Edible Part:** 34%

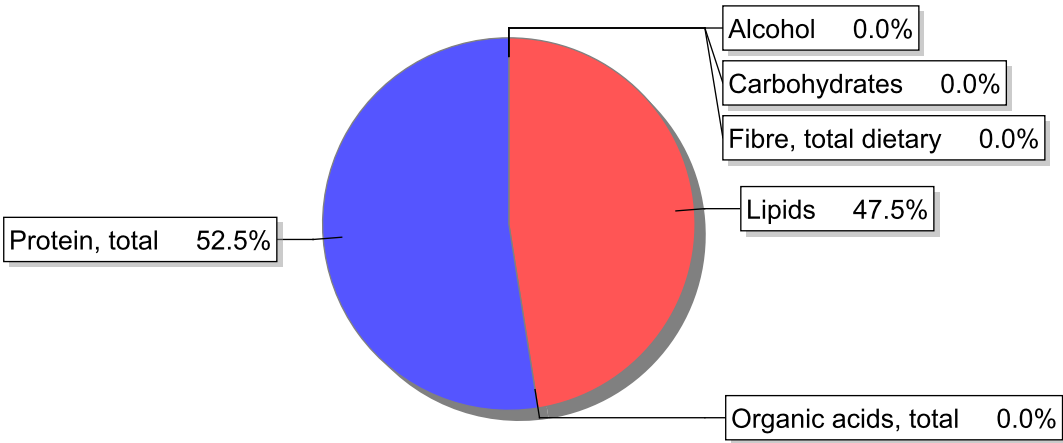
**Code:** IS256

**FoodEX2 Code:** A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 197   | kcal |           |
| energy kJ, total metabolisable     | 826   | kJ   |           |
| fatty acids, total saturated       | 2.5   | g    |           |
| fatty acids, total monounsaturated | 3.5   | g    |           |
| fatty acids, total polyunsaturated | 2.2   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 1.9   | g    |           |
| fatty acids, total trans           | 0.1   | g    |           |
| sugars, total                      | 0     | g    |           |
| sucrose                            | 0     | g    |           |

| Name                                                            | Value | Unit | Source(s) |
|-----------------------------------------------------------------|-------|------|-----------|
| lactose                                                         | 0     | g    |           |
| oligosaccharides, available                                     | 0     | g    |           |
| starch, total                                                   | 0     | g    |           |
| protein, total                                                  | 25.5  | g    |           |
| alcohol                                                         | 0     | g    |           |
| water                                                           | 62.3  | g    |           |
| organic acids, total                                            | 0     | g    |           |
| cholesterol                                                     | 139   | mg   |           |
| vitamin A; retinol equiv from retinol and carotenoid activities | 30    | µg   |           |
| carotene, total (vitamin A precursors)                          | 0     | µg   |           |
| vitamin D                                                       | 0.7   | µg   |           |
| alpha-tocopherol                                                | 0.3   | mg   |           |
| thiamin                                                         | 0.1   | mg   |           |
| riboflavin                                                      | 0.4   | mg   |           |
| niacin, preformed                                               | 4.6   | mg   |           |
| niacin equivalents, total                                       | 9.4   | mg   |           |
| niacin equivalents from tryptophan                              | 4.8   | mg   |           |
| vitamin B-6, total                                              | 0.21  | mg   |           |
| vitamin B-12                                                    | 0.74  | µg   |           |
| vitamin C                                                       | 0     | mg   |           |
| folate, total                                                   | 5.9   | µg   |           |
| iodide                                                          | 2.4   | µg   | 1138      |
| sodium                                                          | 260   | mg   |           |
| potassium                                                       | 190   | mg   |           |
| calcium                                                         | 20    | mg   |           |
| phosphorus                                                      | 180   | mg   |           |
| magnesium                                                       | 23    | mg   |           |
| iron, total                                                     | 1.3   | mg   |           |
| zinc                                                            | 1.5   | mg   |           |

## Legend

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

## References

| Id   | Reference              |
|------|------------------------|
| 1138 | TDS_Iodo_2016_INSA_LAB |