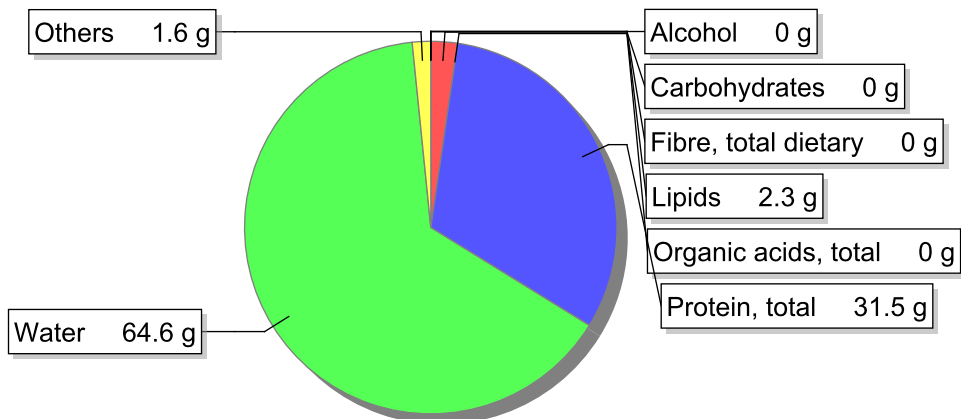


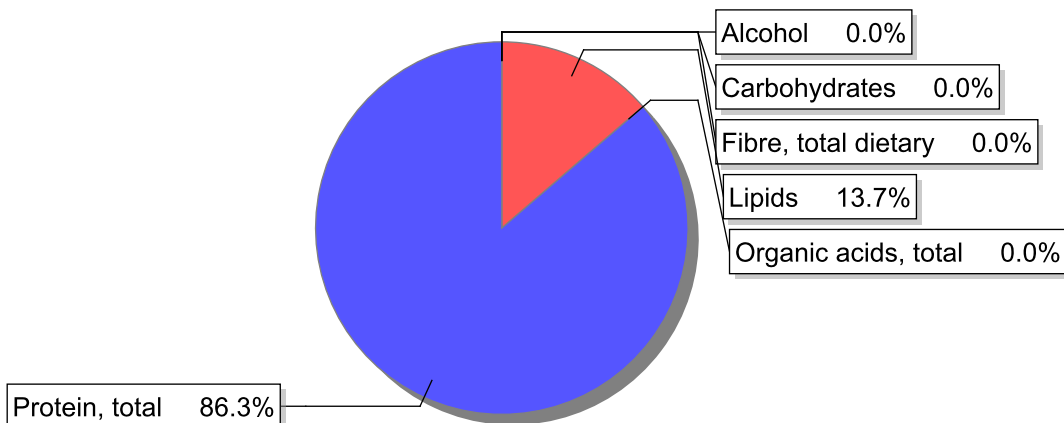
### Food

**Name:** Chicken, leg, meat only, boiled  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Fowl and game meat  
**Edible Part:** 24%  
**Code:** IS262  
**FoodEX2 Code:** A01SP

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	147	kcal	
energy kJ, total metabolisable	621	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	0.4	g	
fatty acid 18:2 n-6 cis,cis	0.4	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
starch, total	0	g	
protein, total	31.5	g	
alcohol	0	g	
water	64.6	g	
organic acids, total	0	g	
cholesterol	135	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.1	mg	
riboflavin	0.29	mg	
niacin, preformed	5	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	5.9	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0.85	µg	
vitamin C	0	mg	
folate, total	7.7	µg	
iodide	2.4	µg	1138
sodium	250	mg	
potassium	310	mg	
calcium	23	mg	
phosphorus	190	mg	
magnesium	24	mg	
iron, total	1.6	mg	
zinc	1.6	mg	

## Legend

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

## References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB