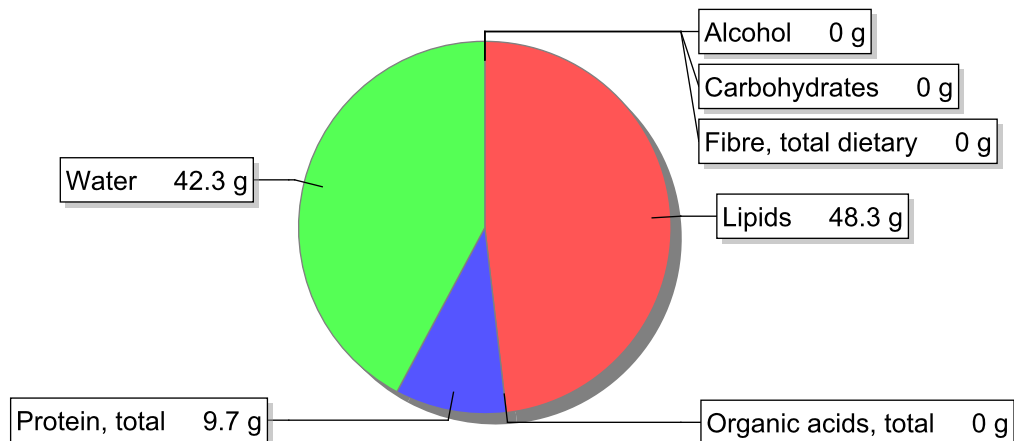


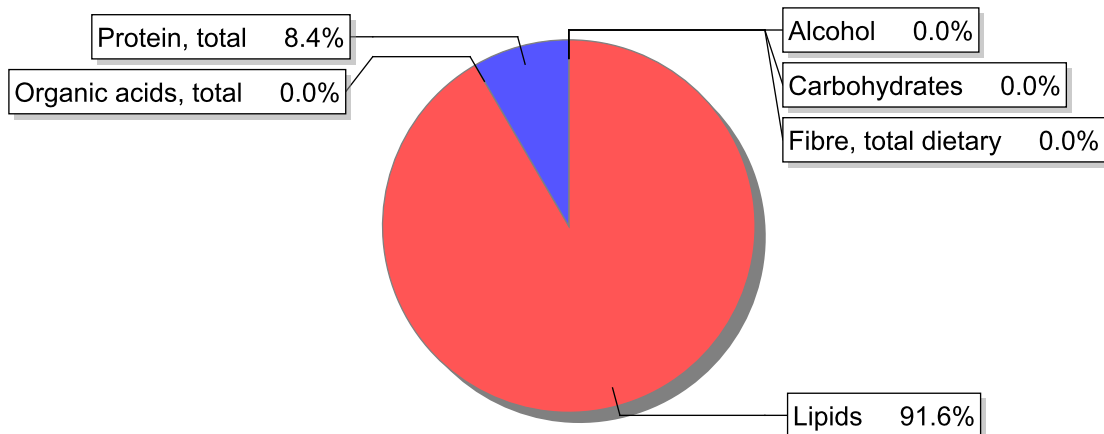
Food

Name: Chicken, skin only, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 11% (Proporção da carcassa de frango cru(carne, pele e ossos))
Code: IS013
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	474	kcal	
energy kJ, total metabolisable	1950	kJ	
fatty acids, total saturated	11.4	g	
fatty acids, total monounsaturated	16	g	
fatty acids, total polyunsaturated	10	g	
fatty acid 18:2 n-6 cis,cis	8.7	g	
fatty acids, total trans	0.2	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	9.7	g	
alcohol	0	g	
water	42.3	g	
organic acids, total	0	g	
cholesterol	135	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	64	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.9	µg	
alpha-tocopherol	0.15	mg	
thiamin	0.04	mg	
riboflavin	0.44	mg	
niacin, preformed	2.7	mg	
niacin equivalents, total	3.6	mg	
niacin equivalents from tryptophan	0.9	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	4	µg	
ash	0.41	g	
sodium	50	mg	
potassium	130	mg	
calcium	8	mg	
phosphorus	91	mg	
magnesium	9	mg	
iron, total	0.6	mg	
zinc	0.7	mg	

Legend

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

References