

Food

Name: Chicken, leg, meat only, raw

Group: Meat and meat products, fowl and game meat

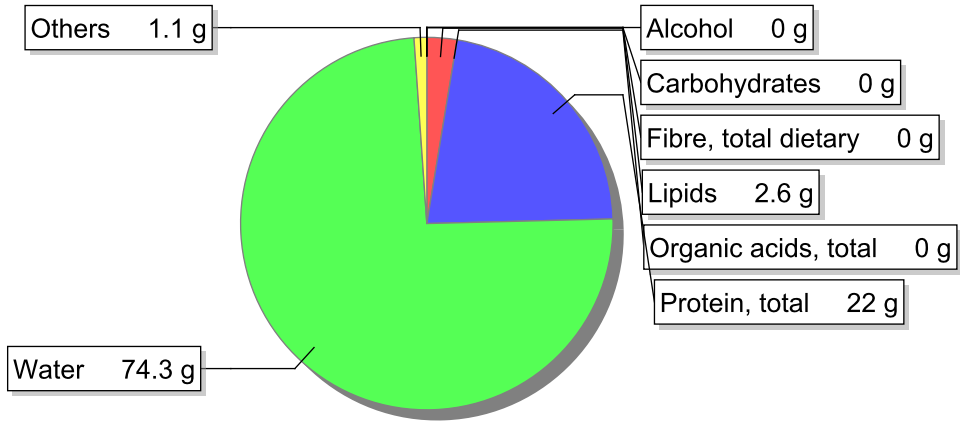
Subgroup: Fowl and game meat

Edible Part: 24% (Proporção da carcassa de frango cru(carne, pele e ossos))

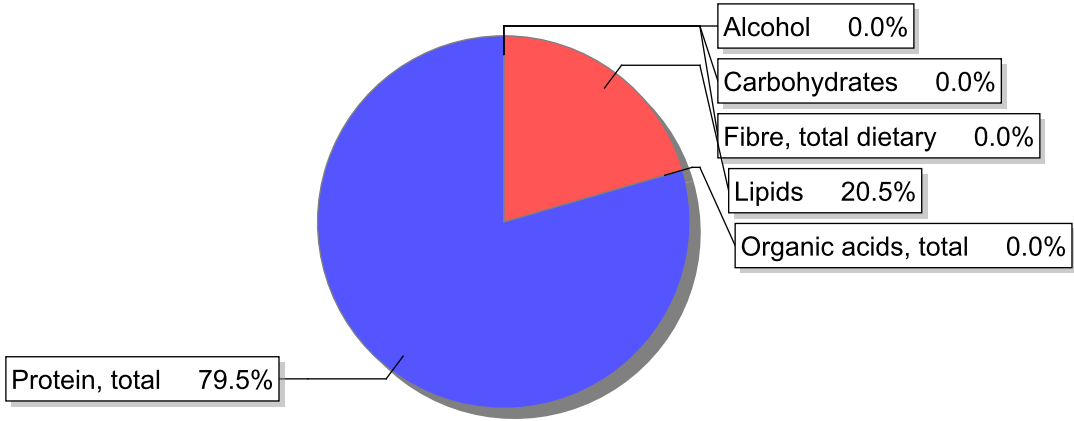
Code: IS012

FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	111	kcal	
energy kJ, total metabolisable	470	kJ	
fatty acids, total saturated	0.6	g	
fatty acids, total monounsaturated	0.9	g	
fatty acids, total polyunsaturated	0.5	g	
fatty acid 18:2 n-6 cis,cis	0.5	g	
fatty acids, total trans	0	g	
sugars, total	0	g	57
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	57
protein, total	22	g	57
alcohol	0	g	
water	74.3	g	
organic acids, total	0	g	
cholesterol	100	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.2	µg	
alpha-tocopherol	0.17	mg	
thiamin	0.14	mg	
riboflavin	0.22	mg	
niacin, preformed	5.9	mg	
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	4.1	mg	
vitamin B-6, total	0.28	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	9	µg	
ash	1.21	g	
sodium	90	mg	
potassium	390	mg	
calcium	18	mg	57
phosphorus	190	mg	57
magnesium	26	mg	
iron, total	1.2	mg	
zinc	1.1	mg	

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB