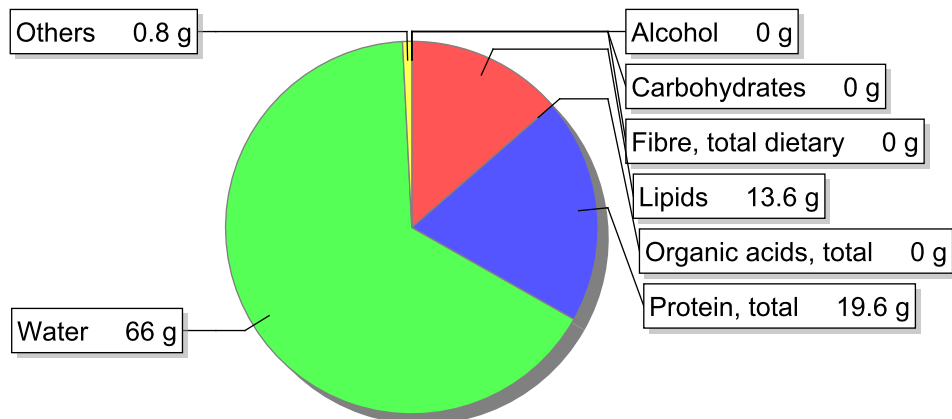


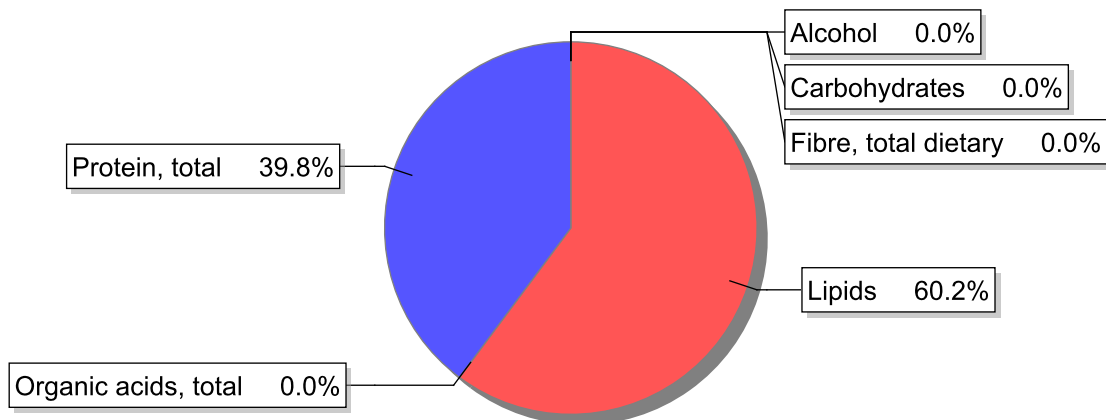
Food

Name: Chicken, whole, meat and skin, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 77% (Proporção da carcassa de frango cru(carne, pele e ossos))
Code: IS016
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	201	kcal	
energy kJ, total metabolisable	836	kJ	
fatty acids, total saturated	3.2	g	
fatty acids, total monounsaturated	4.5	g	
fatty acids, total polyunsaturated	2.8	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	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	19.6	g	
alcohol	0	g	
water	66	g	
organic acids, total	0	g	
cholesterol	99	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.12	mg	
riboflavin	0.25	mg	
niacin, preformed	6.6	mg	
niacin equivalents, total	10	mg	
niacin equivalents from tryptophan	3.4	mg	
vitamin B-6, total	0.3	mg	
vitamin B-12	0.8	µg	
vitamin C	0	mg	
folate, total	9.4	µg	
ash	0.88	g	
sodium	70	mg	
potassium	320	mg	
calcium	11	mg	
phosphorus	180	mg	
magnesium	23	mg	
iron, total	0.8	mg	
zinc	0.9	mg	

Legend

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

References