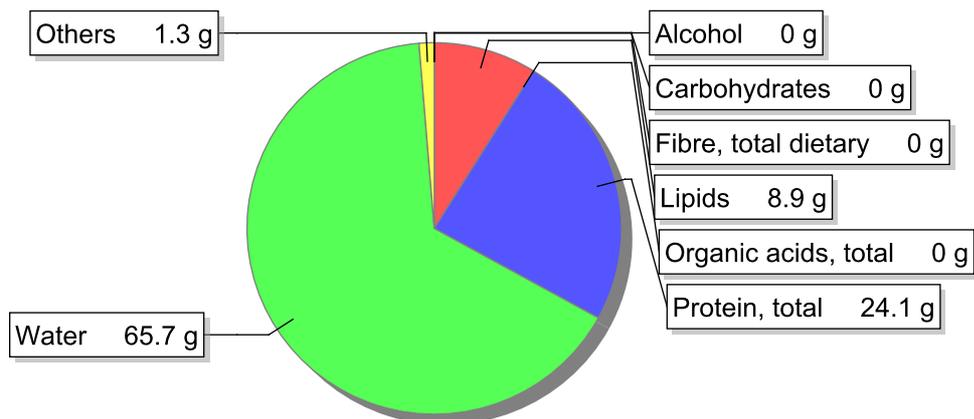


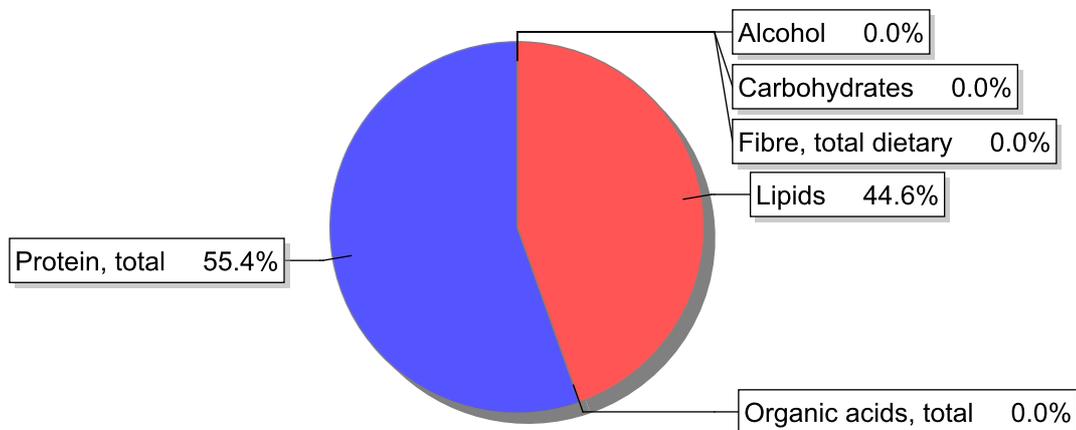
Food

Name: Chicken, breast, meat and skin, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 31% (Proporção da carcassa de frango cru(carne, pele e ossos))
Code: IS010
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	177	kcal	
energy kJ, total metabolisable	739	kJ	
fatty acids, total saturated	2.1	g	
fatty acids, total monounsaturated	2.9	g	
fatty acids, total polyunsaturated	1.6	g	
fatty acid 18:2 n-6 cis,cis	1.6	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	
starch, total	0	g	
protein, total	24.1	g	57
alcohol	0	g	
water	65.7	g	57
organic acids, total	0	g	
cholesterol	85	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	0.6	µg	
alpha-tocopherol	0.14	mg	
thiamin	0.14	mg	
riboflavin	0.14	mg	
niacin, preformed	8.9	mg	
niacin equivalents, total	13	mg	
niacin equivalents from tryptophan	4.5	mg	
vitamin B-6, total	0.51	mg	
vitamin B-12	0.37	µg	
vitamin C	0	mg	
folate, total	11	µg	57
ash	0.80	g	
sodium	72	mg	
potassium	320	mg	
calcium	19	mg	57
phosphorus	200	mg	57
magnesium	17	mg	
iron, total	1	mg	
zinc	0.8	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