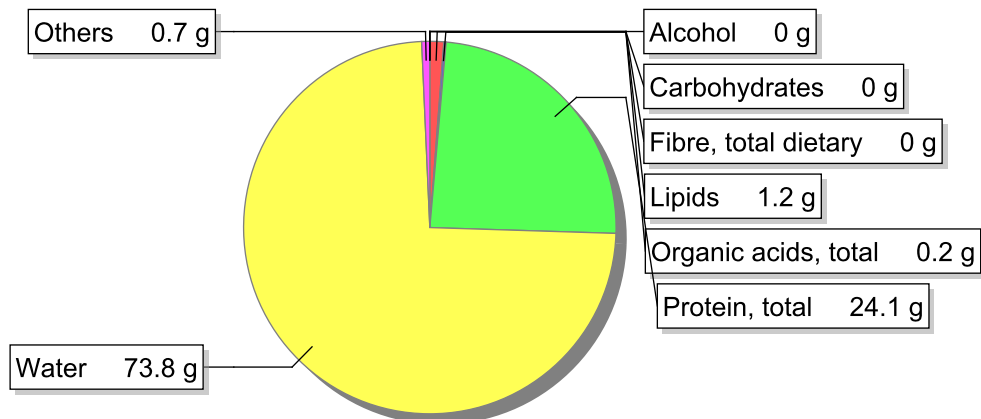


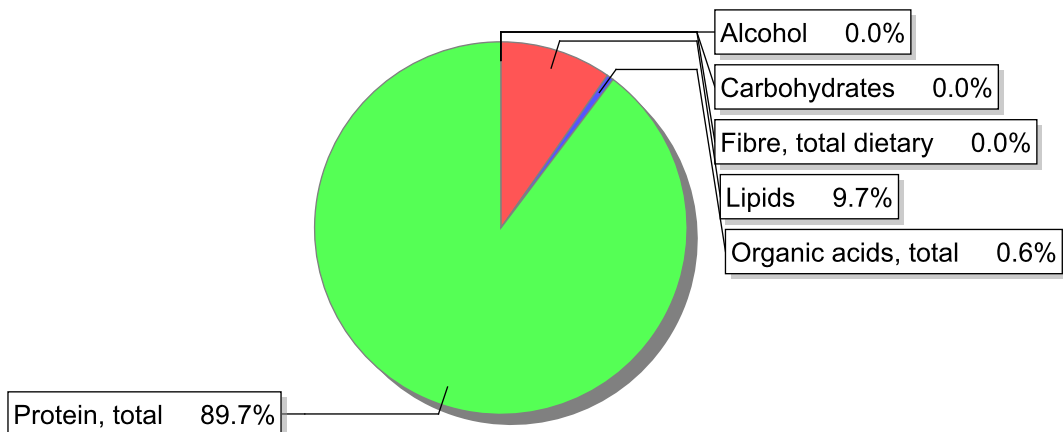
Food

Name: Chicken, breast, meat only, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 28% (Proporção da carcassa de frango cru(carne, pele e ossos))
Code: IS011
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	108	kcal	
energy kJ, total metabolisable	457	kJ	
fatty acids, total saturated	0.3	g	
fatty acids, total monounsaturated	0.4	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	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	24.1	g	
alcohol	0	g	
water	73.8	g	
organic acids, total	0.2	g	
cholesterol	70	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.13	mg	
thiamin	0.14	mg	
riboflavin	0.14	mg	
niacin, preformed	11	mg	
niacin equivalents, total	16	mg	
niacin equivalents from tryptophan	4.5	mg	
vitamin B-6, total	0.49	mg	
vitamin B-12	0.37	µg	
vitamin C	0	mg	
folate, total	13	µg	
ash	0.80	g	
sodium	60	mg	
potassium	370	mg	
calcium	5	mg	
phosphorus	220	mg	
magnesium	29	mg	
iron, total	0.5	mg	
zinc	0.8	mg	

Legend

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

References