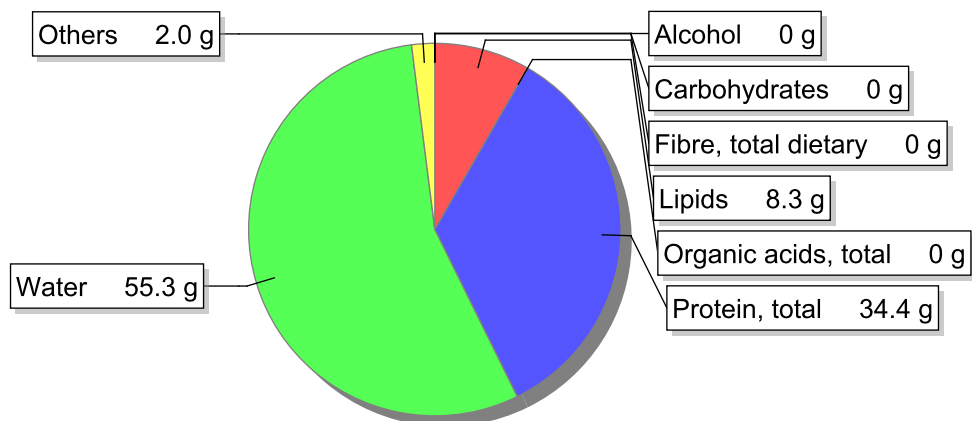


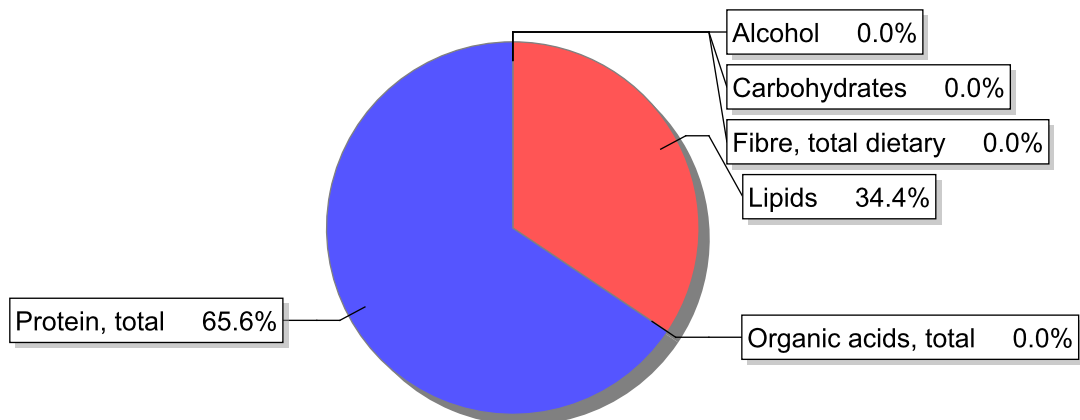
## Food

**Name:** Chicken, breast, meat and skin, stewed, no sauce  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Fowl and game meat  
**Edible Part:** 31%  
**Code:** IS269  
**FoodEX2 Code:** A01SP

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	212	kcal	
energy kJ, total metabolisable	892	kJ	
fatty acids, total saturated	2	g	
fatty acids, total monounsaturated	2.7	g	
fatty acids, total polyunsaturated	1.5	g	
fatty acid 18:2 n-6 cis,cis	1.5	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.7	g	
starch, total	0	g	
protein, total	34.4	g	
alcohol	0	g	
water	55.3	g	
organic acids, total	0	g	
cholesterol	132	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.1	mg	
thiamin	0.12	mg	
riboflavin	0.21	mg	
niacin, preformed	8.3	mg	
niacin equivalents, total	15	mg	
niacin equivalents from tryptophan	6.4	mg	
vitamin B-6, total	0.48	mg	
vitamin B-12	0.29	µg	
vitamin C	0	mg	
folate, total	8.5	µg	
ash	1.61	g	
sodium	260	mg	
potassium	250	mg	
calcium	26	mg	
phosphorus	220	mg	
magnesium	21	mg	
iron, total	1.3	mg	
zinc	1.1	mg	

## Legend

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

## References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB