

Food

Name: Chicken, whole, meat and skin, boiled

Group: Meat and meat products, fowl and game meat

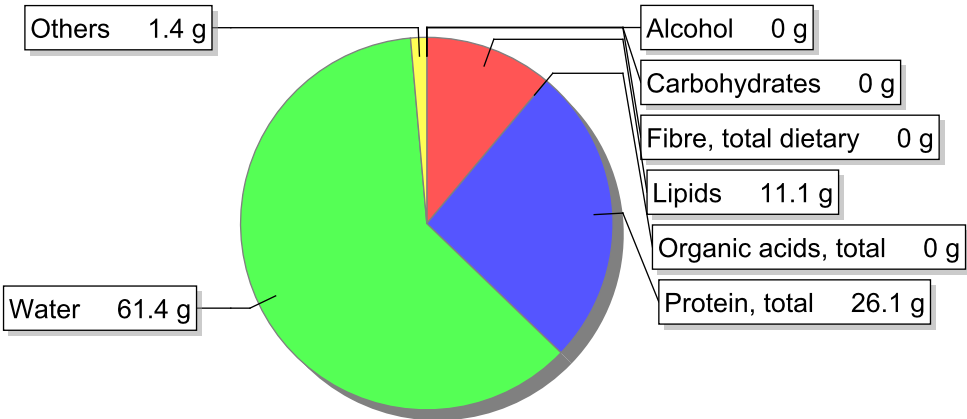
Subgroup: Fowl and game meat

Edible Part: 77%

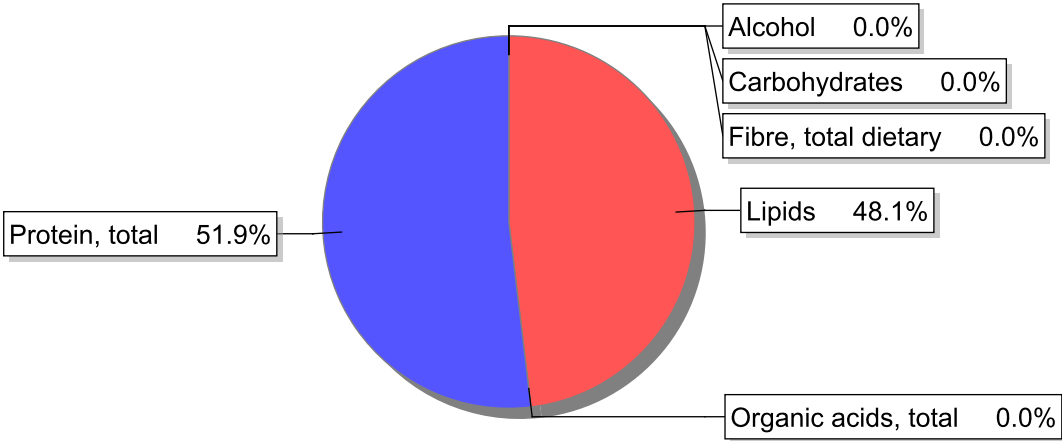
Code: IS240

FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	204	kcal	
energy kJ, total metabolisable	854	kJ	
fatty acids, total saturated	2.7	g	
fatty acids, total monounsaturated	3.7	g	
fatty acids, total polyunsaturated	2.3	g	
fatty acid 18:2 n-6 cis,cis	2.0	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	
fibre, total dietary	0	g	
protein, total	26.1	g	
alcohol	0	g	
water	61.4	g	
organic acids, total	0	g	
cholesterol	128	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.8	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.1	mg	
riboflavin	0.35	mg	
niacin, preformed	6.1	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	4.9	mg	
vitamin B-6, total	0.27	mg	
vitamin B-12	0.59	µg	
vitamin C	0	mg	
folate, total	7	µg	
ash	1.39	g	
sodium	250	mg	
potassium	190	mg	
calcium	14	mg	
phosphorus	180	mg	
magnesium	24	mg	
iron, total	1	mg	
zinc	1.3	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB