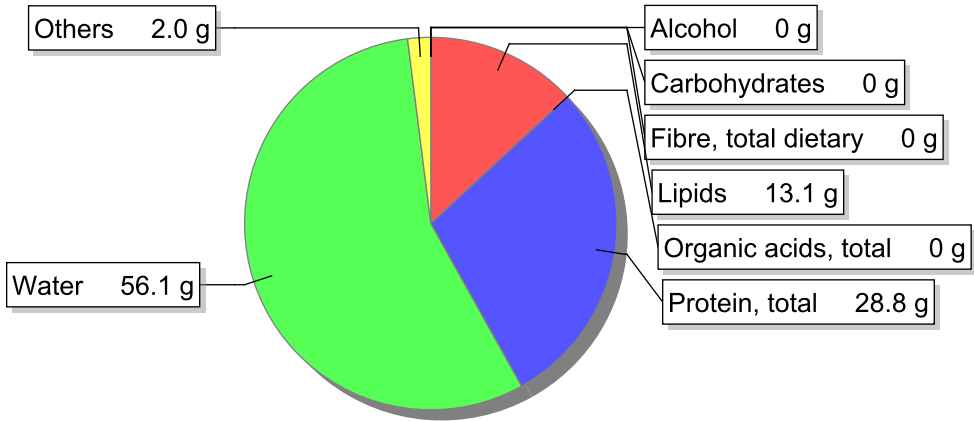


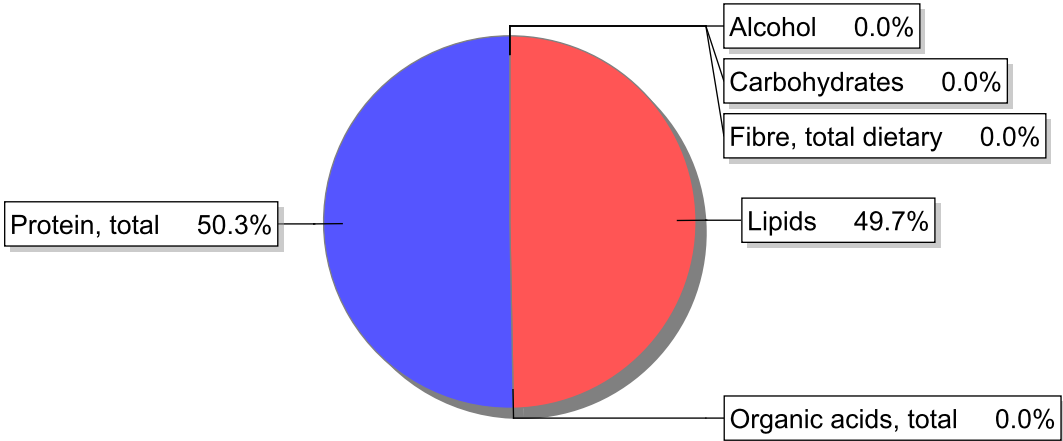
Food

Name: Chicken, whole, meat and skin, stewed, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 64%
Code: IS243
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	233	kcal	
energy kJ, total metabolisable	974	kJ	
fatty acids, total saturated	3.1	g	
fatty acids, total monounsaturated	4.3	g	
fatty acids, total polyunsaturated	2.7	g	
fatty acid 18:2 n-6 cis,cis	2.3	g	
fatty acids, total trans	0.1	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	28.8	g	
alcohol	0	g	
water	56.1	g	
organic acids, total	0	g	
cholesterol	138	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	0.01	mg	
thiamin	0.1	mg	
riboflavin	0.4	mg	
niacin, preformed	6.4	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	5.4	mg	
vitamin B-6, total	0.49	mg	
vitamin B-12	0.64	µg	
vitamin C	0	mg	
folate, total	7.5	µg	
ash	1.76	g	
sodium	270	mg	
potassium	250	mg	
calcium	15	mg	
phosphorus	200	mg	
magnesium	28	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