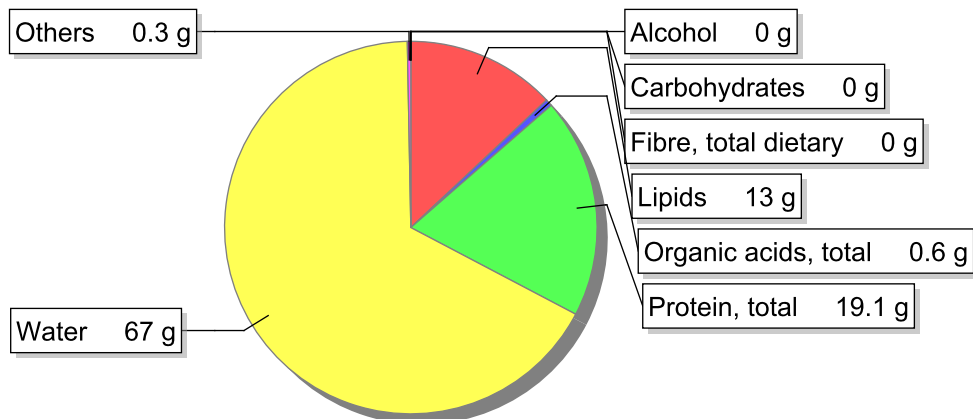


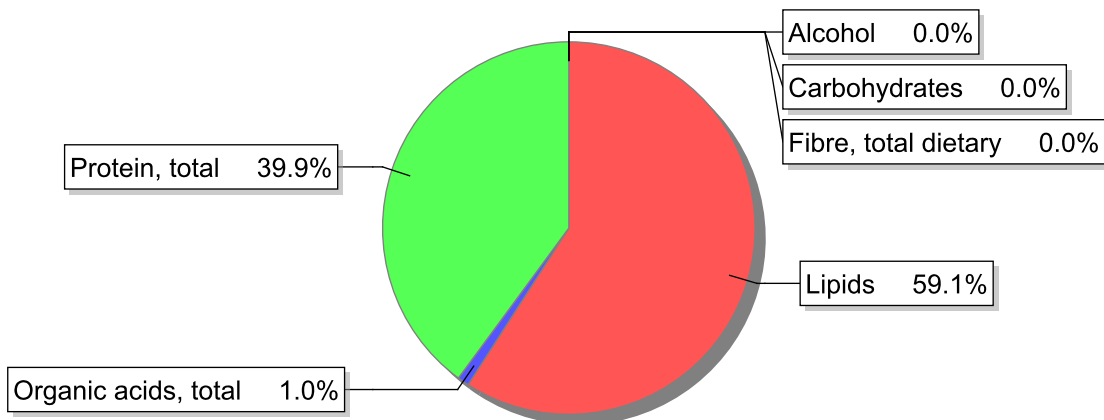
Food

Name: Chicken, leg quarter, meat and skin, raw
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 34% (Proporção da carcassa de frango cru(carne, pele e ossos))
Code: IS015
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	195	kcal	
energy kJ, total metabolisable	814	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	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	19.1	g	
alcohol	0	g	
water	67	g	
organic acids, total	0.6	g	
cholesterol	108	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	30	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.6	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.12	mg	
riboflavin	0.27	mg	
niacin, preformed	5.2	mg	
niacin equivalents, total	8.6	mg	
niacin equivalents from tryptophan	3.4	mg	
vitamin B-6, total	0.23	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	7.8	µg	
ash	1.03	g	
sodium	81	mg	
potassium	330	mg	
calcium	16	mg	
phosphorus	170	mg	
magnesium	22	mg	
iron, total	1.1	mg	
zinc	1	mg	

Legend

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

References