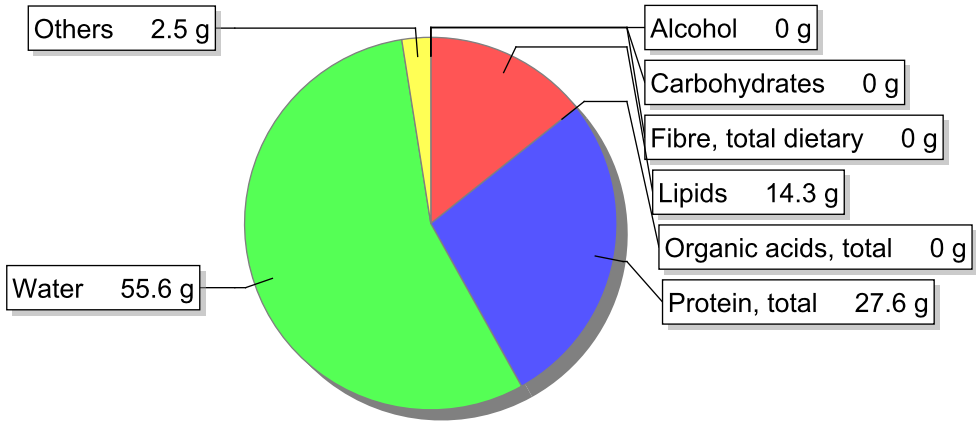


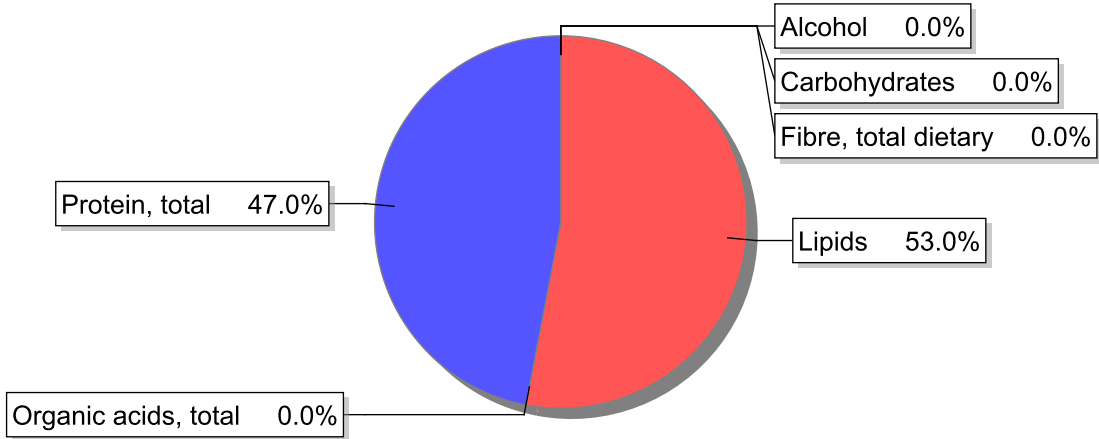
Food

Name: Chicken, whole, meat and skin, roasted, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 64%
Code: IS245
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	239	kcal	
energy kJ, total metabolisable	998	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	4.7	g	
fatty acids, total polyunsaturated	2.9	g	
fatty acid 18:2 n-6 cis,cis	2.6	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	27.6	g	
alcohol	0	g	
water	55.6	g	
organic acids, total	0	g	
cholesterol	139	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.9	µg	
alpha-tocopherol	0.3	mg	
thiamin	0.12	mg	
riboflavin	0.32	mg	
niacin, preformed	7.5	mg	
niacin equivalents, total	13	mg	
niacin equivalents from tryptophan	5.2	mg	
vitamin B-6, total	0.34	mg	
vitamin B-12	0.73	µg	
vitamin C	0	mg	
folate, total	7.9	µg	
ash	2.08	g	
sodium	280	mg	
potassium	350	mg	
calcium	15	mg	
phosphorus	200	mg	
magnesium	25	mg	
iron, total	1.1	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