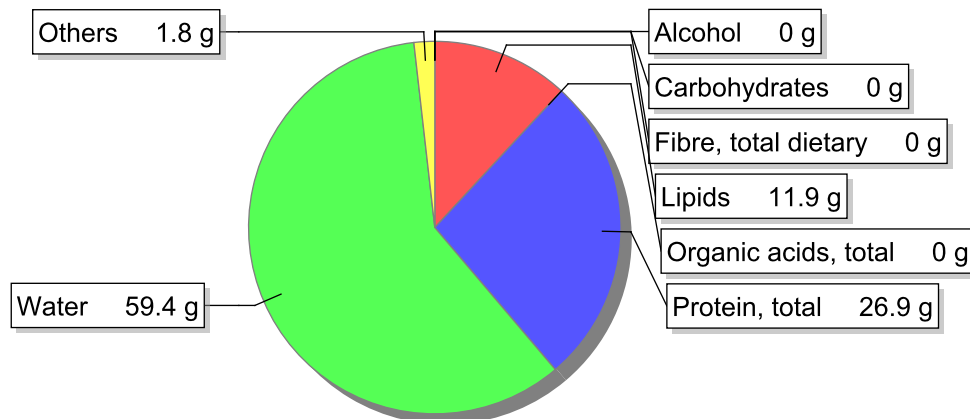


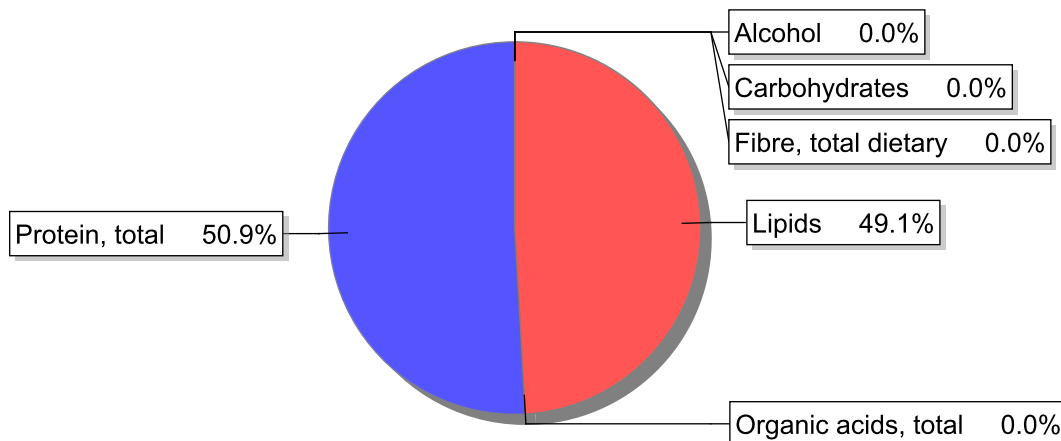
Food

Name: Chicken, leg quarter, meat and skin, stewed, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 64%
Code: IS259
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	215	kcal	
energy kJ, total metabolisable	898	kJ	
fatty acids, total saturated	2.8	g	
fatty acids, total monounsaturated	4	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	2.1	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	26.9	g	
alcohol	0	g	
water	59.4	g	
organic acids, total	0	g	
cholesterol	140	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	0.09	mg	
riboflavin	0.39	mg	
niacin, preformed	4.8	mg	
niacin equivalents, total	9.8	mg	
niacin equivalents from tryptophan	5	mg	
vitamin B-6, total	0.21	mg	
vitamin B-12	0.76	µg	
vitamin C	0	mg	
folate, total	6	µg	
iodide	2.4	µg	1138
sodium	260	mg	
potassium	250	mg	
calcium	20	mg	
phosphorus	180	mg	
magnesium	26	mg	
iron, total	1.4	mg	
zinc	1.4	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB