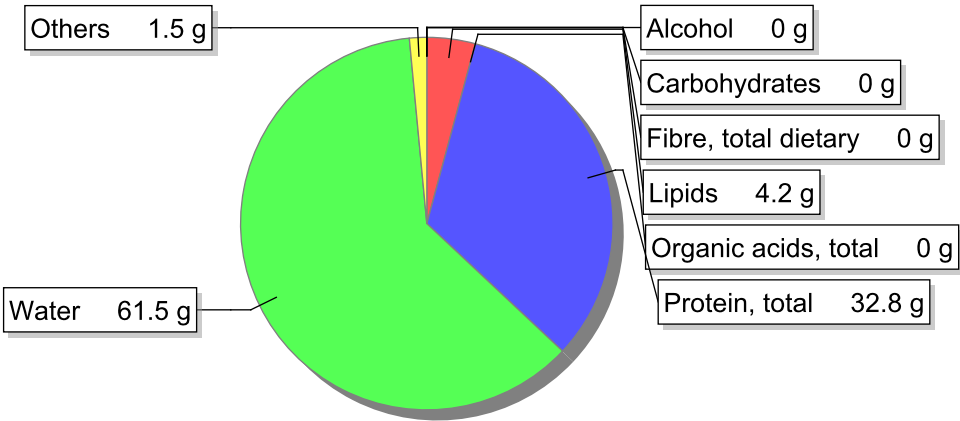


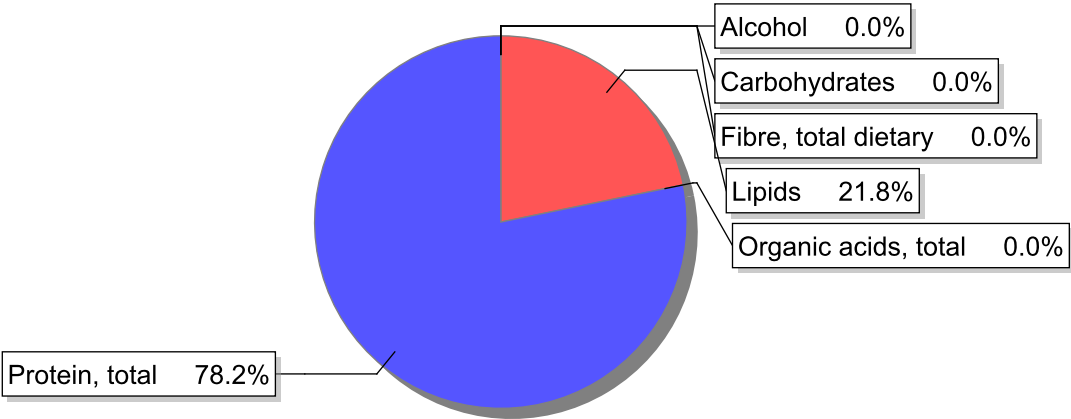
Food

**Name:** Chicken, whole, meat only, boiled  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Fowl and game meat  
**Edible Part:** 64%  
**Code:** IS246  
**FoodEX2 Code:** A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name                               | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable   | 169   | kcal |           |
| energy kJ, total metabolisable     | 713   | kJ   |           |
| fatty acids, total saturated       | 1.1   | g    |           |
| fatty acids, total monounsaturated | 1.5   | g    |           |
| fatty acids, total polyunsaturated | 0.9   | g    |           |
| fatty acid 18:2 n-6 cis,cis        | 0.9   | g    |           |
| fatty acids, total trans           | 0     | g    |           |
| sugars, total                      | 0     | g    |           |
| sucrose                            | 0     | g    |           |

| Name                                                            | Value | Unit | Source(s) |
|-----------------------------------------------------------------|-------|------|-----------|
| lactose                                                         | 0     | g    |           |
| salt                                                            | 0.6   | g    |           |
| starch, total                                                   | 0     | g    |           |
| protein, total                                                  | 32.8  | g    |           |
| alcohol                                                         | 0     | g    |           |
| water                                                           | 61.5  | g    |           |
| organic acids, total                                            | 0     | g    |           |
| cholesterol                                                     | 117   | mg   |           |
| vitamin A; retinol equiv from retinol and carotenoid activities | 7     | µg   |           |
| carotene, total (vitamin A precursors)                          | 0     | µg   |           |
| vitamin D                                                       | 0.2   | µg   |           |
| alpha-tocopherol                                                | 0.2   | mg   |           |
| thiamin                                                         | 0.1   | mg   |           |
| riboflavin                                                      | 0.27  | mg   |           |
| niacin, preformed                                               | 6.8   | mg   |           |
| niacin equivalents, total                                       | 13    | mg   |           |
| niacin equivalents from tryptophan                              | 6.1   | mg   |           |
| vitamin B-6, total                                              | 0.44  | mg   |           |
| vitamin B-12                                                    | 0.49  | µg   |           |
| vitamin C                                                       | 0     | mg   |           |
| folate, total                                                   | 9.5   | µg   |           |
| iodide                                                          | 2.4   | µg   | 1138      |
| sodium                                                          | 240   | mg   |           |
| potassium                                                       | 310   | mg   |           |
| calcium                                                         | 15    | mg   |           |
| phosphorus                                                      | 200   | mg   |           |
| magnesium                                                       | 25    | mg   |           |
| iron, total                                                     | 1.2   | 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 |