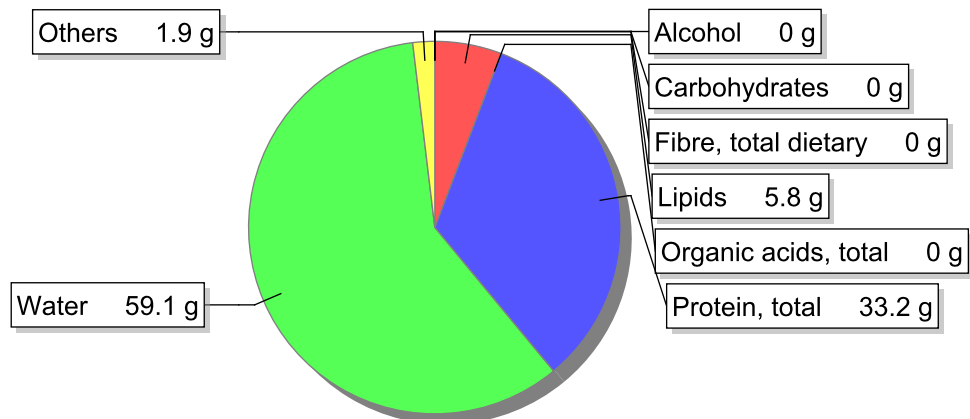


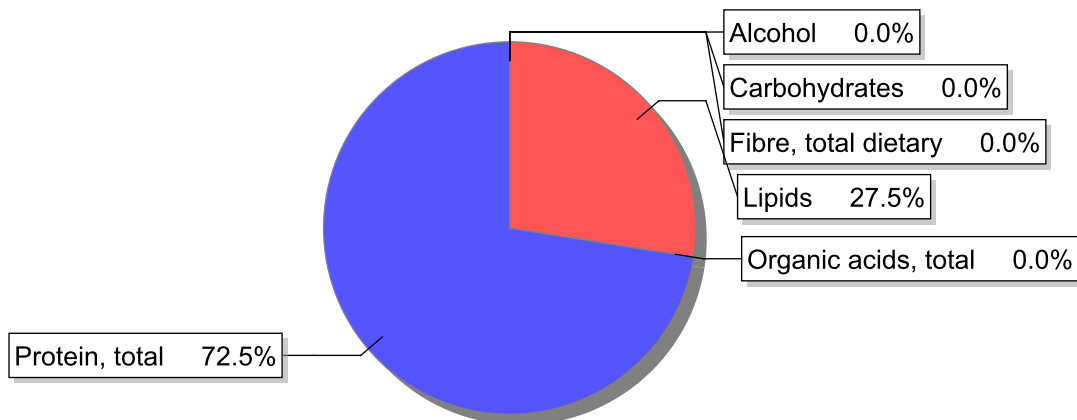
## Food

**Name:** Chicken, whole, meat only, stewed, no sauce  
**Group:** Meat and meat products, fowl and game meat  
**Subgroup:** Fowl and game meat  
**Edible Part:** 64%  
**Code:** IS249  
**FoodEX2 Code:** A01SP

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	185	kcal	
energy kJ, total metabolisable	779	kJ	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	2	g	
fatty acids, total polyunsaturated	1.1	g	
fatty acid 18:2 n-6 cis,cis	0.6	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	
fibre, total dietary	0	g	
protein, total	33.2	g	
alcohol	0	g	
water	59.1	g	
organic acids, total	0	g	
cholesterol	137	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.2	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.12	mg	
riboflavin	0.3	mg	
niacin, preformed	7.6	mg	
niacin equivalents, total	14	mg	
niacin equivalents from tryptophan	6.2	mg	
vitamin B-6, total	0.29	mg	
vitamin B-12	0.55	µg	
vitamin C	0	mg	
folate, total	11	µg	
ash	1.89	g	
sodium	270	mg	
potassium	340	mg	
calcium	17	mg	
phosphorus	220	mg	
magnesium	30	mg	
iron, total	1.3	mg	
zinc	1.6	mg	

## Legend

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

## References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB