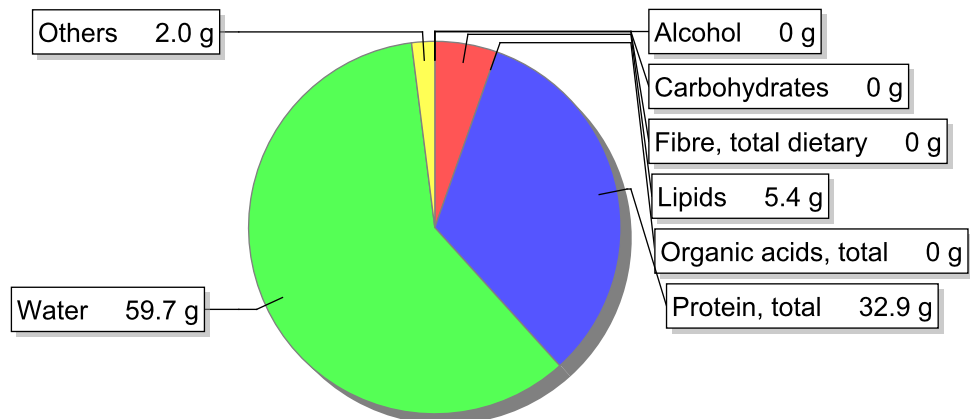


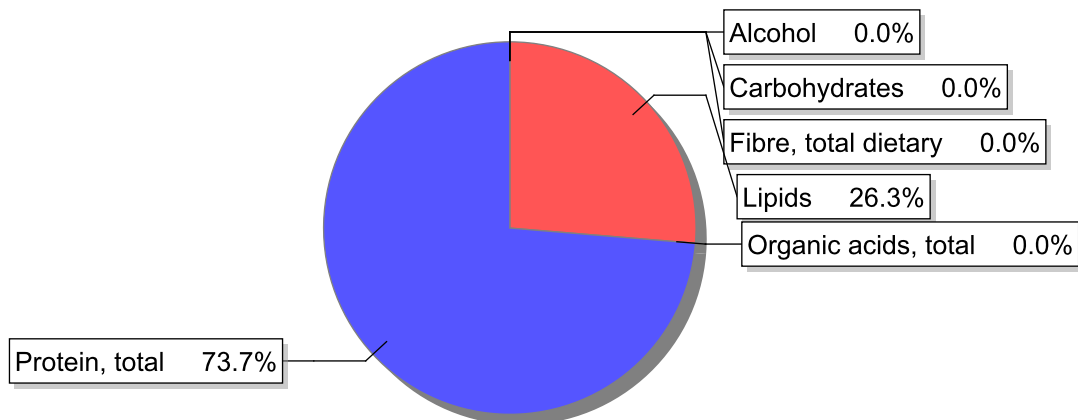
Food

Name: Chicken, leg, meat only, stewed, no sauce
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 24%
Code: IS265
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	180	kcal	
energy kJ, total metabolisable	759	kJ	
fatty acids, total saturated	1.3	g	
fatty acids, total monounsaturated	1.8	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	1.0	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	32.9	g	
alcohol	0	g	
water	59.7	g	
organic acids, total	0	g	
cholesterol	128	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	0.11	mg	
riboflavin	0.31	mg	
niacin, preformed	5.2	mg	
niacin equivalents, total	11	mg	
niacin equivalents from tryptophan	6.1	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0.71	µg	
vitamin C	0	mg	
folate, total	8	µg	
ash	1.97	g	
sodium	260	mg	
potassium	330	mg	
calcium	23	mg	
phosphorus	200	mg	
magnesium	28	mg	
iron, total	1.7	mg	
zinc	1.7	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB