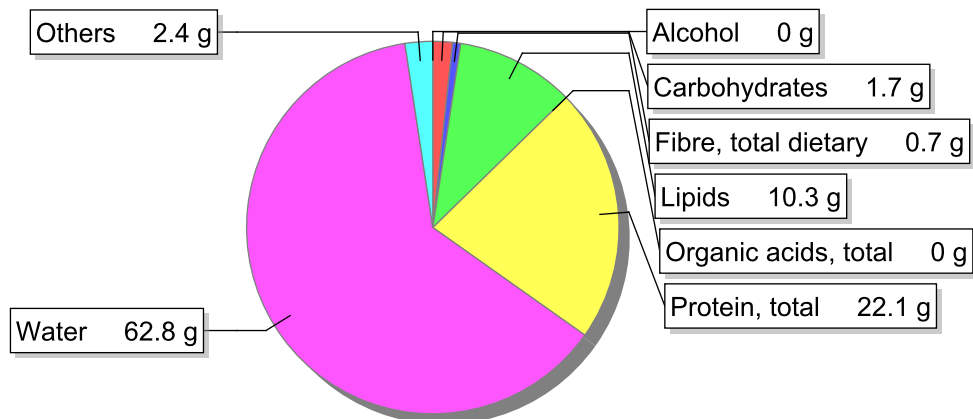


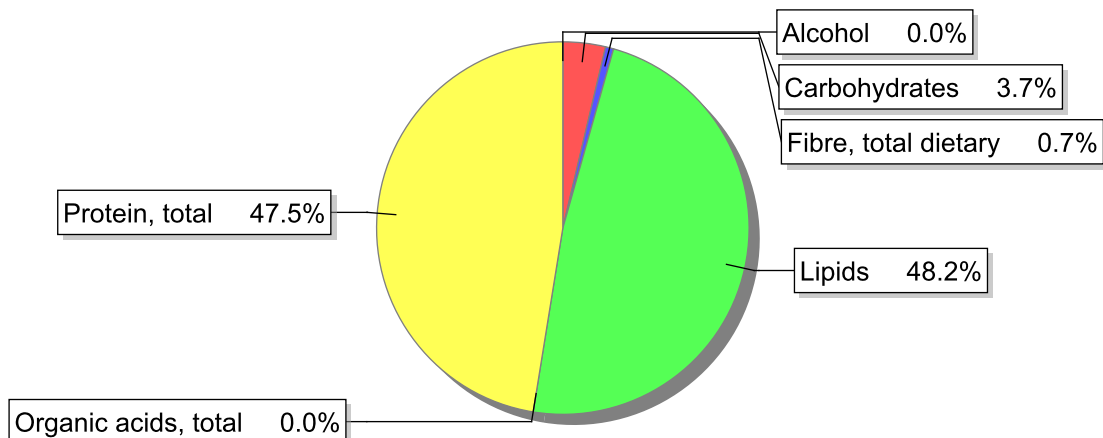
Food

Name: Chicken, breast, meat and skin, stewed with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 79%
Code: IS268
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	189	kcal	
energy kJ, total metabolisable	791	kJ	
fatty acids, total saturated	2.5	g	
fatty acids, total monounsaturated	3.8	g	
fatty acids, total polyunsaturated	1.9	g	
fatty acid 18:2 n-6 cis,cis	1.82	g	
fatty acids, total trans	0	g	
sugars, total	1.5	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1	g	
fibre, total dietary	0.7	g	
protein, total	22.1	g	
alcohol	0	g	
water	62.8	g	
organic acids, total	0	g	
cholesterol	76	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	36	µg	
carotene, total (vitamin A precursors)	183	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.74	mg	
thiamin	0.1	mg	
riboflavin	0.13	mg	
niacin, preformed	5.1	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	4.09	mg	
vitamin B-6, total	0.35	mg	
vitamin B-12	0.17	µg	
vitamin C	7.2	mg	
folate, total	12	µg	
ash	1.93	g	
sodium	390	mg	
potassium	270	mg	
calcium	26	mg	
phosphorus	140	mg	
magnesium	19	mg	
iron, total	1.1	mg	
zinc	0.8	mg	

Legend

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

References