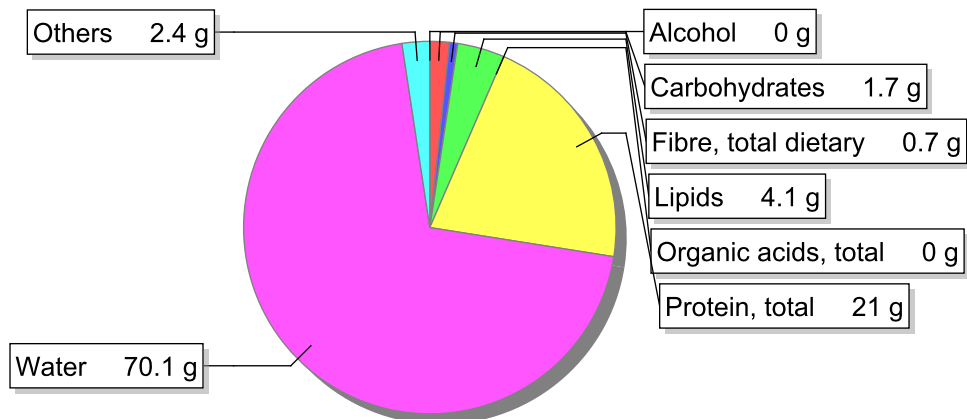


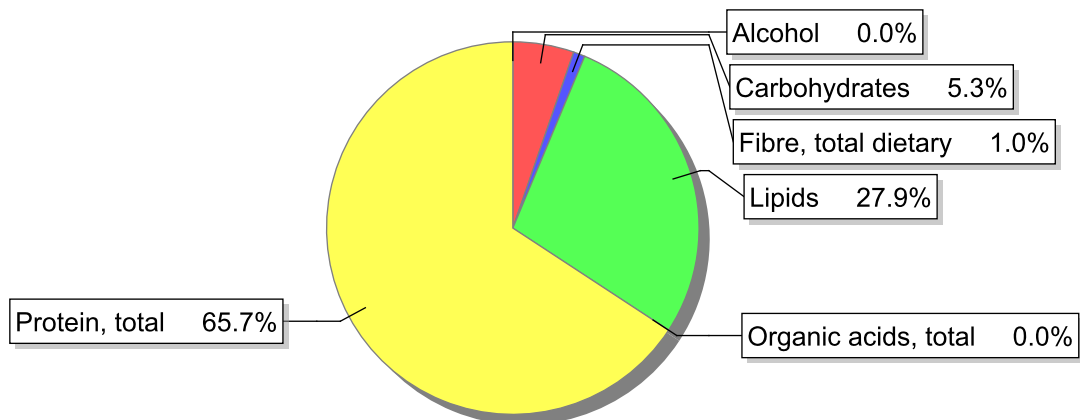
Food

Name: Chicken, whole, meat only, stewed with olive oil and margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 81%
Code: IS248
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 129 | kcal | |
| energy kJ, total metabolisable | 543 | kJ | |
| fatty acids, total saturated | 1.1 | g | |
| fatty acids, total monounsaturated | 1.9 | g | |
| fatty acids, total polyunsaturated | 0.8 | g | |
| fatty acid 18:2 n-6 cis,cis | 0.739 | 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 | 1.1 | g | |
| fibre, total dietary | 0.7 | g | |
| protein, total | 21 | g | |
| alcohol | 0 | g | |
| water | 70.1 | g | |
| organic acids, total | 0 | g | |
| cholesterol | 78 | mg | |
| vitamin A; retinol equiv from retinol and carotenoid activities | 45 | µg | |
| carotene, total (vitamin A precursors) | 183 | µg | |
| vitamin D | 0.1 | µg | |
| alpha-tocopherol | 0.8 | mg | |
| thiamin | 0.1 | mg | |
| riboflavin | 0.17 | mg | |
| niacin, preformed | 4.6 | mg | |
| niacin equivalents, total | 11.1 | mg | |
| niacin equivalents from tryptophan | 3.91 | mg | |
| vitamin B-6, total | 0.28 | mg | |
| vitamin B-12 | 0.32 | µg | |
| vitamin C | 7.2 | mg | |
| folate, total | 12 | µg | |
| ash | 2.27 | g | |
| sodium | 450 | mg | |
| potassium | 300 | mg | |
| calcium | 21 | mg | |
| phosphorus | 140 | mg | |
| magnesium | 26 | mg | |
| iron, total | 1 | mg | |
| zinc | 0.9 | mg | |

Legend

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

References