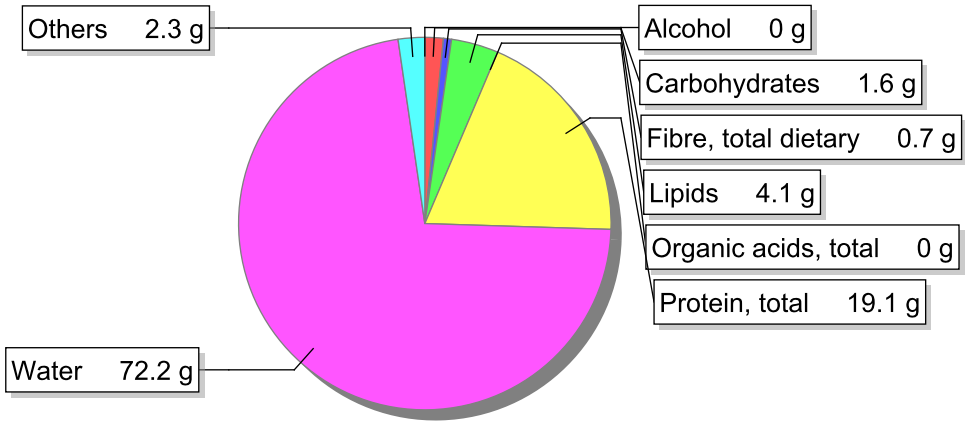


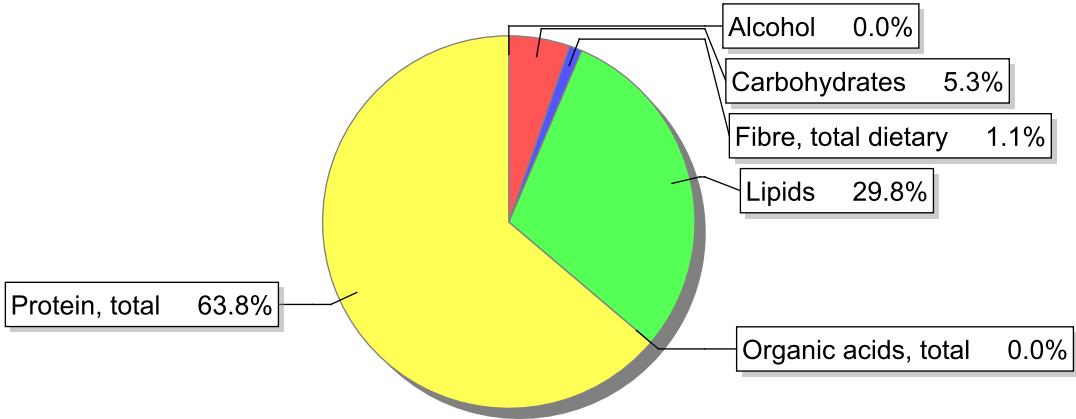
Food

Name: Chicken, leg, meat only, stewed with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 81%
Code: IS263
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	121	kcal	
energy kJ, total metabolisable	509	kJ	
fatty acids, total saturated	1.4	g	
fatty acids, total monounsaturated	1.2	g	
fatty acids, total polyunsaturated	1	g	
fatty acid 18:2 n-6 cis,cis	0.955	g	
fatty acids, total trans	0	g	
sugars, total	1.4	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0.2	g	
starch, total	0	g	
protein, total	19.1	g	
alcohol	0	g	
water	72.2	g	
organic acids, total	0	g	
cholesterol	85	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	59	µg	
carotene, total (vitamin A precursors)	178	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.55	mg	
thiamin	0.1	mg	
riboflavin	0.19	mg	
niacin, preformed	3.3	mg	
niacin equivalents, total	8.82	mg	
niacin equivalents from tryptophan	3.53	mg	
vitamin B-6, total	0.21	mg	
vitamin B-12	0.42	µg	
vitamin C	6.8	mg	
folate, total	11	µg	
ash	2.34	g	
sodium	440	mg	
potassium	280	mg	
calcium	24	mg	
phosphorus	120	mg	
magnesium	24	mg	
iron, total	1.1	mg	
zinc	1	mg	

Legend

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

References