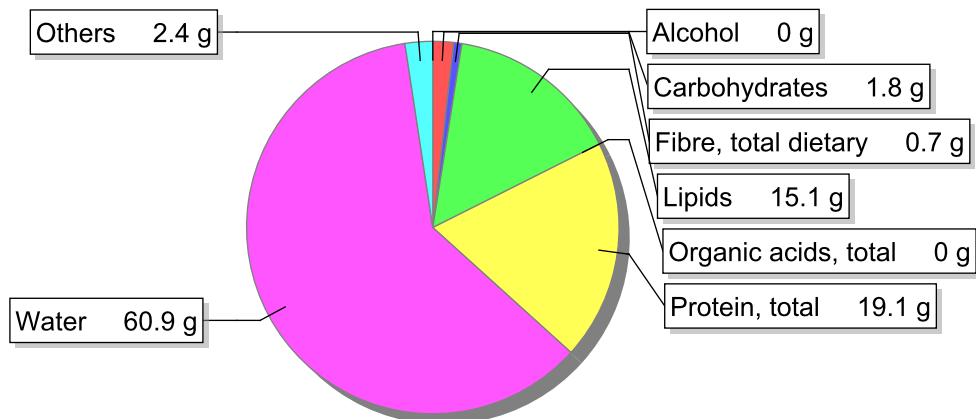


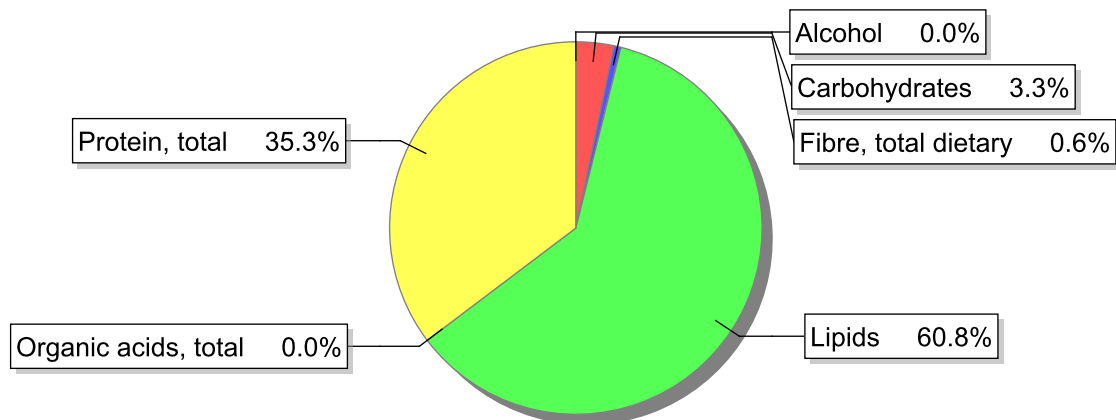
Food

Name: Chicken, whole, meat and skin, stewed with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 79%
Code: IS241
FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	221	kcal	
energy kJ, total metabolisable	920	kJ	
fatty acids, total saturated	4.1	g	
fatty acids, total monounsaturated	4.8	g	
fatty acids, total polyunsaturated	3.3	g	
fatty acid 18:2 n-6 cis,cis	2.88	g	
fatty acids, total trans	0.1	g	
sugars, total	1.6	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
salt	1.2	g	
fibre, total dietary	0.7	g	
protein, total	19.1	g	
alcohol	0	g	
water	60.9	g	
organic acids, total	0	g	
cholesterol	94	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	66	µg	
carotene, total (vitamin A precursors)	199	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.65	mg	
thiamin	0.1	mg	
riboflavin	0.24	mg	
niacin, preformed	4.1	mg	
niacin equivalents, total	9.9	mg	
niacin equivalents from tryptophan	3.29	mg	
vitamin B-6, total	0.25	mg	
vitamin B-12	0.38	µg	
vitamin C	7.7	mg	
folate, total	12	µg	
ash	2.31	g	
sodium	490	mg	
potassium	290	mg	
calcium	21	mg	
phosphorus	130	mg	
magnesium	25	mg	
iron, total	1	mg	
zinc	0.9	mg	

Legend

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

References