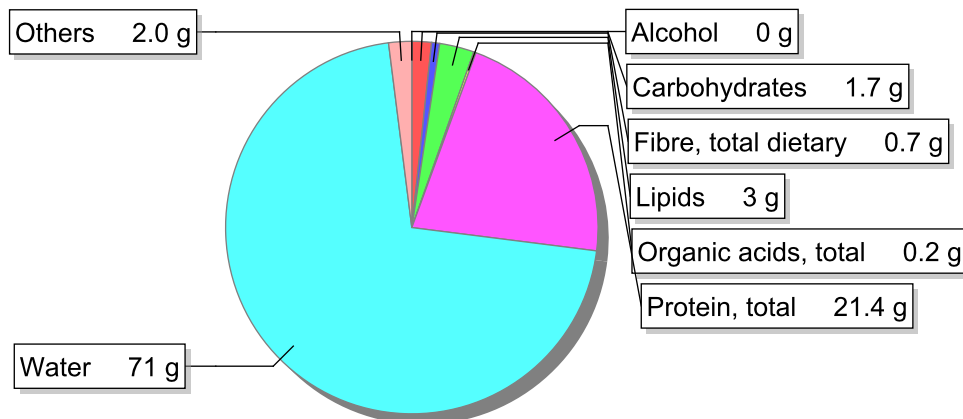


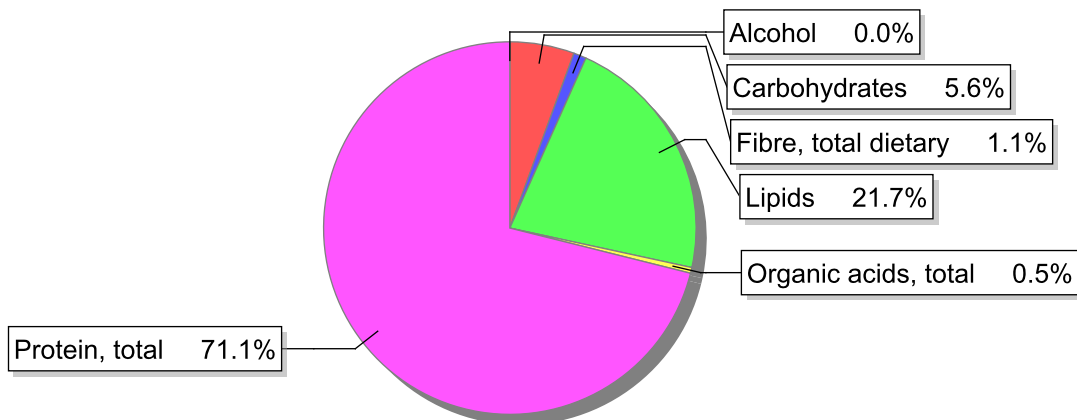
Food

Name: Chicken, breast, meat only, stewed with margarine
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 81%
Code: IS271
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	512	kJ	
fatty acids, total saturated	1.2	g	
fatty acids, total monounsaturated	0.8	g	
fatty acids, total polyunsaturated	0.8	g	
fatty acid 18:2 n-6 cis,cis	0.721	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	
oligosaccharides, available	0.2	g	
fibre, total dietary	0.7	g	
protein, total	21.4	g	
alcohol	0	g	
water	71	g	
organic acids, total	0.2	g	
cholesterol	61	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	43	µg	
carotene, total (vitamin A precursors)	183	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.53	mg	
thiamin	0.1	mg	
riboflavin	0.13	mg	
niacin, preformed	6	mg	
niacin equivalents, total	14.3	mg	
niacin equivalents from tryptophan	3.97	mg	
vitamin B-6, total	0.33	mg	
vitamin B-12	0.16	µg	
vitamin C	7	mg	
folate, total	13	µg	
ash	2.05	g	
sodium	450	mg	
potassium	280	mg	
calcium	15	mg	
phosphorus	150	mg	
magnesium	27	mg	
iron, total	0.7	mg	
zinc	0.8	mg	

Legend

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

References