

Food

Name: Chicken, leg quarter, meat and skin, stewed with olive oil and margarine

Group: Meat and meat products, fowl and game meat

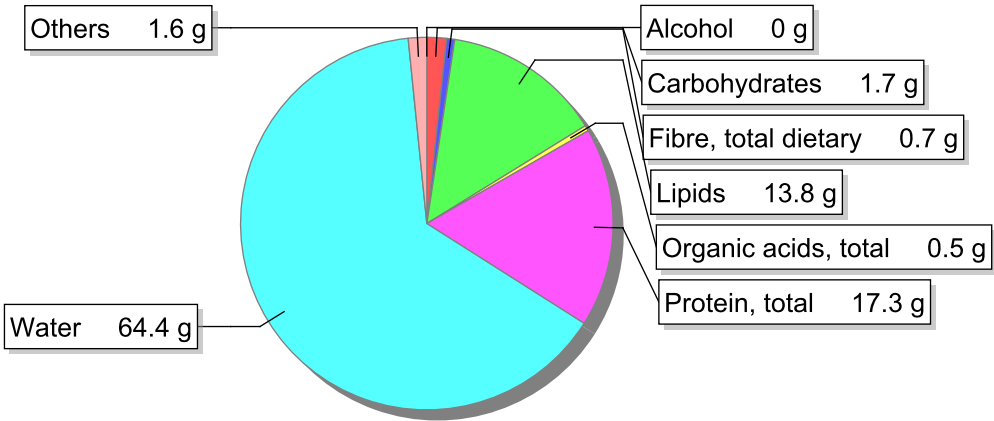
Subgroup: Fowl and game meat

Edible Part: 88%

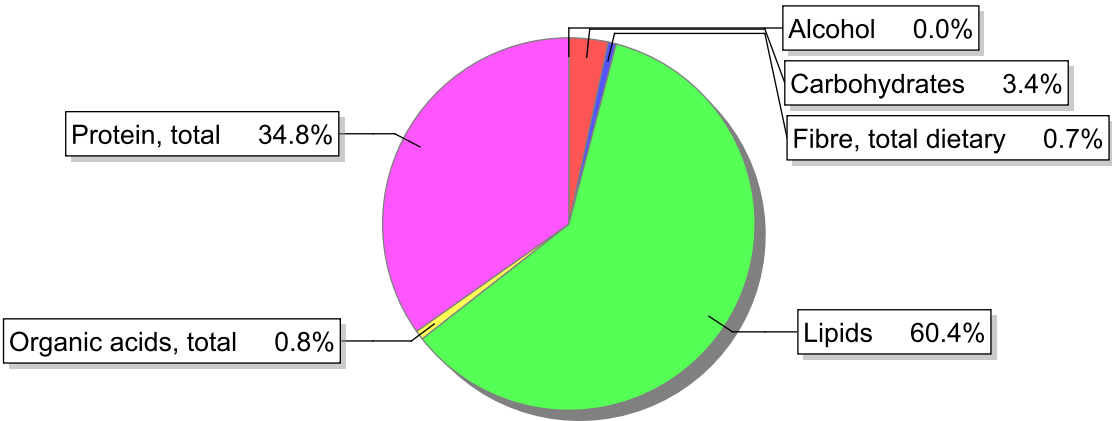
Code: IS257

FoodEX2 Code: A03VY

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	203	kcal	
energy kJ, total metabolisable	846	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	5	g	
fatty acids, total polyunsaturated	2.8	g	
fatty acid 18:2 n-6 cis,cis	2.41	g	
fatty acids, total trans	0.1	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	17.3	g	
alcohol	0	g	
water	64.4	g	
organic acids, total	0.5	g	
cholesterol	95	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	62	µg	
carotene, total (vitamin A precursors)	180	µg	
vitamin D	0.3	µg	
alpha-tocopherol	0.78	mg	
thiamin	0.09	mg	
riboflavin	0.24	mg	
niacin, preformed	3	mg	
niacin equivalents, total	7.96	mg	
niacin equivalents from tryptophan	3.06	mg	
vitamin B-6, total	0.2	mg	
vitamin B-12	0.44	µg	
vitamin C	7.1	mg	
folate, total	10	µg	
ash	2.24	g	
sodium	440	mg	
potassium	270	mg	
calcium	24	mg	
phosphorus	120	mg	
magnesium	23	mg	
iron, total	1.1	mg	
zinc	0.9	mg	

Legend

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

References