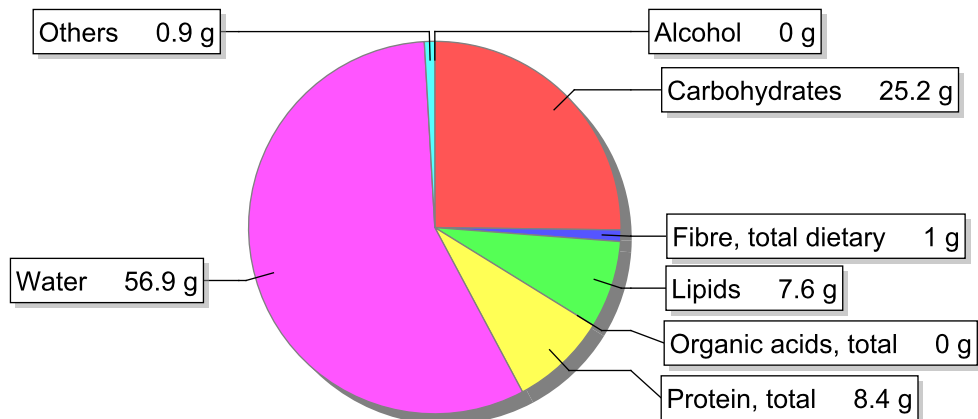


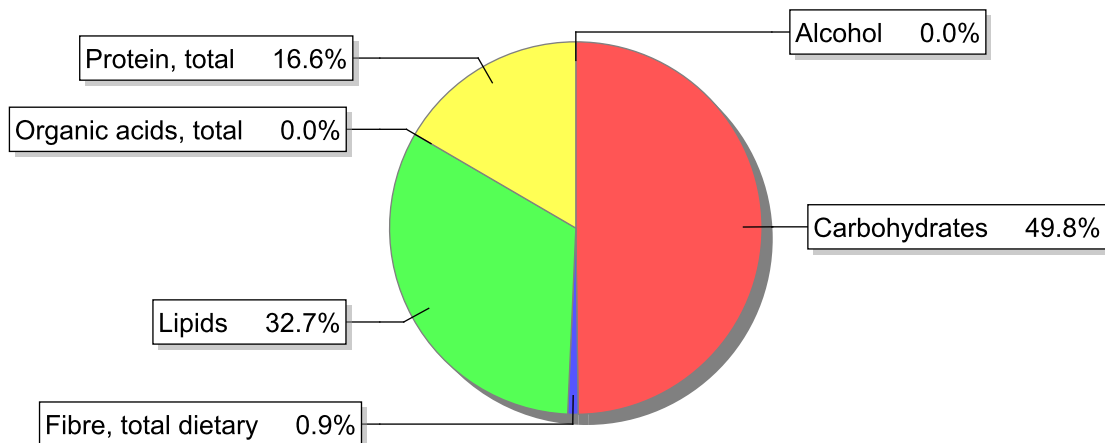
Food

Name: Rice, cooked with chicken
Group: Cereal and cereal products
Subgroup: Cereal
Edible Part: 79%
Code: IS958
FoodEX2 Code: A040Z

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	205	kcal	
energy kJ, total metabolisable	860	kJ	
fatty acids, total saturated	1.5	g	
fatty acids, total monounsaturated	3.9	g	
fatty acids, total polyunsaturated	1.2	g	
fatty acid 18:2 n-6 cis,cis	1.01	g	
fatty acids, total trans	0.0	g	
sugars, total	0.7	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.9	g	
fibre, total dietary	1	g	
protein, total	8.4	g	
alcohol	0	g	
water	56.9	g	
organic acids, total	0	g	
cholesterol	31	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	83	µg	
vitamin D	0.1	µg	
alpha-tocopherol	0.73	mg	
thiamin	0.04	mg	
riboflavin	0.08	mg	
niacin, preformed	1.8	mg	
niacin equivalents, total	4.36	mg	
niacin equivalents from tryptophan	1.53	mg	
vitamin B-6, total	0.14	mg	
vitamin B-12	0.13	µg	
vitamin C	2.4	mg	
folate, total	8	µg	
ash	1.40	g	
sodium	350	mg	
potassium	95	mg	
calcium	12	mg	
phosphorus	71	mg	
magnesium	19	mg	
iron, total	0.5	mg	
zinc	0.7	mg	

Legend

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

References