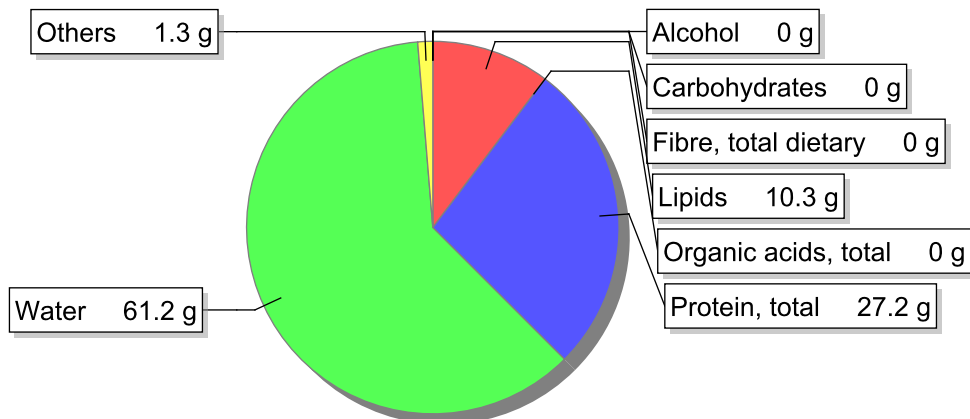


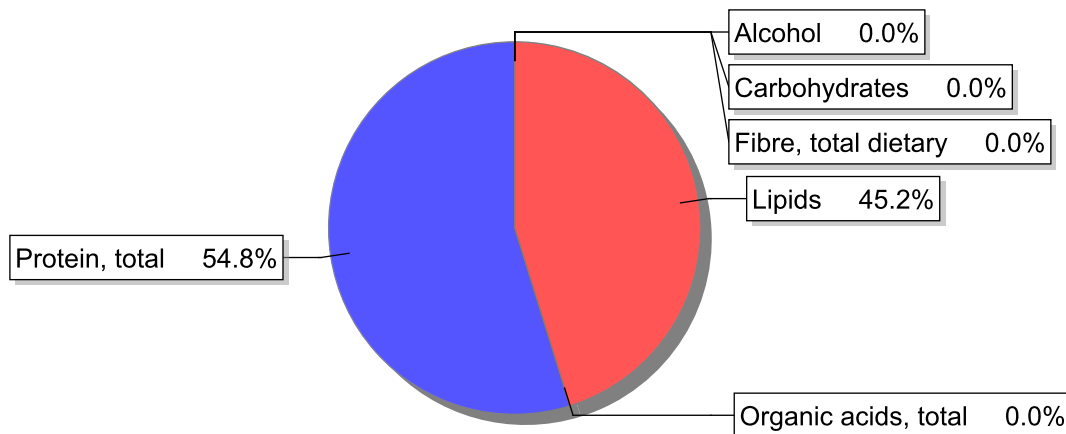
Food

Name: Chicken, wing quarter, meat and skin, boiled
Group: Meat and meat products, fowl and game meat
Subgroup: Fowl and game meat
Edible Part: 43%
Code: IS251
FoodEX2 Code: A01SP

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	202	kcal	
energy kJ, total metabolisable	844	kJ	
fatty acids, total saturated	2.4	g	
fatty acids, total monounsaturated	3.4	g	
fatty acids, total polyunsaturated	2.1	g	
fatty acid 18:2 n-6 cis,cis	1.9	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	27.2	g	
alcohol	0	g	
water	61.2	g	
organic acids, total	0	g	
cholesterol	132	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0.5	µg	
alpha-tocopherol	0.06	mg	
thiamin	0.09	mg	
riboflavin	0.31	mg	
niacin, preformed	7.3	mg	
niacin equivalents, total	12	mg	
niacin equivalents from tryptophan	5.1	mg	
vitamin B-6, total	0.33	mg	
vitamin B-12	0.44	µg	
vitamin C	0	mg	
folate, total	8.2	µg	
iodide	2.4	µg	1138
sodium	340	mg	
potassium	190	mg	
calcium	9	mg	
phosphorus	190	mg	
magnesium	27	mg	
iron, total	0.7	mg	
zinc	1.2	mg	

Legend

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

References

Id	Reference
1138	TDS_Iodo_2016_INSA_LAB