



**Food ID:** F090

**Food name and Description:** Chick, one-day old, fried

**Scientific name:** *Gallus gallus*

**Alternate/Common name(s):**

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	54.8
Energy, calculated (kcal)	237
Protein (g)	25.3
Total Fat (g)	14.6
Carbohydrate, total (g)	1.2
Ash, total (g)	4.1

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	-
Sugars, total (g)	0.4

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	708
Phosphorus, P (mg)	405
Iron, Fe (mg)	0.4
Sodium, Na (mg)	151

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	80
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	80
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.71
Niacin (mg)	3.1
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	12.24
Fatty acids, monounsaturated, total (g)	-
Fatty acids, polyunsaturated, total(g)	0.39
Cholesterol (mg)	-