



Food ID: F091

Food name and Description: Chicken back

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok likod

Edible portion: 45%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.8
Energy, calculated (kcal)	207
Protein (g)	17.4
Total Fat (g)	15.3
Carbohydrate, total (g)	0
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	52
Phosphorus, P (mg)	102
Iron, Fe (mg)	1.3
Sodium, Na (mg)	51

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.18
Niacin (mg)	5.3
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.44
Fatty acids, monounsaturated, total (g)	6.52
Fatty acids, polyunsaturated, total(g)	3.27
Cholesterol (mg)	42