



Food ID: F092

Food name and Description: Chicken blood

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok dugo

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.3
Energy, calculated (kcal)	59
Protein (g)	13.9
Total Fat (g)	0.1
Carbohydrate, total (g)	0.5
Ash, total (g)	1.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	122
Phosphorus, P (mg)	85
Iron, Fe (mg)	16.9
Sodium, Na (mg)	-

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)	0.02
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

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