



**Food ID:** F093

**Food name and Description:** Chicken breast

**Scientific name:** *Gallus gallus*

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

**Edible portion:** 84%

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

Water (g)	73.1
Energy, calculated (kcal)	131
Protein (g)	21.6
Total Fat (g)	5
Carbohydrate, total (g)	0
Ash, total (g)	1

## **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)	24
Phosphorus, P (mg)	162
Iron, Fe (mg)	1
Sodium, Na (mg)	66

## **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)	0.06
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	9.7
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	1.44
Fatty acids, monounsaturated, total (g)	2.06
Fatty acids, polyunsaturated, total(g)	1.06
Cholesterol (mg)	35