



Food ID: F094

Food name and Description: Chicken feet

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok paa

Edible portion: 34%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	64.5
Energy, calculated (kcal)	187
Protein (g)	24.7
Total Fat (g)	9.8
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)	126
Phosphorus, P (mg)	87
Iron, Fe (mg)	2.2
Sodium, Na (mg)	112

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	1.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.15
Fatty acids, monounsaturated, total (g)	4.81
Fatty acids, polyunsaturated, total(g)	2.75
Cholesterol (mg)	89