



Food ID: F095

Food name and Description: Chicken feet, bbq

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok paa, bbq/"adidas"

Edible portion: 55%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	55.4
Energy, calculated (kcal)	229
Protein (g)	26.9
Total Fat (g)	11.9
Carbohydrate, total (g)	3.6
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.8

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	133
Phosphorus, P (mg)	225
Iron, Fe (mg)	2.2
Sodium, Na (mg)	671

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)	0.13
Niacin (mg)	2.2
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)	-