



**Food ID:** F096

**Food name and Description:** Chicken gizzard

**Scientific name:** *Gallus gallus*

**Alternate/Common name(s):** Manok balun-balunan

**Edible portion:** 100%

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

Water (g)	73.8
Energy, calculated (kcal)	106
Protein (g)	21.8
Total Fat (g)	1
Carbohydrate, total (g)	2.5
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)	18
Phosphorus, P (mg)	71
Iron, Fe (mg)	0.6
Sodium, Na (mg)	83

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

Retinol, Vitamin A (µg)	45
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	4

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

Fatty acids, saturated, total (g)	0.26
Fatty acids, monounsaturated, total (g)	0.25
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	117