



Food ID: F097

Food name and Description: Chicken head

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok ulo

Edible portion: 61%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.8
Energy, calculated (kcal)	129
Protein (g)	13.1
Total Fat (g)	8.2
Carbohydrate, total (g)	0.8
Ash, total (g)	1.1

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)	308
Phosphorus, P (mg)	130
Iron, Fe (mg)	1.8
Sodium, Na (mg)	37

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)	0.03
Riboflavin, Vitamin B2 (mg)	0.16
Niacin (mg)	1.9
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)	-