

**Food ID:** F098**Food name and Description:** Chicken head, bbq**Scientific name:** *Gallus gallus***Alternate/Common name(s):** Manok ulo, bbq/"helmet"**Edible portion:** 64%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	60.7
Energy, calculated (kcal)	220
Protein (g)	20.5
Total Fat (g)	14.7
Carbohydrate, total (g)	1.3
Ash, total (g)	2.8

**Other Carbohydrate** (Food Composition per 100g Edible Portion)

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

**Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	373
Phosphorus, P (mg)	333
Iron, Fe (mg)	3.7
Sodium, Na (mg)	-

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

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.35
Niacin (mg)	3.1
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)	-