



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)	-