

**Food ID:** F099**Food name and Description:** Chicken heart**Scientific name:** *Gallus gallus***Alternate/Common name(s):** Manok puso**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	69.8
Energy, calculated (kcal)	197
Protein (g)	11.6
Total Fat (g)	15.9
Carbohydrate, total (g)	1.9
Ash, total (g)	0.8

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)	65
Phosphorus, P (mg)	130
Iron, Fe (mg)	3.4
Sodium, Na (mg)	144

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	115
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.26
Niacin (mg)	4.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.53
Fatty acids, monounsaturated, total (g)	4.04
Fatty acids, polyunsaturated, total(g)	4.62
Cholesterol (mg)	232