



Food ID: F100

Food name and Description: Chicken intestine

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok bituka

Edible portion: 41%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	75
Energy, calculated (kcal)	155
Protein (g)	13
Total Fat (g)	11.4
Carbohydrate, total (g)	0
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	28
Phosphorus, P (mg)	210
Iron, Fe (mg)	1.1
Sodium, Na (mg)	24

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.44
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	16

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.89
Fatty acids, monounsaturated, total (g)	5.93
Fatty acids, polyunsaturated, total(g)	1.48
Cholesterol (mg)	-