



Food ID: F101

Food name and Description: Chicken intestine, bbq

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok bituka, bbq/"IUD"/Isaw manok

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.3
Energy, calculated (kcal)	210
Protein (g)	28.2
Total Fat (g)	9.6
Carbohydrate, total (g)	3
Ash, total (g)	2.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.2

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	28
Phosphorus, P (mg)	28
Iron, Fe (mg)	5.3
Sodium, Na (mg)	554

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	64
beta-Carotene (µg)	5
Retinol Activity Equivalent, RAE (µg)	65
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.98
Niacin (mg)	4.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.61
Caproic, C6 (g)	0
Caprylic, C8 (g)	0.04
Capric, C10 (g)	0.04

Lauric, C12 (g)	0.45
Myristic, C14 (g)	0.28
Palmitic, C16 (g)	1.2
Stearic, C18 (g)	0.61
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	1.49
Oleic , C18:1 (g)	1.49
Fatty acids, polyunsaturated, total(g)	0.88
Linoleic, C18:2 (g)	0.84
Linolenic, C18:3 (g)	0.04
Cholesterol (mg)	998