



**Food ID:** F102

**Food name and Description:** Chicken leg/drumstick

**Scientific name:** *Gallus gallus*

**Alternate/Common name(s):** Manok binti

**Edible portion:** 85%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	67.7
Energy, calculated (kcal)	204
Protein (g)	17.1
Total Fat (g)	15.1
Carbohydrate, total (g)	0
Ash, total (g)	0.9

## **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)	12
Phosphorus, P (mg)	102
Iron, Fe (mg)	1
Sodium, Na (mg)	127

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

Retinol, Vitamin A (µg)	15
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	15
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.15
Niacin (mg)	4.9
Ascorbic Acid, Vitamin C (mg)	4

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.13
Fatty acids, monounsaturated, total (g)	6.27
Fatty acids, polyunsaturated, total(g)	3.17
Cholesterol (mg)	88