



Food ID: F103

Food name and Description: Chicken liver

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok atay

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.7
Energy, calculated (kcal)	124
Protein (g)	18.1
Total Fat (g)	3.9
Carbohydrate, total (g)	4
Ash, total (g)	1.3

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)	14
Phosphorus, P (mg)	152
Iron, Fe (mg)	3.5
Sodium, Na (mg)	97

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	9205
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	9205
Thiamin, Vitamin B1 (mg)	0.3
Riboflavin, Vitamin B2 (mg)	4.49
Niacin (mg)	11.2
Ascorbic Acid, Vitamin C (mg)	35

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.26
Fatty acids, monounsaturated, total (g)	1.01
Fatty acids, polyunsaturated, total(g)	1.05
Cholesterol (mg)	279