



Food ID: F104

Food name and Description: Chicken neck

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok leeg

Edible portion: 48%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	57.8
Energy, calculated (kcal)	314
Protein (g)	14.1
Total Fat (g)	28.6
Carbohydrate, total (g)	0
Ash, total (g)	0.6

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)	75
Phosphorus, P (mg)	96
Iron, Fe (mg)	1.4
Sodium, Na (mg)	68

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	60
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	60
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	2.6
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	7.92
Fatty acids, monounsaturated, total (g)	11.5
Fatty acids, polyunsaturated, total(g)	6.19
Cholesterol (mg)	108