



Food ID: F105

Food name and Description: Chicken pullet, breast

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok dumalaga, pitso

Edible portion: 85%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76.7
Energy, calculated (kcal)	103
Protein (g)	19.6
Total Fat (g)	2.7
Carbohydrate, total (g)	0
Ash, total (g)	1

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)	10
Phosphorus, P (mg)	157
Iron, Fe (mg)	1.6
Sodium, Na (mg)	48

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.12
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	6.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.78
Fatty acids, monounsaturated, total (g)	1.12
Fatty acids, polyunsaturated, total(g)	0.57
Cholesterol (mg)	-