

**Food ID:** F106**Food name and Description:** Chicken pullet, thigh**Scientific name:** *Gallus gallus***Alternate/Common name(s):** Manok dumalaga, hita**Edible portion:** 74%**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)	56

**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)	0.12
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.74
Fatty acids, monounsaturated, total (g)	1.13
Fatty acids, polyunsaturated, total(g)	0.56
Cholesterol (mg)	-