



Food ID: F107

Food name and Description: Chicken thigh

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok hita

Edible portion: 66%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.3
Energy, calculated (kcal)	149
Protein (g)	19.8
Total Fat (g)	7.7
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)	15
Phosphorus, P (mg)	103
Iron, Fe (mg)	0.9
Sodium, Na (mg)	88

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)	0.17
Niacin (mg)	5
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.1
Fatty acids, monounsaturated, total (g)	3.22
Fatty acids, polyunsaturated, total(g)	1.61
Cholesterol (mg)	45