



Food ID: F108

Food name and Description: Chicken thigh & leg

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok hita at binti

Edible portion: 74%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	69.4
Energy, calculated (kcal)	187
Protein (g)	17.6
Total Fat (g)	13
Carbohydrate, total (g)	0
Ash, total (g)	0.9

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)	20
Phosphorus, P (mg)	160
Iron, Fe (mg)	0.9
Sodium, Na (mg)	79

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	30
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.05
Riboflavin, Vitamin B2 (mg)	0.19
Niacin (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.55
Fatty acids, monounsaturated, total (g)	5.41
Fatty acids, polyunsaturated, total(g)	2.72
Cholesterol (mg)	76