



**Food ID:** F109

**Food name and Description:** Chicken wing

**Scientific name:** *Gallus gallus*

**Alternate/Common name(s):** Manok pakpak

**Edible portion:** 62%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	67.3
Energy, calculated (kcal)	194
Protein (g)	18.9
Total Fat (g)	13.2
Carbohydrate, total (g)	0
Ash, total (g)	0.8

## **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)	61
Phosphorus, P (mg)	143
Iron, Fe (mg)	1.2
Sodium, Na (mg)	81

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	25
Thiamin, Vitamin B1 (mg)	0.04
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	4.8
Ascorbic Acid, Vitamin C (mg)	4

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

Fatty acids, saturated, total (g)	4.07
Fatty acids, monounsaturated, total (g)	6.25
Fatty acids, polyunsaturated, total(g)	2.88
Cholesterol (mg)	111