

**Food ID:** F110**Food name and Description:** Chicken white meat**Scientific name:** *Gallus gallus***Alternate/Common name(s):** Manok laman**Edible portion:** 70%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	75.3
Energy, calculated (kcal)	110
Protein (g)	20.6
Total Fat (g)	3.1
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)	86
Phosphorus, P (mg)	188
Iron, Fe (mg)	1.5
Sodium, Na (mg)	78

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

Retinol, Vitamin A (µg)	20
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	20
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.06
Niacin (mg)	6.6
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	0.8
Fatty acids, monounsaturated, total (g)	0.91
Fatty acids, polyunsaturated, total(g)	0.75
Cholesterol (mg)	70