



Food ID: F111

Food name and Description: Chicken, white meat, boiled

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok laman, nilaga

Edible portion: 72%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	61.8
Energy, calculated (kcal)	173
Protein (g)	32.9
Total Fat (g)	4.6
Carbohydrate, total (g)	0
Ash, total (g)	0.7

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)	104
Phosphorus, P (mg)	154
Iron, Fe (mg)	2.8
Sodium, Na (mg)	81

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)	0.04
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	4.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.18
Fatty acids, monounsaturated, total (g)	1.34
Fatty acids, polyunsaturated, total(g)	1.12
Cholesterol (mg)	-