



Food ID: F112

Food name and Description: Chicken, white meat, fried

Scientific name: *Gallus gallus*

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

Edible portion: 70%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	51.5
Energy, calculated (kcal)	226
Protein (g)	40.3
Total Fat (g)	7.2
Carbohydrate, total (g)	0
Ash, total (g)	1

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.1
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	86
Phosphorus, P (mg)	213
Iron, Fe (mg)	2.9
Sodium, Na (mg)	104

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	10
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	10
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	8.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.94
Fatty acids, monounsaturated, total (g)	2.64
Fatty acids, polyunsaturated, total(g)	1.7
Cholesterol (mg)	74