



Food ID: F113

Food name and Description: Chicken, whole

Scientific name: *Gallus gallus*

Alternate/Common name(s): Manok buo

Edible portion: 60%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	66.6
Energy, calculated (kcal)	215
Protein (g)	17.4
Total Fat (g)	16.2
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)	75
Phosphorus, P (mg)	152
Iron, Fe (mg)	1.6
Sodium, Na (mg)	69

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	160
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	160
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.1
Niacin (mg)	7
Ascorbic Acid, Vitamin C (mg)	4

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.64
Fatty acids, monounsaturated, total (g)	6.71
Fatty acids, polyunsaturated, total(g)	3.47
Cholesterol (mg)	81