



**Food ID:** F222

**Food name and Description:** Chicken nugget

**Scientific name:** N/A

**Alternate/Common name(s):** N/A

**Edible portion:** 100%

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

Water (g)	56.5
Energy, calculated (kcal)	220
Protein (g)	15.5
Total Fat (g)	11.2
Carbohydrate, total (g)	14.3
Ash, total (g)	2.5

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	0.7

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

Calcium, Ca (mg)	48
Phosphorus, P (mg)	163
Iron, Fe (mg)	0.8
Sodium, Na (mg)	520

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

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.97
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	6.1
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g)	2.22
Fatty acids, monounsaturated, total (g)	3.66
Fatty acids, polyunsaturated, total(g)	4.24
Cholesterol (mg)	22