

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: F224 Food name and Description: Chicken spread Scientific name: Alternate/Common name(s): Edible portion: 100%

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

Water (g)	63.2
Energy, calculated (kcal)	211
Protein (g)	10.4
Total Fat (g)	14.5
Carbohydrate, total (g)	9.6
Ash, total (g)	2.3

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

Fiber, total dietary (g)	0.3
Sugars, total (g)	0.4

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	122
Phosphorus, P (mg)	102
Iron, Fe (mg)	1.6
Sodium, Na (mg)	624

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

Retinol, Vitamin A (µg)	30
beta-Carotene (μg)	0
Retinol Activity Equivalent, RAE (µg)	30
Thiamin, Vitamin B1 (mg)	0.35
Riboflavin, Vitamin B2 (mg)	0.11
Niacin (mg)	1.8
Ascorbic Acid, Vitamin C (mg)	0

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

Fatty acids, saturated, total (g	2.67
Fatty acids, monounsaturated, total (g)	3.96
Fatty acids, polyunsaturated, total(g)	1.94
Cholesterol (mg)	46

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:05:49