



Food ID: F264

Food name and Description: Chicken blood, bbq

Scientific name: *Gallus gallus*

Alternate/Common name(s): Betamax

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	77.9
Energy, calculated (kcal)	91
Protein (g)	16
Total Fat (g)	1.7
Carbohydrate, total (g)	2.8
Ash, total (g)	1.6

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	21
Phosphorus, P (mg)	9
Iron, Fe (mg)	41.4
Potassium, K (mg)	146
Sodium, Na (mg)	456
Zinc, Zn (mg)	0.9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	55
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	55
Thiamin, Vitamin B1 (mg)	0.03
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.5
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.88
Caproic, C6 (g)	0

Caprylic, C8 (g)	0.04
Capric, C10 (g)	0.03
Lauric, C12 (g)	0.29
Myristic, C14 (g)	0.13
Palmitic, C16 (g)	0.26
Stearic, C18 (g)	0.11
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.33
Oleic , C18:1 (g)	0.33
Fatty acids, polyunsaturated, total(g)	0.09
Linoleic, C18:2 (g)	0.08
Linolenic, C18:3 (g)	0.01
Cholesterol (mg)	165