



Food ID: F265

Food name and Description: Chicken, whole, seasoned, roasted

Scientific name: *Gallus gallus*

Alternate/Common name(s): Lechon manok

Edible portion: 70%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	56
Energy, calculated (kcal)	226
Protein (g)	24.8
Total Fat (g)	12
Carbohydrate, total (g)	4.7
Ash, total (g)	2.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	1.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	33
Phosphorus, P (mg)	223
Iron, Fe (mg)	2.1
Potassium, K (mg)	287
Sodium, Na (mg)	716
Zinc, Zn (mg)	1.7

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	58
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	58
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.13
Niacin (mg)	12.4
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	4.07
Caproic, C6 (g)	0

Caprylic, C8 (g)	0.02
Capric, C10 (g)	0.04
Lauric, C12 (g)	0.59
Myristic, C14 (g)	0.44
Palmitic, C16 (g)	2.41
Stearic, C18 (g)	0.58
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	3.59
Oleic , C18:1 (g)	3.59
Fatty acids, polyunsaturated, total(g)	1.55
Linoleic, C18:2 (g)	1.46
Linolenic, C18:3 (g)	0.09
Cholesterol (mg)	122