



Food ID: F266

Food name and Description: Chicken, whole, seasoned, roasted, skin and visible fat removed

Scientific name: *Gallus gallus*

Alternate/Common name(s): Lechon manok, walang balat

Edible portion: 62%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	63.7
Energy, calculated (kcal)	162
Protein (g)	26.2
Total Fat (g)	5.4
Carbohydrate, total (g)	2.2
Ash, total (g)	2.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	20
Phosphorus, P (mg)	222
Iron, Fe (mg)	0.9
Potassium, K (mg)	295
Sodium, Na (mg)	677
Zinc, Zn (mg)	1.8

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	31
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	31
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.12
Niacin (mg)	12.8
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.78
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Caproic, C6 (g)	0
Caprylic, C8 (g)	0
Capric, C10 (g)	0.02
Lauric, C12 (g)	0.26
Myristic, C14 (g)	0.19
Palmitic, C16 (g)	1.05
Stearic, C18 (g)	0.25
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	1.54
Oleic , C18:1 (g)	1.54
Fatty acids, polyunsaturated, total(g)	0.68
Linoleic, C18:2 (g)	0.64
Linolenic, C18:3 (g)	0.04
Cholesterol (mg)	108