



Food ID: H003

Food name and Description: Egg, chicken, whole

Scientific name: *N/A*

Alternate/Common name(s): Itlog, manok, buo

Edible portion: 87%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	76
Energy, calculated (kcal)	139
Protein (g)	12.3
Total Fat (g)	9.4
Carbohydrate, total (g)	1.4
Ash, total (g)	0.9

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	32
Phosphorus, P (mg)	159
Iron, Fe (mg)	1.7
Potassium, K (mg)	207
Sodium, Na (mg)	128
Zinc, Zn (mg)	1.3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	201
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	201
Thiamin, Vitamin B1 (mg)	0.07
Riboflavin, Vitamin B2 (mg)	0.39
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	2.9
Fatty acids, monounsaturated, total (g)	2.23

Fatty acids, polyunsaturated, total(g)	0.76
Cholesterol (mg)	428