



Food ID: H004

Food name and Description: Egg, chicken, whole, boiled

Scientific name: N/A

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

Edible portion: 89%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	72.4
Energy, calculated (kcal)	166
Protein (g)	14
Total Fat (g)	12
Carbohydrate, total (g)	0.6
Ash, total (g)	1

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)	36
Phosphorus, P (mg)	178
Iron, Fe (mg)	1.9
Potassium, K (mg)	213
Sodium, Na (mg)	136
Zinc, Zn (mg)	1.3

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	81
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	81
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.43
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	3.58
Fatty acids, monounsaturated, total (g)	3.56

Fatty acids, polyunsaturated, total(g)	1.26
Cholesterol (mg)	460