



Food ID: N003

Food name and Description: Bouillon cube, chicken

Scientific name:

Alternate/Common name(s): Chicken cube

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	4.1
Energy, calculated (kcal)	306
Protein (g)	15.3
Total Fat (g)	22.3
Carbohydrate, total (g)	11
Ash, total (g)	47.3

Other Carbohydrate (Food Composition per 100g Edible Portion)

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

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	58
Phosphorus, P (mg)	143
Iron, Fe (mg)	1.8
Sodium, Na (mg)	23606

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	25
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	26
Thiamin, Vitamin B1 (mg)	0.84
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	2.7
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	5.69
Fatty acids, monounsaturated, total (g)	9.11
Fatty acids, polyunsaturated, total(g)	7.69
Cholesterol (mg)	62