

Republic of the Philippines Department of Science and Technology FOOD AND NUTRITION RESEARCH INSTITUTE General Santos Avenue, Bicutan, Taguig City, Philippines



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

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 13:23:57