



**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