



**Food ID:** R040

**Food name and Description:** Chicken stew, cnd

**Scientific name:**

**Alternate/Common name(s):**

**Edible portion:** -%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	83.9
Energy, calculated (kcal)	72
Protein (g)	3.6
Total Fat (g)	2.7
Carbohydrate, total (g)	8.3
Ash, total (g)	1.5

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0.6
Sugars, total (g)	0.9

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	34
Phosphorus, P (mg)	40
Iron, Fe (mg)	0.7
Sodium, Na (mg)	359

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	240
beta-Carotene (µg)	255
Retinol Activity Equivalent, RAE (µg)	261
Thiamin, Vitamin B1 (mg)	0.52
Riboflavin, Vitamin B2 (mg)	0.04
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.81
Fatty acids, monounsaturated, total (g)	1.21
Fatty acids, polyunsaturated, total(g)	0.56
Cholesterol (mg)	12