



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