



Food ID: S007

Food name and Description: Chicken, asparagus, str

Scientific name:

Alternate/Common name(s):

Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	93.3
Energy, calculated (kcal)	39
Protein (g)	7.9
Total Fat (g)	0.8
Carbohydrate, total (g)	0
Ash, total (g)	2.2

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.1
Sugars, total (g)	0

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	30
Phosphorus, P (mg)	18
Iron, Fe (mg)	1.7
Sodium, Na (mg)	12

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	115
beta-Carotene (µg)	929
Retinol Activity Equivalent, RAE (µg)	192
Thiamin, Vitamin B1 (mg)	0.55
Riboflavin, Vitamin B2 (mg)	0.51
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	1

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.23
Fatty acids, monounsaturated, total (g)	0.33
Fatty acids, polyunsaturated, total(g)	0.17
Cholesterol (mg)	5