

Source: USDA National Nutrient Database for Standard Reference 27 Software v.2.0b

Basic Report

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Nutrient data for: 05064,Chicken, broilers or fryers, breast, meat only, cooked, roasted

<u>Nutrient</u>	<u>0.375"cup, chopped or diced"52.5g</u>	<u>Unit</u>	<u>1Value per100g</u>	<u>1.0"unit (yield from 1 lb ready-to-cook chicken)"52.0g</u>	<u>0.5"breast, bone and skin removed"86.0g</u>
Proximates					
Water	34.26	g	65.26	33.94	56.12
Energy	87	kcal	165	86	142
Protein	16.29	g	31.02	16.13	26.68
Total lipid (fat)	1.87	g	3.57	1.86	3.07
Carbohydrate, by difference	0	g	0	0	0
Fiber, total dietary	0	g	0	0	0
Sugars, total	0	g	0	0	0
Minerals					
Calcium, Ca	8	mg	15	8	13
Iron, Fe	0.55	mg	1.04	0.54	0.89
Magnesium, Mg	15	mg	29	15	25
Phosphorus, P	120	mg	228	119	196
Potassium, K	134	mg	256	133	220
Sodium, Na	39	mg	74	38	64
Zinc, Zn	0.52	mg	1	0.52	0.86
Vitamins					
Vitamin C, total ascorbic acid	0	mg	0	0	0
Thiamin	0.037	mg	0.07	0.036	0.06
Riboflavin	0.06	mg	0.114	0.059	0.098
Niacin	7.199	mg	13.712	7.13	11.792
Vitamin B-6	0.315	mg	0.6	0.312	0.516
Folate, DFE	2	Âµg	4	2	3
Vitamin B-12	0.18	Âµg	0.34	0.18	0.29
Vitamin A, RAE	3	Âµg	6	3	5
Vitamin A, IU	11	IU	21	11	18
Vitamin E (alpha-tocopherol)	0.14	mg	0.27	0.14	0.23
Vitamin D (D2 + D3)	0.1	Âµg	0.1	0.1	0.1
Vitamin D	3	IU	5	3	4
Vitamin K (phylloquinone)	0.2	Âµg	0.3	0.2	0.3
Lipids					
Fatty acids, total saturated	0.53	g	1.01	0.525	0.869
Fatty acids, total monounsaturated	0.651	g	1.24	0.645	1.066
Fatty acids, total polyunsaturated	0.404	g	0.77	0.4	0.662
Cholesterol	45	mg	85	44	73
Other					
Caffeine	0	mg	0	0	0