NDB No. 05001 Chicken, broilers or fryers, meat and skin and giblets and neck, raw
Gallus gallus

Refuse: 31% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1046g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.34		0	693.92		
Energy	kcal	213		0	2228		
Energy	kj	891		0	9320		
Protein (N x 5.95)	g	18.33		0	191.73		
Total lipid (fat)	g	14.83		0	155.12		
Carbohydrate, by difference	g	0.13		0	1.36		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.80		0	8.37		
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	115		
Iron	mg	1.31		0	13.70		
Magnesium	mg	20		0	209		
Phosphorus	mg	149		0	1559		
Potassium	mg	189		0	1977		
Sodium	mg	70		0	732		
Zinc	mg	1.48		0	15.48		
Copper	mg	0.064		0	0.669		
Manganese	mg	0.029		0	0.303		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.6		0	27.2		
Thiamin	mg	0.061		0	0.638		
Riboflavin	mg	0.186		0	1.946		
Niacin	mg	6.639		0	69.444		
Pantothenic acid	mg	1.072		0	11.213		
Vitamin B-6	mg	0.340		0	3.556		
Folate	µg	30		0	314		
Vitamin B-12	µg	1.11		0	11.61		
Vitamin A	IU	771		0	8065		
Vitamin A, RE	µg	230		0	2406		
Vitamin E, α-TE	mg	0.368		0	3.849		
Lipids:							
Saturated, total	g	4.240		0	44.350		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.020		0	0.209		
14:0	g	0.120		0	1.255		
15.0	g						
16:0	g	3.080		0	32.217		
17:0	g						
18:0	g	0.870		0	9.100		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.080	0	63.597
14:1	g			
16:1	g	0.820	0	8.577
18:1	g	5.030	0	52.614
20:1	g	0.150	0	1.569
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.190	0	33.367
18:2	g	2.830	0	29.602
18:3	g	0.130	0	1.360
18:4	g	0.000	0	0.000
20:4	g	0.100	0	1.046
20:5	g	0.010	0	0.105
22:5	g	0.010	0	0.105
22:6	g	0.030	0	0.314
Cholesterol	mg	90	0	941
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.203	0	2.123
Threonine	g	0.760	0	7.950
Isoleucine	g	0.906	0	9.477
Leucine	g	1.336	0	13.975
Lysine	g	1.470	0	15.376
Methionine	g	0.482	0	5.042
Cystine	g	0.246	0	2.573
Phenylalanine	g	0.718	0	7.510
Tyrosine	g	0.586	0	6.130
Valine	g	0.893	0	9.341
Arginine	g	1.162	0	12.155
Histidine	g	0.526	0	5.502
Alanine	g	1.068	0	11.171
Aspartic acid	g	1.641	0	17.165
Glutamic acid	g	2.676	0	27.991
Glycine	g	1.220	0	12.761
Proline	g	0.914	0	9.560
Serine	g	0.660	0	6.904
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 chicken

NDB No. 05002 Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1028g	Measure 2* 308g	Measure 3*
Proximates:							
Water	g	49.29		0	506.70	151.81	
Energy	kcal	291		0	2991	896	
Energy	kj	1218		0	12521	3751	
Protein (N x 5.95)	g	22.84		0	234.80	70.35	
Total lipid (fat)	g	17.53		0	180.21	53.99	
Carbohydrate, by difference	g	9.03		0	92.83	27.81	
Fiber, total dietary	g						
Ash	g	1.31		0	13.47	4.03	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	216	65	
Iron	mg	1.79		0	18.40	5.51	
Magnesium	mg	21		0	216	65	
Phosphorus	mg	158		0	1624	487	
Potassium	mg	190		0	1953	585	
Sodium	mg	284		0	2920	875	
Zinc	mg	1.91		0	19.63	5.88	
Copper	mg	0.089		0	0.915	0.274	
Manganese	mg	0.064		0	0.658	0.197	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	4.1	1.2	
Thiamin	mg	0.113		0	1.162	0.348	
Riboflavin	mg	0.248		0	2.549	0.764	
Niacin	mg	7.083		0	72.813	21.816	
Pantothenic acid	mg	1.039		0	10.681	3.200	
Vitamin B-6	mg	0.320		0	3.290	0.986	
Folate	µg	32		0	329	99	
Vitamin B-12	µg	0.83		0	8.53	2.56	
Vitamin A	IU	603		0	6199	1857	
Vitamin A, RE	µg	181		0	1861	557	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.670		0	48.008	14.384	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.206	0.062	
14:0	g	0.100		0	1.028	0.308	
15.0	g						
16:0	g	3.100		0	31.868	9.548	
17:0	g						
18:0	g	1.370		0	14.084	4.220	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.130	0	73.296	21.960
14:1	g				
16:1	g	0.540	0	5.551	1.663
18:1	g	6.460	0	66.409	19.897
20:1	g	0.090	0	0.925	0.277
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.150	0	42.662	12.782
18:2	g	3.700	0	38.036	11.396
18:3	g	0.200	0	2.056	0.616
18:4	g				
20:4	g	0.110	0	1.131	0.339
20:5	g	0.010	0	0.103	0.031
22:5	g	0.020	0	0.206	0.062
22:6	g	0.040	0	0.411	0.123
Cholesterol	mg	103	0	1059	317
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.260	0	2.673	0.801
Threonine	g	0.940	0	9.663	2.895
Isoleucine	g	1.137	0	11.688	3.502
Leucine	g	1.682	0	17.291	5.181
Lysine	g	1.777	0	18.268	5.473
Methionine	g	0.596	0	6.127	1.836
Cystine	g	0.316	0	3.248	0.973
Phenylalanine	g	0.918	0	9.437	2.827
Tyrosine	g	0.740	0	7.607	2.279
Valine	g	1.120	0	11.514	3.450
Arginine	g	1.407	0	14.464	4.334
Histidine	g	0.654	0	6.723	2.014
Alanine	g	1.281	0	13.169	3.945
Aspartic acid	g	1.986	0	20.416	6.117
Glutamic acid	g	3.639	0	37.409	11.208
Glycine	g	1.406	0	14.454	4.330
Proline	g	1.200	0	12.336	3.696
Serine	g	0.853	0	8.769	2.627
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 chicken

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05003 Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 708g	Measure 2* 212g	Measure 3*
Proximates:							
Water	g	51.88		0	367.31	109.99	
Energy	kcal	272		0	1926	577	
Energy	kj	1138		0	8057	2413	
Protein (N x 5.95)	g	28.57		0	202.28	60.57	
Total lipid (fat)	g	15.27		0	108.11	32.37	
Carbohydrate, by difference	g	3.27		0	23.15	6.93	
Fiber, total dietary	g						
Ash	g	1.01		0	7.15	2.14	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	120	36	
Iron	mg	1.99		0	14.09	4.22	
Magnesium	mg	25		0	177	53	
Phosphorus	mg	194		0	1374	411	
Potassium	mg	237		0	1678	502	
Sodium	mg	86		0	609	182	
Zinc	mg	2.36		0	16.71	5.00	
Copper	mg	0.100		0	0.708	0.212	
Manganese	mg	0.047		0	0.333	0.100	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	3.5	1.1	
Thiamin	mg	0.088		0	0.623	0.187	
Riboflavin	mg	0.278		0	1.968	0.589	
Niacin	mg	8.930		0	63.224	18.932	
Pantothenic acid	mg	1.283		0	9.084	2.720	
Vitamin B-6	mg	0.420		0	2.974	0.890	
Folate	µg	31		0	219	66	
Vitamin B-12	µg	1.11		0	7.86	2.35	
Vitamin A	IU	826		0	5848	1751	
Vitamin A, RE	µg	248		0	1756	526	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.160		0	29.453	8.819	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.142	0.042	
14:0	g	0.100		0	0.708	0.212	
15.0	g						
16:0	g	2.880		0	20.390	6.106	
17:0	g						
18:0	g	1.050		0	7.434	2.226	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.990	0	42.409	12.699
14:1	g				
16:1	g	0.640	0	4.531	1.357
18:1	g	5.190	0	36.745	11.003
20:1	g	0.110	0	0.779	0.233
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.510	0	24.851	7.441
18:2	g	3.050	0	21.594	6.466
18:3	g	0.150	0	1.062	0.318
18:4	g				
20:4	g	0.140	0	0.991	0.297
20:5	g	0.010	0	0.071	0.021
22:5	g	0.020	0	0.142	0.042
22:6	g	0.040	0	0.283	0.085
Cholesterol	mg	112	0	793	237
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.323	0	2.287	0.685
Threonine	g	1.187	0	8.404	2.516
Isoleucine	g	1.435	0	10.160	3.042
Leucine	g	2.103	0	14.889	4.458
Lysine	g	2.297	0	16.263	4.870
Methionine	g	0.757	0	5.360	1.605
Cystine	g	0.383	0	2.712	0.812
Phenylalanine	g	1.133	0	8.022	2.402
Tyrosine	g	0.927	0	6.563	1.965
Valine	g	1.401	0	9.919	2.970
Arginine	g	1.780	0	12.602	3.774
Histidine	g	0.831	0	5.883	1.762
Alanine	g	1.622	0	11.484	3.439
Aspartic acid	g	2.536	0	17.955	5.376
Glutamic acid	g	4.306	0	30.486	9.129
Glycine	g	1.756	0	12.432	3.723
Proline	g	1.395	0	9.877	2.957
Serine	g	1.031	0	7.299	2.186
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 chicken

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05004 Chicken, broilers or fryers, meat and skin and giblets and neck, roasted

Refuse: 31% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 682g	Measure 2* 205g	Measure 3*
Proximates:							
Water	g	60.11		0	409.95	123.23	
Energy	kcal	234		0	1596	480	
Energy	kj	979		0	6677	2007	
Protein (N x 5.95)	g	26.78		0	182.64	54.90	
Total lipid (fat)	g	13.27		0	90.50	27.20	
Carbohydrate, by difference	g	0.06		0	0.41	0.12	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	6.14	1.85	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	102	31	
Iron	mg	1.66		0	11.32	3.40	
Magnesium	mg	23		0	157	47	
Phosphorus	mg	182		0	1241	373	
Potassium	mg	212		0	1446	435	
Sodium	mg	79		0	539	162	
Zinc	mg	2.16		0	14.73	4.43	
Copper	mg	0.080		0	0.546	0.164	
Manganese	mg	0.031		0	0.211	0.064	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	3.4	1.0	
Thiamin	mg	0.063		0	0.430	0.129	
Riboflavin	mg	0.224		0	1.528	0.459	
Niacin	mg	7.908		0	53.933	16.211	
Pantothenic acid	mg	1.128		0	7.693	2.312	
Vitamin B-6	mg	0.380		0	2.592	0.779	
Folate	µg	29		0	198	59	
Vitamin B-12	µg	0.94		0	6.41	1.93	
Vitamin A	IU	636		0	4338	1304	
Vitamin A, RE	µg	189		0	1289	387	
Vitamin E, α-TE	mg	0.334		0	2.278	0.685	
Lipids:							
Saturated, total	g	3.700		0	25.234	7.585	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.136	0.041	
14:0	g	0.100		0	0.682	0.205	
15.0	g						
16:0	g	2.700		0	18.414	5.535	
17:0	g						
18:0	g	0.770		0	5.251	1.579	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.170	0	35.259	10.598
14:1	g				
16:1	g	0.710	0	4.842	1.455
18:1	g	4.260	0	29.053	8.733
20:1	g	0.130	0	0.887	0.267
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.900	0	19.778	5.945
18:2	g	2.500	0	17.050	5.125
18:3	g	0.110	0	0.750	0.226
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.818	0.246
20:5	g	0.010	0	0.068	0.020
22:5	g	0.020	0	0.136	0.041
22:6	g	0.040	0	0.273	0.082
Cholesterol	mg	107	0	730	219
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.298	0	2.032	0.611
Threonine	g	1.111	0	7.577	2.278
Isoleucine	g	1.330	0	9.071	2.727
Leucine	g	1.955	0	13.333	4.008
Lysine	g	2.158	0	14.718	4.424
Methionine	g	0.707	0	4.822	1.449
Cystine	g	0.358	0	2.442	0.734
Phenylalanine	g	1.050	0	7.161	2.152
Tyrosine	g	0.860	0	5.865	1.763
Valine	g	1.306	0	8.907	2.677
Arginine	g	1.690	0	11.526	3.464
Histidine	g	0.773	0	5.272	1.585
Alanine	g	1.552	0	10.585	3.182
Aspartic acid	g	2.395	0	16.334	4.910
Glutamic acid	g	3.917	0	26.714	8.030
Glycine	g	1.745	0	11.901	3.577
Proline	g	1.316	0	8.975	2.698
Serine	g	0.961	0	6.554	1.970
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 chicken

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05005 Chicken, broilers or fryers, meat and skin and giblets and neck, stewed

Refuse: 33% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 751g	Measure 2* 225g	Measure 3*
Proximates:							
Water	g	64.04		0	480.94	144.09	
Energy	kcal	216		0	1622	486	
Energy	kj	904		0	6789	2034	
Protein (N x 5.95)	g	24.49		0	183.92	55.10	
Total lipid (fat)	g	12.37		0	92.90	27.83	
Carbohydrate, by difference	g	0.06		0	0.45	0.14	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.76		0	5.71	1.71	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	105	32	
Iron	mg	1.53		0	11.49	3.44	
Magnesium	mg	19		0	143	43	
Phosphorus	mg	144		0	1081	324	
Potassium	mg	163		0	1224	367	
Sodium	mg	66		0	496	149	
Zinc	mg	1.98		0	14.87	4.46	
Copper	mg	0.071		0	0.533	0.160	
Manganese	mg	0.029		0	0.218	0.065	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	3.8	1.1	
Thiamin	mg	0.048		0	0.360	0.108	
Riboflavin	mg	0.201		0	1.510	0.452	
Niacin	mg	5.389		0	40.471	12.125	
Pantothenic acid	mg	0.796		0	5.978	1.791	
Vitamin B-6	mg	0.220		0	1.652	0.495	
Folate	µg	27		0	203	61	
Vitamin B-12	µg	0.79		0	5.93	1.78	
Vitamin A	IU	579		0	4348	1303	
Vitamin A, RE	µg	172		0	1292	387	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.450		0	25.910	7.763	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.150	0.045	
14:0	g	0.100		0	0.751	0.225	
15.0	g						
16:0	g	2.520		0	18.925	5.670	
17:0	g						
18:0	g	0.710		0	5.332	1.597	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.820	0	36.198	10.845
14:1	g				
16:1	g	0.660	0	4.957	1.485
18:1	g	3.980	0	29.890	8.955
20:1	g	0.120	0	0.901	0.270
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.700	0	20.277	6.075
18:2	g	2.330	0	17.498	5.242
18:3	g	0.100	0	0.751	0.225
18:4	g				
20:4	g	0.110	0	0.826	0.248
20:5	g	0.010	0	0.075	0.023
22:5	g	0.020	0	0.150	0.045
22:6	g	0.040	0	0.300	0.090
Cholesterol	mg	97	0	728	218
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.273	0	2.050	0.614
Threonine	g	1.017	0	7.638	2.288
Isoleucine	g	1.219	0	9.155	2.743
Leucine	g	1.790	0	13.443	4.027
Lysine	g	1.976	0	14.840	4.446
Methionine	g	0.648	0	4.866	1.458
Cystine	g	0.327	0	2.456	0.736
Phenylalanine	g	0.960	0	7.210	2.160
Tyrosine	g	0.788	0	5.918	1.773
Valine	g	1.195	0	8.974	2.689
Arginine	g	1.545	0	11.603	3.476
Histidine	g	0.708	0	5.317	1.593
Alanine	g	1.418	0	10.649	3.191
Aspartic acid	g	2.191	0	16.454	4.930
Glutamic acid	g	3.585	0	26.923	8.066
Glycine	g	1.586	0	11.911	3.569
Proline	g	1.199	0	9.004	2.698
Serine	g	0.878	0	6.594	1.976
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 chicken

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05006 Chicken, broilers or fryers, meat and skin, raw

Refuse: 32% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 276g	Measure 2* 460g	Measure 3*
Proximates:							
Water	g	65.99	0.239	82	182.13	303.55	
Energy	kcal	215		0	593	989	
Energy	kj	900		0	2484	4140	
Protein (N x 5.95)	g	18.60	0.085	82	51.34	85.56	
Total lipid (fat)	g	15.06	0.272	82	41.57	69.28	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.79	0.020	25	2.18	3.63	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.410	24	30	51	
Iron	mg	0.90	0.025	24	2.48	4.14	
Magnesium	mg	20	0.292	24	55	92	
Phosphorus	mg	147	2.956	24	406	676	
Potassium	mg	189	4.592	24	522	869	
Sodium	mg	70	1.232	24	193	322	
Zinc	mg	1.31	0.017	24	3.62	6.03	
Copper	mg	0.048	0.001	24	0.132	0.221	
Manganese	mg	0.019	0.000	24	0.052	0.087	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		0	4.4	7.4	
Thiamin	mg	0.060	0.003	16	0.166	0.276	
Riboflavin	mg	0.120	0.003	16	0.331	0.552	
Niacin	mg	6.801	0.219	16	18.771	31.285	
Pantothenic acid	mg	0.910		0	2.512	4.186	
Vitamin B-6	mg	0.350		0	0.966	1.610	
Folate	µg	6		0	17	28	
Vitamin B-12	µg	0.31		0	0.86	1.43	
Vitamin A	IU	140		0	386	644	
Vitamin A, RE	µg	41		0	113	189	
Vitamin E, α-TE	mg	0.295		0	0.814	1.357	
Lipids:							
Saturated, total	g	4.310		0	11.896	19.826	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.055	0.092	
14:0	g	0.120		0	0.331	0.552	
15.0	g						
16:0	g	3.150		0	8.694	14.490	
17:0	g						
18:0	g	0.870		0	2.401	4.002	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.240	0	17.222	28.704
14:1	g				
16:1	g	0.830	0	2.291	3.818
18:1	g	5.170	0	14.269	23.782
20:1	g	0.150	0	0.414	0.690
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.230	0	8.915	14.858
18:2	g	2.880	0	7.949	13.248
18:3	g	0.140	0	0.386	0.644
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.221	0.368
20:5	g	0.010	0	0.028	0.046
22:5	g	0.010	0	0.028	0.046
22:6	g	0.030	0	0.083	0.138
Cholesterol	mg	75	0	207	345
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.207	0	0.571	0.952
Threonine	g	0.767	0	2.117	3.528
Isoleucine	g	0.924	0	2.550	4.250
Leucine	g	1.350	0	3.726	6.210
Lysine	g	1.509	0	4.165	6.941
Methionine	g	0.493	0	1.361	2.268
Cystine	g	0.249	0	0.687	1.145
Phenylalanine	g	0.721	0	1.990	3.317
Tyrosine	g	0.597	0	1.648	2.746
Valine	g	0.902	0	2.490	4.149
Arginine	g	1.169	0	3.226	5.377
Histidine	g	0.544	0	1.501	2.502
Alanine	g	1.089	0	3.006	5.009
Aspartic acid	g	1.659	0	4.579	7.631
Glutamic acid	g	2.714	0	7.491	12.484
Glycine	g	1.223	0	3.375	5.626
Proline	g	0.911	0	2.514	4.191
Serine	g	0.657	0	1.813	3.022
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05007 Chicken, broilers or fryers, meat and skin, cooked, fried, batter

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 280g	Measure 2* 466g	Measure 3*
Proximates:							
Water	g	49.39		0	138.29	230.16	
Energy	kcal	289		0	809	1347	
Energy	kj	1209		0	3385	5634	
Protein (N x 5.95)	g	22.54		0	63.11	105.04	
Total lipid (fat)	g	17.35		0	48.58	80.85	
Carbohydrate, by difference	g	9.42		0	26.38	43.90	
Fiber, total dietary	g	0.3		0	0.8	1.4	
Ash	g	1.30		0	3.64	6.06	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	59	98	
Iron	mg	1.37		0	3.84	6.38	
Magnesium	mg	21		0	59	98	
Phosphorus	mg	155		0	434	722	
Potassium	mg	185		0	518	862	
Sodium	mg	292		0	818	1361	
Zinc	mg	1.67		0	4.68	7.78	
Copper	mg	0.072		0	0.202	0.336	
Manganese	mg	0.057		0	0.160	0.266	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.115		0	0.322	0.536	
Riboflavin	mg	0.189		0	0.529	0.881	
Niacin	mg	7.043		0	19.720	32.820	
Pantothenic acid	mg	0.889		0	2.489	4.143	
Vitamin B-6	mg	0.310		0	0.868	1.445	
Folate	µg	18		0	50	84	
Vitamin B-12	µg	0.28		0	0.78	1.30	
Vitamin A	IU	93		0	260	433	
Vitamin A, RE	µg	28		0	78	130	
Vitamin E, α-TE	mg	1.237		0	3.464	5.764	
Lipids:							
Saturated, total	g	4.610		0	12.908	21.483	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.056	0.093	
14:0	g	0.100		0	0.280	0.466	
15.0	g						
16:0	g	3.080		0	8.624	14.353	
17:0	g						
18:0	g	1.340		0	3.752	6.244	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.090	0	19.852	33.039
14:1	g				
16:1	g	0.540	0	1.512	2.516
18:1	g	6.420	0	17.976	29.917
20:1	g	0.090	0	0.252	0.419
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.100	0	11.480	19.106
18:2	g	3.670	0	10.276	17.102
18:3	g	0.200	0	0.560	0.932
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.280	0.466
20:5	g	0.010	0	0.028	0.047
22:5	g	0.020	0	0.056	0.093
22:6	g	0.030	0	0.084	0.140
Cholesterol	mg	87	0	244	405
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.257	0	0.720	1.198
Threonine	g	0.922	0	2.582	4.297
Isoleucine	g	1.125	0	3.150	5.242
Leucine	g	1.653	0	4.628	7.703
Lysine	g	1.765	0	4.942	8.225
Methionine	g	0.591	0	1.655	2.754
Cystine	g	0.311	0	0.871	1.449
Phenylalanine	g	0.899	0	2.517	4.189
Tyrosine	g	0.732	0	2.050	3.411
Valine	g	1.100	0	3.080	5.126
Arginine	g	1.378	0	3.858	6.421
Histidine	g	0.655	0	1.834	3.052
Alanine	g	1.270	0	3.556	5.918
Aspartic acid	g	1.950	0	5.460	9.087
Glutamic acid	g	3.605	0	10.094	16.799
Glycine	g	1.378	0	3.858	6.421
Proline	g	1.178	0	3.298	5.489
Serine	g	0.832	0	2.330	3.877
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05008 Chicken, broilers or fryers, meat and skin, cooked, fried, flour

Refuse: 29% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 188g	Measure 2* 314g	Measure 3*
Proximates:							
Water	g	52.41		0	98.53	164.57	
Energy	kcal	269		0	506	845	
Energy	kj	1125		0	2115	3533	
Protein (N x 5.95)	g	28.56		0	53.69	89.68	
Total lipid (fat)	g	14.92		0	28.05	46.85	
Carbohydrate, by difference	g	3.15		0	5.92	9.89	
Fiber, total dietary	g	0.1		0	0.2	0.3	
Ash	g	0.98		0	1.84	3.08	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	32	53	
Iron	mg	1.38		0	2.59	4.33	
Magnesium	mg	25		0	47	79	
Phosphorus	mg	191		0	359	600	
Potassium	mg	234		0	440	735	
Sodium	mg	84		0	158	264	
Zinc	mg	2.04		0	3.84	6.41	
Copper	mg	0.075		0	0.141	0.236	
Manganese	mg	0.034		0	0.064	0.107	
Selenium	µg	21.7	1.366	30	40.8	68.1	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.087		0	0.164	0.273	
Riboflavin	mg	0.193		0	0.363	0.606	
Niacin	mg	8.992		0	16.905	28.235	
Pantothenic acid	mg	1.079		0	2.029	3.388	
Vitamin B-6	mg	0.410		0	0.771	1.287	
Folate	µg	9		0	17	28	
Vitamin B-12	µg	0.31		0	0.58	0.97	
Vitamin A	IU	89		0	167	279	
Vitamin A, RE	µg	27		0	51	85	
Vitamin E, α-TE	mg	0.627		0	1.179	1.969	
Lipids:							
Saturated, total	g	4.060		0	7.633	12.748	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.038	0.063	
14:0	g	0.110		0	0.207	0.345	
15.0	g						
16:0	g	2.840		0	5.339	8.918	
17:0	g						
18:0	g	0.990		0	1.861	3.109	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.890	0	11.073	18.495
14:1	g				
16:1	g	0.650	0	1.222	2.041
18:1	g	5.070	0	9.532	15.920
20:1	g	0.110	0	0.207	0.345
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.410	0	6.411	10.707
18:2	g	2.970	0	5.584	9.326
18:3	g	0.150	0	0.282	0.471
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.226	0.377
20:5	g	0.010	0	0.019	0.031
22:5	g	0.020	0	0.038	0.063
22:6	g	0.050	0	0.094	0.157
Cholesterol	mg	90	0	169	283
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.323	0	0.607	1.014
Threonine	g	1.181	0	2.220	3.708
Isoleucine	g	1.439	0	2.705	4.518
Leucine	g	2.092	0	3.933	6.569
Lysine	g	2.320	0	4.362	7.285
Methionine	g	0.762	0	1.433	2.393
Cystine	g	0.382	0	0.718	1.199
Phenylalanine	g	1.121	0	2.107	3.520
Tyrosine	g	0.928	0	1.745	2.914
Valine	g	1.392	0	2.617	4.371
Arginine	g	1.766	0	3.320	5.545
Histidine	g	0.845	0	1.589	2.653
Alanine	g	1.632	0	3.068	5.124
Aspartic acid	g	2.526	0	4.749	7.932
Glutamic acid	g	4.297	0	8.078	13.493
Glycine	g	1.744	0	3.279	5.476
Proline	g	1.374	0	2.583	4.314
Serine	g	1.012	0	1.903	3.178
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05009 Chicken, broilers or fryers, meat and skin, cooked, roasted

Refuse: 33% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 178g	Measure 3* 299g
Proximates:							
Water	g	59.45	0.432	16	83.23	105.82	177.76
Energy	kcal	239		0	335	425	715
Energy	kj	1000		0	1400	1780	2990
Protein (N x 5.95)	g	27.30	0.276	16	38.22	48.59	81.63
Total lipid (fat)	g	13.60	0.294	16	19.04	24.21	40.66
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.92	0.022	16	1.29	1.64	2.75
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.531	16	21	27	45
Iron	mg	1.26	0.050	16	1.76	2.24	3.77
Magnesium	mg	23	0.406	16	32	41	69
Phosphorus	mg	182	3.892	16	255	324	544
Potassium	mg	223	5.230	16	312	397	667
Sodium	mg	82	1.881	16	115	146	245
Zinc	mg	1.94	0.034	16	2.72	3.45	5.80
Copper	mg	0.066	0.002	16	0.092	0.117	0.197
Manganese	mg	0.020	0.000	16	0.028	0.036	0.060
Selenium	µg	23.9	1.623	30	33.5	42.5	71.5
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.063	0.005	8	0.088	0.112	0.188
Riboflavin	mg	0.168	0.003	8	0.235	0.299	0.502
Niacin	mg	8.487	0.485	8	11.882	15.107	25.376
Pantothenic acid	mg	1.030		0	1.442	1.833	3.080
Vitamin B-6	mg	0.400		0	0.560	0.712	1.196
Folate	µg	5		0	7	9	15
Vitamin B-12	µg	0.30		0	0.42	0.53	0.90
Vitamin A	IU	161		0	225	287	481
Vitamin A, RE	µg	47		0	66	84	141
Vitamin E, α-TE	mg	0.265		0	0.371	0.472	0.792
Lipids:							
Saturated, total	g	3.790		0	5.306	6.746	11.332
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.036	0.060
14:0	g	0.110		0	0.154	0.196	0.329
15.0	g						
16:0	g	2.780		0	3.892	4.948	8.312
17:0	g						
18:0	g	0.770		0	1.078	1.371	2.302
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.340	0	7.476	9.505	15.967
14:1	g					
16:1	g	0.730	0	1.022	1.299	2.183
18:1	g	4.400	0	6.160	7.832	13.156
20:1	g	0.130	0	0.182	0.231	0.389
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.970	0	4.158	5.287	8.880
18:2	g	2.570	0	3.598	4.575	7.684
18:3	g	0.110	0	0.154	0.196	0.329
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.110	0	0.154	0.196	0.329
20:5	g	0.010	0	0.014	0.018	0.030
22:5	g	0.020	0	0.028	0.036	0.060
22:6	g	0.040	0	0.056	0.071	0.120
Cholesterol	mg	88	0	123	157	263
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.305	0	0.427	0.543	0.912
Threonine	g	1.128	0	1.579	2.008	3.373
Isoleucine	g	1.362	0	1.907	2.424	4.072
Leucine	g	1.986	0	2.780	3.535	5.938
Lysine	g	2.223	0	3.112	3.957	6.647
Methionine	g	0.726	0	1.016	1.292	2.171
Cystine	g	0.364	0	0.510	0.648	1.088
Phenylalanine	g	1.061	0	1.485	1.889	3.172
Tyrosine	g	0.879	0	1.231	1.565	2.628
Valine	g	1.325	0	1.855	2.358	3.962
Arginine	g	1.711	0	2.395	3.046	5.116
Histidine	g	0.802	0	1.123	1.428	2.398
Alanine	g	1.591	0	2.227	2.832	4.757
Aspartic acid	g	2.434	0	3.408	4.333	7.278
Glutamic acid	g	3.991	0	5.587	7.104	11.933
Glycine	g	1.764	0	2.470	3.140	5.274
Proline	g	1.322	0	1.851	2.353	3.953
Serine	g	0.963	0	1.348	1.714	2.879
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 chicken, bone removed

NDB No. 05010 Chicken, broilers or fryers, meat and skin, cooked, stewed

Refuse: 34% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 200g	Measure 3* 334g
Proximates:							
Water	g	63.93	0.546	16	89.50	127.86	213.53
Energy	kcal	219		0	307	438	731
Energy	kj	916		0	1282	1832	3059
Protein (N x 5.95)	g	24.68	0.240	16	34.55	49.36	82.43
Total lipid (fat)	g	12.56	0.246	16	17.58	25.12	41.95
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.76	0.028	16	1.06	1.52	2.54
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.432	16	18	26	43
Iron	mg	1.16	0.046	16	1.62	2.32	3.87
Magnesium	mg	19	0.292	16	27	38	63
Phosphorus	mg	139	2.472	16	195	278	464
Potassium	mg	166	6.406	16	232	332	554
Sodium	mg	67	1.724	16	94	134	224
Zinc	mg	1.76	0.023	16	2.46	3.52	5.88
Copper	mg	0.057	0.001	16	0.080	0.114	0.190
Manganese	mg	0.019	0.000	16	0.027	0.038	0.063
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.046	0.003	8	0.064	0.092	0.154
Riboflavin	mg	0.148	0.003	8	0.207	0.296	0.494
Niacin	mg	5.594	0.215	8	7.832	11.188	18.684
Pantothenic acid	mg	0.667		0	0.934	1.334	2.228
Vitamin B-6	mg	0.220		0	0.308	0.440	0.735
Folate	µg	5		0	7	10	17
Vitamin B-12	µg	0.20		0	0.28	0.40	0.67
Vitamin A	IU	146		0	204	292	488
Vitamin A, RE	µg	42		0	59	84	140
Vitamin E, α-TE	mg	0.265		0	0.371	0.530	0.885
Lipids:							
Saturated, total	g	3.500		0	4.900	7.000	11.690
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.040	0.067
14:0	g	0.100		0	0.140	0.200	0.334
15.0	g						
16:0	g	2.570		0	3.598	5.140	8.584
17:0	g						
18:0	g	0.710		0	0.994	1.420	2.371
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.930	0	6.902	9.860	16.466
14:1	g					
16:1	g	0.680	0	0.952	1.360	2.271
18:1	g	4.070	0	5.698	8.140	13.594
20:1	g	0.120	0	0.168	0.240	0.401
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.740	0	3.836	5.480	9.152
18:2	g	2.380	0	3.332	4.760	7.949
18:3	g	0.110	0	0.154	0.220	0.367
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.100	0	0.140	0.200	0.334
20:5	g	0.010	0	0.014	0.020	0.033
22:5	g	0.020	0	0.028	0.040	0.067
22:6	g	0.040	0	0.056	0.080	0.134
Cholesterol	mg	78	0	109	156	261
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.276	0	0.386	0.552	0.922
Threonine	g	1.020	0	1.428	2.040	3.407
Isoleucine	g	1.233	0	1.726	2.466	4.118
Leucine	g	1.797	0	2.516	3.594	6.002
Lysine	g	2.011	0	2.815	4.022	6.717
Methionine	g	0.657	8	0.920	1.314	2.194
Cystine	g	0.329	0	0.461	0.658	1.099
Phenylalanine	g	0.959	0	1.343	1.918	3.203
Tyrosine	g	0.796	0	1.114	1.592	2.659
Valine	g	1.199	0	1.679	2.398	4.005
Arginine	g	1.545	0	2.163	3.090	5.160
Histidine	g	0.726	0	1.016	1.452	2.425
Alanine	g	1.436	0	2.010	2.872	4.796
Aspartic acid	g	2.200	0	3.080	4.400	7.348
Glutamic acid	g	3.610	0	5.054	7.220	12.057
Glycine	g	1.583	0	2.216	3.166	5.287
Proline	g	1.190	0	1.666	2.380	3.975
Serine	g	0.870	0	1.218	1.740	2.906
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 chicken, bone removed

NDB No. 05011 Chicken, broilers or fryers, meat only, raw

Refuse: 52% 32% bone, 12% skin, 8% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 197g	Measure 2* 329g	Measure 3*
Proximates:							
Water	g	75.46	0.244	24	148.66	248.26	
Energy	kcal	119		0	234	392	
Energy	kj	498		0	981	1638	
Protein (N x 5.95)	g	21.39	0.127	24	42.14	70.37	
Total lipid (fat)	g	3.08	0.146	25	6.07	10.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96	0.026	24	1.89	3.16	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.599	24	24	39	
Iron	mg	0.89	0.027	24	1.75	2.93	
Magnesium	mg	25	0.332	24	49	82	
Phosphorus	mg	173	3.401	24	341	569	
Potassium	mg	229	5.462	24	451	753	
Sodium	mg	77	1.578	24	152	253	
Zinc	mg	1.54	0.022	24	3.03	5.07	
Copper	mg	0.053	0.001	24	0.104	0.174	
Manganese	mg	0.019	0.000	24	0.037	0.063	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.3		0	4.5	7.6	
Thiamin	mg	0.073	0.003	16	0.144	0.240	
Riboflavin	mg	0.142	0.004	16	0.280	0.467	
Niacin	mg	8.239	0.276	16	16.231	27.106	
Pantothenic acid	mg	1.058		0	2.084	3.481	
Vitamin B-6	mg	0.430		0	0.847	1.415	
Folate	µg	7		0	14	23	
Vitamin B-12	µg	0.37		0	0.73	1.22	
Vitamin A	IU	52		0	102	171	
Vitamin A, RE	µg	16		0	32	53	
Vitamin E, α-TE	mg	0.295		0	0.581	0.971	
Lipids:							
Saturated, total	g	0.790		0	1.556	2.599	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.020	0.033	
14:0	g	0.020		0	0.039	0.066	
15.0	g						
16:0	g	0.530		0	1.044	1.744	
17:0	g						
18:0	g	0.220		0	0.433	0.724	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.900	0	1.773	2.961
14:1	g				
16:1	g	0.120	0	0.236	0.395
18:1	g	0.760	0	1.497	2.500
20:1	g	0.010	0	0.020	0.033
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.750	0	1.478	2.467
18:2	g	0.550	0	1.084	1.810
18:3	g	0.020	0	0.039	0.066
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.158	0.263
20:5	g	0.010	0	0.020	0.033
22:5	g	0.020	0	0.039	0.066
22:6	g	0.030	0	0.059	0.099
Cholesterol	mg	70	0	138	230
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.250	0	0.493	0.823
Threonine	g	0.904	0	1.781	2.974
Isoleucine	g	1.130	0	2.226	3.718
Leucine	g	1.605	0	3.162	5.280
Lysine	g	1.818	0	3.581	5.981
Methionine	g	0.592	0	1.166	1.948
Cystine	g	0.274	0	0.540	0.901
Phenylalanine	g	0.849	0	1.673	2.793
Tyrosine	g	0.722	0	1.422	2.375
Valine	g	1.061	0	2.090	3.491
Arginine	g	1.290	0	2.541	4.244
Histidine	g	0.664	0	1.308	2.185
Alanine	g	1.167	0	2.299	3.839
Aspartic acid	g	1.907	0	3.757	6.274
Glutamic acid	g	3.204	0	6.312	10.541
Glycine	g	1.051	0	2.070	3.458
Proline	g	0.880	0	1.734	2.895
Serine	g	0.736	0	1.450	2.421
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05012 Chicken, broilers or fryers, meat only, cooked, fried

Refuse: 42% 29% bone, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 155g	Measure 3* 258g
Proximates:							
Water	g	57.53		0	80.54	89.17	148.43
Energy	kcal	219		0	307	339	565
Energy	kj	916		0	1282	1420	2363
Protein (N x 5.95)	g	30.57		0	42.80	47.38	78.87
Total lipid (fat)	g	9.12		0	12.77	14.14	23.53
Carbohydrate, by difference	g	1.69		0	2.37	2.62	4.36
Fiber, total dietary	g	0.1		0	0.1	0.2	0.3
Ash	g	1.09		0	1.53	1.69	2.81
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	24	26	44
Iron	mg	1.35		0	1.89	2.09	3.48
Magnesium	mg	27		0	38	42	70
Phosphorus	mg	205		0	287	318	529
Potassium	mg	257		0	360	398	663
Sodium	mg	91		0	127	141	235
Zinc	mg	2.24		0	3.14	3.47	5.78
Copper	mg	0.075		0	0.105	0.116	0.193
Manganese	mg	0.028		0	0.039	0.043	0.072
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.085		0	0.119	0.132	0.219
Riboflavin	mg	0.198		0	0.277	0.307	0.511
Niacin	mg	9.663		0	13.528	14.978	24.931
Pantothenic acid	mg	1.166		0	1.632	1.807	3.008
Vitamin B-6	mg	0.480		0	0.672	0.744	1.238
Folate	µg	7		0	10	11	18
Vitamin B-12	µg	0.34		0	0.48	0.53	0.88
Vitamin A	IU	59		0	83	91	152
Vitamin A, RE	µg	18		0	25	28	46
Vitamin E, α-TE	mg	0.460		0	0.644	0.713	1.187
Lipids:							
Saturated, total	g	2.460		0	3.444	3.813	6.347
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.031	0.052
14:0	g	0.060		0	0.084	0.093	0.155
15.0	g						
16:0	g	1.650		0	2.310	2.558	4.257
17:0	g						
18:0	g	0.660		0	0.924	1.023	1.703
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.350	0	4.690	5.192	8.643
14:1	g					
16:1	g	0.360	0	0.504	0.558	0.929
18:1	g	2.910	0	4.074	4.511	7.508
20:1	g	0.040	0	0.056	0.062	0.103
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.150	0	3.010	3.333	5.547
18:2	g	1.780	0	2.492	2.759	4.592
18:3	g	0.090	0	0.126	0.139	0.232
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.120	0	0.168	0.186	0.310
20:5	g	0.010	0	0.014	0.016	0.026
22:5	g	0.030	0	0.042	0.046	0.077
22:6	g	0.050	0	0.070	0.078	0.129
Cholesterol	mg	94	0	132	146	243
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.358	0	0.501	0.555	0.924
Threonine	g	1.289	0	1.805	1.998	3.326
Isoleucine	g	1.612	0	2.257	2.499	4.159
Leucine	g	2.294	0	3.212	3.556	5.919
Lysine	g	2.583	0	3.616	4.004	6.664
Methionine	g	0.844	0	1.182	1.308	2.178
Cystine	g	0.393	0	0.550	0.609	1.014
Phenylalanine	g	1.217	0	1.704	1.886	3.140
Tyrosine	g	1.031	0	1.443	1.598	2.660
Valine	g	1.516	0	2.122	2.350	3.911
Arginine	g	1.839	0	2.575	2.850	4.745
Histidine	g	0.947	0	1.326	1.468	2.443
Alanine	g	1.663	0	2.328	2.578	4.291
Aspartic acid	g	2.714	0	3.800	4.207	7.002
Glutamic acid	g	4.632	0	6.485	7.180	11.951
Glycine	g	1.499	0	2.099	2.323	3.867
Proline	g	1.277	0	1.788	1.979	3.295
Serine	g	1.057	0	1.480	1.638	2.727
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 chicken, bone and skin removed

NDB No. 05013 Chicken, broilers or fryers, meat only, roasted

Refuse: 46% 33% bone, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 9g	Measure 3* 146g
Proximates:							
Water	g	63.79	0.384	16	89.31	5.55	93.13
Energy	kcal	190		0	266	17	277
Energy	kj	795		0	1113	69	1161
Protein (N x 5.95)	g	28.93	0.277	16	40.50	2.52	42.24
Total lipid (fat)	g	7.41	0.166	16	10.37	0.64	10.82
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.02	0.026	16	1.43	0.09	1.49
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.612	16	21	1	22
Iron	mg	1.21	0.044	16	1.69	0.11	1.77
Magnesium	mg	25	0.448	16	35	2	37
Phosphorus	mg	195	4.394	16	273	17	285
Potassium	mg	243	5.657	16	340	21	355
Sodium	mg	86	1.898	16	120	7	126
Zinc	mg	2.10	0.032	16	2.94	0.18	3.07
Copper	mg	0.067	0.002	16	0.094	0.006	0.098
Manganese	mg	0.019	0.000	16	0.027	0.002	0.028
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.069	0.006	8	0.097	0.006	0.101
Riboflavin	mg	0.178	0.006	8	0.249	0.015	0.260
Niacin	mg	9.173	0.528	8	12.842	0.798	13.393
Pantothenic acid	mg	1.104		0	1.546	0.096	1.612
Vitamin B-6	mg	0.470		0	0.658	0.041	0.686
Folate	µg	6		0	8	1	9
Vitamin B-12	µg	0.33		0	0.46	0.03	0.48
Vitamin A	IU	53		0	74	5	77
Vitamin A, RE	µg	16		0	22	1	23
Vitamin E, α-TE	mg	0.265		0	0.371	0.023	0.387
Lipids:							
Saturated, total	g	2.040		0	2.856	0.177	2.978
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.002	0.029
14:0	g	0.060		0	0.084	0.005	0.088
15.0	g						
16:0	g	1.410		0	1.974	0.123	2.059
17:0	g						
18:0	g	0.490		0	0.686	0.043	0.715
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.660	0	3.724	0.231	3.884
14:1	g					
16:1	g	0.350	0	0.490	0.030	0.511
18:1	g	2.220	0	3.108	0.193	3.241
20:1	g	0.040	0	0.056	0.003	0.058
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.690	0	2.366	0.147	2.467
18:2	g	1.370	0	1.918	0.119	2.000
18:3	g	0.070	0	0.098	0.006	0.102
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.110	0	0.154	0.010	0.161
20:5	g	0.010	0	0.014	0.001	0.015
22:5	g	0.020	0	0.028	0.002	0.029
22:6	g	0.040	0	0.056	0.003	0.058
Cholesterol	mg	89	0	125	8	130
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.338	0	0.473	0.029	0.493
Threonine	g	1.222	0	1.711	0.106	1.784
Isoleucine	g	1.528	0	2.139	0.133	2.231
Leucine	g	2.171	0	3.039	0.189	3.170
Lysine	g	2.458	0	3.441	0.214	3.589
Methionine	g	0.801	0	1.121	0.070	1.169
Cystine	g	0.370	0	0.518	0.032	0.540
Phenylalanine	g	1.148	0	1.607	0.100	1.676
Tyrosine	g	0.977	0	1.368	0.085	1.426
Valine	g	1.435	0	2.009	0.125	2.095
Arginine	g	1.745	0	2.443	0.152	2.548
Histidine	g	0.898	0	1.257	0.078	1.311
Alanine	g	1.578	0	2.209	0.137	2.304
Aspartic acid	g	2.578	0	3.609	0.224	3.764
Glutamic acid	g	4.333	0	6.066	0.377	6.326
Glycine	g	1.421	0	1.989	0.124	2.075
Proline	g	1.190	0	1.666	0.104	1.737
Serine	g	0.995	0	1.393	0.087	1.453
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: 1 tablespoon
Measure 3: From 1 lb ready-to-cook chicken

NDB No. 05014 Chicken, broilers or fryers, meat only, stewed

Refuse: 48% 34% bone, 14% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 9g	Measure 3* 157g
Proximates:							
Water	g	66.81	0.323	16	93.53	5.81	104.89
Energy	kcal	177		0	248	15	278
Energy	kj	741		0	1037	64	1163
Protein (N x 5.95)	g	27.29	0.204	16	38.21	2.37	42.85
Total lipid (fat)	g	6.71	0.120	16	9.39	0.58	10.53
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.85	0.038	16	1.19	0.07	1.33
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.343	16	20	1	22
Iron	mg	1.17	0.053	16	1.64	0.10	1.84
Magnesium	mg	21	0.330	16	29	2	33
Phosphorus	mg	150	2.914	16	210	13	236
Potassium	mg	180	6.645	16	252	16	283
Sodium	mg	70	2.033	16	98	6	110
Zinc	mg	1.99	0.028	16	2.79	0.17	3.12
Copper	mg	0.061	0.001	16	0.085	0.005	0.096
Manganese	mg	0.019	0.000	16	0.027	0.002	0.030
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.049	0.003	8	0.069	0.004	0.077
Riboflavin	mg	0.163	0.004	8	0.228	0.014	0.256
Niacin	mg	6.117	0.241	8	8.564	0.532	9.604
Pantothenic acid	mg	0.746		0	1.044	0.065	1.171
Vitamin B-6	mg	0.260		0	0.364	0.023	0.408
Folate	µg	6		0	8	1	9
Vitamin B-12	µg	0.22		0	0.31	0.02	0.35
Vitamin A	IU	50		0	70	4	79
Vitamin A, RE	µg	15		0	21	1	24
Vitamin E, α-TE	mg	0.265		0	0.371	0.023	0.416
Lipids:							
Saturated, total	g	1.840		0	2.576	0.160	2.889
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.002	0.031
14:0	g	0.050		0	0.070	0.004	0.079
15.0	g						
16:0	g	1.270		0	1.778	0.110	1.994
17:0	g						
18:0	g	0.440		0	0.616	0.038	0.691
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.390	0	3.346	0.208	3.752
14:1	g					
16:1	g	0.320	0	0.448	0.028	0.502
18:1	g	2.000	0	2.800	0.174	3.140
20:1	g	0.040	0	0.056	0.003	0.063
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.540	0	2.156	0.134	2.418
18:2	g	1.240	0	1.736	0.108	1.947
18:3	g	0.060	0	0.084	0.005	0.094
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.110	0	0.154	0.010	0.173
20:5	g	0.010	0	0.014	0.001	0.016
22:5	g	0.020	0	0.028	0.002	0.031
22:6	g	0.040	0	0.056	0.003	0.063
Cholesterol	mg	83	0	116	7	130
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.319	0	0.447	0.028	0.501
Threonine	g	1.153	0	1.614	0.100	1.810
Isoleucine	g	1.441	0	2.017	0.125	2.262
Leucine	g	2.048	0	2.867	0.178	3.215
Lysine	g	2.318	0	3.245	0.202	3.639
Methionine	g	0.755	0	1.057	0.066	1.185
Cystine	g	0.349	0	0.489	0.030	0.548
Phenylalanine	g	1.083	0	1.516	0.094	1.700
Tyrosine	g	0.921	0	1.289	0.080	1.446
Valine	g	1.353	0	1.894	0.118	2.124
Arginine	g	1.646	0	2.304	0.143	2.584
Histidine	g	0.847	0	1.186	0.074	1.330
Alanine	g	1.489	0	2.085	0.130	2.338
Aspartic acid	g	2.432	0	3.405	0.212	3.818
Glutamic acid	g	4.087	0	5.722	0.356	6.417
Glycine	g	1.340	0	1.876	0.117	2.104
Proline	g	1.122	0	1.571	0.098	1.762
Serine	g	0.939	0	1.315	0.082	1.474
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: 1 tablespoon
Measure 3: From 1 lb ready-to-cook chicken

NDB No. 05015 Chicken, broilers or fryers, skin only, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 47g	Measure 2* 79g	Measure 3*
Proximates:							
Water	g	54.22	0.847	30	25.48	42.83	
Energy	kcal	349		0	164	276	
Energy	kj	1460		0	686	1153	
Protein (N x 5.95)	g	13.33	0.316	31	6.27	10.53	
Total lipid (fat)	g	32.35	0.692	35	15.20	25.56	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.41	0.016	25	0.19	0.32	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.267	24	5	9	
Iron	mg	1.08	0.035	24	0.51	0.85	
Magnesium	mg	13	0.551	24	6	10	
Phosphorus	mg	100	3.096	24	47	79	
Potassium	mg	103	4.755	24	48	81	
Sodium	mg	63	1.668	24	30	50	
Zinc	mg	0.93	0.046	24	0.44	0.73	
Copper	mg	0.041	0.004	24	0.019	0.032	
Manganese	mg	0.019	0.001	24	0.009	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.033	0.003	16	0.016	0.026	
Riboflavin	mg	0.069	0.003	16	0.032	0.055	
Niacin	mg	3.987	0.255	16	1.874	3.150	
Pantothenic acid	mg	0.692		1	0.325	0.547	
Vitamin B-6	mg	0.090		1	0.042	0.071	
Folate	µg	3		0	1	2	
Vitamin B-12	µg	0.23		0	0.11	0.18	
Vitamin A	IU	262	59.432	18	123	207	
Vitamin A, RE	µg	78	17.830	18	37	62	
Vitamin E, α-TE	mg	0.000		0	0.000	0.000	
Lipids:							
Saturated, total	g	9.080		0	4.268	7.173	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030	0.014	15	0.014	0.024	
14:0	g	0.270	0.046	17	0.127	0.213	
15.0	g						
16:0	g	6.950	0.239	33	3.267	5.491	
17:0	g						
18:0	g	1.600	0.092	33	0.752	1.264	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.540		0	6.364	10.697
14:1	g					
16:1	g	1.910	0.111	33	0.898	1.509
18:1	g	11.070	0.304	33	5.203	8.745
20:1	g	0.420	0.119	8	0.197	0.332
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	6.810		0	3.201	5.380
18:2	g	6.220	0.234	33	2.923	4.914
18:3	g	0.260	0.034	27	0.122	0.205
18:4	g	0.000		0	0.000	0.000
20:4	g	0.090	0.026	10	0.042	0.071
20:5	g	0.020	0.010	6	0.009	0.016
22:5	g	0.010	0.010	3	0.005	0.008
22:6	g	0.030	0.029	3	0.014	0.024
Cholesterol	mg	109	3.532	8	51	86
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.107		0	0.050	0.085
Threonine	g	0.476		0	0.224	0.376
Isoleucine	g	0.429		0	0.202	0.339
Leucine	g	0.783		0	0.368	0.619
Lysine	g	0.796		0	0.374	0.629
Methionine	g	0.267		0	0.125	0.211
Cystine	g	0.222		0	0.104	0.175
Phenylalanine	g	0.450		0	0.212	0.356
Tyrosine	g	0.303		0	0.142	0.239
Valine	g	0.561		0	0.264	0.443
Arginine	g	1.028		0	0.483	0.812
Histidine	g	0.256		0	0.120	0.202
Alanine	g	1.081		0	0.508	0.854
Aspartic acid	g	1.192		0	0.560	0.942
Glutamic acid	g	1.657		0	0.779	1.309
Glycine	g	2.127		0	1.000	1.680
Proline	g	1.244		0	0.585	0.983
Serine	g	0.542		0	0.255	0.428
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, skin only

NDB No. 05016 Chicken, broilers or fryers, skin only, cooked, fried, batter

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 114g	Measure 2* 190g	Measure 3*
Proximates:							
Water	g	36.11		0	41.17	68.61	
Energy	kcal	394		0	449	749	
Energy	kj	1648		0	1879	3131	
Protein (N x 5.95)	g	10.32		0	11.76	19.61	
Total lipid (fat)	g	28.83		0	32.87	54.78	
Carbohydrate, by difference	g	23.15		0	26.39	43.98	
Fiber, total dietary	g						
Ash	g	1.59		0	1.81	3.02	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	30	49	
Iron	mg	1.43		0	1.63	2.72	
Magnesium	mg	12		0	14	23	
Phosphorus	mg	80		0	91	152	
Potassium	mg	75		0	86	143	
Sodium	mg	581		0	662	1104	
Zinc	mg	0.72		0	0.82	1.37	
Copper	mg	0.071		0	0.081	0.135	
Manganese	mg	0.108		0	0.123	0.205	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.174		0	0.198	0.331	
Riboflavin	mg	0.178		0	0.203	0.338	
Niacin	mg	3.342		0	3.810	6.350	
Pantothenic acid	mg	0.453		0	0.516	0.861	
Vitamin B-6	mg	0.060		0	0.068	0.114	
Folate	µg	40		0	46	76	
Vitamin B-12	µg	0.17		0	0.19	0.32	
Vitamin A	IU	138		0	157	262	
Vitamin A, RE	µg	42		0	48	80	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.610		0	8.675	14.459	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.011	0.019	
14:0	g	0.160		0	0.182	0.304	
15.0	g						
16:0	g	5.050		0	5.757	9.595	
17:0	g						
18:0	g	2.300		0	2.622	4.370	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.350	0	14.079	23.465
14:1	g				
16:1	g	0.760	0	0.866	1.444
18:1	g	11.380	0	12.973	21.622
20:1	g	0.160	0	0.182	0.304
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.830	0	7.786	12.977
18:2	g	6.340	0	7.228	12.046
18:3	g	0.350	0	0.399	0.665
18:4	g				
20:4	g	0.040	0	0.046	0.076
20:5	g	0.010	0	0.011	0.019
22:5	g	0.000	0	0.000	0.000
22:6	g	0.010	0	0.011	0.019
Cholesterol	mg	74	0	84	141
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.106	0	0.121	0.201
Threonine	g	0.363	0	0.414	0.690
Isoleucine	g	0.386	0	0.440	0.733
Leucine	g	0.681	0	0.776	1.294
Lysine	g	0.509	0	0.580	0.967
Methionine	g	0.205	0	0.234	0.389
Cystine	g	0.188	0	0.214	0.357
Phenylalanine	g	0.422	0	0.481	0.802
Tyrosine	g	0.277	0	0.316	0.526
Valine	g	0.467	0	0.532	0.887
Arginine	g	0.668	0	0.762	1.269
Histidine	g	0.211	0	0.241	0.401
Alanine	g	0.661	0	0.754	1.256
Aspartic acid	g	0.776	0	0.885	1.474
Glutamic acid	g	2.109	0	2.404	4.007
Glycine	g	1.170	0	1.334	2.223
Proline	g	1.039	0	1.184	1.974
Serine	g	0.493	0	0.562	0.937
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, skin only

NDB No. 05017 Chicken, broilers or fryers, skin only, cooked, fried, flour

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 33g	Measure 2* 56g	Measure 3*
Proximates:							
Water	g	28.54		0	9.42	15.98	
Energy	kcal	502		0	166	281	
Energy	kj	2100		0	693	1176	
Protein (N x 5.95)	g	19.09		0	6.30	10.69	
Total lipid (fat)	g	42.58		0	14.05	23.84	
Carbohydrate, by difference	g	9.34		0	3.08	5.23	
Fiber, total dietary	g						
Ash	g	0.45		0	0.15	0.25	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	5	8	
Iron	mg	1.52		0	0.50	0.85	
Magnesium	mg	17		0	6	10	
Phosphorus	mg	126		0	42	71	
Potassium	mg	125		0	41	70	
Sodium	mg	53		0	17	30	
Zinc	mg	1.15		0	0.38	0.64	
Copper	mg	0.079		0	0.026	0.044	
Manganese	mg	0.060		0	0.020	0.034	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.097		0	0.032	0.054	
Riboflavin	mg	0.165		0	0.054	0.092	
Niacin	mg	5.818		0	1.920	3.258	
Pantothenic acid	mg	0.674		0	0.222	0.377	
Vitamin B-6	mg	0.100		0	0.033	0.056	
Folate	µg	33		0	11	18	
Vitamin B-12	µg	0.18		0	0.06	0.10	
Vitamin A	IU	232		0	77	130	
Vitamin A, RE	µg	70		0	23	39	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.670		0	3.851	6.535	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.010	0.017	
14:0	g	0.310		0	0.102	0.174	
15.0	g						
16:0	g	8.490		0	2.802	4.754	
17:0	g						
18:0	g	2.600		0	0.858	1.456	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.010	0	5.943	10.086
14:1	g				
16:1	g	1.990	0	0.657	1.114
18:1	g	15.450	0	5.098	8.652
20:1	g	0.430	0	0.142	0.241
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	9.440	0	3.115	5.286
18:2	g	8.680	0	2.864	4.861
18:3	g	0.410	0	0.135	0.230
18:4	g				
20:4	g	0.090	0	0.030	0.050
20:5	g	0.020	0	0.007	0.011
22:5	g	0.010	0	0.003	0.006
22:6	g	0.030	0	0.010	0.017
Cholesterol	mg	73	0	24	41
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.160	0	0.053	0.090
Threonine	g	0.674	0	0.222	0.377
Isoleucine	g	0.629	0	0.208	0.352
Leucine	g	1.144	0	0.378	0.641
Lysine	g	1.093	0	0.361	0.612
Methionine	g	0.380	0	0.125	0.213
Cystine	g	0.325	0	0.107	0.182
Phenylalanine	g	0.672	0	0.222	0.376
Tyrosine	g	0.445	0	0.147	0.249
Valine	g	0.811	0	0.268	0.454
Arginine	g	1.425	0	0.470	0.798
Histidine	g	0.370	0	0.122	0.207
Alanine	g	1.488	0	0.491	0.833
Aspartic acid	g	1.650	0	0.545	0.924
Glutamic acid	g	2.705	0	0.893	1.515
Glycine	g	2.888	0	0.953	1.617
Proline	g	1.822	0	0.601	1.020
Serine	g	0.797	0	0.263	0.446
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, skin only

NDB No. 05018 Chicken, broilers or fryers, skin only, cooked, roasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2* 56g	Measure 3*
Proximates:							
Water	g	40.29	1.705	16	13.70	22.56	
Energy	kcal	454		0	154	254	
Energy	kj	1900		0	646	1064	
Protein (N x 5.95)	g	20.36	0.685	16	6.92	11.40	
Total lipid (fat)	g	40.68	1.350	16	13.83	22.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.50	0.028	16	0.17	0.28	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.835	16	5	8	
Iron	mg	1.51	0.099	16	0.51	0.85	
Magnesium	mg	15	0.367	16	5	8	
Phosphorus	mg	125	2.963	16	43	70	
Potassium	mg	136	7.927	16	46	76	
Sodium	mg	65	2.108	16	22	36	
Zinc	mg	1.23	0.067	16	0.42	0.69	
Copper	mg	0.064	0.006	16	0.022	0.036	
Manganese	mg	0.022	0.001	16	0.007	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.036	0.002	8	0.012	0.020	
Riboflavin	mg	0.127	0.013	8	0.043	0.071	
Niacin	mg	5.581	0.371	8	1.898	3.125	
Pantothenic acid	mg	0.710		0	0.241	0.398	
Vitamin B-6	mg	0.100		0	0.034	0.056	
Folate	µg	2		0	1	1	
Vitamin B-12	µg	0.20		0	0.07	0.11	
Vitamin A	IU	262		0	89	147	
Vitamin A, RE	µg	78		0	27	44	
Vitamin E, α-TE	mg	0.400		0	0.136	0.224	
Lipids:							
Saturated, total	g	11.420		0	3.883	6.395	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.014	0.022	
14:0	g	0.330		0	0.112	0.185	
15.0	g						
16:0	g	8.740		0	2.972	4.894	
17:0	g						
18:0	g	2.020		0	0.687	1.131	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	17.030	0	5.790	9.537
14:1	g				
16:1	g	2.400	0	0.816	1.344
18:1	g	13.920	0	4.733	7.795
20:1	g	0.530	0	0.180	0.297
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	8.570	0	2.914	4.799
18:2	g	7.830	0	2.662	4.385
18:3	g	0.330	0	0.112	0.185
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	0	0.037	0.062
20:5	g	0.020	0	0.007	0.011
22:5	g	0.010	0	0.003	0.006
22:6	g	0.040	0	0.014	0.022
Cholesterol	mg	83	0	28	46
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.163	0	0.055	0.091
Threonine	g	0.727	0	0.247	0.407
Isoleucine	g	0.655	0	0.223	0.367
Leucine	g	1.196	0	0.407	0.670
Lysine	g	1.215	0	0.413	0.680
Methionine	g	0.407	0	0.138	0.228
Cystine	g	0.339	0	0.115	0.190
Phenylalanine	g	0.687	0	0.234	0.385
Tyrosine	g	0.463	0	0.157	0.259
Valine	g	0.857	0	0.291	0.480
Arginine	g	1.570	0	0.534	0.879
Histidine	g	0.391	0	0.133	0.219
Alanine	g	1.652	0	0.562	0.925
Aspartic acid	g	1.821	0	0.619	1.020
Glutamic acid	g	2.531	0	0.861	1.417
Glycine	g	3.248	0	1.104	1.819
Proline	g	1.899	0	0.646	1.063
Serine	g	0.828	0	0.282	0.464
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, skin only

NDB No. 05019 Chicken, broilers or fryers, skin only, cooked, stewed

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 44g	Measure 2* 72g	Measure 3*
Proximates:							
Water	g	53.27	1.488	18	23.44	38.35	
Energy	kcal	363		0	160	261	
Energy	kj	1519		0	668	1094	
Protein (N x 5.95)	g	15.22	0.415	18	6.70	10.96	
Total lipid (fat)	g	33.04	0.938	17	14.54	23.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.43	0.020	16	0.19	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	12	1.183	16	5	9	
Iron	mg	1.13	0.045	16	0.50	0.81	
Magnesium	mg	13	0.225	16	6	9	
Phosphorus	mg	99	2.383	16	44	71	
Potassium	mg	117	6.743	16	51	84	
Sodium	mg	56	1.624	16	25	40	
Zinc	mg	0.96	0.025	16	0.42	0.69	
Copper	mg	0.046	0.003	16	0.020	0.033	
Manganese	mg	0.018	0.001	16	0.008	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.034	0.005	8	0.015	0.024	
Riboflavin	mg	0.094	0.005	8	0.041	0.068	
Niacin	mg	3.756	0.235	8	1.653	2.704	
Pantothenic acid	mg	0.391		0	0.172	0.282	
Vitamin B-6	mg	0.050		0	0.022	0.036	
Folate	µg	2		0	1	1	
Vitamin B-12	µg	0.11		0	0.05	0.08	
Vitamin A	IU	198		0	87	143	
Vitamin A, RE	µg	59		0	26	42	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.280		0	4.083	6.682	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.013	0.022	
14:0	g	0.270		0	0.119	0.194	
15.0	g						
16:0	g	7.100		0	3.124	5.112	
17:0	g						
18:0	g	1.640		0	0.722	1.181	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	13.830	0	6.085	9.958
14:1	g				
16:1	g	1.950	0	0.858	1.404
18:1	g	11.310	0	4.976	8.143
20:1	g	0.430	0	0.189	0.310
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.960	0	3.062	5.011
18:2	g	6.360	0	2.798	4.579
18:3	g	0.270	0	0.119	0.194
18:4	g				
20:4	g	0.090	0	0.040	0.065
20:5	g	0.020	0	0.009	0.014
22:5	g	0.010	0	0.004	0.007
22:6	g	0.030	0	0.013	0.022
Cholesterol	mg	63	0	28	45
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.122	0	0.054	0.088
Threonine	g	0.543	0	0.239	0.391
Isoleucine	g	0.489	0	0.215	0.352
Leucine	g	0.894	0	0.393	0.644
Lysine	g	0.908	0	0.400	0.654
Methionine	g	0.304	0	0.134	0.219
Cystine	g	0.253	0	0.111	0.182
Phenylalanine	g	0.514	0	0.226	0.370
Tyrosine	g	0.346	0	0.152	0.249
Valine	g	0.640	0	0.282	0.461
Arginine	g	1.174	0	0.517	0.845
Histidine	g	0.292	0	0.128	0.210
Alanine	g	1.235	0	0.543	0.889
Aspartic acid	g	1.361	0	0.599	0.980
Glutamic acid	g	1.892	0	0.832	1.362
Glycine	g	2.428	0	1.068	1.748
Proline	g	1.420	0	0.625	1.022
Serine	g	0.618	0	0.272	0.445
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, skin only

NDB No. 05020 Chicken, broilers or fryers, giblets, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 23g	Measure 2* 75g	Measure 3*
Proximates:							
Water	g	74.87		0	17.22	56.15	
Energy	kcal	124		0	29	93	
Energy	kj	519		0	119	389	
Protein (N x 5.95)	g	17.88		0	4.11	13.41	
Total lipid (fat)	g	4.47		0	1.03	3.35	
Carbohydrate, by difference	g	1.80		0	0.41	1.35	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	0.23	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	2	8	
Iron	mg	5.86		0	1.35	4.39	
Magnesium	mg	18		0	4	14	
Phosphorus	mg	197		0	45	148	
Potassium	mg	228		0	52	171	
Sodium	mg	77		0	18	58	
Zinc	mg	3.32		0	0.76	2.49	
Copper	mg	0.243		0	0.056	0.182	
Manganese	mg	0.149		0	0.034	0.112	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	16.2		0	3.7	12.2	
Thiamin	mg	0.088		0	0.020	0.066	
Riboflavin	mg	0.987		0	0.227	0.740	
Niacin	mg	6.662		0	1.532	4.997	
Pantothenic acid	mg	3.208		0	0.738	2.406	
Vitamin B-6	mg	0.420		0	0.097	0.315	
Folate	µg	345		0	79	259	
Vitamin B-12	µg	11.41		0	2.62	8.56	
Vitamin A	IU	8847		0	2035	6635	
Vitamin A, RE	µg	2654		0	610	1991	
Vitamin E, α-TE	mg	1.300		0	0.299	0.975	
Lipids:							
Saturated, total	g	1.360		0	0.313	1.020	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.005	0.015	
15.0	g						
16:0	g	0.750		0	0.173	0.563	
17:0	g						
18:0	g	0.470		0	0.108	0.353	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.120	0	0.258	0.840
14:1	g				
16:1	g	0.160	0	0.037	0.120
18:1	g	0.950	0	0.218	0.713
20:1	g	0.010	0	0.002	0.008
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.090	0	0.251	0.818
18:2	g	0.750	0	0.173	0.563
18:3	g	0.030	0	0.007	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.270	0	0.062	0.203
20:5	g	0.010	0	0.002	0.008
22:5	g	0.000	0	0.000	0.000
22:6	g	0.020	0	0.005	0.015
Cholesterol	mg	262	0	60	197
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.204	0	0.047	0.153
Threonine	g	0.811	0	0.187	0.608
Isoleucine	g	0.897	0	0.206	0.673
Leucine	g	1.430	0	0.329	1.073
Lysine	g	1.305	0	0.300	0.979
Methionine	g	0.447	0	0.103	0.335
Cystine	g	0.238	0	0.055	0.179
Phenylalanine	g	0.810	0	0.186	0.608
Tyrosine	g	0.587	0	0.135	0.440
Valine	g	0.955	0	0.220	0.716
Arginine	g	1.194	0	0.275	0.896
Histidine	g	0.417	0	0.096	0.313
Alanine	g	0.877	0	0.202	0.658
Aspartic acid	g	1.675	0	0.385	1.256
Glutamic acid	g	2.712	0	0.624	2.034
Glycine	g	0.985	0	0.227	0.739
Proline	g	0.910	0	0.209	0.683
Serine	g	0.782	0	0.180	0.587
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: Giblets

NDB No. 05021 Chicken, broilers or fryers, giblets, cooked, fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 13g	Measure 3*
Proximates:							
Water	g	47.89		0	69.44	6.23	
Energy	kcal	277		0	402	36	
Energy	kj	1159		0	1681	151	
Protein (N x 5.95)	g	32.54		0	47.18	4.23	
Total lipid (fat)	g	13.46		0	19.52	1.75	
Carbohydrate, by difference	g	4.35		0	6.31	0.57	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.77		0	2.57	0.23	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	26	2	
Iron	mg	10.32		0	14.96	1.34	
Magnesium	mg	25		0	36	3	
Phosphorus	mg	286		0	415	37	
Potassium	mg	330		0	479	43	
Sodium	mg	113		0	164	15	
Zinc	mg	6.27		0	9.09	0.82	
Copper	mg	0.422		0	0.612	0.055	
Manganese	mg	0.222		0	0.322	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.7		0	12.6	1.1	
Thiamin	mg	0.097		0	0.141	0.013	
Riboflavin	mg	1.524		0	2.210	0.198	
Niacin	mg	10.987		0	15.931	1.428	
Pantothenic acid	mg	4.453		0	6.457	0.579	
Vitamin B-6	mg	0.610		0	0.885	0.079	
Folate	µg	379		0	550	49	
Vitamin B-12	µg	13.31		0	19.30	1.73	
Vitamin A	IU	11929		0	17297	1551	
Vitamin A, RE	µg	3579		0	5190	465	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.800		0	5.510	0.494	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.060		0	0.087	0.008	
15.0	g						
16:0	g	2.110		0	3.059	0.274	
17:0	g						
18:0	g	1.420		0	2.059	0.185	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.420	0	6.409	0.575
14:1	g				
16:1	g	0.290	0	0.421	0.038
18:1	g	4.120	0	5.974	0.536
20:1	g	0.010	0	0.015	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.380	0	4.901	0.439
18:2	g	2.690	0	3.901	0.350
18:3	g	0.130	0	0.189	0.017
18:4	g				
20:4	g	0.480	0	0.696	0.062
20:5	g	0.010	0	0.015	0.001
22:5	g	0.010	0	0.015	0.001
22:6	g	0.040	0	0.058	0.005
Cholesterol	mg	446	0	647	58
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.373	0	0.541	0.048
Threonine	g	1.467	0	2.127	0.191
Isoleucine	g	1.630	0	2.364	0.212
Leucine	g	2.601	0	3.771	0.338
Lysine	g	2.348	0	3.405	0.305
Methionine	g	0.810	0	1.175	0.105
Cystine	g	0.437	0	0.634	0.057
Phenylalanine	g	1.480	0	2.146	0.192
Tyrosine	g	1.067	0	1.547	0.139
Valine	g	1.737	0	2.519	0.226
Arginine	g	2.159	0	3.131	0.281
Histidine	g	0.759	0	1.101	0.099
Alanine	g	1.587	0	2.301	0.206
Aspartic acid	g	3.021	0	4.380	0.393
Glutamic acid	g	5.055	0	7.330	0.657
Glycine	g	1.783	0	2.585	0.232
Proline	g	1.696	0	2.459	0.220
Serine	g	1.430	0	2.074	0.186
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05022 Chicken, broilers or fryers, giblets, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 14g	Measure 3*
Proximates:							
Water	g	67.59		0	98.01	9.46	
Energy	kcal	157		0	228	22	
Energy	kj	657		0	953	92	
Protein (N x 5.95)	g	25.85		0	37.48	3.62	
Total lipid (fat)	g	4.77		0	6.92	0.67	
Carbohydrate, by difference	g	0.95		0	1.38	0.13	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85		0	1.23	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	17	2	
Iron	mg	6.44		0	9.34	0.90	
Magnesium	mg	20		0	29	3	
Phosphorus	mg	229		0	332	32	
Potassium	mg	158		0	229	22	
Sodium	mg	58		0	84	8	
Zinc	mg	4.57		0	6.63	0.64	
Copper	mg	0.255		0	0.370	0.036	
Manganese	mg	0.170		0	0.247	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	8.0		0	11.6	1.1	
Thiamin	mg	0.087		0	0.126	0.012	
Riboflavin	mg	0.953		0	1.382	0.133	
Niacin	mg	4.103		0	5.949	0.574	
Pantothenic acid	mg	2.959		0	4.291	0.414	
Vitamin B-6	mg	0.340		0	0.493	0.048	
Folate	µg	376		0	545	53	
Vitamin B-12	µg	10.14		0	14.70	1.42	
Vitamin A	IU	7431		0	10775	1040	
Vitamin A, RE	µg	2229		0	3232	312	
Vitamin E, α-TE	mg	1.302		0	1.888	0.182	
Lipids:							
Saturated, total	g	1.490		0	2.161	0.209	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.029	0.003	
15.0	g						
16:0	g	0.820		0	1.189	0.115	
17:0	g						
18:0	g	0.550		0	0.798	0.077	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.190	0	1.725	0.167
14:1	g				
16:1	g	0.170	0	0.247	0.024
18:1	g	1.020	0	1.479	0.143
20:1	g	0.010	0	0.015	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.080	0	1.566	0.151
18:2	g	0.730	0	1.059	0.102
18:3	g	0.020	0	0.029	0.003
18:4	g	0.000	0	0.000	0.000
20:4	g	0.260	0	0.377	0.036
20:5	g	0.010	0	0.015	0.001
22:5	g	0.000	0	0.000	0.000
22:6	g	0.030	0	0.044	0.004
Cholesterol	mg	393	0	570	55
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.428	0.041
Threonine	g	1.172	0	1.699	0.164
Isoleucine	g	1.297	0	1.881	0.182
Leucine	g	2.066	0	2.996	0.289
Lysine	g	1.886	0	2.735	0.264
Methionine	g	0.646	0	0.937	0.090
Cystine	g	0.343	0	0.497	0.048
Phenylalanine	g	1.170	0	1.696	0.164
Tyrosine	g	0.848	0	1.230	0.119
Valine	g	1.379	0	2.000	0.193
Arginine	g	1.727	0	2.504	0.242
Histidine	g	0.602	0	0.873	0.084
Alanine	g	1.267	0	1.837	0.177
Aspartic acid	g	2.421	0	3.510	0.339
Glutamic acid	g	3.923	0	5.688	0.549
Glycine	g	1.423	0	2.063	0.199
Proline	g	1.316	0	1.908	0.184
Serine	g	1.130	0	1.638	0.158
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05023 Chicken, gizzard, all classes, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 37g	Measure 3*
Proximates:							
Water	g	76.19	0.463	13	8.38	28.19	
Energy	kcal	118		0	13	44	
Energy	kj	494		0	54	183	
Protein (N x 5.95)	g	18.19	0.254	15	2.00	6.73	
Total lipid (fat)	g	4.19	0.679	14	0.46	1.55	
Carbohydrate, by difference	g	0.58		0	0.06	0.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85	0.048	12	0.09	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.598	10	1	3	
Iron	mg	3.51	0.112	10	0.39	1.30	
Magnesium	mg	16	0.624	10	2	6	
Phosphorus	mg	135	7.284	10	15	50	
Potassium	mg	236	3.105	10	26	87	
Sodium	mg	76	2.134	10	8	28	
Zinc	mg	3.00	0.057	8	0.33	1.11	
Copper	mg	0.096	0.004	10	0.011	0.036	
Manganese	mg	0.065	0.007	10	0.007	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.2		0	0.4	1.2	
Thiamin	mg	0.034	0.005	8	0.004	0.013	
Riboflavin	mg	0.188	0.007	8	0.021	0.070	
Niacin	mg	4.725	0.270	8	0.520	1.748	
Pantothenic acid	mg	0.752		1	0.083	0.278	
Vitamin B-6	mg	0.140	0.002	6	0.015	0.052	
Folate	µg	52		3	6	19	
Vitamin B-12	µg	2.12	0.195	2	0.23	0.78	
Vitamin A	IU	217	80.623	3	24	80	
Vitamin A, RE	µg	65	24.187	3	7	24	
Vitamin E, α-TE	mg	1.190		0	0.131	0.440	
Lipids:							
Saturated, total	g	1.200		0	0.132	0.444	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.003	0.011	
15.0	g						
16:0	g	0.650		0	0.072	0.241	
17:0	g						
18:0	g	0.350		0	0.039	0.130	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.070	0	0.118	0.396
14:1	g				
16:1	g	0.180	0	0.020	0.067
18:1	g	0.890	0	0.098	0.329
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.220	0	0.134	0.451
18:2	g	0.860	0	0.095	0.318
18:3	g	0.030	0	0.003	0.011
18:4	g	0.000	0	0.000	0.000
20:4	g	0.320	0	0.035	0.118
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	130	1	14	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.163	0	0.018	0.060
Threonine	g	0.838	0	0.092	0.310
Isoleucine	g	0.858	0	0.094	0.317
Leucine	g	1.277	0	0.140	0.472
Lysine	g	1.257	0	0.138	0.465
Methionine	g	0.477	0	0.052	0.176
Cystine	g	0.239	0	0.026	0.088
Phenylalanine	g	0.757	0	0.083	0.280
Tyrosine	g	0.553	0	0.061	0.205
Valine	g	0.815	0	0.090	0.302
Arginine	g	1.307	0	0.144	0.484
Histidine	g	0.367	0	0.040	0.136
Alanine	g	0.716	0	0.079	0.265
Aspartic acid	g	1.673	0	0.184	0.619
Glutamic acid	g	3.108	0	0.342	1.150
Glycine	g	0.954	0	0.105	0.353
Proline	g	0.946	0	0.104	0.350
Serine	g	0.815	0	0.090	0.302
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1 gizzard

NDB No. 05024 Chicken, gizzard, all classes, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	67.32	0.521	9	97.61	4.71	
Energy	kcal	153		0	222	11	
Energy	kj	640		0	928	45	
Protein (N x 5.95)	g	27.15	0.718	9	39.37	1.90	
Total lipid (fat)	g	3.66	0.231	9	5.31	0.26	
Carbohydrate, by difference	g	1.14		0	1.65	0.08	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.73	0.073	9	1.06	0.05	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.525	8	15	1	
Iron	mg	4.15	0.168	8	6.02	0.29	
Magnesium	mg	20	0.799	8	29	1	
Phosphorus	mg	155	2.747	8	225	11	
Potassium	mg	179	6.906	8	260	13	
Sodium	mg	67	2.305	8	97	5	
Zinc	mg	4.38	0.103	8	6.35	0.31	
Copper	mg	0.110	0.002	8	0.160	0.008	
Manganese	mg	0.062	0.002	8	0.090	0.004	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		0	2.3	0.1	
Thiamin	mg	0.027	0.001	8	0.039	0.002	
Riboflavin	mg	0.244	0.012	8	0.354	0.017	
Niacin	mg	3.975	0.164	8	5.764	0.278	
Pantothenic acid	mg	0.714		0	1.035	0.050	
Vitamin B-6	mg	0.120		0	0.174	0.008	
Folate	µg	53		0	77	4	
Vitamin B-12	µg	1.94		0	2.81	0.14	
Vitamin A	IU	188		0	273	13	
Vitamin A, RE	µg	56		0	81	4	
Vitamin E, α-TE	mg	1.190		0	1.725	0.083	
Lipids:							
Saturated, total	g	1.040		0	1.508	0.073	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.029	0.001	
15.0	g						
16:0	g	0.570		0	0.826	0.040	
17:0	g						
18:0	g	0.300		0	0.435	0.021	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.930	0	1.349	0.065
14:1	g				
16:1	g	0.150	0	0.218	0.011
18:1	g	0.780	0	1.131	0.055
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.060	0	1.537	0.074
18:2	g	0.750	0	1.087	0.053
18:3	g	0.030	0	0.044	0.002
18:4	g	0.000	0	0.000	0.000
20:4	g	0.280	0	0.406	0.020
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	194	0	281	14
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.243	0	0.352	0.017
Threonine	g	1.251	0	1.814	0.088
Isoleucine	g	1.281	0	1.857	0.090
Leucine	g	1.907	0	2.765	0.133
Lysine	g	1.877	0	2.722	0.131
Methionine	g	0.712	0	1.032	0.050
Cystine	g	0.356	0	0.516	0.025
Phenylalanine	g	1.129	0	1.637	0.079
Tyrosine	g	0.825	0	1.196	0.058
Valine	g	1.216	0	1.763	0.085
Arginine	g	1.950	0	2.828	0.137
Histidine	g	0.547	0	0.793	0.038
Alanine	g	1.069	0	1.550	0.075
Aspartic acid	g	2.498	0	3.622	0.175
Glutamic acid	g	4.639	0	6.727	0.325
Glycine	g	1.425	0	2.066	0.100
Proline	g	1.412	0	2.047	0.099
Serine	g	1.216	0	1.763	0.085
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05025 Chicken, heart, all classes, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 6g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	73.56	0.917	13	4.49	1.32	
Energy	kcal	153		0	9	3	
Energy	kj	640		0	39	12	
Protein (N x 5.95)	g	15.55	0.433	15	0.95	0.28	
Total lipid (fat)	g	9.33	0.962	14	0.57	0.17	
Carbohydrate, by difference	g	0.71		0	0.04	0.01	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85	0.062	10	0.05	0.02	
Sugars, total	g						
Minerals:							
Calcium	mg	12	1.028	9	1	0	
Iron	mg	5.96	0.528	11	0.36	0.11	
Magnesium	mg	15	0.392	11	1	0	
Phosphorus	mg	177	4.794	11	11	3	
Potassium	mg	176	6.256	11	11	3	
Sodium	mg	74	2.117	11	5	1	
Zinc	mg	6.59	0.344	8	0.40	0.12	
Copper	mg	0.346	0.026	11	0.021	0.006	
Manganese	mg	0.089	0.001	8	0.005	0.002	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.2	0.084	5	0.2	0.1	
Thiamin	mg	0.152	0.007	8	0.009	0.003	
Riboflavin	mg	0.728	0.161	8	0.044	0.013	
Niacin	mg	4.883	0.349	3	0.298	0.088	
Pantothenic acid	mg	2.559		1	0.156	0.046	
Vitamin B-6	mg	0.360	0.020	6	0.022	0.006	
Folate	µg	72		3	4	1	
Vitamin B-12	µg	7.29	3.535	2	0.44	0.13	
Vitamin A	IU	30		0	2	1	
Vitamin A, RE	µg	9		0	1	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.660		0	0.162	0.048	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.060	0.030	1	0.004	0.001	
15.0	g						
16:0	g	1.450	0.242	1	0.088	0.026	
17:0	g						
18:0	g	0.780	0.161	1	0.048	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.370		0	0.145	0.043
14:1	g					
16:1	g	0.390	0.077	1	0.024	0.007
18:1	g	1.980	0.361	1	0.121	0.036
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.710		0	0.165	0.049
18:2	g	1.910	0.324	1	0.117	0.034
18:3	g	0.070	0.017	1	0.004	0.001
18:4	g					
20:4	g	0.720	0.133	1	0.044	0.013
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	136		1	8	2
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.199		0	0.012	0.004
Threonine	g	0.704		0	0.043	0.013
Isoleucine	g	0.833		0	0.051	0.015
Leucine	g	1.355		0	0.083	0.024
Lysine	g	1.303		0	0.079	0.023
Methionine	g	0.376		0	0.023	0.007
Cystine	g	0.211		0	0.013	0.004
Phenylalanine	g	0.696		0	0.042	0.013
Tyrosine	g	0.557		0	0.034	0.010
Valine	g	0.880		0	0.054	0.016
Arginine	g	0.997		0	0.061	0.018
Histidine	g	0.408		0	0.025	0.007
Alanine	g	0.980		0	0.060	0.018
Aspartic acid	g	1.512		0	0.092	0.027
Glutamic acid	g	2.308		0	0.141	0.042
Glycine	g	0.863		0	0.053	0.016
Proline	g	0.793		0	0.048	0.014
Serine	g	0.627		0	0.038	0.011
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 heart

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05026 Chicken, heart, all classes, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	64.85	0.547	8	94.03	0.65	
Energy	kcal	185		0	268	2	
Energy	kj	774		0	1122	8	
Protein (N x 5.95)	g	26.41	0.959	4	38.29	0.26	
Total lipid (fat)	g	7.92	0.373	8	11.48	0.08	
Carbohydrate, by difference	g	0.10		0	0.14	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.72	0.038	6	1.04	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	19	1.103	8	28	0	
Iron	mg	9.03	0.152	8	13.09	0.09	
Magnesium	mg	20	0.604	8	29	0	
Phosphorus	mg	199	2.271	8	289	2	
Potassium	mg	132	3.060	8	191	1	
Sodium	mg	48	1.062	8	70	0	
Zinc	mg	7.30	0.072	8	10.59	0.07	
Copper	mg	0.502	0.013	8	0.728	0.005	
Manganese	mg	0.107	0.003	8	0.155	0.001	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.8		0	2.6	0.0	
Thiamin	mg	0.070		0	0.102	0.001	
Riboflavin	mg	0.741		0	1.074	0.007	
Niacin	mg	2.803		0	4.064	0.028	
Pantothenic acid	mg	2.654		0	3.848	0.027	
Vitamin B-6	mg	0.320		0	0.464	0.003	
Folate	µg	80		0	116	1	
Vitamin B-12	µg	7.29		0	10.57	0.07	
Vitamin A	IU	28		0	41	0	
Vitamin A, RE	µg	9		0	13	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.260		0	3.277	0.023	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.050		0	0.072	0.001	
15.0	g						
16:0	g	1.230		0	1.783	0.012	
17:0	g						
18:0	g	0.660		0	0.957	0.007	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.010	0	2.914	0.020
14:1	g				
16:1	g	0.330	0	0.479	0.003
18:1	g	1.680	0	2.436	0.017
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.300	0	3.335	0.023
18:2	g	1.620	0	2.349	0.016
18:3	g	0.060	0	0.087	0.001
18:4	g				
20:4	g	0.610	0	0.885	0.006
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	242	0	351	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.338	0	0.490	0.003
Threonine	g	1.196	0	1.734	0.012
Isoleucine	g	1.415	0	2.052	0.014
Leucine	g	2.303	0	3.339	0.023
Lysine	g	2.214	0	3.210	0.022
Methionine	g	0.638	0	0.925	0.006
Cystine	g	0.359	0	0.521	0.004
Phenylalanine	g	1.183	0	1.715	0.012
Tyrosine	g	0.946	0	1.372	0.009
Valine	g	1.496	0	2.169	0.015
Arginine	g	1.694	0	2.456	0.017
Histidine	g	0.693	0	1.005	0.007
Alanine	g	1.665	0	2.414	0.017
Aspartic acid	g	2.569	0	3.725	0.026
Glutamic acid	g	3.921	0	5.685	0.039
Glycine	g	1.466	0	2.126	0.015
Proline	g	1.348	0	1.955	0.013
Serine	g	1.065	0	1.544	0.011
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05027 Chicken, liver, all classes, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 32g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	73.59	0.756	18	23.55	7.36	
Energy	kcal	125		0	40	13	
Energy	kj	523		0	167	52	
Protein (N x 5.95)	g	17.97	0.355	13	5.75	1.80	
Total lipid (fat)	g	3.86	0.126	54	1.24	0.39	
Carbohydrate, by difference	g	3.42		0	1.09	0.34	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17	0.024	12	0.37	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.491	10	4	1	
Iron	mg	8.56	0.188	10	2.74	0.86	
Magnesium	mg	20	0.837	10	6	2	
Phosphorus	mg	272	10.807	10	87	27	
Potassium	mg	228	9.938	10	73	23	
Sodium	mg	79	2.736	10	25	8	
Zinc	mg	3.07	0.071	8	0.98	0.31	
Copper	mg	0.395	0.015	20	0.126	0.040	
Manganese	mg	0.258	0.016	10	0.083	0.026	
Selenium	µg	64.1	2.703	6	20.5	6.4	
Vitamins:							
Ascorbic acid	mg	33.8	0.116	30	10.8	3.4	
Thiamin	mg	0.138	0.012	8	0.044	0.014	
Riboflavin	mg	1.963	0.178	10	0.628	0.196	
Niacin	mg	9.250	0.786	8	2.960	0.925	
Pantothenic acid	mg	6.184	0.255	6	1.979	0.618	
Vitamin B-6	mg	0.760	0.019	7	0.243	0.076	
Folate	µg	738	83.843	3	236	74	
Vitamin B-12	µg	22.98	1.920	4	7.35	2.30	
Vitamin A	IU	20549	850.446	39	6576	2055	
Vitamin A, RE	µg	6165	255.134	39	1973	617	
Vitamin E, α-TE	mg	1.440		0	0.461	0.144	
Lipids:							
Saturated, total	g	1.300		0	0.416	0.130	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000	0.000	19	0.000	0.000	
14:0	g	0.010	0.001	25	0.003	0.001	
15.0	g						
16:0	g	0.730	0.039	25	0.234	0.073	
17:0	g						
18:0	g	0.560	0.042	25	0.179	0.056	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.950		0	0.304	0.095
14:1	g					
16:1	g	0.110	0.010	25	0.035	0.011
18:1	g	0.830	0.069	25	0.266	0.083
20:1	g	0.010	0.011	2	0.003	0.001
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.640		0	0.205	0.064
18:2	g	0.400	0.028	25	0.128	0.040
18:3	g	0.010	0.001	25	0.003	0.001
18:4	g	0.000		0	0.000	0.000
20:4	g	0.120	0.016	25	0.038	0.012
20:5	g	0.020	0.008	2	0.006	0.002
22:5	g	0.010	0.000	2	0.003	0.001
22:6	g	0.050	0.011	2	0.016	0.005
Cholesterol	mg	439	15.400	73	140	44
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.253		0	0.081	0.025
Threonine	g	0.799		0	0.256	0.080
Isoleucine	g	0.954		0	0.305	0.095
Leucine	g	1.621		0	0.519	0.162
Lysine	g	1.360		0	0.435	0.136
Methionine	g	0.425		0	0.136	0.043
Cystine	g	0.241		0	0.077	0.024
Phenylalanine	g	0.894		0	0.286	0.089
Tyrosine	g	0.632		0	0.202	0.063
Valine	g	1.133		0	0.363	0.113
Arginine	g	1.101		0	0.352	0.110
Histidine	g	0.477		0	0.153	0.048
Alanine	g	1.044		0	0.334	0.104
Aspartic acid	g	1.708		0	0.547	0.171
Glutamic acid	g	2.329		0	0.745	0.233
Glycine	g	1.044		0	0.334	0.104
Proline	g	0.891		0	0.285	0.089
Serine	g	0.773		0	0.247	0.077
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 liver

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05028 Chicken, liver, all classes, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 6g	Measure 3*
Proximates:							
Water	g	68.31	0.618	8	95.63	4.10	
Energy	kcal	157		0	220	9	
Energy	kj	657		0	920	39	
Protein (N x 5.95)	g	24.36	0.481	8	34.10	1.46	
Total lipid (fat)	g	5.45	0.266	8	7.63	0.33	
Carbohydrate, by difference	g	0.88		0	1.23	0.05	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.037	8	1.40	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	14	1.263	8	20	1	
Iron	mg	8.47	0.119	8	11.86	0.51	
Magnesium	mg	21	0.565	8	29	1	
Phosphorus	mg	312	13.474	8	437	19	
Potassium	mg	140	5.352	8	196	8	
Sodium	mg	51	1.470	8	71	3	
Zinc	mg	4.34	0.046	8	6.08	0.26	
Copper	mg	0.370	0.020	8	0.518	0.022	
Manganese	mg	0.297	0.010	8	0.416	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	15.8		0	22.1	0.9	
Thiamin	mg	0.153	0.007	8	0.214	0.009	
Riboflavin	mg	1.747		0	2.446	0.105	
Niacin	mg	4.450	0.402	8	6.230	0.267	
Pantothenic acid	mg	5.411		0	7.575	0.325	
Vitamin B-6	mg	0.580		0	0.812	0.035	
Folate	µg	770	111.853	3	1078	46	
Vitamin B-12	µg	19.39		0	27.15	1.16	
Vitamin A	IU	16375		0	22925	983	
Vitamin A, RE	µg	4913		0	6878	295	
Vitamin E, α-TE	mg	1.440		0	2.016	0.086	
Lipids:							
Saturated, total	g	1.840		0	2.576	0.110	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.028	0.001	
15.0	g						
16:0	g	1.030		0	1.442	0.062	
17:0	g						
18:0	g	0.790		0	1.106	0.047	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.340	0	1.876	0.080
14:1	g				
16:1	g	0.150	0	0.210	0.009
18:1	g	1.170	0	1.638	0.070
20:1	g	0.020	0	0.028	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.900	0	1.260	0.054
18:2	g	0.570	0	0.798	0.034
18:3	g	0.010	0	0.014	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.170	0	0.238	0.010
20:5	g	0.020	0	0.028	0.001
22:5	g	0.010	0	0.014	0.001
22:6	g	0.080	0	0.112	0.005
Cholesterol	mg	631	0	883	38
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.343	0	0.480	0.021
Threonine	g	1.083	0	1.516	0.065
Isoleucine	g	1.294	0	1.812	0.078
Leucine	g	2.198	0	3.077	0.132
Lysine	g	1.843	0	2.580	0.111
Methionine	g	0.577	0	0.808	0.035
Cystine	g	0.327	0	0.458	0.020
Phenylalanine	g	1.212	0	1.697	0.073
Tyrosine	g	0.857	0	1.200	0.051
Valine	g	1.535	0	2.149	0.092
Arginine	g	1.493	0	2.090	0.090
Histidine	g	0.647	0	0.906	0.039
Alanine	g	1.415	0	1.981	0.085
Aspartic acid	g	2.315	0	3.241	0.139
Glutamic acid	g	3.157	0	4.420	0.189
Glycine	g	1.415	0	1.981	0.085
Proline	g	1.208	0	1.691	0.072
Serine	g	1.048	0	1.467	0.063
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05029 Chicken, broilers or fryers, light meat, meat and skin, raw

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 116g	Measure 2* 194g	Measure 3*
Proximates:							
Water	g	68.60	0.342	25	79.58	133.08	
Energy	kcal	186		0	216	361	
Energy	kj	778		0	902	1509	
Protein (N x 5.95)	g	20.27	0.156	25	23.51	39.32	
Total lipid (fat)	g	11.07	0.245	25	12.84	21.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86	0.032	25	1.00	1.67	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.461	24	13	21	
Iron	mg	0.79	0.027	24	0.92	1.53	
Magnesium	mg	23	0.336	24	27	45	
Phosphorus	mg	163	3.606	24	189	316	
Potassium	mg	204	4.714	24	237	396	
Sodium	mg	65	1.507	24	75	126	
Zinc	mg	0.93	0.019	24	1.08	1.80	
Copper	mg	0.040	0.001	24	0.046	0.078	
Manganese	mg	0.018	0.000	24	0.021	0.035	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.9		0	1.0	1.7	
Thiamin	mg	0.059	0.004	16	0.068	0.114	
Riboflavin	mg	0.086	0.003	16	0.100	0.167	
Niacin	mg	8.908	0.351	16	10.333	17.282	
Pantothenic acid	mg	0.794		0	0.921	1.540	
Vitamin B-6	mg	0.480		0	0.557	0.931	
Folate	µg	4		0	5	8	
Vitamin B-12	µg	0.34		0	0.39	0.66	
Vitamin A	IU	99		0	115	192	
Vitamin A, RE	µg	29		0	34	56	
Vitamin E, α-TE	mg	0.295		0	0.342	0.572	
Lipids:							
Saturated, total	g	3.160		0	3.666	6.130	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.012	0.019	
14:0	g	0.090		0	0.104	0.175	
15.0	g						
16:0	g	2.330		0	2.703	4.520	
17:0	g						
18:0	g	0.630		0	0.731	1.222	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.520	0	5.243	8.769
14:1	g				
16:1	g	0.600	0	0.696	1.164
18:1	g	3.740	0	4.338	7.256
20:1	g	0.120	0	0.139	0.233
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.340	0	2.714	4.540
18:2	g	2.070	0	2.401	4.016
18:3	g	0.100	0	0.116	0.194
18:4	g				
20:4	g	0.060	0	0.070	0.116
20:5	g	0.010	0	0.012	0.019
22:5	g	0.010	0	0.012	0.019
22:6	g	0.020	0	0.023	0.039
Cholesterol	mg	67	0	78	130
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.227	0	0.263	0.440
Threonine	g	0.839	0	0.973	1.628
Isoleucine	g	1.015	0	1.177	1.969
Leucine	g	1.477	0	1.713	2.865
Lysine	g	1.654	0	1.919	3.209
Methionine	g	0.541	0	0.628	1.050
Cystine	g	0.270	0	0.313	0.524
Phenylalanine	g	0.788	0	0.914	1.529
Tyrosine	g	0.655	0	0.760	1.271
Valine	g	0.985	0	1.143	1.911
Arginine	g	1.268	0	1.471	2.460
Histidine	g	0.597	0	0.693	1.158
Alanine	g	1.177	0	1.365	2.283
Aspartic acid	g	1.807	0	2.096	3.506
Glutamic acid	g	2.967	0	3.442	5.756
Glycine	g	1.291	0	1.498	2.505
Proline	g	0.973	0	1.129	1.888
Serine	g	0.714	0	0.828	1.385
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05030 Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 113g	Measure 2* 188g	Measure 3*
Proximates:							
Water	g	50.23		0	56.76	94.43	
Energy	kcal	277		0	313	521	
Energy	kj	1159		0	1310	2179	
Protein (N x 5.95)	g	23.55		0	26.61	44.27	
Total lipid (fat)	g	15.44		0	17.45	29.03	
Carbohydrate, by difference	g	9.50		0	10.73	17.86	
Fiber, total dietary	g						
Ash	g	1.29		0	1.46	2.43	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	23	38	
Iron	mg	1.26		0	1.42	2.37	
Magnesium	mg	22		0	25	41	
Phosphorus	mg	168		0	190	316	
Potassium	mg	185		0	209	348	
Sodium	mg	287		0	324	540	
Zinc	mg	1.06		0	1.20	1.99	
Copper	mg	0.061		0	0.069	0.115	
Manganese	mg	0.055		0	0.062	0.103	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.113		0	0.128	0.212	
Riboflavin	mg	0.147		0	0.166	0.276	
Niacin	mg	9.156		0	10.346	17.213	
Pantothenic acid	mg	0.794		0	0.897	1.493	
Vitamin B-6	mg	0.390		0	0.441	0.733	
Folate	µg	16		0	18	30	
Vitamin B-12	µg	0.28		0	0.32	0.53	
Vitamin A	IU	79		0	89	149	
Vitamin A, RE	µg	24		0	27	45	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.120		0	4.656	7.746	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.011	0.019	
14:0	g	0.090		0	0.102	0.169	
15.0	g						
16:0	g	2.760		0	3.119	5.189	
17:0	g						
18:0	g	1.200		0	1.356	2.256	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.370	0	7.198	11.976
14:1	g				
16:1	g	0.450	0	0.509	0.846
18:1	g	5.790	0	6.543	10.885
20:1	g	0.090	0	0.102	0.169
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.600	0	4.068	6.768
18:2	g	3.240	0	3.661	6.091
18:3	g	0.180	0	0.203	0.338
18:4	g				
20:4	g	0.070	0	0.079	0.132
20:5	g	0.010	0	0.011	0.019
22:5	g	0.010	0	0.011	0.019
22:6	g	0.020	0	0.023	0.038
Cholesterol	mg	84	0	95	158
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.303	0.504
Threonine	g	0.963	0	1.088	1.810
Isoleucine	g	1.171	0	1.323	2.201
Leucine	g	1.723	0	1.947	3.239
Lysine	g	1.841	0	2.080	3.461
Methionine	g	0.616	0	0.696	1.158
Cystine	g	0.326	0	0.368	0.613
Phenylalanine	g	0.938	0	1.060	1.763
Tyrosine	g	0.762	0	0.861	1.433
Valine	g	1.147	0	1.296	2.156
Arginine	g	1.445	0	1.633	2.717
Histidine	g	0.682	0	0.771	1.282
Alanine	g	1.334	0	1.507	2.508
Aspartic acid	g	2.040	0	2.305	3.835
Glutamic acid	g	3.750	0	4.237	7.050
Glycine	g	1.466	0	1.657	2.756
Proline	g	1.238	0	1.399	2.327
Serine	g	0.869	0	0.982	1.634
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05031 Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 130g	Measure 3*
Proximates:							
Water	g	54.66		0	42.63	71.06	
Energy	kcal	246		0	192	320	
Energy	kj	1029		0	803	1338	
Protein (N x 5.95)	g	30.45		0	23.75	39.59	
Total lipid (fat)	g	12.09		0	9.43	15.72	
Carbohydrate, by difference	g	1.82		0	1.42	2.37	
Fiber, total dietary	g	0.1		0	0.1	0.1	
Ash	g	0.98		0	0.76	1.27	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	12	21	
Iron	mg	1.21		0	0.94	1.57	
Magnesium	mg	27		0	21	35	
Phosphorus	mg	213		0	166	277	
Potassium	mg	239		0	186	311	
Sodium	mg	77		0	60	100	
Zinc	mg	1.26		0	0.98	1.64	
Copper	mg	0.058		0	0.045	0.075	
Manganese	mg	0.026		0	0.020	0.034	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.076		0	0.059	0.099	
Riboflavin	mg	0.133		0	0.104	0.173	
Niacin	mg	12.035		0	9.387	15.646	
Pantothenic acid	mg	0.970		0	0.757	1.261	
Vitamin B-6	mg	0.540		0	0.421	0.702	
Folate	µg	7		0	5	9	
Vitamin B-12	µg	0.33		0	0.26	0.43	
Vitamin A	IU	68		0	53	88	
Vitamin A, RE	µg	20		0	16	26	
Vitamin E, α-TE	mg	0.573		0	0.447	0.745	
Lipids:							
Saturated, total	g	3.320		0	2.590	4.316	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.008	0.013	
14:0	g	0.090		0	0.070	0.117	
15.0	g						
16:0	g	2.350		0	1.833	3.055	
17:0	g						
18:0	g	0.800		0	0.624	1.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.800	0	3.744	6.240
14:1	g				
16:1	g	0.510	0	0.398	0.663
18:1	g	4.130	0	3.221	5.369
20:1	g	0.100	0	0.078	0.130
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.690	0	2.098	3.497
18:2	g	2.330	0	1.817	3.029
18:3	g	0.110	0	0.086	0.143
18:4	g	0.000	0	0.000	0.000
20:4	g	0.090	0	0.070	0.117
20:5	g	0.010	0	0.008	0.013
22:5	g	0.020	0	0.016	0.026
22:6	g	0.030	0	0.023	0.039
Cholesterol	mg	87	0	68	113
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.344	0	0.268	0.447
Threonine	g	1.262	0	0.984	1.641
Isoleucine	g	1.537	0	1.199	1.998
Leucine	g	2.231	0	1.740	2.900
Lysine	g	2.487	0	1.940	3.233
Methionine	g	0.815	0	0.636	1.059
Cystine	g	0.405	0	0.316	0.527
Phenylalanine	g	1.192	0	0.930	1.550
Tyrosine	g	0.991	0	0.773	1.288
Valine	g	1.485	0	1.158	1.931
Arginine	g	1.888	0	1.473	2.454
Histidine	g	0.904	0	0.705	1.175
Alanine	g	1.745	0	1.361	2.269
Aspartic acid	g	2.703	0	2.108	3.514
Glutamic acid	g	4.534	0	3.537	5.894
Glycine	g	1.860	0	1.451	2.418
Proline	g	1.447	0	1.129	1.881
Serine	g	1.074	0	0.838	1.396
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05032 Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted

Refuse: 29% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 79g	Measure 2* 132g	Measure 3*
Proximates:							
Water	g	60.51	0.363	16	47.80	79.87	
Energy	kcal	222		0	175	293	
Energy	kj	929		0	734	1226	
Protein (N x 5.95)	g	29.02	0.317	16	22.93	38.31	
Total lipid (fat)	g	10.85	0.267	16	8.57	14.32	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93	0.026	16	0.73	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.641	16	12	20	
Iron	mg	1.14	0.058	16	0.90	1.50	
Magnesium	mg	25	0.426	16	20	33	
Phosphorus	mg	200	5.438	16	158	264	
Potassium	mg	227	5.983	16	179	300	
Sodium	mg	75	2.620	16	59	99	
Zinc	mg	1.23	0.029	16	0.97	1.62	
Copper	mg	0.053	0.002	16	0.042	0.070	
Manganese	mg	0.018	0.001	16	0.014	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.005	8	0.047	0.079	
Riboflavin	mg	0.118	0.003	8	0.093	0.156	
Niacin	mg	11.134	0.611	8	8.796	14.697	
Pantothenic acid	mg	0.926		0	0.732	1.222	
Vitamin B-6	mg	0.520		0	0.411	0.686	
Folate	µg	3		0	2	4	
Vitamin B-12	µg	0.32		0	0.25	0.42	
Vitamin A	IU	110		0	87	145	
Vitamin A, RE	µg	32		0	25	42	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.050		0	2.410	4.026	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.008	0.013	
14:0	g	0.090		0	0.071	0.119	
15.0	g						
16:0	g	2.250		0	1.778	2.970	
17:0	g						
18:0	g	0.620		0	0.490	0.818	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.260	0	3.365	5.623
14:1	g				
16:1	g	0.570	0	0.450	0.752
18:1	g	3.510	0	2.773	4.633
20:1	g	0.120	0	0.095	0.158
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.310	0	1.825	3.049
18:2	g	1.980	0	1.564	2.614
18:3	g	0.090	0	0.071	0.119
18:4	g				
20:4	g	0.090	0	0.071	0.119
20:5	g	0.010	0	0.008	0.013
22:5	g	0.020	0	0.016	0.026
22:6	g	0.030	0	0.024	0.040
Cholesterol	mg	84	0	66	111
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.326	0	0.258	0.430
Threonine	g	1.202	0	0.950	1.587
Isoleucine	g	1.458	0	1.152	1.925
Leucine	g	2.119	0	1.674	2.797
Lysine	g	2.374	0	1.875	3.134
Methionine	g	0.776	0	0.613	1.024
Cystine	g	0.385	0	0.304	0.508
Phenylalanine	g	1.130	0	0.893	1.492
Tyrosine	g	0.940	0	0.743	1.241
Valine	g	1.412	0	1.115	1.864
Arginine	g	1.811	0	1.431	2.391
Histidine	g	0.858	0	0.678	1.133
Alanine	g	1.679	0	1.326	2.216
Aspartic acid	g	2.587	0	2.044	3.415
Glutamic acid	g	4.254	0	3.361	5.615
Glycine	g	1.823	0	1.440	2.406
Proline	g	1.381	0	1.091	1.823
Serine	g	1.021	0	0.807	1.348
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05033 Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed

Refuse: 29% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 90g	Measure 2* 150g	Measure 3*
Proximates:							
Water	g	65.13	0.461	16	58.62	97.69	
Energy	kcal	201		0	181	302	
Energy	kj	841		0	757	1262	
Protein (N x 5.95)	g	26.14	0.263	16	23.53	39.21	
Total lipid (fat)	g	9.97	0.208	16	8.97	14.96	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78	0.031	16	0.70	1.17	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.419	16	12	20	
Iron	mg	0.98	0.048	16	0.88	1.47	
Magnesium	mg	20	0.370	16	18	30	
Phosphorus	mg	146	3.094	16	131	219	
Potassium	mg	167	6.931	16	150	251	
Sodium	mg	63	2.182	16	57	95	
Zinc	mg	1.14	0.018	16	1.03	1.71	
Copper	mg	0.044	0.002	16	0.040	0.066	
Manganese	mg	0.018	0.001	16	0.016	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.041	0.005	8	0.037	0.062	
Riboflavin	mg	0.112	0.003	8	0.101	0.168	
Niacin	mg	6.935	0.274	8	6.241	10.402	
Pantothenic acid	mg	0.535		0	0.482	0.803	
Vitamin B-6	mg	0.270		0	0.243	0.405	
Folate	µg	3		0	3	5	
Vitamin B-12	µg	0.20		0	0.18	0.30	
Vitamin A	IU	96		0	86	144	
Vitamin A, RE	µg	28		0	25	42	
Vitamin E, α-TE	mg	0.265		0	0.239	0.398	
Lipids:							
Saturated, total	g	2.800		0	2.520	4.200	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.009	0.015	
14:0	g	0.080		0	0.072	0.120	
15.0	g						
16:0	g	2.070		0	1.863	3.105	
17:0	g						
18:0	g	0.560		0	0.504	0.840	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.920	0	3.528	5.880
14:1	g				
16:1	g	0.530	0	0.477	0.795
18:1	g	3.230	0	2.907	4.845
20:1	g	0.110	0	0.099	0.165
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.120	0	1.908	3.180
18:2	g	1.830	0	1.647	2.745
18:3	g	0.080	0	0.072	0.120
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.072	0.120
20:5	g	0.010	0	0.009	0.015
22:5	g	0.020	0	0.018	0.030
22:6	g	0.030	0	0.027	0.045
Cholesterol	mg	74	0	67	111
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.294	0	0.265	0.441
Threonine	g	1.084	0	0.976	1.626
Isoleucine	g	1.316	0	1.184	1.974
Leucine	g	1.910	0	1.719	2.865
Lysine	g	2.142	0	1.928	3.213
Methionine	g	0.699	0	0.629	1.048
Cystine	g	0.347	0	0.312	0.520
Phenylalanine	g	1.019	0	0.917	1.529
Tyrosine	g	0.848	0	0.763	1.272
Valine	g	1.273	0	1.146	1.910
Arginine	g	1.629	0	1.466	2.443
Histidine	g	0.774	0	0.697	1.161
Alanine	g	1.509	0	1.358	2.264
Aspartic acid	g	2.330	0	2.097	3.495
Glutamic acid	g	3.835	0	3.451	5.753
Glycine	g	1.629	0	1.466	2.443
Proline	g	1.238	0	1.114	1.857
Serine	g	0.919	0	0.827	1.378
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05034 Chicken, broilers or fryers, dark meat, meat and skin, raw

Refuse: 35% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 266g	Measure 3*
Proximates:							
Water	g	65.42	0.451	25	104.67	174.02	
Energy	kcal	237		0	379	630	
Energy	kj	992		0	1587	2639	
Protein (N x 5.95)	g	16.69	0.120	25	26.70	44.40	
Total lipid (fat)	g	18.34	0.359	25	29.34	48.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.76	0.024	25	1.22	2.02	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.408	24	18	29	
Iron	mg	0.98	0.026	24	1.57	2.61	
Magnesium	mg	19	0.270	24	30	51	
Phosphorus	mg	136	2.562	24	218	362	
Potassium	mg	178	4.768	24	285	473	
Sodium	mg	73	1.122	24	117	194	
Zinc	mg	1.58	0.019	24	2.53	4.20	
Copper	mg	0.054	0.002	24	0.086	0.144	
Manganese	mg	0.019	0.000	24	0.030	0.051	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.1		0	3.4	5.6	
Thiamin	mg	0.061	0.002	16	0.098	0.162	
Riboflavin	mg	0.146	0.003	16	0.234	0.388	
Niacin	mg	5.211	0.178	16	8.338	13.861	
Pantothenic acid	mg	0.994		0	1.590	2.644	
Vitamin B-6	mg	0.250		0	0.400	0.665	
Folate	µg	7		0	11	19	
Vitamin B-12	µg	0.29		0	0.46	0.77	
Vitamin A	IU	170		0	272	452	
Vitamin A, RE	µg	49		0	78	130	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.260		0	8.416	13.992	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.032	0.053	
14:0	g	0.150		0	0.240	0.399	
15.0	g						
16:0	g	3.820		0	6.112	10.161	
17:0	g						
18:0	g	1.070		0	1.712	2.846	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.650	0	12.240	20.349
14:1	g				
16:1	g	1.020	0	1.632	2.713
18:1	g	6.340	0	10.144	16.864
20:1	g	0.180	0	0.288	0.479
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.960	0	6.336	10.534
18:2	g	3.550	0	5.680	9.443
18:3	g	0.170	0	0.272	0.452
18:4	g				
20:4	g	0.090	0	0.144	0.239
20:5	g	0.010	0	0.016	0.027
22:5	g	0.020	0	0.032	0.053
22:6	g	0.030	0	0.048	0.080
Cholesterol	mg	81	0	130	215
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.185	0	0.296	0.492
Threonine	g	0.687	0	1.099	1.827
Isoleucine	g	0.824	0	1.318	2.192
Leucine	g	1.207	0	1.931	3.211
Lysine	g	1.348	0	2.157	3.586
Methionine	g	0.441	0	0.706	1.173
Cystine	g	0.224	0	0.358	0.596
Phenylalanine	g	0.646	0	1.034	1.718
Tyrosine	g	0.533	0	0.853	1.418
Valine	g	0.807	0	1.291	2.147
Arginine	g	1.053	0	1.685	2.801
Histidine	g	0.485	0	0.776	1.290
Alanine	g	0.984	0	1.574	2.617
Aspartic acid	g	1.488	0	2.381	3.958
Glutamic acid	g	2.429	0	3.886	6.461
Glycine	g	1.126	0	1.802	2.995
Proline	g	0.831	0	1.330	2.210
Serine	g	0.591	0	0.946	1.572
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05035 Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 167g	Measure 2* 278g	Measure 3*
Proximates:							
Water	g	48.82		0	81.53	135.72	
Energy	kcal	298		0	498	828	
Energy	kj	1247		0	2082	3467	
Protein (N x 5.95)	g	21.85		0	36.49	60.74	
Total lipid (fat)	g	18.64		0	31.13	51.82	
Carbohydrate, by difference	g	9.38		0	15.66	26.08	
Fiber, total dietary	g						
Ash	g	1.31		0	2.19	3.64	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	35	58	
Iron	mg	1.44		0	2.40	4.00	
Magnesium	mg	20		0	33	56	
Phosphorus	mg	145		0	242	403	
Potassium	mg	185		0	309	514	
Sodium	mg	295		0	493	820	
Zinc	mg	2.08		0	3.47	5.78	
Copper	mg	0.080		0	0.134	0.222	
Manganese	mg	0.058		0	0.097	0.161	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.117		0	0.195	0.325	
Riboflavin	mg	0.218		0	0.364	0.606	
Niacin	mg	5.607		0	9.364	15.587	
Pantothenic acid	mg	0.953		0	1.592	2.649	
Vitamin B-6	mg	0.250		0	0.418	0.695	
Folate	µg	18		0	30	50	
Vitamin B-12	µg	0.27		0	0.45	0.75	
Vitamin A	IU	103		0	172	286	
Vitamin A, RE	µg	31		0	52	86	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.950		0	8.267	13.761	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.033	0.056	
14:0	g	0.110		0	0.184	0.306	
15.0	g						
16:0	g	3.290		0	5.494	9.146	
17:0	g						
18:0	g	1.430		0	2.388	3.975	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.580	0	12.659	21.072
14:1	g				
16:1	g	0.590	0	0.985	1.640
18:1	g	6.840	0	11.423	19.015
20:1	g	0.090	0	0.150	0.250
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.430	0	7.398	12.315
18:2	g	3.960	0	6.613	11.009
18:3	g	0.210	0	0.351	0.584
18:4	g				
20:4	g	0.110	0	0.184	0.306
20:5	g	0.010	0	0.017	0.028
22:5	g	0.020	0	0.033	0.056
22:6	g	0.040	0	0.067	0.111
Cholesterol	mg	89	0	149	247
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.250	0	0.418	0.695
Threonine	g	0.895	0	1.495	2.488
Isoleucine	g	1.094	0	1.827	3.041
Leucine	g	1.605	0	2.680	4.462
Lysine	g	1.713	0	2.861	4.762
Methionine	g	0.574	0	0.959	1.596
Cystine	g	0.302	0	0.504	0.840
Phenylalanine	g	0.874	0	1.460	2.430
Tyrosine	g	0.711	0	1.187	1.977
Valine	g	1.067	0	1.782	2.966
Arginine	g	1.333	0	2.226	3.706
Histidine	g	0.637	0	1.064	1.771
Alanine	g	1.226	0	2.047	3.408
Aspartic acid	g	1.889	0	3.155	5.251
Glutamic acid	g	3.506	0	5.855	9.747
Glycine	g	1.318	0	2.201	3.664
Proline	g	1.136	0	1.897	3.158
Serine	g	0.806	0	1.346	2.241
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05036 Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour

Refuse: 30% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 110g	Measure 2* 184g	Measure 3*
Proximates:							
Water	g	50.82		0	55.90	93.51	
Energy	kcal	285		0	314	524	
Energy	kj	1192		0	1311	2193	
Protein (N x 5.95)	g	27.22		0	29.94	50.08	
Total lipid (fat)	g	16.91		0	18.60	31.11	
Carbohydrate, by difference	g	4.08		0	4.49	7.51	
Fiber, total dietary	g						
Ash	g	0.97		0	1.07	1.78	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	19	31	
Iron	mg	1.50		0	1.65	2.76	
Magnesium	mg	24		0	26	44	
Phosphorus	mg	176		0	194	324	
Potassium	mg	230		0	253	423	
Sodium	mg	89		0	98	164	
Zinc	mg	2.60		0	2.86	4.78	
Copper	mg	0.088		0	0.097	0.162	
Manganese	mg	0.039		0	0.043	0.072	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.095		0	0.105	0.175	
Riboflavin	mg	0.235		0	0.258	0.432	
Niacin	mg	6.842		0	7.526	12.589	
Pantothenic acid	mg	1.157		0	1.273	2.129	
Vitamin B-6	mg	0.320		0	0.352	0.589	
Folate	µg	11		0	12	20	
Vitamin B-12	µg	0.30		0	0.33	0.55	
Vitamin A	IU	104		0	114	191	
Vitamin A, RE	µg	31		0	34	57	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.580		0	5.038	8.427	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.033	0.055	
14:0	g	0.120		0	0.132	0.221	
15.0	g						
16:0	g	3.190		0	3.509	5.870	
17:0	g						
18:0	g	1.120		0	1.232	2.061	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.660	0	7.326	12.254
14:1	g				
16:1	g	0.740	0	0.814	1.362
18:1	g	5.730	0	6.303	10.543
20:1	g	0.120	0	0.132	0.221
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.910	0	4.301	7.194
18:2	g	3.420	0	3.762	6.293
18:3	g	0.170	0	0.187	0.313
18:4	g				
20:4	g	0.140	0	0.154	0.258
20:5	g	0.020	0	0.022	0.037
22:5	g	0.030	0	0.033	0.055
22:6	g	0.050	0	0.055	0.092
Cholesterol	mg	92	0	101	169
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.308	0	0.339	0.567
Threonine	g	1.123	0	1.235	2.066
Isoleucine	g	1.370	0	1.507	2.521
Leucine	g	1.994	0	2.193	3.669
Lysine	g	2.202	0	2.422	4.052
Methionine	g	0.725	0	0.798	1.334
Cystine	g	0.365	0	0.402	0.672
Phenylalanine	g	1.071	0	1.178	1.971
Tyrosine	g	0.884	0	0.972	1.627
Valine	g	1.326	0	1.459	2.440
Arginine	g	1.681	0	1.849	3.093
Histidine	g	0.804	0	0.884	1.479
Alanine	g	1.553	0	1.708	2.858
Aspartic acid	g	2.401	0	2.641	4.418
Glutamic acid	g	4.130	0	4.543	7.599
Glycine	g	1.662	0	1.828	3.058
Proline	g	1.323	0	1.455	2.434
Serine	g	0.968	0	1.065	1.781
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05037 Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted

Refuse: 36% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 101g	Measure 2* 167g	Measure 3*
Proximates:							
Water	g	58.63	0.496	16	59.22	97.91	
Energy	kcal	253		0	256	423	
Energy	kj	1059		0	1070	1769	
Protein (N x 5.95)	g	25.97	0.268	16	26.23	43.37	
Total lipid (fat)	g	15.78	0.336	16	15.94	26.35	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92	0.025	16	0.93	1.54	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.497	16	15	25	
Iron	mg	1.36	0.047	16	1.37	2.27	
Magnesium	mg	22	0.444	16	22	37	
Phosphorus	mg	168	3.495	16	170	281	
Potassium	mg	220	5.387	16	222	367	
Sodium	mg	87	1.761	16	88	145	
Zinc	mg	2.49	0.044	16	2.51	4.16	
Copper	mg	0.077	0.002	16	0.078	0.129	
Manganese	mg	0.021	0.000	16	0.021	0.035	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.066	0.005	8	0.067	0.110	
Riboflavin	mg	0.207	0.005	8	0.209	0.346	
Niacin	mg	6.359	0.395	8	6.423	10.620	
Pantothenic acid	mg	1.111		0	1.122	1.855	
Vitamin B-6	mg	0.310		0	0.313	0.518	
Folate	µg	7		0	7	12	
Vitamin B-12	µg	0.29		0	0.29	0.48	
Vitamin A	IU	201		0	203	336	
Vitamin A, RE	µg	58		0	59	97	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.370		0	4.414	7.298	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.030	0.050	
14:0	g	0.120		0	0.121	0.200	
15.0	g						
16:0	g	3.190		0	3.222	5.327	
17:0	g						
18:0	g	0.900		0	0.909	1.503	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.190	0	6.252	10.337
14:1	g				
16:1	g	0.860	0	0.869	1.436
18:1	g	5.110	0	5.161	8.534
20:1	g	0.150	0	0.152	0.251
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.490	0	3.525	5.828
18:2	g	3.040	0	3.070	5.077
18:3	g	0.140	0	0.141	0.234
18:4	g				
20:4	g	0.140	0	0.141	0.234
20:5	g	0.020	0	0.020	0.033
22:5	g	0.030	0	0.030	0.050
22:6	g	0.050	0	0.051	0.083
Cholesterol	mg	91	0	92	152
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.289	0	0.292	0.483
Threonine	g	1.071	0	1.082	1.789
Isoleucine	g	1.288	0	1.301	2.151
Leucine	g	1.883	0	1.902	3.145
Lysine	g	2.105	0	2.126	3.515
Methionine	g	0.688	0	0.695	1.149
Cystine	g	0.348	0	0.351	0.581
Phenylalanine	g	1.007	0	1.017	1.682
Tyrosine	g	0.832	0	0.840	1.389
Valine	g	1.258	0	1.271	2.101
Arginine	g	1.634	0	1.650	2.729
Histidine	g	0.759	0	0.767	1.268
Alanine	g	1.523	0	1.538	2.543
Aspartic acid	g	2.316	0	2.339	3.868
Glutamic acid	g	3.787	0	3.825	6.324
Glycine	g	1.718	0	1.735	2.869
Proline	g	1.277	0	1.290	2.133
Serine	g	0.918	0	0.927	1.533
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05038 Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed

Refuse: 38% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 110g	Measure 2* 184g	Measure 3*
Proximates:							
Water	g	62.99	0.628	16	69.29	115.90	
Energy	kcal	233		0	256	429	
Energy	kj	975		0	1073	1794	
Protein (N x 5.95)	g	23.50	0.258	16	25.85	43.24	
Total lipid (fat)	g	14.66	0.292	16	16.13	26.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.74	0.028	16	0.81	1.36	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.484	16	15	26	
Iron	mg	1.31	0.049	16	1.44	2.41	
Magnesium	mg	18	0.293	16	20	33	
Phosphorus	mg	133	2.098	16	146	245	
Potassium	mg	166	6.317	16	183	305	
Sodium	mg	70	1.792	16	77	129	
Zinc	mg	2.26	0.033	16	2.49	4.16	
Copper	mg	0.068	0.001	16	0.075	0.125	
Manganese	mg	0.019	0.001	16	0.021	0.035	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050	0.003	8	0.055	0.092	
Riboflavin	mg	0.177	0.005	8	0.195	0.326	
Niacin	mg	4.513	0.190	8	4.964	8.304	
Pantothenic acid	mg	0.773		0	0.850	1.422	
Vitamin B-6	mg	0.170		0	0.187	0.313	
Folate	µg	6		0	7	11	
Vitamin B-12	µg	0.20		0	0.22	0.37	
Vitamin A	IU	186		0	205	342	
Vitamin A, RE	µg	54		0	59	99	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.060		0	4.466	7.470	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.033	0.055	
14:0	g	0.110		0	0.121	0.202	
15.0	g						
16:0	g	2.970		0	3.267	5.465	
17:0	g						
18:0	g	0.830		0	0.913	1.527	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.750	0	6.325	10.580
14:1	g				
16:1	g	0.800	0	0.880	1.472
18:1	g	4.740	0	5.214	8.722
20:1	g	0.140	0	0.154	0.258
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.240	0	3.564	5.962
18:2	g	2.820	0	3.102	5.189
18:3	g	0.130	0	0.143	0.239
18:4	g				
20:4	g	0.130	0	0.143	0.239
20:5	g	0.010	0	0.011	0.018
22:5	g	0.020	0	0.022	0.037
22:6	g	0.050	0	0.055	0.092
Cholesterol	mg	82	0	90	151
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.261	0	0.287	0.480
Threonine	g	0.969	0	1.066	1.783
Isoleucine	g	1.167	0	1.284	2.147
Leucine	g	1.705	0	1.876	3.137
Lysine	g	1.906	0	2.097	3.507
Methionine	g	0.623	0	0.685	1.146
Cystine	g	0.314	0	0.345	0.578
Phenylalanine	g	0.911	0	1.002	1.676
Tyrosine	g	0.754	0	0.829	1.387
Valine	g	1.139	0	1.253	2.096
Arginine	g	1.477	0	1.625	2.718
Histidine	g	0.687	0	0.756	1.264
Alanine	g	1.376	0	1.514	2.532
Aspartic acid	g	2.095	0	2.305	3.855
Glutamic acid	g	3.428	0	3.771	6.308
Glycine	g	1.547	0	1.702	2.846
Proline	g	1.152	0	1.267	2.120
Serine	g	0.830	0	0.913	1.527
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05039 Chicken, broilers or fryers, light meat, meat only, raw

Refuse: 45% 28% bone, 13% skin, 4% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 88g	Measure 2* 147g	Measure 3*
Proximates:							
Water	g	74.86	0.230	26	65.88	110.04	
Energy	kcal	114		0	100	168	
Energy	kj	477		0	420	701	
Protein (N x 5.95)	g	23.20	0.207	26	20.42	34.10	
Total lipid (fat)	g	1.65	0.080	26	1.45	2.43	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98	0.024	24	0.86	1.44	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.617	24	11	18	
Iron	mg	0.73	0.030	24	0.64	1.07	
Magnesium	mg	27	0.362	24	24	40	
Phosphorus	mg	187	3.868	24	165	275	
Potassium	mg	239	5.441	24	210	351	
Sodium	mg	68	1.887	24	60	100	
Zinc	mg	0.97	0.018	24	0.85	1.43	
Copper	mg	0.040	0.001	24	0.035	0.059	
Manganese	mg	0.018	0.000	24	0.016	0.026	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.2		0	1.1	1.8	
Thiamin	mg	0.068	0.004	16	0.060	0.100	
Riboflavin	mg	0.092	0.004	16	0.081	0.135	
Niacin	mg	10.604	0.443	16	9.332	15.588	
Pantothenic acid	mg	0.822		0	0.723	1.208	
Vitamin B-6	mg	0.540		0	0.475	0.794	
Folate	µg	4		0	4	6	
Vitamin B-12	µg	0.38		0	0.33	0.56	
Vitamin A	IU	28		0	25	41	
Vitamin A, RE	µg	8		0	7	12	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.440		0	0.387	0.647	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000	0.002	8	0.000	0.000	
14:0	g	0.010	0.001	27	0.009	0.015	
15.0	g						
16:0	g	0.280	0.015	27	0.246	0.412	
17:0	g						
18:0	g	0.130	0.009	27	0.114	0.191	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.390		0	0.343	0.573
14:1	g					
16:1	g	0.040	0.003	27	0.035	0.059
18:1	g	0.340	0.019	27	0.299	0.500
20:1	g	0.010	0.003	4	0.009	0.015
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.370		0	0.326	0.544
18:2	g	0.220	0.013	27	0.194	0.323
18:3	g	0.010	0.001	15	0.009	0.015
18:4	g					
20:4	g	0.060	0.004	26	0.053	0.088
20:5	g	0.010	0.002	13	0.009	0.015
22:5	g	0.010	0.002	13	0.009	0.015
22:6	g	0.020	0.005	12	0.018	0.029
Cholesterol	mg	58		0	51	85
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.271		0	0.238	0.398
Threonine	g	0.980		0	0.862	1.441
Isoleucine	g	1.225		0	1.078	1.801
Leucine	g	1.741		0	1.532	2.559
Lysine	g	1.971		0	1.734	2.897
Methionine	g	0.642		0	0.565	0.944
Cystine	g	0.297		0	0.261	0.437
Phenylalanine	g	0.921		0	0.810	1.354
Tyrosine	g	0.783		0	0.689	1.151
Valine	g	1.151		0	1.013	1.692
Arginine	g	1.399		0	1.231	2.057
Histidine	g	0.720		0	0.634	1.058
Alanine	g	1.266		0	1.114	1.861
Aspartic acid	g	2.068		0	1.820	3.040
Glutamic acid	g	3.474		0	3.057	5.107
Glycine	g	1.140		0	1.003	1.676
Proline	g	0.954		0	0.840	1.402
Serine	g	0.798		0	0.702	1.173
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05040 Chicken, broilers or fryers, light meat, meat only, cooked, fried

Refuse: 41% 28% bone, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	60.14		0	84.20	38.49	
Energy	kcal	192		0	269	123	
Energy	kj	803		0	1124	514	
Protein (N x 5.95)	g	32.82		0	45.95	21.00	
Total lipid (fat)	g	5.54		0	7.76	3.55	
Carbohydrate, by difference	g	0.42		0	0.59	0.27	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09		0	1.53	0.70	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	22	10	
Iron	mg	1.14		0	1.60	0.73	
Magnesium	mg	29		0	41	19	
Phosphorus	mg	231		0	323	148	
Potassium	mg	263		0	368	168	
Sodium	mg	81		0	113	52	
Zinc	mg	1.27		0	1.78	0.81	
Copper	mg	0.054		0	0.076	0.035	
Manganese	mg	0.020		0	0.028	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.073		0	0.102	0.047	
Riboflavin	mg	0.126		0	0.176	0.081	
Niacin	mg	13.365		0	18.711	8.554	
Pantothenic acid	mg	1.030		0	1.442	0.659	
Vitamin B-6	mg	0.630		0	0.882	0.403	
Folate	µg	4		0	6	3	
Vitamin B-12	µg	0.36		0	0.50	0.23	
Vitamin A	IU	30		0	42	19	
Vitamin A, RE	µg	9		0	13	6	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.520		0	2.128	0.973	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.006	
14:0	g	0.040		0	0.056	0.026	
15.0	g						
16:0	g	1.000		0	1.400	0.640	
17:0	g						
18:0	g	0.430		0	0.602	0.275	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.970	0	2.758	1.261
14:1	g				
16:1	g	0.170	0	0.238	0.109
18:1	g	1.740	0	2.436	1.114
20:1	g	0.030	0	0.042	0.019
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.260	0	1.764	0.806
18:2	g	0.990	0	1.386	0.634
18:3	g	0.050	0	0.070	0.032
18:4	g				
20:4	g	0.090	0	0.126	0.058
20:5	g	0.010	0	0.014	0.006
22:5	g	0.020	0	0.028	0.013
22:6	g	0.030	0	0.042	0.019
Cholesterol	mg	90	0	126	58
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.383	0	0.536	0.245
Threonine	g	1.386	0	1.940	0.887
Isoleucine	g	1.732	0	2.425	1.108
Leucine	g	2.463	0	3.448	1.576
Lysine	g	2.784	0	3.898	1.782
Methionine	g	0.908	0	1.271	0.581
Cystine	g	0.420	0	0.588	0.269
Phenylalanine	g	1.303	0	1.824	0.834
Tyrosine	g	1.108	0	1.551	0.709
Valine	g	1.628	0	2.279	1.042
Arginine	g	1.978	0	2.769	1.266
Histidine	g	1.018	0	1.425	0.652
Alanine	g	1.789	0	2.505	1.145
Aspartic acid	g	2.922	0	4.091	1.870
Glutamic acid	g	4.928	0	6.899	3.154
Glycine	g	1.611	0	2.255	1.031
Proline	g	1.354	0	1.896	0.867
Serine	g	1.130	0	1.582	0.723
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05041 Chicken, broilers or fryers, light meat, meat only, cooked, roasted

Refuse: 42% 29% bone, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 64g	Measure 3* 107g
Proximates:							
Water	g	64.76	0.373	16	90.66	41.45	69.29
Energy	kcal	173		0	242	111	185
Energy	kj	724		0	1014	463	775
Protein (N x 5.95)	g	30.91	0.345	16	43.27	19.78	33.07
Total lipid (fat)	g	4.51	0.211	16	6.31	2.89	4.83
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.02	0.031	16	1.43	0.65	1.09
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.721	16	21	10	16
Iron	mg	1.06	0.055	16	1.48	0.68	1.13
Magnesium	mg	27	0.501	16	38	17	29
Phosphorus	mg	216	6.156	16	302	138	231
Potassium	mg	247	6.810	16	346	158	264
Sodium	mg	77	2.804	16	108	49	82
Zinc	mg	1.23	0.028	16	1.72	0.79	1.32
Copper	mg	0.050	0.002	16	0.070	0.032	0.054
Manganese	mg	0.017	0.001	16	0.024	0.011	0.018
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.065	0.005	8	0.091	0.042	0.070
Riboflavin	mg	0.116	0.007	8	0.162	0.074	0.124
Niacin	mg	12.421	0.681	8	17.389	7.949	13.290
Pantothenic acid	mg	0.972		0	1.361	0.622	1.040
Vitamin B-6	mg	0.600		0	0.840	0.384	0.642
Folate	µg	4		0	6	3	4
Vitamin B-12	µg	0.34		0	0.48	0.22	0.36
Vitamin A	IU	29		0	41	19	31
Vitamin A, RE	µg	9		0	13	6	10
Vitamin E, α-TE	mg	0.265		0	0.371	0.170	0.284
Lipids:							
Saturated, total	g	1.270		0	1.778	0.813	1.359
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.006	0.011
14:0	g	0.040		0	0.056	0.026	0.043
15.0	g						
16:0	g	0.870		0	1.218	0.557	0.931
17:0	g						
18:0	g	0.320		0	0.448	0.205	0.342
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.540	0	2.156	0.986	1.648
14:1	g					
16:1	g	0.180	0	0.252	0.115	0.193
18:1	g	1.300	0	1.820	0.832	1.391
20:1	g	0.030	0	0.042	0.019	0.032
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.980	0	1.372	0.627	1.049
18:2	g	0.740	0	1.036	0.474	0.792
18:3	g	0.040	0	0.056	0.026	0.043
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.080	0	0.112	0.051	0.086
20:5	g	0.010	0	0.014	0.006	0.011
22:5	g	0.020	0	0.028	0.013	0.021
22:6	g	0.030	0	0.042	0.019	0.032
Cholesterol	mg	85	0	119	54	91
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.361	0	0.505	0.231	0.386
Threonine	g	1.305	0	1.827	0.835	1.396
Isoleucine	g	1.632	0	2.285	1.044	1.746
Leucine	g	2.319	0	3.247	1.484	2.481
Lysine	g	2.626	0	3.676	1.681	2.810
Methionine	g	0.855	0	1.197	0.547	0.915
Cystine	g	0.396	0	0.554	0.253	0.424
Phenylalanine	g	1.226	0	1.716	0.785	1.312
Tyrosine	g	1.043	0	1.460	0.668	1.116
Valine	g	1.533	0	2.146	0.981	1.640
Arginine	g	1.864	0	2.610	1.193	1.994
Histidine	g	0.959	0	1.343	0.614	1.026
Alanine	g	1.686	0	2.360	1.079	1.804
Aspartic acid	g	2.754	0	3.856	1.763	2.947
Glutamic acid	g	4.629	0	6.481	2.963	4.953
Glycine	g	1.518	0	2.125	0.972	1.624
Proline	g	1.271	0	1.779	0.813	1.360
Serine	g	1.063	0	1.488	0.680	1.137
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 chicken, bone and skin removed

NDB No. 05042 Chicken, broilers or fryers, light meat, meat only, cooked, stewed

Refuse: 44% 29% bone, 15% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 71g	Measure 3* 119g
Proximates:							
Water	g	68.02	0.298	16	95.23	48.29	80.94
Energy	kcal	159		0	223	113	189
Energy	kj	665		0	931	472	791
Protein (N x 5.95)	g	28.88	0.279	16	40.43	20.50	34.37
Total lipid (fat)	g	3.99	0.112	16	5.59	2.83	4.75
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.87	0.041	16	1.22	0.62	1.04
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.341	16	18	9	15
Iron	mg	0.93	0.056	16	1.30	0.66	1.11
Magnesium	mg	22	0.441	16	31	16	26
Phosphorus	mg	159	3.740	16	223	113	189
Potassium	mg	180	7.340	16	252	128	214
Sodium	mg	65	2.638	16	91	46	77
Zinc	mg	1.19	0.021	16	1.67	0.84	1.42
Copper	mg	0.044	0.002	16	0.062	0.031	0.052
Manganese	mg	0.018	0.001	16	0.025	0.013	0.021
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.042	0.005	8	0.059	0.030	0.050
Riboflavin	mg	0.117	0.003	8	0.164	0.083	0.139
Niacin	mg	7.790	0.311	8	10.906	5.531	9.270
Pantothenic acid	mg	0.573		0	0.802	0.407	0.682
Vitamin B-6	mg	0.330		0	0.462	0.234	0.393
Folate	µg	3		0	4	2	4
Vitamin B-12	µg	0.23		0	0.32	0.16	0.27
Vitamin A	IU	27		0	38	19	32
Vitamin A, RE	µg	8		0	11	6	10
Vitamin E, α-TE	mg	0.265		0	0.371	0.188	0.315
Lipids:							
Saturated, total	g	1.120		0	1.568	0.795	1.333
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.007	0.012
14:0	g	0.030		0	0.042	0.021	0.036
15.0	g						
16:0	g	0.770		0	1.078	0.547	0.916
17:0	g						
18:0	g	0.280		0	0.392	0.199	0.333
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.350	0	1.890	0.959	1.607
14:1	g					
16:1	g	0.160	0	0.224	0.114	0.190
18:1	g	1.140	0	1.596	0.809	1.357
20:1	g	0.030	0	0.042	0.021	0.036
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.870	0	1.218	0.618	1.035
18:2	g	0.650	0	0.910	0.462	0.774
18:3	g	0.030	0	0.042	0.021	0.036
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.070	0	0.098	0.050	0.083
20:5	g	0.010	0	0.014	0.007	0.012
22:5	g	0.020	0	0.028	0.014	0.024
22:6	g	0.030	0	0.042	0.021	0.036
Cholesterol	mg	77	0	108	55	92
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.337	0	0.472	0.239	0.401
Threonine	g	1.220	0	1.708	0.866	1.452
Isoleucine	g	1.525	0	2.135	1.083	1.815
Leucine	g	2.167	0	3.034	1.539	2.579
Lysine	g	2.454	0	3.436	1.742	2.920
Methionine	g	0.799	0	1.119	0.567	0.951
Cystine	g	0.370	0	0.518	0.263	0.440
Phenylalanine	g	1.146	0	1.604	0.814	1.364
Tyrosine	g	0.975	0	1.365	0.692	1.160
Valine	g	1.433	0	2.006	1.017	1.705
Arginine	g	1.742	0	2.439	1.237	2.073
Histidine	g	0.896	0	1.254	0.636	1.066
Alanine	g	1.576	0	2.206	1.119	1.875
Aspartic acid	g	2.574	0	3.604	1.828	3.063
Glutamic acid	g	4.325	0	6.055	3.071	5.147
Glycine	g	1.419	0	1.987	1.007	1.689
Proline	g	1.188	0	1.663	0.843	1.414
Serine	g	0.994	0	1.392	0.706	1.183
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 chicken, bone and skin removed

NDB No. 05043 Chicken, broilers or fryers, dark meat, meat only, raw

Refuse: 56% 35% bone, 11% skin, 10% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 109g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	75.99	0.263	25	82.83	138.30	
Energy	kcal	125		0	136	228	
Energy	kj	523		0	570	952	
Protein (N x 5.95)	g	20.08	0.136	25	21.89	36.55	
Total lipid (fat)	g	4.31	0.161	25	4.70	7.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94	0.031	25	1.02	1.71	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.624	24	13	22	
Iron	mg	1.03	0.028	24	1.12	1.87	
Magnesium	mg	23	0.325	24	25	42	
Phosphorus	mg	162	3.162	24	177	295	
Potassium	mg	222	5.832	24	242	404	
Sodium	mg	85	1.511	24	93	155	
Zinc	mg	2.00	0.030	24	2.18	3.64	
Copper	mg	0.063	0.002	24	0.069	0.115	
Manganese	mg	0.021	0.000	24	0.023	0.038	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1		0	3.4	5.6	
Thiamin	mg	0.077	0.003	16	0.084	0.140	
Riboflavin	mg	0.184	0.004	16	0.201	0.335	
Niacin	mg	6.246	0.204	16	6.808	11.368	
Pantothenic acid	mg	1.249		0	1.361	2.273	
Vitamin B-6	mg	0.330		0	0.360	0.601	
Folate	µg	10		0	11	18	
Vitamin B-12	µg	0.36		0	0.39	0.66	
Vitamin A	IU	72		0	78	131	
Vitamin A, RE	µg	22		0	24	40	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.100		0	1.199	2.002	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020	0.004	17	0.022	0.036	
14:0	g	0.030	0.003	24	0.033	0.055	
15.0	g						
16:0	g	0.740	0.033	24	0.807	1.347	
17:0	g						
18:0	g	0.290	0.018	24	0.316	0.528	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.340		0	1.461	2.439
14:1	g					
16:1	g	0.200	0.013	24	0.218	0.364
18:1	g	1.110	0.053	24	1.210	2.020
20:1	g	0.010	0.003	6	0.011	0.018
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.070		0	1.166	1.947
18:2	g	0.820	0.038	24	0.894	1.492
18:3	g	0.040	0.003	18	0.044	0.073
18:4	g					
20:4	g	0.100	0.019	16	0.109	0.182
20:5	g	0.010	0.004	8	0.011	0.018
22:5	g	0.020	0.006	9	0.022	0.036
22:6	g	0.040	0.012	9	0.044	0.073
Cholesterol	mg	80		0	87	146
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.235		0	0.256	0.428
Threonine	g	0.848		0	0.924	1.543
Isoleucine	g	1.060		0	1.155	1.929
Leucine	g	1.507		0	1.643	2.743
Lysine	g	1.706		0	1.860	3.105
Methionine	g	0.556		0	0.606	1.012
Cystine	g	0.257		0	0.280	0.468
Phenylalanine	g	0.797		0	0.869	1.451
Tyrosine	g	0.678		0	0.739	1.234
Valine	g	0.996		0	1.086	1.813
Arginine	g	1.211		0	1.320	2.204
Histidine	g	0.623		0	0.679	1.134
Alanine	g	1.096		0	1.195	1.995
Aspartic acid	g	1.790		0	1.951	3.258
Glutamic acid	g	3.007		0	3.278	5.473
Glycine	g	0.986		0	1.075	1.795
Proline	g	0.826		0	0.900	1.503
Serine	g	0.691		0	0.753	1.258
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05044 Chicken, broilers or fryers, dark meat, meat only, cooked, fried

Refuse: 42% 30% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 91g	Measure 3*
Proximates:							
Water	g	55.70		0	77.98	50.69	
Energy	kcal	239		0	335	217	
Energy	kj	1000		0	1400	910	
Protein (N x 5.95)	g	28.99		0	40.59	26.38	
Total lipid (fat)	g	11.62		0	16.27	10.57	
Carbohydrate, by difference	g	2.59		0	3.63	2.36	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	1.51	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	25	16	
Iron	mg	1.49		0	2.09	1.36	
Magnesium	mg	25		0	35	23	
Phosphorus	mg	187		0	262	170	
Potassium	mg	253		0	354	230	
Sodium	mg	97		0	136	88	
Zinc	mg	2.91		0	4.07	2.65	
Copper	mg	0.089		0	0.125	0.081	
Manganese	mg	0.033		0	0.046	0.030	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.093		0	0.130	0.085	
Riboflavin	mg	0.249		0	0.349	0.227	
Niacin	mg	7.070		0	9.898	6.434	
Pantothenic acid	mg	1.261		0	1.765	1.148	
Vitamin B-6	mg	0.370		0	0.518	0.337	
Folate	µg	9		0	13	8	
Vitamin B-12	µg	0.33		0	0.46	0.30	
Vitamin A	IU	79		0	111	72	
Vitamin A, RE	µg	24		0	34	22	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.120		0	4.368	2.839	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.042	0.027	
14:0	g	0.080		0	0.112	0.073	
15.0	g						
16:0	g	2.100		0	2.940	1.911	
17:0	g						
18:0	g	0.810		0	1.134	0.737	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.320	0	6.048	3.931
14:1	g				
16:1	g	0.490	0	0.686	0.446
18:1	g	3.720	0	5.208	3.385
20:1	g	0.050	0	0.070	0.046
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.770	0	3.878	2.521
18:2	g	2.330	0	3.262	2.120
18:3	g	0.120	0	0.168	0.109
18:4	g				
20:4	g	0.150	0	0.210	0.137
20:5	g	0.020	0	0.028	0.018
22:5	g	0.030	0	0.042	0.027
22:6	g	0.060	0	0.084	0.055
Cholesterol	mg	96	0	134	87
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.340	0	0.476	0.309
Threonine	g	1.221	0	1.709	1.111
Isoleucine	g	1.528	0	2.139	1.390
Leucine	g	2.176	0	3.046	1.980
Lysine	g	2.441	0	3.417	2.221
Methionine	g	0.799	0	1.119	0.727
Cystine	g	0.375	0	0.525	0.341
Phenylalanine	g	1.156	0	1.618	1.052
Tyrosine	g	0.978	0	1.369	0.890
Valine	g	1.438	0	2.013	1.309
Arginine	g	1.742	0	2.439	1.585
Histidine	g	0.897	0	1.256	0.816
Alanine	g	1.575	0	2.205	1.433
Aspartic acid	g	2.568	0	3.595	2.337
Glutamic acid	g	4.425	0	6.195	4.027
Glycine	g	1.420	0	1.988	1.292
Proline	g	1.222	0	1.711	1.112
Serine	g	1.006	0	1.408	0.915
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05045 Chicken, broilers or fryers, dark meat, meat only, cooked, roasted

Refuse: 48% 36% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 81g	Measure 3* 136g
Proximates:							
Water	g	63.06	0.394	16	88.28	51.08	85.76
Energy	kcal	205		0	287	166	279
Energy	kj	858		0	1201	695	1167
Protein (N x 5.95)	g	27.37	0.269	16	38.32	22.17	37.22
Total lipid (fat)	g	9.73	0.183	16	13.62	7.88	13.23
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.02	0.029	16	1.43	0.83	1.39
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.600	16	21	12	20
Iron	mg	1.33	0.041	16	1.86	1.08	1.81
Magnesium	mg	23	0.485	16	32	19	31
Phosphorus	mg	179	3.896	16	251	145	243
Potassium	mg	240	5.709	16	336	194	326
Sodium	mg	93	1.836	16	130	75	126
Zinc	mg	2.80	0.041	16	3.92	2.27	3.81
Copper	mg	0.080	0.002	16	0.112	0.065	0.109
Manganese	mg	0.021	0.000	16	0.029	0.017	0.029
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.073	0.006	8	0.102	0.059	0.099
Riboflavin	mg	0.227	0.006	8	0.318	0.184	0.309
Niacin	mg	6.548	0.415	8	9.167	5.304	8.905
Pantothenic acid	mg	1.210		0	1.694	0.980	1.646
Vitamin B-6	mg	0.360		0	0.504	0.292	0.490
Folate	µg	8		0	11	6	11
Vitamin B-12	µg	0.32		0	0.45	0.26	0.44
Vitamin A	IU	72		0	101	58	98
Vitamin A, RE	µg	22		0	31	18	30
Vitamin E, α-TE	mg	0.265		0	0.371	0.215	0.360
Lipids:							
Saturated, total	g	2.660		0	3.724	2.155	3.618
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.024	0.041
14:0	g	0.070		0	0.098	0.057	0.095
15.0	g						
16:0	g	1.840		0	2.576	1.490	2.502
17:0	g						
18:0	g	0.630		0	0.882	0.510	0.857
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.560	0	4.984	2.884	4.842
14:1	g					
16:1	g	0.490	0	0.686	0.397	0.666
18:1	g	2.970	0	4.158	2.406	4.039
20:1	g	0.050	0	0.070	0.041	0.068
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.260	0	3.164	1.831	3.074
18:2	g	1.870	0	2.618	1.515	2.543
18:3	g	0.090	0	0.126	0.073	0.122
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.140	0	0.196	0.113	0.190
20:5	g	0.010	0	0.014	0.008	0.014
22:5	g	0.030	0	0.042	0.024	0.041
22:6	g	0.050	0	0.070	0.041	0.068
Cholesterol	mg	93	0	130	75	126
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.320	0	0.448	0.259	0.435
Threonine	g	1.156	0	1.618	0.936	1.572
Isoleucine	g	1.445	0	2.023	1.170	1.965
Leucine	g	2.053	0	2.874	1.663	2.792
Lysine	g	2.325	0	3.255	1.883	3.162
Methionine	g	0.757	0	1.060	0.613	1.030
Cystine	g	0.350	0	0.490	0.283	0.476
Phenylalanine	g	1.086	0	1.520	0.880	1.477
Tyrosine	g	0.924	0	1.294	0.748	1.257
Valine	g	1.357	0	1.900	1.099	1.846
Arginine	g	1.651	0	2.311	1.337	2.245
Histidine	g	0.849	0	1.189	0.688	1.155
Alanine	g	1.493	0	2.090	1.209	2.030
Aspartic acid	g	2.439	0	3.415	1.976	3.317
Glutamic acid	g	4.098	0	5.737	3.319	5.573
Glycine	g	1.344	0	1.882	1.089	1.828
Proline	g	1.125	0	1.575	0.911	1.530
Serine	g	0.941	0	1.317	0.762	1.280
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 chicken, bone and skin removed

NDB No. 05046 Chicken, broilers or fryers, dark meat, meat only, cooked, stewed

Refuse: 52% 38% bone, 14% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 86g	Measure 3* 143g
Proximates:							
Water	g	65.83	0.381	16	92.16	56.61	94.14
Energy	kcal	192		0	269	165	275
Energy	kj	803		0	1124	691	1148
Protein (N x 5.95)	g	25.97	0.228	16	36.36	22.33	37.14
Total lipid (fat)	g	8.98	0.134	16	12.57	7.72	12.84
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.84	0.037	16	1.18	0.72	1.20
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.428	16	20	12	20
Iron	mg	1.36	0.058	16	1.90	1.17	1.94
Magnesium	mg	20	0.324	16	28	17	29
Phosphorus	mg	143	2.448	16	200	123	204
Potassium	mg	181	6.609	16	253	156	259
Sodium	mg	74	2.173	16	104	64	106
Zinc	mg	2.66	0.043	16	3.72	2.29	3.80
Copper	mg	0.075	0.001	16	0.105	0.065	0.107
Manganese	mg	0.020	0.001	16	0.028	0.017	0.029
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.055	0.002	8	0.077	0.047	0.079
Riboflavin	mg	0.202	0.005	8	0.283	0.174	0.289
Niacin	mg	4.737	0.213	8	6.632	4.074	6.774
Pantothenic acid	mg	0.890		0	1.246	0.765	1.273
Vitamin B-6	mg	0.210		0	0.294	0.181	0.300
Folate	µg	7		0	10	6	10
Vitamin B-12	µg	0.22		0	0.31	0.19	0.31
Vitamin A	IU	69		0	97	59	99
Vitamin A, RE	µg	21		0	29	18	30
Vitamin E, α-TE	mg	0.265		0	0.371	0.228	0.379
Lipids:							
Saturated, total	g	2.450		0	3.430	2.107	3.504
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.026	0.043
14:0	g	0.060		0	0.084	0.052	0.086
15.0	g						
16:0	g	1.690		0	2.366	1.453	2.417
17:0	g						
18:0	g	0.580		0	0.812	0.499	0.829
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.260	0	4.564	2.804	4.662
14:1	g					
16:1	g	0.450	0	0.630	0.387	0.644
18:1	g	2.710	0	3.794	2.331	3.875
20:1	g	0.050	0	0.070	0.043	0.072
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.090	0	2.926	1.797	2.989
18:2	g	1.730	0	2.422	1.488	2.474
18:3	g	0.080	0	0.112	0.069	0.114
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.130	0	0.182	0.112	0.186
20:5	g	0.010	0	0.014	0.009	0.014
22:5	g	0.030	0	0.042	0.026	0.043
22:6	g	0.050	0	0.070	0.043	0.072
Cholesterol	mg	88	0	123	76	126
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.303	0	0.424	0.261	0.433
Threonine	g	1.097	0	1.536	0.943	1.569
Isoleucine	g	1.371	0	1.919	1.179	1.961
Leucine	g	1.949	0	2.729	1.676	2.787
Lysine	g	2.206	0	3.088	1.897	3.155
Methionine	g	0.719	0	1.007	0.618	1.028
Cystine	g	0.332	0	0.465	0.286	0.475
Phenylalanine	g	1.030	0	1.442	0.886	1.473
Tyrosine	g	0.877	0	1.228	0.754	1.254
Valine	g	1.288	0	1.803	1.108	1.842
Arginine	g	1.566	0	2.192	1.347	2.239
Histidine	g	0.806	0	1.128	0.693	1.153
Alanine	g	1.417	0	1.984	1.219	2.026
Aspartic acid	g	2.314	0	3.240	1.990	3.309
Glutamic acid	g	3.889	0	5.445	3.345	5.561
Glycine	g	1.276	0	1.786	1.097	1.825
Proline	g	1.068	0	1.495	0.918	1.527
Serine	g	0.893	0	1.250	0.768	1.277
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 chicken, bone and skin removed

NDB No. 05047 Chicken, broilers or fryers, separable fat, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 32g	Measure 3* 52g
Proximates:							
Water	g	28.91	1.156	34	3.70	9.25	15.03
Energy	kcal	629		0	81	201	327
Energy	kj	2632		0	337	842	1369
Protein (N x 5.95)	g	3.73	0.257	40	0.48	1.19	1.94
Total lipid (fat)	g	67.95	1.240	40	8.70	21.74	35.33
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.28	0.019	24	0.04	0.09	0.15
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.518	24	1	2	4
Iron	mg	0.70	0.025	24	0.09	0.22	0.36
Magnesium	mg	6	0.374	24	1	2	3
Phosphorus	mg	54	1.517	24	7	17	28
Potassium	mg	64	2.899	24	8	20	33
Sodium	mg	32	1.049	24	4	10	17
Zinc	mg	0.45	0.025	24	0.06	0.14	0.23
Copper	mg	0.029	0.002	24	0.004	0.009	0.015
Manganese	mg	0.014	0.001	24	0.002	0.004	0.007
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.021	0.002	16	0.003	0.007	0.011
Riboflavin	mg	0.059	0.002	16	0.008	0.019	0.031
Niacin	mg	2.041	0.147	16	0.261	0.653	1.061
Pantothenic acid	mg	0.190		0	0.024	0.061	0.099
Vitamin B-6	mg	0.020		0	0.003	0.006	0.010
Folate	µg	1		0	0	0	1
Vitamin B-12	µg	0.07		0	0.01	0.02	0.04
Vitamin A	IU	509	139.271	6	65	163	265
Vitamin A, RE	µg	140	40.170	6	18	45	73
Vitamin E, α-TE	mg	2.730		0	0.349	0.874	1.420
Lipids:							
Saturated, total	g	20.250		0	2.592	6.480	10.530
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.040	0.011	14	0.005	0.013	0.021
14:0	g	0.600	0.034	62	0.077	0.192	0.312
15.0	g						
16:0	g	14.650	0.330	70	1.875	4.688	7.618
17:0	g						
18:0	g	4.080	0.139	70	0.522	1.306	2.122
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	30.300		0	3.878	9.696	15.756
14:1	g						
16:1	g	3.860	0.138	70	0.494	1.235	2.007
18:1	g	25.290	0.488	70	3.237	8.093	13.151
20:1	g	0.730	0.210	12	0.093	0.234	0.380
22.1	g	0.000		0	0.000	0.000	0.000
Polyunsaturated, total	g	14.200		0	1.818	4.544	7.384
18:2	g	13.260	0.459	70	1.697	4.243	6.895
18:3	g	0.700	0.053	56	0.090	0.224	0.364
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.040	0.026	5	0.005	0.013	0.021
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.000	0.000	2	0.000	0.000	0.000
22:6	g	0.000	0.000	2	0.000	0.000	0.000
Cholesterol	mg	58	3.019	8	7	19	30
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.030		0	0.004	0.010	0.016
Threonine	g	0.133		0	0.017	0.043	0.069
Isoleucine	g	0.120		0	0.015	0.038	0.062
Leucine	g	0.219		0	0.028	0.070	0.114
Lysine	g	0.223		0	0.029	0.071	0.116
Methionine	g	0.075		0	0.010	0.024	0.039
Cystine	g	0.062		0	0.008	0.020	0.032
Phenylalanine	g	0.126		0	0.016	0.040	0.066
Tyrosine	g	0.085		0	0.011	0.027	0.044
Valine	g	0.157		0	0.020	0.050	0.082
Arginine	g	0.288		0	0.037	0.092	0.150
Histidine	g	0.072		0	0.009	0.023	0.037
Alanine	g	0.303		0	0.039	0.097	0.158
Aspartic acid	g	0.334		0	0.043	0.107	0.174
Glutamic acid	g	0.464		0	0.059	0.148	0.241
Glycine	g	0.595		0	0.076	0.190	0.309
Proline	g	0.348		0	0.045	0.111	0.181
Serine	g	0.152		0	0.019	0.049	0.079
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 chicken, separable fat

NDB No. 05048 Chicken, broilers or fryers, back, meat and skin, raw

Refuse: 44% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 59g	Measure 2* 99g	Measure 3*
Proximates:							
Water	g	58.10	0.822	24	34.28	57.52	
Energy	kcal	319		0	188	316	
Energy	kj	1335		0	788	1322	
Protein (N x 5.95)	g	14.05	0.185	24	8.29	13.91	
Total lipid (fat)	g	28.74	0.748	24	16.96	28.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.64	0.025	24	0.38	0.63	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.624	24	8	13	
Iron	mg	0.94	0.029	24	0.55	0.93	
Magnesium	mg	15	0.364	24	9	15	
Phosphorus	mg	113	2.281	24	67	112	
Potassium	mg	144	3.649	24	85	143	
Sodium	mg	64	1.114	24	38	63	
Zinc	mg	1.26	0.026	24	0.74	1.25	
Copper	mg	0.047	0.002	24	0.028	0.047	
Manganese	mg	0.018	0.000	24	0.011	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		0	0.9	1.6	
Thiamin	mg	0.051	0.003	16	0.030	0.050	
Riboflavin	mg	0.116	0.003	16	0.068	0.115	
Niacin	mg	4.835	0.226	16	2.853	4.787	
Pantothenic acid	mg	0.819		0	0.483	0.811	
Vitamin B-6	mg	0.190		0	0.112	0.188	
Folate	µg	6		0	4	6	
Vitamin B-12	µg	0.25		0	0.15	0.25	
Vitamin A	IU	251		0	148	248	
Vitamin A, RE	µg	71		0	42	70	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.340		0	4.921	8.257	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.018	0.030	
14:0	g	0.240		0	0.142	0.238	
15.0	g						
16:0	g	6.060		0	3.575	5.999	
17:0	g						
18:0	g	1.690		0	0.997	1.673	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.250	0	7.228	12.127
14:1	g				
16:1	g	1.610	0	0.950	1.594
18:1	g	10.180	0	6.006	10.078
20:1	g	0.290	0	0.171	0.287
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	6.140	0	3.623	6.079
18:2	g	5.580	0	3.292	5.524
18:3	g	0.280	0	0.165	0.277
18:4	g				
20:4	g	0.100	0	0.059	0.099
20:5	g	0.010	0	0.006	0.010
22:5	g	0.020	0	0.012	0.020
22:6	g	0.030	0	0.018	0.030
Cholesterol	mg	79	0	47	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.151	0	0.089	0.149
Threonine	g	0.570	0	0.336	0.564
Isoleucine	g	0.667	0	0.394	0.660
Leucine	g	0.995	0	0.587	0.985
Lysine	g	1.102	0	0.650	1.091
Methionine	g	0.361	0	0.213	0.357
Cystine	g	0.194	0	0.114	0.192
Phenylalanine	g	0.536	0	0.316	0.531
Tyrosine	g	0.434	0	0.256	0.430
Valine	g	0.670	0	0.395	0.663
Arginine	g	0.909	0	0.536	0.900
Histidine	g	0.393	0	0.232	0.389
Alanine	g	0.863	0	0.509	0.854
Aspartic acid	g	1.253	0	0.739	1.240
Glutamic acid	g	2.012	0	1.187	1.992
Glycine	g	1.091	0	0.644	1.080
Proline	g	0.767	0	0.453	0.759
Serine	g	0.506	0	0.299	0.501
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 back, bone removed

NDB No. 05049 Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 72g	Measure 2* 120g	Measure 3*
Proximates:							
Water	g	44.51		0	32.05	53.41	
Energy	kcal	331		0	238	397	
Energy	kj	1385		0	997	1662	
Protein (N x 5.95)	g	21.97		0	15.82	26.36	
Total lipid (fat)	g	21.91		0	15.78	26.29	
Carbohydrate, by difference	g	10.25		0	7.38	12.30	
Fiber, total dietary	g						
Ash	g	1.37		0	0.99	1.64	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	19	31	
Iron	mg	1.49		0	1.07	1.79	
Magnesium	mg	19		0	14	23	
Phosphorus	mg	137		0	99	164	
Potassium	mg	180		0	130	216	
Sodium	mg	317		0	228	380	
Zinc	mg	1.96		0	1.41	2.35	
Copper	mg	0.081		0	0.058	0.097	
Manganese	mg	0.062		0	0.045	0.074	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.119		0	0.086	0.143	
Riboflavin	mg	0.213		0	0.153	0.256	
Niacin	mg	5.837		0	4.203	7.004	
Pantothenic acid	mg	0.899		0	0.647	1.079	
Vitamin B-6	mg	0.230		0	0.166	0.276	
Folate	µg	20		0	14	24	
Vitamin B-12	µg	0.26		0	0.19	0.31	
Vitamin A	IU	119		0	86	143	
Vitamin A, RE	µg	36		0	26	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.830		0	4.198	6.996	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.022	0.036	
14:0	g	0.130		0	0.094	0.156	
15.0	g						
16:0	g	3.880		0	2.794	4.656	
17:0	g						
18:0	g	1.670		0	1.202	2.004	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.910	0	6.415	10.692
14:1	g				
16:1	g	0.710	0	0.511	0.852
18:1	g	8.020	0	5.774	9.624
20:1	g	0.110	0	0.079	0.132
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.200	0	3.744	6.240
18:2	g	4.650	0	3.348	5.580
18:3	g	0.250	0	0.180	0.300
18:4	g				
20:4	g	0.130	0	0.094	0.156
20:5	g	0.020	0	0.014	0.024
22:5	g	0.030	0	0.022	0.036
22:6	g	0.050	0	0.036	0.060
Cholesterol	mg	88	0	63	106
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.251	0	0.181	0.301
Threonine	g	0.896	0	0.645	1.075
Isoleucine	g	1.092	0	0.786	1.310
Leucine	g	1.609	0	1.158	1.931
Lysine	g	1.707	0	1.229	2.048
Methionine	g	0.573	0	0.413	0.688
Cystine	g	0.306	0	0.220	0.367
Phenylalanine	g	0.878	0	0.632	1.054
Tyrosine	g	0.711	0	0.512	0.853
Valine	g	1.071	0	0.771	1.285
Arginine	g	1.343	0	0.967	1.612
Histidine	g	0.635	0	0.457	0.762
Alanine	g	1.239	0	0.892	1.487
Aspartic acid	g	1.894	0	1.364	2.273
Glutamic acid	g	3.542	0	2.550	4.250
Glycine	g	1.359	0	0.978	1.631
Proline	g	1.169	0	0.842	1.403
Serine	g	0.816	0	0.588	0.979
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 back, bone removed

NDB No. 05050 Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour

Refuse: 33% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 44g	Measure 2* 72g	Measure 3*
Proximates:							
Water	g	43.96		0	19.34	31.65	
Energy	kcal	331		0	146	238	
Energy	kj	1385		0	609	997	
Protein (N x 5.95)	g	27.79		0	12.23	20.01	
Total lipid (fat)	g	20.74		0	9.13	14.93	
Carbohydrate, by difference	g	6.50		0	2.86	4.68	
Fiber, total dietary	g						
Ash	g	1.01		0	0.44	0.73	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	11	17	
Iron	mg	1.62		0	0.71	1.17	
Magnesium	mg	23		0	10	17	
Phosphorus	mg	166		0	73	120	
Potassium	mg	226		0	99	163	
Sodium	mg	90		0	40	65	
Zinc	mg	2.47		0	1.09	1.78	
Copper	mg	0.091		0	0.040	0.066	
Manganese	mg	0.050		0	0.022	0.036	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.107		0	0.047	0.077	
Riboflavin	mg	0.236		0	0.104	0.170	
Niacin	mg	7.297		0	3.211	5.254	
Pantothenic acid	mg	1.093		0	0.481	0.787	
Vitamin B-6	mg	0.300		0	0.132	0.216	
Folate	µg	15		0	7	11	
Vitamin B-12	µg	0.28		0	0.12	0.20	
Vitamin A	IU	123		0	54	89	
Vitamin A, RE	µg	37		0	16	27	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.610		0	2.468	4.039	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.018	0.029	
14:0	g	0.140		0	0.062	0.101	
15.0	g						
16:0	g	3.900		0	1.716	2.808	
17:0	g						
18:0	g	1.390		0	0.612	1.001	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.180	0	3.599	5.890
14:1	g				
16:1	g	0.900	0	0.396	0.648
18:1	g	7.050	0	3.102	5.076
20:1	g	0.140	0	0.062	0.101
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.810	0	2.116	3.463
18:2	g	4.210	0	1.852	3.031
18:3	g	0.210	0	0.092	0.151
18:4	g				
20:4	g	0.170	0	0.075	0.122
20:5	g	0.020	0	0.009	0.014
22:5	g	0.030	0	0.013	0.022
22:6	g	0.070	0	0.031	0.050
Cholesterol	mg	89	0	39	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.138	0.226
Threonine	g	1.142	0	0.502	0.822
Isoleucine	g	1.390	0	0.612	1.001
Leucine	g	2.032	0	0.894	1.463
Lysine	g	2.221	0	0.977	1.599
Methionine	g	0.735	0	0.323	0.529
Cystine	g	0.378	0	0.166	0.272
Phenylalanine	g	1.097	0	0.483	0.790
Tyrosine	g	0.899	0	0.396	0.647
Valine	g	1.352	0	0.595	0.973
Arginine	g	1.715	0	0.755	1.235
Histidine	g	0.815	0	0.359	0.587
Alanine	g	1.586	0	0.698	1.142
Aspartic acid	g	2.438	0	1.073	1.755
Glutamic acid	g	4.284	0	1.885	3.084
Glycine	g	1.725	0	0.759	1.242
Proline	g	1.393	0	0.613	1.003
Serine	g	0.997	0	0.439	0.718
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 back, bone removed

NDB No. 05051 Chicken, broilers or fryers, back, meat and skin, cooked, roasted

Refuse: 47% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 32g	Measure 2* 53g	Measure 3*
Proximates:							
Water	g	53.52	0.822	16	17.13	28.37	
Energy	kcal	300		0	96	159	
Energy	kj	1255		0	402	665	
Protein (N x 5.95)	g	25.95	0.416	16	8.30	13.75	
Total lipid (fat)	g	20.97	0.853	16	6.71	11.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92	0.045	16	0.29	0.49	
Sugars, total	g						
Minerals:							
Calcium	mg	21	0.715	16	7	11	
Iron	mg	1.42	0.071	16	0.45	0.75	
Magnesium	mg	20	0.457	16	6	11	
Phosphorus	mg	154	4.931	16	49	82	
Potassium	mg	210	6.811	16	67	111	
Sodium	mg	87	2.109	16	28	46	
Zinc	mg	2.25	0.050	16	0.72	1.19	
Copper	mg	0.076	0.003	16	0.024	0.040	
Manganese	mg	0.022	0.000	16	0.007	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.061	0.006	8	0.020	0.032	
Riboflavin	mg	0.195	0.007	8	0.062	0.103	
Niacin	mg	6.718	0.361	8	2.150	3.561	
Pantothenic acid	mg	1.012		0	0.324	0.536	
Vitamin B-6	mg	0.270		0	0.086	0.143	
Folate	µg	6		0	2	3	
Vitamin B-12	µg	0.27		0	0.09	0.14	
Vitamin A	IU	348		0	111	184	
Vitamin A, RE	µg	99		0	32	52	
Vitamin E, α-TE	mg	0.265		0	0.085	0.140	
Lipids:							
Saturated, total	g	5.820		0	1.862	3.085	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.013	0.021	
14:0	g	0.160		0	0.051	0.085	
15.0	g						
16:0	g	4.270		0	1.366	2.263	
17:0	g						
18:0	g	1.180		0	0.378	0.625	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.290	0	2.653	4.394
14:1	g				
16:1	g	1.150	0	0.368	0.609
18:1	g	6.840	0	2.189	3.625
20:1	g	0.200	0	0.064	0.106
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.620	0	1.478	2.449
18:2	g	4.040	0	1.293	2.141
18:3	g	0.180	0	0.058	0.095
18:4	g	0.000	0	0.000	0.000
20:4	g	0.170	0	0.054	0.090
20:5	g	0.020	0	0.006	0.011
22:5	g	0.030	0	0.010	0.016
22:6	g	0.060	0	0.019	0.032
Cholesterol	mg	88	0	28	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.282	0	0.090	0.149
Threonine	g	1.059	0	0.339	0.561
Isoleucine	g	1.253	0	0.401	0.664
Leucine	g	1.854	0	0.593	0.983
Lysine	g	2.061	0	0.660	1.092
Methionine	g	0.675	0	0.216	0.358
Cystine	g	0.354	0	0.113	0.188
Phenylalanine	g	0.996	0	0.319	0.528
Tyrosine	g	0.813	0	0.260	0.431
Valine	g	1.244	0	0.398	0.659
Arginine	g	1.661	0	0.532	0.880
Histidine	g	0.738	0	0.236	0.391
Alanine	g	1.567	0	0.501	0.831
Aspartic acid	g	2.314	0	0.740	1.226
Glutamic acid	g	3.741	0	1.197	1.983
Glycine	g	1.904	0	0.609	1.009
Proline	g	1.364	0	0.436	0.723
Serine	g	0.928	0	0.297	0.492
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 back, bone removed

NDB No. 05052 Chicken, broilers or fryers, back, meat and skin, cooked, stewed

Refuse: 48% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 36g	Measure 3*
Proximates:							
Water	g	60.93	0.881	16	97.49	21.93	
Energy	kcal	258		0	413	93	
Energy	kj	1079		0	1726	388	
Protein (N x 5.95)	g	22.18	0.410	16	35.49	7.98	
Total lipid (fat)	g	18.14	0.628	16	29.02	6.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.64	0.039	16	1.02	0.23	
Sugars, total	g						
Minerals:							
Calcium	mg	18	1.231	16	29	6	
Iron	mg	1.22	0.039	16	1.95	0.44	
Magnesium	mg	16	0.253	16	26	6	
Phosphorus	mg	120	1.636	16	192	43	
Potassium	mg	145	6.275	16	232	52	
Sodium	mg	64	1.787	16	102	23	
Zinc	mg	1.93	0.046	16	3.09	0.69	
Copper	mg	0.063	0.002	16	0.101	0.023	
Manganese	mg	0.020	0.001	16	0.032	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.043	0.003	8	0.069	0.015	
Riboflavin	mg	0.151	0.005	8	0.242	0.054	
Niacin	mg	4.343	0.309	8	6.949	1.563	
Pantothenic acid	mg	0.696		0	1.114	0.251	
Vitamin B-6	mg	0.150		0	0.240	0.054	
Folate	µg	5		0	8	2	
Vitamin B-12	µg	0.18		0	0.29	0.06	
Vitamin A	IU	308		0	493	111	
Vitamin A, RE	µg	88		0	141	32	
Vitamin E, α-TE	mg	0.265		0	0.424	0.095	
Lipids:							
Saturated, total	g	5.020		0	8.032	1.807	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.048	0.011	
14:0	g	0.140		0	0.224	0.050	
15.0	g						
16:0	g	3.690		0	5.904	1.328	
17:0	g						
18:0	g	1.020		0	1.632	0.367	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.130	0	11.408	2.567
14:1	g				
16:1	g	1.000	0	1.600	0.360
18:1	g	5.880	0	9.408	2.117
20:1	g	0.170	0	0.272	0.061
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.000	0	6.400	1.440
18:2	g	3.490	0	5.584	1.256
18:3	g	0.150	0	0.240	0.054
18:4	g	0.000	0	0.000	0.000
20:4	g	0.150	0	0.240	0.054
20:5	g	0.020	0	0.032	0.007
22:5	g	0.030	0	0.048	0.011
22:6	g	0.060	0	0.096	0.022
Cholesterol	mg	78	0	125	28
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.386	0.087
Threonine	g	0.905	0	1.448	0.326
Isoleucine	g	1.072	0	1.715	0.386
Leucine	g	1.586	0	2.538	0.571
Lysine	g	1.763	0	2.821	0.635
Methionine	g	0.577	0	0.923	0.208
Cystine	g	0.302	0	0.483	0.109
Phenylalanine	g	0.852	0	1.363	0.307
Tyrosine	g	0.696	0	1.114	0.251
Valine	g	1.064	0	1.702	0.383
Arginine	g	1.418	0	2.269	0.510
Histidine	g	0.632	0	1.011	0.228
Alanine	g	1.338	0	2.141	0.482
Aspartic acid	g	1.978	0	3.165	0.712
Glutamic acid	g	3.200	0	5.120	1.152
Glycine	g	1.619	0	2.590	0.583
Proline	g	1.162	0	1.859	0.418
Serine	g	0.793	0	1.269	0.285
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05053 Chicken, broilers or fryers, back, meat only, raw

Refuse: 71% 44% bone, 10% skin, 17% sep fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2* 51g	Measure 3*
Proximates:							
Water	g	75.31	0.336	24	23.35	38.41	
Energy	kcal	137		0	42	70	
Energy	kj	573		0	178	292	
Protein (N x 5.95)	g	19.56	0.210	24	6.06	9.98	
Total lipid (fat)	g	5.92	0.256	24	1.84	3.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.92	0.038	24	0.29	0.47	
Sugars, total	g						
Minerals:							
Calcium	mg	17	1.046	24	5	9	
Iron	mg	1.04	0.039	24	0.32	0.53	
Magnesium	mg	22	0.434	24	7	11	
Phosphorus	mg	151	3.601	24	47	77	
Potassium	mg	204	5.535	24	63	104	
Sodium	mg	82	1.800	24	25	42	
Zinc	mg	1.85	0.045	24	0.57	0.94	
Copper	mg	0.060	0.002	24	0.019	0.031	
Manganese	mg	0.021	0.001	24	0.007	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1		0	1.0	1.6	
Thiamin	mg	0.074	0.004	16	0.023	0.038	
Riboflavin	mg	0.164	0.006	16	0.051	0.084	
Niacin	mg	6.672	0.315	16	2.068	3.403	
Pantothenic acid	mg	1.224		0	0.379	0.624	
Vitamin B-6	mg	0.330		0	0.102	0.168	
Folate	µg	9		0	3	5	
Vitamin B-12	µg	0.36		0	0.11	0.18	
Vitamin A	IU	99		0	31	50	
Vitamin A, RE	µg	30		0	9	15	
Vitamin E, α-TE	mg	0.295		0	0.091	0.150	
Lipids:							
Saturated, total	g	1.520		0	0.471	0.775	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030	0.006	17	0.009	0.015	
14:0	g	0.040	0.004	24	0.012	0.020	
15.0	g						
16:0	g	1.010	0.050	24	0.313	0.515	
17:0	g						
18:0	g	0.400	0.027	24	0.124	0.204	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.840		0	0.570	0.938
14:1	g					
16:1	g	0.270	0.019	24	0.084	0.138
18:1	g	1.530	0.079	24	0.474	0.780
20:1	g	0.010	0.004	6	0.003	0.005
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.470		0	0.456	0.750
18:2	g	1.130	0.057	24	0.350	0.576
18:3	g	0.050	0.004	18	0.016	0.026
18:4	g	0.000		0	0.000	0.000
20:4	g	0.140	0.026	16	0.043	0.071
20:5	g	0.020	0.005	8	0.006	0.010
22:5	g	0.030	0.008	9	0.009	0.015
22:6	g	0.060	0.016	9	0.019	0.031
Cholesterol	mg	81		0	25	41
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.228		0	0.071	0.116
Threonine	g	0.826		0	0.256	0.421
Isoleucine	g	1.033		0	0.320	0.527
Leucine	g	1.467		0	0.455	0.748
Lysine	g	1.661		0	0.515	0.847
Methionine	g	0.541		0	0.168	0.276
Cystine	g	0.250		0	0.078	0.128
Phenylalanine	g	0.776		0	0.241	0.396
Tyrosine	g	0.660		0	0.205	0.337
Valine	g	0.970		0	0.301	0.495
Arginine	g	1.180		0	0.366	0.602
Histidine	g	0.607		0	0.188	0.310
Alanine	g	1.067		0	0.331	0.544
Aspartic acid	g	1.743		0	0.540	0.889
Glutamic acid	g	2.929		0	0.908	1.494
Glycine	g	0.961		0	0.298	0.490
Proline	g	0.804		0	0.249	0.410
Serine	g	0.673		0	0.209	0.343
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 back, bone and skin removed

NDB No. 05054 Chicken, broilers or fryers, back, meat only, cooked, fried

Refuse: 46% 33% bone, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 35g	Measure 2* 58g	Measure 3*
Proximates:							
Water	g	47.87		0	16.75	27.76	
Energy	kcal	288		0	101	167	
Energy	kj	1205		0	422	699	
Protein (N x 5.95)	g	29.99		0	10.50	17.39	
Total lipid (fat)	g	15.32		0	5.36	8.89	
Carbohydrate, by difference	g	5.68		0	1.99	3.29	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.15		0	0.40	0.67	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	9	15	
Iron	mg	1.65		0	0.58	0.96	
Magnesium	mg	25		0	9	15	
Phosphorus	mg	176		0	62	102	
Potassium	mg	251		0	88	146	
Sodium	mg	99		0	35	57	
Zinc	mg	2.80		0	0.98	1.62	
Copper	mg	0.095		0	0.033	0.055	
Manganese	mg	0.047		0	0.016	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.109		0	0.038	0.063	
Riboflavin	mg	0.253		0	0.089	0.147	
Niacin	mg	7.680		0	2.688	4.454	
Pantothenic acid	mg	1.198		0	0.419	0.695	
Vitamin B-6	mg	0.350		0	0.123	0.203	
Folate	µg	9		0	3	5	
Vitamin B-12	µg	0.31		0	0.11	0.18	
Vitamin A	IU	98		0	34	57	
Vitamin A, RE	µg	29		0	10	17	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.120		0	1.442	2.390	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.014	0.023	
14:0	g	0.100		0	0.035	0.058	
15.0	g						
16:0	g	2.790		0	0.977	1.618	
17:0	g						
18:0	g	1.070		0	0.375	0.621	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.730	0	2.006	3.323
14:1	g				
16:1	g	0.650	0	0.228	0.377
18:1	g	4.940	0	1.729	2.865
20:1	g	0.070	0	0.025	0.041
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.640	0	1.274	2.111
18:2	g	3.080	0	1.078	1.786
18:3	g	0.150	0	0.053	0.087
18:4	g				
20:4	g	0.190	0	0.067	0.110
20:5	g	0.020	0	0.007	0.012
22:5	g	0.040	0	0.014	0.023
22:6	g	0.070	0	0.025	0.041
Cholesterol	mg	93	0	33	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.352	0	0.123	0.204
Threonine	g	1.258	0	0.440	0.730
Isoleucine	g	1.577	0	0.552	0.915
Leucine	g	2.251	0	0.788	1.306
Lysine	g	2.500	0	0.875	1.450
Methionine	g	0.823	0	0.288	0.477
Cystine	g	0.392	0	0.137	0.227
Phenylalanine	g	1.202	0	0.421	0.697
Tyrosine	g	1.010	0	0.354	0.586
Valine	g	1.486	0	0.520	0.862
Arginine	g	1.793	0	0.628	1.040
Histidine	g	0.924	0	0.323	0.536
Alanine	g	1.620	0	0.567	0.940
Aspartic acid	g	2.638	0	0.923	1.530
Glutamic acid	g	4.672	0	1.635	2.710
Glycine	g	1.464	0	0.512	0.849
Proline	g	1.299	0	0.455	0.753
Serine	g	1.049	0	0.367	0.608
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 back, bone and skin removed

NDB No. 05055 Chicken, broilers or fryers, back, meat only, cooked, roasted

Refuse: 60% 47% bone, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2* 40g	Measure 3*
Proximates:							
Water	g	58.75	0.566	16	14.10	23.50	
Energy	kcal	239		0	57	96	
Energy	kj	1000		0	240	400	
Protein (N x 5.95)	g	28.19	0.381	16	6.77	11.28	
Total lipid (fat)	g	13.16	0.485	16	3.16	5.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08	0.054	16	0.26	0.43	
Sugars, total	g						
Minerals:							
Calcium	mg	24	0.966	16	6	10	
Iron	mg	1.39	0.066	16	0.33	0.56	
Magnesium	mg	22	0.462	16	5	9	
Phosphorus	mg	165	5.559	16	40	66	
Potassium	mg	237	7.967	16	57	95	
Sodium	mg	96	2.196	16	23	38	
Zinc	mg	2.65	0.042	16	0.64	1.06	
Copper	mg	0.081	0.003	16	0.019	0.032	
Manganese	mg	0.022	0.001	16	0.005	0.009	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.068	0.007	8	0.016	0.027	
Riboflavin	mg	0.217	0.009	8	0.052	0.087	
Niacin	mg	7.069	0.367	8	1.697	2.828	
Pantothenic acid	mg	1.130		0	0.271	0.452	
Vitamin B-6	mg	0.340		0	0.082	0.136	
Folate	µg	7		0	2	3	
Vitamin B-12	µg	0.30		0	0.07	0.12	
Vitamin A	IU	95		0	23	38	
Vitamin A, RE	µg	28		0	7	11	
Vitamin E, α-TE	mg	0.265		0	0.064	0.106	
Lipids:							
Saturated, total	g	3.600		0	0.864	1.440	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.010	0.016	
14:0	g	0.100		0	0.024	0.040	
15.0	g						
16:0	g	2.500		0	0.600	1.000	
17:0	g						
18:0	g	0.840		0	0.202	0.336	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.830	0	1.159	1.932
14:1	g				
16:1	g	0.660	0	0.158	0.264
18:1	g	4.030	0	0.967	1.612
20:1	g	0.070	0	0.017	0.028
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.050	0	0.732	1.220
18:2	g	2.530	0	0.607	1.012
18:3	g	0.120	0	0.029	0.048
18:4	g	0.000	0	0.000	0.000
20:4	g	0.190	0	0.046	0.076
20:5	g	0.020	0	0.005	0.008
22:5	g	0.040	0	0.010	0.016
22:6	g	0.070	0	0.017	0.028
Cholesterol	mg	90	0	22	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.329	0	0.079	0.132
Threonine	g	1.191	0	0.286	0.476
Isoleucine	g	1.488	0	0.357	0.595
Leucine	g	2.115	0	0.508	0.846
Lysine	g	2.395	0	0.575	0.958
Methionine	g	0.780	0	0.187	0.312
Cystine	g	0.361	0	0.087	0.144
Phenylalanine	g	1.118	0	0.268	0.447
Tyrosine	g	0.952	0	0.228	0.381
Valine	g	1.398	0	0.336	0.559
Arginine	g	1.700	0	0.408	0.680
Histidine	g	0.875	0	0.210	0.350
Alanine	g	1.538	0	0.369	0.615
Aspartic acid	g	2.512	0	0.603	1.005
Glutamic acid	g	4.221	0	1.013	1.688
Glycine	g	1.385	0	0.332	0.554
Proline	g	1.159	0	0.278	0.464
Serine	g	0.970	0	0.233	0.388
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 back, bone and skin removed

NDB No. 05056 Chicken, broilers or fryers, back, meat only, cooked, stewed

Refuse: 64% 48% bone, 16% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	64.33	0.598	16	16.73	27.02	
Energy	kcal	209		0	54	88	
Energy	kj	874		0	227	367	
Protein (N x 5.95)	g	25.31	0.442	16	6.58	10.63	
Total lipid (fat)	g	11.19	0.378	16	2.91	4.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.73	0.059	16	0.19	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.514	16	5	9	
Iron	mg	1.27	0.049	16	0.33	0.53	
Magnesium	mg	17	0.285	16	4	7	
Phosphorus	mg	130	2.045	16	34	55	
Potassium	mg	158	6.859	16	41	66	
Sodium	mg	67	2.237	16	17	28	
Zinc	mg	2.38	0.052	16	0.62	1.00	
Copper	mg	0.071	0.002	16	0.018	0.030	
Manganese	mg	0.020	0.001	16	0.005	0.008	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.047	0.003	8	0.012	0.020	
Riboflavin	mg	0.173	0.007	8	0.045	0.073	
Niacin	mg	4.556	0.388	8	1.185	1.914	
Pantothenic acid	mg	0.836		0	0.217	0.351	
Vitamin B-6	mg	0.200		0	0.052	0.084	
Folate	µg	7		0	2	3	
Vitamin B-12	µg	0.21		0	0.05	0.09	
Vitamin A	IU	90		0	23	38	
Vitamin A, RE	µg	27		0	7	11	
Vitamin E, α-TE	mg	0.265		0	0.069	0.111	
Lipids:							
Saturated, total	g	3.040		0	0.790	1.277	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.010	0.017	
14:0	g	0.080		0	0.021	0.034	
15.0	g						
16:0	g	2.100		0	0.546	0.882	
17:0	g						
18:0	g	0.720		0	0.187	0.302	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.020	0	1.045	1.688
14:1	g				
16:1	g	0.550	0	0.143	0.231
18:1	g	3.350	0	0.871	1.407
20:1	g	0.060	0	0.016	0.025
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.620	0	0.681	1.100
18:2	g	2.150	0	0.559	0.903
18:3	g	0.100	0	0.026	0.042
18:4	g	0.000	0	0.000	0.000
20:4	g	0.170	0	0.044	0.071
20:5	g	0.020	0	0.005	0.008
22:5	g	0.040	0	0.010	0.017
22:6	g	0.070	0	0.018	0.029
Cholesterol	mg	85	0	22	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.296	0	0.077	0.124
Threonine	g	1.069	0	0.278	0.449
Isoleucine	g	1.336	0	0.347	0.561
Leucine	g	1.899	0	0.494	0.798
Lysine	g	2.150	0	0.559	0.903
Methionine	g	0.700	0	0.182	0.294
Cystine	g	0.324	0	0.084	0.136
Phenylalanine	g	1.004	0	0.261	0.422
Tyrosine	g	0.854	0	0.222	0.359
Valine	g	1.255	0	0.326	0.527
Arginine	g	1.526	0	0.397	0.641
Histidine	g	0.786	0	0.204	0.330
Alanine	g	1.381	0	0.359	0.580
Aspartic acid	g	2.255	0	0.586	0.947
Glutamic acid	g	3.790	0	0.985	1.592
Glycine	g	1.243	0	0.323	0.522
Proline	g	1.041	0	0.271	0.437
Serine	g	0.871	0	0.226	0.366
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 back, bone and skin removed

NDB No. 05057 Chicken, broilers or fryers, breast, meat and skin, raw

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 87g	Measure 2* 145g	Measure 3*
Proximates:							
Water	g	69.46	0.278	29	60.43	100.72	
Energy	kcal	172		0	150	249	
Energy	kj	720		0	626	1044	
Protein (N x 5.95)	g	20.85	0.148	29	18.14	30.23	
Total lipid (fat)	g	9.25	0.243	29	8.05	13.41	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01	0.058	29	0.88	1.46	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.498	24	10	16	
Iron	mg	0.74	0.031	24	0.64	1.07	
Magnesium	mg	25	0.364	24	22	36	
Phosphorus	mg	174	3.842	24	151	252	
Potassium	mg	220	5.320	24	191	319	
Sodium	mg	63	1.635	24	55	91	
Zinc	mg	0.80	0.017	24	0.70	1.16	
Copper	mg	0.039	0.001	24	0.034	0.057	
Manganese	mg	0.018	0.000	24	0.016	0.026	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	0.9	1.4	
Thiamin	mg	0.063	0.004	16	0.055	0.091	
Riboflavin	mg	0.085	0.004	16	0.074	0.123	
Niacin	mg	9.908	0.427	16	8.620	14.367	
Pantothenic acid	mg	0.804		1	0.699	1.166	
Vitamin B-6	mg	0.530	0.019	11	0.461	0.769	
Folate	µg	4	0.800	4	3	6	
Vitamin B-12	µg	0.34		0	0.30	0.49	
Vitamin A	IU	83		0	72	120	
Vitamin A, RE	µg	24		0	21	35	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.660		0	2.314	3.857	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.009	0.015	
14:0	g	0.080		0	0.070	0.116	
15.0	g						
16:0	g	1.950		0	1.697	2.828	
17:0	g						
18:0	g	0.540		0	0.470	0.783	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.820	0	3.323	5.539
14:1	g				
16:1	g	0.500	0	0.435	0.725
18:1	g	3.170	0	2.758	4.596
20:1	g	0.100	0	0.087	0.145
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.960	0	1.705	2.842
18:2	g	1.740	0	1.514	2.523
18:3	g	0.080	0	0.070	0.116
18:4	g				
20:4	g	0.050	0	0.044	0.072
20:5	g	0.010	0	0.009	0.015
22:5	g	0.010	0	0.009	0.015
22:6	g	0.020	0	0.017	0.029
Cholesterol	mg	64	0	56	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.237	0	0.206	0.344
Threonine	g	0.869	0	0.756	1.260
Isoleucine	g	1.063	0	0.925	1.541
Leucine	g	1.534	0	1.335	2.224
Lysine	g	1.725	0	1.501	2.501
Methionine	g	0.563	0	0.490	0.816
Cystine	g	0.274	0	0.238	0.397
Phenylalanine	g	0.816	0	0.710	1.183
Tyrosine	g	0.684	0	0.595	0.992
Valine	g	1.020	0	0.887	1.479
Arginine	g	1.289	0	1.121	1.869
Histidine	g	0.625	0	0.544	0.906
Alanine	g	1.187	0	1.033	1.721
Aspartic acid	g	1.859	0	1.617	2.696
Glutamic acid	g	3.076	0	2.676	4.460
Glycine	g	1.228	0	1.068	1.781
Proline	g	0.954	0	0.830	1.383
Serine	g	0.729	0	0.634	1.057
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 breast, bone removed

NDB No. 05058 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter

Refuse: 12% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 84g	Measure 2* 140g	Measure 3*
Proximates:							
Water	g	51.64		0	43.38	72.30	
Energy	kcal	260		0	218	364	
Energy	kj	1088		0	914	1523	
Protein (N x 5.95)	g	24.84		0	20.87	34.78	
Total lipid (fat)	g	13.20		0	11.09	18.48	
Carbohydrate, by difference	g	8.99		0	7.55	12.59	
Fiber, total dietary	g	0.3		0	0.3	0.4	
Ash	g	1.33		0	1.12	1.86	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	17	28	
Iron	mg	1.25		0	1.05	1.75	
Magnesium	mg	24		0	20	34	
Phosphorus	mg	185		0	155	259	
Potassium	mg	201		0	169	281	
Sodium	mg	275		0	231	385	
Zinc	mg	0.95		0	0.80	1.33	
Copper	mg	0.060		0	0.050	0.084	
Manganese	mg	0.054		0	0.045	0.076	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.115		0	0.097	0.161	
Riboflavin	mg	0.146		0	0.123	0.204	
Niacin	mg	10.523		0	8.839	14.732	
Pantothenic acid	mg	0.823		0	0.691	1.152	
Vitamin B-6	mg	0.430		0	0.361	0.602	
Folate	µg	15		0	13	21	
Vitamin B-12	µg	0.30		0	0.25	0.42	
Vitamin A	IU	67		0	56	94	
Vitamin A, RE	µg	20		0	17	28	
Vitamin E, α-TE	mg	1.063		0	0.893	1.488	
Lipids:							
Saturated, total	g	3.520		0	2.957	4.928	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.008	0.014	
14:0	g	0.080		0	0.067	0.112	
15.0	g						
16:0	g	2.350		0	1.974	3.290	
17:0	g						
18:0	g	1.040		0	0.874	1.456	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.460	0	4.586	7.644
14:1	g				
16:1	g	0.370	0	0.311	0.518
18:1	g	4.970	0	4.175	6.958
20:1	g	0.070	0	0.059	0.098
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.080	0	2.587	4.312
18:2	g	2.780	0	2.335	3.892
18:3	g	0.150	0	0.126	0.210
18:4	g	0.000	0	0.000	0.000
20:4	g	0.060	0	0.050	0.084
20:5	g	0.010	0	0.008	0.014
22:5	g	0.010	0	0.008	0.014
22:6	g	0.020	0	0.017	0.028
Cholesterol	mg	85	0	71	119
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.285	0	0.239	0.399
Threonine	g	1.022	0	0.858	1.431
Isoleucine	g	1.252	0	1.052	1.753
Leucine	g	1.830	0	1.537	2.562
Lysine	g	1.970	0	1.655	2.758
Methionine	g	0.657	0	0.552	0.920
Cystine	g	0.339	0	0.285	0.475
Phenylalanine	g	0.991	0	0.832	1.387
Tyrosine	g	0.812	0	0.682	1.137
Valine	g	1.216	0	1.021	1.702
Arginine	g	1.515	0	1.273	2.121
Histidine	g	0.730	0	0.613	1.022
Alanine	g	1.391	0	1.168	1.947
Aspartic acid	g	2.158	0	1.813	3.021
Glutamic acid	g	3.942	0	3.311	5.519
Glycine	g	1.467	0	1.232	2.054
Proline	g	1.255	0	1.054	1.757
Serine	g	0.908	0	0.763	1.271
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 breast, bone removed

NDB No. 05059 Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 59g	Measure 2* 98g	Measure 3*
Proximates:							
Water	g	56.59		0	33.39	55.46	
Energy	kcal	222		0	131	218	
Energy	kj	929		0	548	910	
Protein (N x 5.95)	g	31.84		0	18.79	31.20	
Total lipid (fat)	g	8.87		0	5.23	8.69	
Carbohydrate, by difference	g	1.64		0	0.97	1.61	
Fiber, total dietary	g	0.1		0	0.1	0.1	
Ash	g	1.06		0	0.63	1.04	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	9	16	
Iron	mg	1.19		0	0.70	1.17	
Magnesium	mg	30		0	18	29	
Phosphorus	mg	233		0	137	228	
Potassium	mg	259		0	153	254	
Sodium	mg	76		0	45	74	
Zinc	mg	1.10		0	0.65	1.08	
Copper	mg	0.057		0	0.034	0.056	
Manganese	mg	0.026		0	0.015	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.082		0	0.048	0.080	
Riboflavin	mg	0.131		0	0.077	0.128	
Niacin	mg	13.742		0	8.108	13.467	
Pantothenic acid	mg	1.001		0	0.591	0.981	
Vitamin B-6	mg	0.580		0	0.342	0.568	
Folate	µg	6		0	4	6	
Vitamin B-12	µg	0.34		0	0.20	0.33	
Vitamin A	IU	50		0	30	49	
Vitamin A, RE	µg	15		0	9	15	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.450		0	1.446	2.401	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.006	0.010	
14:0	g	0.070		0	0.041	0.069	
15.0	g						
16:0	g	1.730		0	1.021	1.695	
17:0	g						
18:0	g	0.580		0	0.342	0.568	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.500	0	2.065	3.430
14:1	g				
16:1	g	0.380	0	0.224	0.372
18:1	g	3.000	0	1.770	2.940
20:1	g	0.080	0	0.047	0.078
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.960	0	1.156	1.921
18:2	g	1.690	0	0.997	1.656
18:3	g	0.080	0	0.047	0.078
18:4	g				
20:4	g	0.070	0	0.041	0.069
20:5	g	0.010	0	0.006	0.010
22:5	g	0.010	0	0.006	0.010
22:6	g	0.030	0	0.018	0.029
Cholesterol	mg	89	0	53	87
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.364	0	0.215	0.357
Threonine	g	1.327	0	0.783	1.300
Isoleucine	g	1.632	0	0.963	1.599
Leucine	g	2.353	0	1.388	2.306
Lysine	g	2.634	0	1.554	2.581
Methionine	g	0.862	0	0.509	0.845
Cystine	g	0.418	0	0.247	0.410
Phenylalanine	g	1.253	0	0.739	1.228
Tyrosine	g	1.049	0	0.619	1.028
Valine	g	1.562	0	0.922	1.531
Arginine	g	1.954	0	1.153	1.915
Histidine	g	0.959	0	0.566	0.940
Alanine	g	1.792	0	1.057	1.756
Aspartic acid	g	2.828	0	1.669	2.771
Glutamic acid	g	4.763	0	2.810	4.668
Glycine	g	1.811	0	1.068	1.775
Proline	g	1.446	0	0.853	1.417
Serine	g	1.114	0	0.657	1.092
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 breast, bone removed

NDB No. 05060 Chicken, broilers or fryers, breast, meat and skin, cooked, roasted

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 58g	Measure 3* 98g
Proximates:							
Water	g	62.44	0.300	16	87.42	36.22	61.19
Energy	kcal	197		0	276	114	193
Energy	kj	824		0	1154	478	808
Protein (N x 5.95)	g	29.80	0.355	16	41.72	17.28	29.20
Total lipid (fat)	g	7.78	0.300	16	10.89	4.51	7.62
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.99	0.034	16	1.39	0.57	0.97
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.802	17	20	8	14
Iron	mg	1.07	0.065	17	1.50	0.62	1.05
Magnesium	mg	27	0.540	17	38	16	26
Phosphorus	mg	214	6.940	17	300	124	210
Potassium	mg	245	7.020	17	343	142	240
Sodium	mg	71	3.327	17	99	41	70
Zinc	mg	1.02	0.026	17	1.43	0.59	1.00
Copper	mg	0.050	0.002	17	0.070	0.029	0.049
Manganese	mg	0.018	0.001	16	0.025	0.010	0.018
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.066	0.005	9	0.092	0.038	0.065
Riboflavin	mg	0.119	0.007	9	0.167	0.069	0.117
Niacin	mg	12.710	0.574	9	17.794	7.372	12.456
Pantothenic acid	mg	0.936		0	1.310	0.543	0.917
Vitamin B-6	mg	0.560	0.018	11	0.784	0.325	0.549
Folate	µg	4		0	6	2	4
Vitamin B-12	µg	0.32		0	0.45	0.19	0.31
Vitamin A	IU	93		0	130	54	91
Vitamin A, RE	µg	27		0	38	16	26
Vitamin E, α-TE	mg	0.265		0	0.371	0.154	0.260
Lipids:							
Saturated, total	g	2.190		0	3.066	1.270	2.146
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.006	0.010
14:0	g	0.060		0	0.084	0.035	0.059
15.0	g						
16:0	g	1.610		0	2.254	0.934	1.578
17:0	g						
18:0	g	0.450		0	0.630	0.261	0.441
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.030	0	4.242	1.757	2.969
14:1	g					
16:1	g	0.400	0	0.560	0.232	0.392
18:1	g	2.510	0	3.514	1.456	2.460
20:1	g	0.080	0	0.112	0.046	0.078
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.660	0	2.324	0.963	1.627
18:2	g	1.410	0	1.974	0.818	1.382
18:3	g	0.060	0	0.084	0.035	0.059
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.070	0	0.098	0.041	0.069
20:5	g	0.010	0	0.014	0.006	0.010
22:5	g	0.010	0	0.014	0.006	0.010
22:6	g	0.030	0	0.042	0.017	0.029
Cholesterol	mg	84	0	118	49	82
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.340	0	0.476	0.197	0.333
Threonine	g	1.244	0	1.742	0.722	1.219
Isoleucine	g	1.525	0	2.135	0.884	1.494
Leucine	g	2.198	0	3.077	1.275	2.154
Lysine	g	2.473	0	3.462	1.434	2.424
Methionine	g	0.807	0	1.130	0.468	0.791
Cystine	g	0.390	0	0.546	0.226	0.382
Phenylalanine	g	1.169	0	1.637	0.678	1.146
Tyrosine	g	0.980	0	1.372	0.568	0.960
Valine	g	1.461	0	2.045	0.847	1.432
Arginine	g	1.837	0	2.572	1.065	1.800
Histidine	g	0.897	0	1.256	0.520	0.879
Alanine	g	1.688	0	2.363	0.979	1.654
Aspartic acid	g	2.657	0	3.720	1.541	2.604
Glutamic acid	g	4.404	0	6.166	2.554	4.316
Glycine	g	1.720	0	2.408	0.998	1.686
Proline	g	1.347	0	1.886	0.781	1.320
Serine	g	1.040	0	1.456	0.603	1.019
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 breast, bone removed

NDB No. 05061 Chicken, broilers or fryers, breast, meat and skin, cooked, stewed

Refuse: 18% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 66g	Measure 3* 110g
Proximates:							
Water	g	66.21	0.406	16	92.69	43.70	72.83
Energy	kcal	184		0	258	121	202
Energy	kj	770		0	1078	508	847
Protein (N x 5.95)	g	27.39	0.277	16	38.35	18.08	30.13
Total lipid (fat)	g	7.42	0.222	16	10.39	4.90	8.16
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.84	0.036	16	1.18	0.55	0.92
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.497	16	18	9	14
Iron	mg	0.92	0.056	16	1.29	0.61	1.01
Magnesium	mg	22	0.445	16	31	15	24
Phosphorus	mg	156	3.554	16	218	103	172
Potassium	mg	178	7.772	16	249	117	196
Sodium	mg	62	2.645	16	87	41	68
Zinc	mg	0.97	0.018	16	1.36	0.64	1.07
Copper	mg	0.044	0.002	16	0.062	0.029	0.048
Manganese	mg	0.018	0.001	16	0.025	0.012	0.020
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.041	0.005	8	0.057	0.027	0.045
Riboflavin	mg	0.115	0.003	8	0.161	0.076	0.127
Niacin	mg	7.807	0.308	8	10.930	5.153	8.588
Pantothenic acid	mg	0.547		0	0.766	0.361	0.602
Vitamin B-6	mg	0.290		0	0.406	0.191	0.319
Folate	µg	3		0	4	2	3
Vitamin B-12	µg	0.21		0	0.29	0.14	0.23
Vitamin A	IU	82		0	115	54	90
Vitamin A, RE	µg	24		0	34	16	26
Vitamin E, α-TE	mg	0.265		0	0.371	0.175	0.292
Lipids:							
Saturated, total	g	2.080		0	2.912	1.373	2.288
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.007	0.011
14:0	g	0.060		0	0.084	0.040	0.066
15.0	g						
16:0	g	1.540		0	2.156	1.016	1.694
17:0	g						
18:0	g	0.420		0	0.588	0.277	0.462
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.900	0	4.060	1.914	3.190
14:1	g					
16:1	g	0.390	0	0.546	0.257	0.429
18:1	g	2.390	0	3.346	1.577	2.629
20:1	g	0.080	0	0.112	0.053	0.088
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.580	0	2.212	1.043	1.738
18:2	g	1.350	0	1.890	0.891	1.485
18:3	g	0.060	0	0.084	0.040	0.066
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.060	0	0.084	0.040	0.066
20:5	g	0.010	0	0.014	0.007	0.011
22:5	g	0.010	0	0.014	0.007	0.011
22:6	g	0.020	0	0.028	0.013	0.022
Cholesterol	mg	75	0	105	50	83
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.312	0	0.437	0.206	0.343
Threonine	g	1.143	0	1.600	0.754	1.257
Isoleucine	g	1.401	0	1.961	0.925	1.541
Leucine	g	2.019	0	2.827	1.333	2.221
Lysine	g	2.272	0	3.181	1.500	2.499
Methionine	g	0.741	0	1.037	0.489	0.815
Cystine	g	0.359	0	0.503	0.237	0.395
Phenylalanine	g	1.074	0	1.504	0.709	1.181
Tyrosine	g	0.900	0	1.260	0.594	0.990
Valine	g	1.342	0	1.879	0.886	1.476
Arginine	g	1.689	0	2.365	1.115	1.858
Histidine	g	0.824	0	1.154	0.544	0.906
Alanine	g	1.552	0	2.173	1.024	1.707
Aspartic acid	g	2.441	0	3.417	1.611	2.685
Glutamic acid	g	4.046	0	5.664	2.670	4.451
Glycine	g	1.586	0	2.220	1.047	1.745
Proline	g	1.240	0	1.736	0.818	1.364
Serine	g	0.956	0	1.338	0.631	1.052
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 breast, bone removed

NDB No. 05062 Chicken, broilers or fryers, breast, meat only, raw

Refuse: 35% 20% bone, 9% skin, 6% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2* 118g	Measure 3*
Proximates:							
Water	g	74.76	0.228	31	53.08	88.22	
Energy	kcal	110		0	78	130	
Energy	kj	460		0	327	543	
Protein (N x 5.95)	g	23.09	0.194	32	16.39	27.25	
Total lipid (fat)	g	1.24	0.086	40	0.88	1.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02	0.025	28	0.72	1.20	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.576	27	8	13	
Iron	mg	0.72	0.039	25	0.51	0.85	
Magnesium	mg	28	0.390	26	20	33	
Phosphorus	mg	196	4.036	27	139	231	
Potassium	mg	255	5.796	27	181	301	
Sodium	mg	65	1.905	27	46	77	
Zinc	mg	0.80	0.017	25	0.57	0.94	
Copper	mg	0.041	0.002	25	0.029	0.048	
Manganese	mg	0.018	0.001	24	0.013	0.021	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.2	0.028	31	0.9	1.4	
Thiamin	mg	0.070	0.005	17	0.050	0.083	
Riboflavin	mg	0.092	0.006	17	0.065	0.109	
Niacin	mg	11.194	0.511	17	7.948	13.209	
Pantothenic acid	mg	0.819	0.019	2	0.581	0.966	
Vitamin B-6	mg	0.550	0.136	2	0.391	0.649	
Folate	µg	4		0	3	5	
Vitamin B-12	µg	0.38	0.033	2	0.27	0.45	
Vitamin A	IU	21		0	15	25	
Vitamin A, RE	µg	6		0	4	7	
Vitamin E, α-TE	mg	0.295		0	0.209	0.348	
Lipids:							
Saturated, total	g	0.330		0	0.234	0.389	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000	0.002	8	0.000	0.000	
14:0	g	0.010	0.001	27	0.007	0.012	
15.0	g						
16:0	g	0.210	0.019	27	0.149	0.248	
17:0	g						
18:0	g	0.100	0.010	27	0.071	0.118	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.300		0	0.213	0.354
14:1	g					
16:1	g	0.030	0.003	27	0.021	0.035
18:1	g	0.250	0.023	27	0.178	0.295
20:1	g	0.000	0.002	4	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.280		0	0.199	0.330
18:2	g	0.170	0.015	27	0.121	0.201
18:3	g	0.010	0.001	15	0.007	0.012
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040	0.004	26	0.028	0.047
20:5	g	0.000	0.000	13	0.000	0.000
22:5	g	0.010	0.002	13	0.007	0.012
22:6	g	0.020	0.004	12	0.014	0.024
Cholesterol	mg	58	1.762	8	41	68
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.270		0	0.192	0.319
Threonine	g	0.975		0	0.692	1.151
Isoleucine	g	1.219		0	0.865	1.438
Leucine	g	1.732		0	1.230	2.044
Lysine	g	1.962		0	1.393	2.315
Methionine	g	0.639		0	0.454	0.754
Cystine	g	0.296		0	0.210	0.349
Phenylalanine	g	0.916		0	0.650	1.081
Tyrosine	g	0.779		0	0.553	0.919
Valine	g	1.145		0	0.813	1.351
Arginine	g	1.393		0	0.989	1.644
Histidine	g	0.717		0	0.509	0.846
Alanine	g	1.260		0	0.895	1.487
Aspartic acid	g	2.058		0	1.461	2.428
Glutamic acid	g	3.458		0	2.455	4.080
Glycine	g	1.134		0	0.805	1.338
Proline	g	0.949		0	0.674	1.120
Serine	g	0.794		0	0.564	0.937
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1/2 breast, bone and skin removed

NDB No. 05063 Chicken, broilers or fryers, breast, meat only, cooked, fried

Refuse: 27% 17% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2* 86g	Measure 3*
Proximates:							
Water	g	60.21		0	31.31	51.78	
Energy	kcal	187		0	97	161	
Energy	kj	782		0	407	673	
Protein (N x 5.95)	g	33.44		0	17.39	28.76	
Total lipid (fat)	g	4.71		0	2.45	4.05	
Carbohydrate, by difference	g	0.51		0	0.27	0.44	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	0.59	0.98	
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	8	14	
Iron	mg	1.14		0	0.59	0.98	
Magnesium	mg	31		0	16	27	
Phosphorus	mg	246		0	128	212	
Potassium	mg	276		0	144	237	
Sodium	mg	79		0	41	68	
Zinc	mg	1.08		0	0.56	0.93	
Copper	mg	0.054		0	0.028	0.046	
Manganese	mg	0.021		0	0.011	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.079		0	0.041	0.068	
Riboflavin	mg	0.125		0	0.065	0.108	
Niacin	mg	14.782		0	7.687	12.713	
Pantothenic acid	mg	1.040		0	0.541	0.894	
Vitamin B-6	mg	0.640		0	0.333	0.550	
Folate	µg	4		0	2	3	
Vitamin B-12	µg	0.37		0	0.19	0.32	
Vitamin A	IU	23		0	12	20	
Vitamin A, RE	µg	7		0	4	6	
Vitamin E, α-TE	mg	0.421		0	0.219	0.362	
Lipids:							
Saturated, total	g	1.290		0	0.671	1.109	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.005	0.009	
14:0	g	0.030		0	0.016	0.026	
15.0	g						
16:0	g	0.850		0	0.442	0.731	
17:0	g						
18:0	g	0.370		0	0.192	0.318	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.720	0	0.894	1.479
14:1	g				
16:1	g	0.150	0	0.078	0.129
18:1	g	1.520	0	0.790	1.307
20:1	g	0.030	0	0.016	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.070	0	0.556	0.920
18:2	g	0.860	0	0.447	0.740
18:3	g	0.050	0	0.026	0.043
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.036	0.060
20:5	g	0.010	0	0.005	0.009
22:5	g	0.020	0	0.010	0.017
22:6	g	0.030	0	0.016	0.026
Cholesterol	mg	91	0	47	78
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.390	0	0.203	0.335
Threonine	g	1.412	0	0.734	1.214
Isoleucine	g	1.765	0	0.918	1.518
Leucine	g	2.509	0	1.305	2.158
Lysine	g	2.836	0	1.475	2.439
Methionine	g	0.925	0	0.481	0.796
Cystine	g	0.428	0	0.223	0.368
Phenylalanine	g	1.328	0	0.691	1.142
Tyrosine	g	1.128	0	0.587	0.970
Valine	g	1.659	0	0.863	1.427
Arginine	g	2.015	0	1.048	1.733
Histidine	g	1.037	0	0.539	0.892
Alanine	g	1.823	0	0.948	1.568
Aspartic acid	g	2.976	0	1.548	2.559
Glutamic acid	g	5.024	0	2.612	4.321
Glycine	g	1.641	0	0.853	1.411
Proline	g	1.381	0	0.718	1.188
Serine	g	1.152	0	0.599	0.991
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 breast, bone and skin removed

NDB No. 05064 Chicken, broilers or fryers, breast, meat only, cooked, roasted

Refuse: 28% 19% bone, 9% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 52g	Measure 3* 86g
Proximates:							
Water	g	65.26	0.335	16	91.36	33.94	56.12
Energy	kcal	165		0	231	86	142
Energy	kj	690		0	966	359	593
Protein (N x 5.95)	g	31.02	0.373	16	43.43	16.13	26.68
Total lipid (fat)	g	3.57	0.213	16	5.00	1.86	3.07
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.06	0.037	16	1.48	0.55	0.91
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.796	16	21	8	13
Iron	mg	1.04	0.061	16	1.46	0.54	0.89
Magnesium	mg	29	0.544	16	41	15	25
Phosphorus	mg	228	7.592	16	319	119	196
Potassium	mg	256	7.674	16	358	133	220
Sodium	mg	74	3.112	16	104	38	64
Zinc	mg	1.00	0.026	16	1.40	0.52	0.86
Copper	mg	0.049	0.002	16	0.069	0.025	0.042
Manganese	mg	0.017	0.001	16	0.024	0.009	0.015
Selenium	µg	27.6	2.916	20	38.6	14.4	23.7
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.070	0.006	8	0.098	0.036	0.060
Riboflavin	mg	0.114	0.009	8	0.160	0.059	0.098
Niacin	mg	13.712	0.701	8	19.197	7.130	11.792
Pantothenic acid	mg	0.965		0	1.351	0.502	0.830
Vitamin B-6	mg	0.600		0	0.840	0.312	0.516
Folate	µg	4		0	6	2	3
Vitamin B-12	µg	0.34		0	0.48	0.18	0.29
Vitamin A	IU	21		0	29	11	18
Vitamin A, RE	µg	6		0	8	3	5
Vitamin E, α-TE	mg	0.265		0	0.371	0.138	0.228
Lipids:							
Saturated, total	g	1.010		0	1.414	0.525	0.869
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.005	0.009
14:0	g	0.030		0	0.042	0.016	0.026
15.0	g						
16:0	g	0.690		0	0.966	0.359	0.593
17:0	g						
18:0	g	0.250		0	0.350	0.130	0.215
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.240	0	1.736	0.645	1.066
14:1	g					
16:1	g	0.150	0	0.210	0.078	0.129
18:1	g	1.040	0	1.456	0.541	0.894
20:1	g	0.030	0	0.042	0.016	0.026
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.770	0	1.078	0.400	0.662
18:2	g	0.590	0	0.826	0.307	0.507
18:3	g	0.030	0	0.042	0.016	0.026
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.060	0	0.084	0.031	0.052
20:5	g	0.010	0	0.014	0.005	0.009
22:5	g	0.010	0	0.014	0.005	0.009
22:6	g	0.020	0	0.028	0.010	0.017
Cholesterol	mg	85	0	119	44	73
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.362	0	0.507	0.188	0.311
Threonine	g	1.310	0	1.834	0.681	1.127
Isoleucine	g	1.638	0	2.293	0.852	1.409
Leucine	g	2.328	0	3.259	1.211	2.002
Lysine	g	2.635	0	3.689	1.370	2.266
Methionine	g	0.859	0	1.203	0.447	0.739
Cystine	g	0.397	0	0.556	0.206	0.341
Phenylalanine	g	1.231	0	1.723	0.640	1.059
Tyrosine	g	1.047	0	1.466	0.544	0.900
Valine	g	1.539	0	2.155	0.800	1.324
Arginine	g	1.871	0	2.619	0.973	1.609
Histidine	g	0.963	0	1.348	0.501	0.828
Alanine	g	1.692	0	2.369	0.880	1.455
Aspartic acid	g	2.764	0	3.870	1.437	2.377
Glutamic acid	g	4.645	0	6.503	2.415	3.995
Glycine	g	1.524	0	2.134	0.792	1.311
Proline	g	1.275	0	1.785	0.663	1.096
Serine	g	1.067	0	1.494	0.555	0.918
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 breast, bone and skin removed

NDB No. 05065 Chicken, broilers or fryers, breast, meat only, cooked, stewed

Refuse: 30% 18% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 57g	Measure 3* 95g
Proximates:							
Water	g	68.27	0.292	18	95.58	38.91	64.86
Energy	kcal	151		0	211	86	143
Energy	kj	632		0	885	360	600
Protein (N x 5.95)	g	28.98	0.395	18	40.57	16.52	27.53
Total lipid (fat)	g	3.03	0.120	18	4.24	1.73	2.88
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.91	0.044	16	1.27	0.52	0.86
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.455	16	18	7	12
Iron	mg	0.88	0.062	16	1.23	0.50	0.84
Magnesium	mg	24	0.495	16	34	14	23
Phosphorus	mg	165	3.993	16	231	94	157
Potassium	mg	187	8.314	16	262	107	178
Sodium	mg	63	3.035	16	88	36	60
Zinc	mg	0.97	0.020	16	1.36	0.55	0.92
Copper	mg	0.043	0.002	16	0.060	0.025	0.041
Manganese	mg	0.018	0.001	16	0.025	0.010	0.017
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.042	0.005	8	0.059	0.024	0.040
Riboflavin	mg	0.119	0.004	8	0.167	0.068	0.113
Niacin	mg	8.469	0.316	8	11.857	4.827	8.046
Pantothenic acid	mg	0.573		0	0.802	0.327	0.544
Vitamin B-6	mg	0.330		0	0.462	0.188	0.314
Folate	µg	3		0	4	2	3
Vitamin B-12	µg	0.23		0	0.32	0.13	0.22
Vitamin A	IU	19		0	27	11	18
Vitamin A, RE	µg	6		0	8	3	6
Vitamin E, α-TE	mg	0.265		0	0.371	0.151	0.252
Lipids:							
Saturated, total	g	0.850		0	1.190	0.484	0.808
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.006	0.010
14:0	g	0.030		0	0.042	0.017	0.029
15.0	g						
16:0	g	0.580		0	0.812	0.331	0.551
17:0	g						
18:0	g	0.210		0	0.294	0.120	0.200
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.030	0	1.442	0.587	0.979
14:1	g					
16:1	g	0.120	0	0.168	0.068	0.114
18:1	g	0.870	0	1.218	0.496	0.827
20:1	g	0.020	0	0.028	0.011	0.019
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	0.660	0	0.924	0.376	0.627
18:2	g	0.500	0	0.700	0.285	0.475
18:3	g	0.020	0	0.028	0.011	0.019
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.050	0	0.070	0.029	0.048
20:5	g	0.010	0	0.014	0.006	0.010
22:5	g	0.010	0	0.014	0.006	0.010
22:6	g	0.020	0	0.028	0.011	0.019
Cholesterol	mg	77	0	108	44	73
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.339	0	0.475	0.193	0.322
Threonine	g	1.224	0	1.714	0.698	1.163
Isoleucine	g	1.530	0	2.142	0.872	1.454
Leucine	g	2.175	0	3.045	1.240	2.066
Lysine	g	2.462	0	3.447	1.403	2.339
Methionine	g	0.802	0	1.123	0.457	0.762
Cystine	g	0.371	0	0.519	0.211	0.352
Phenylalanine	g	1.150	0	1.610	0.656	1.092
Tyrosine	g	0.978	0	1.369	0.557	0.929
Valine	g	1.437	0	2.012	0.819	1.365
Arginine	g	1.748	0	2.447	0.996	1.661
Histidine	g	0.900	0	1.260	0.513	0.855
Alanine	g	1.581	0	2.213	0.901	1.502
Aspartic acid	g	2.583	0	3.616	1.472	2.454
Glutamic acid	g	4.340	0	6.076	2.474	4.123
Glycine	g	1.424	0	1.994	0.812	1.353
Proline	g	1.192	0	1.669	0.679	1.132
Serine	g	0.997	0	1.396	0.568	0.947
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1/2 breast, bone and skin removed

NDB No. 05066 Chicken, broilers or fryers, drumstick, meat and skin, raw

Refuse: 33% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 44g	Measure 2* 73g	Measure 3*
Proximates:							
Water	g	72.46	0.327	25	31.88	52.90	
Energy	kcal	161		0	71	118	
Energy	kj	674		0	297	492	
Protein (N x 5.95)	g	19.27	0.145	25	8.48	14.07	
Total lipid (fat)	g	8.68	0.194	25	3.82	6.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86	0.028	25	0.38	0.63	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.687	24	5	8	
Iron	mg	1.03	0.030	24	0.45	0.75	
Magnesium	mg	21	0.357	24	9	15	
Phosphorus	mg	154	3.204	24	68	112	
Potassium	mg	206	5.585	24	91	150	
Sodium	mg	83	1.344	24	37	61	
Zinc	mg	2.00	0.027	24	0.88	1.46	
Copper	mg	0.059	0.002	24	0.026	0.043	
Manganese	mg	0.021	0.000	24	0.009	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.7		0	1.2	2.0	
Thiamin	mg	0.074	0.003	16	0.033	0.054	
Riboflavin	mg	0.178	0.005	16	0.078	0.130	
Niacin	mg	5.449	0.180	16	2.398	3.978	
Pantothenic acid	mg	1.182		0	0.520	0.863	
Vitamin B-6	mg	0.300		0	0.132	0.219	
Folate	µg	9		0	4	7	
Vitamin B-12	µg	0.35		0	0.15	0.26	
Vitamin A	IU	95		0	42	69	
Vitamin A, RE	µg	28		0	12	20	
Vitamin E, α-TE	mg	0.295		0	0.130	0.215	
Lipids:							
Saturated, total	g	2.390		0	1.052	1.745	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.009	0.015	
14:0	g	0.070		0	0.031	0.051	
15.0	g						
16:0	g	1.740		0	0.766	1.270	
17:0	g						
18:0	g	0.500		0	0.220	0.365	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.370	0	1.483	2.460
14:1	g				
16:1	g	0.470	0	0.207	0.343
18:1	g	2.780	0	1.223	2.029
20:1	g	0.080	0	0.035	0.058
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.940	0	0.854	1.416
18:2	g	1.670	0	0.735	1.219
18:3	g	0.070	0	0.031	0.051
18:4	g	0.000	0	0.000	0.000
20:4	g	0.080	0	0.035	0.058
20:5	g	0.010	0	0.004	0.007
22:5	g	0.020	0	0.009	0.015
22:6	g	0.030	0	0.013	0.022
Cholesterol	mg	81	0	36	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.218	0	0.096	0.159
Threonine	g	0.802	0	0.353	0.585
Isoleucine	g	0.979	0	0.431	0.715
Leucine	g	1.416	0	0.623	1.034
Lysine	g	1.590	0	0.700	1.161
Methionine	g	0.519	0	0.228	0.379
Cystine	g	0.254	0	0.112	0.185
Phenylalanine	g	0.754	0	0.332	0.550
Tyrosine	g	0.630	0	0.277	0.460
Valine	g	0.942	0	0.414	0.688
Arginine	g	1.194	0	0.525	0.872
Histidine	g	0.576	0	0.253	0.420
Alanine	g	1.101	0	0.484	0.804
Aspartic acid	g	1.718	0	0.756	1.254
Glutamic acid	g	2.839	0	1.249	2.072
Glycine	g	1.154	0	0.508	0.842
Proline	g	0.890	0	0.392	0.650
Serine	g	0.675	0	0.297	0.493
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 drumstick, bone removed

NDB No. 05067 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter

Refuse: 26% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 72g	Measure 3*
Proximates:							
Water	g	52.77		0	22.69	37.99	
Energy	kcal	268		0	115	193	
Energy	kj	1121		0	482	807	
Protein (N x 5.95)	g	21.95		0	9.44	15.80	
Total lipid (fat)	g	15.75		0	6.77	11.34	
Carbohydrate, by difference	g	8.28		0	3.56	5.96	
Fiber, total dietary	g	0.3		0	0.1	0.2	
Ash	g	1.25		0	0.54	0.90	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	7	12	
Iron	mg	1.35		0	0.58	0.97	
Magnesium	mg	20		0	9	14	
Phosphorus	mg	147		0	63	106	
Potassium	mg	186		0	80	134	
Sodium	mg	269		0	116	194	
Zinc	mg	2.33		0	1.00	1.68	
Copper	mg	0.076		0	0.033	0.055	
Manganese	mg	0.052		0	0.022	0.037	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.112		0	0.048	0.081	
Riboflavin	mg	0.215		0	0.092	0.155	
Niacin	mg	5.096		0	2.191	3.669	
Pantothenic acid	mg	1.007		0	0.433	0.725	
Vitamin B-6	mg	0.270		0	0.116	0.194	
Folate	µg	18		0	8	13	
Vitamin B-12	µg	0.28		0	0.12	0.20	
Vitamin A	IU	86		0	37	62	
Vitamin A, RE	µg	26		0	11	19	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.140		0	1.780	2.981	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.009	0.014	
14:0	g	0.090		0	0.039	0.065	
15.0	g						
16:0	g	2.710		0	1.165	1.951	
17:0	g						
18:0	g	1.260		0	0.542	0.907	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.430	0	2.765	4.630
14:1	g				
16:1	g	0.440	0	0.189	0.317
18:1	g	5.880	0	2.528	4.234
20:1	g	0.070	0	0.030	0.050
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.790	0	1.630	2.729
18:2	g	3.400	0	1.462	2.448
18:3	g	0.190	0	0.082	0.137
18:4	g				
20:4	g	0.090	0	0.039	0.065
20:5	g	0.010	0	0.004	0.007
22:5	g	0.020	0	0.009	0.014
22:6	g	0.030	0	0.013	0.022
Cholesterol	mg	86	0	37	62
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.252	0	0.108	0.181
Threonine	g	0.903	0	0.388	0.650
Isoleucine	g	1.108	0	0.476	0.798
Leucine	g	1.618	0	0.696	1.165
Lysine	g	1.740	0	0.748	1.253
Methionine	g	0.581	0	0.250	0.418
Cystine	g	0.300	0	0.129	0.216
Phenylalanine	g	0.877	0	0.377	0.631
Tyrosine	g	0.719	0	0.309	0.518
Valine	g	1.075	0	0.462	0.774
Arginine	g	1.336	0	0.574	0.962
Histidine	g	0.646	0	0.278	0.465
Alanine	g	1.226	0	0.527	0.883
Aspartic acid	g	1.905	0	0.819	1.372
Glutamic acid	g	3.496	0	1.503	2.517
Glycine	g	1.287	0	0.553	0.927
Proline	g	1.109	0	0.477	0.798
Serine	g	0.803	0	0.345	0.578
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 drumstick, bone removed

NDB No. 05068 Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour

Refuse: 34% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2* 49g	Measure 3*
Proximates:							
Water	g	56.73		0	16.45	27.80	
Energy	kcal	245		0	71	120	
Energy	kj	1025		0	297	502	
Protein (N x 5.95)	g	26.96		0	7.82	13.21	
Total lipid (fat)	g	13.72		0	3.98	6.72	
Carbohydrate, by difference	g	1.63		0	0.47	0.80	
Fiber, total dietary	g	0.1		0	0.0	0.0	
Ash	g	0.96		0	0.28	0.47	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	6	
Iron	mg	1.34		0	0.39	0.66	
Magnesium	mg	23		0	7	11	
Phosphorus	mg	176		0	51	86	
Potassium	mg	229		0	66	112	
Sodium	mg	89		0	26	44	
Zinc	mg	2.89		0	0.84	1.42	
Copper	mg	0.080		0	0.023	0.039	
Manganese	mg	0.028		0	0.008	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.081		0	0.023	0.040	
Riboflavin	mg	0.225		0	0.065	0.110	
Niacin	mg	6.037		0	1.751	2.958	
Pantothenic acid	mg	1.215		0	0.352	0.595	
Vitamin B-6	mg	0.350		0	0.101	0.172	
Folate	µg	10		0	3	5	
Vitamin B-12	µg	0.32		0	0.09	0.16	
Vitamin A	IU	84		0	24	41	
Vitamin A, RE	µg	25		0	7	12	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.660		0	1.061	1.793	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.006	0.010	
14:0	g	0.090		0	0.026	0.044	
15.0	g						
16:0	g	2.500		0	0.725	1.225	
17:0	g						
18:0	g	0.970		0	0.281	0.475	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.420	0	1.572	2.656
14:1	g				
16:1	g	0.540	0	0.157	0.265
18:1	g	4.750	0	1.377	2.328
20:1	g	0.080	0	0.023	0.039
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.230	0	0.937	1.583
18:2	g	2.830	0	0.821	1.387
18:3	g	0.140	0	0.041	0.069
18:4	g				
20:4	g	0.110	0	0.032	0.054
20:5	g	0.010	0	0.003	0.005
22:5	g	0.020	0	0.006	0.010
22:6	g	0.040	0	0.012	0.020
Cholesterol	mg	90	0	26	44
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.307	0	0.089	0.150
Threonine	g	1.120	0	0.325	0.549
Isoleucine	g	1.371	0	0.398	0.672
Leucine	g	1.983	0	0.575	0.972
Lysine	g	2.214	0	0.642	1.085
Methionine	g	0.725	0	0.210	0.355
Cystine	g	0.356	0	0.103	0.174
Phenylalanine	g	1.058	0	0.307	0.518
Tyrosine	g	0.882	0	0.256	0.432
Valine	g	1.318	0	0.382	0.646
Arginine	g	1.663	0	0.482	0.815
Histidine	g	0.806	0	0.234	0.395
Alanine	g	1.531	0	0.444	0.750
Aspartic acid	g	2.393	0	0.694	1.173
Glutamic acid	g	4.027	0	1.168	1.973
Glycine	g	1.592	0	0.462	0.780
Proline	g	1.255	0	0.364	0.615
Serine	g	0.948	0	0.275	0.465
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 drumstick, bone removed

NDB No. 05069 Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted

Refuse: 35% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 31g	Measure 3* 52g
Proximates:							
Water	g	62.60	0.474	16	87.64	19.41	32.55
Energy	kcal	216		0	302	67	112
Energy	kj	904		0	1266	280	470
Protein (N x 5.95)	g	27.03	0.275	16	37.84	8.38	14.06
Total lipid (fat)	g	11.15	0.202	16	15.61	3.46	5.80
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.96	0.037	16	1.34	0.30	0.50
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.697	16	17	4	6
Iron	mg	1.33	0.042	16	1.86	0.41	0.69
Magnesium	mg	23	0.636	16	32	7	12
Phosphorus	mg	175	4.350	16	245	54	91
Potassium	mg	229	5.696	16	321	71	119
Sodium	mg	90	2.045	16	126	28	47
Zinc	mg	2.87	0.058	16	4.02	0.89	1.49
Copper	mg	0.077	0.002	16	0.108	0.024	0.040
Manganese	mg	0.021	0.000	16	0.029	0.007	0.011
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.069	0.005	8	0.097	0.021	0.036
Riboflavin	mg	0.216	0.007	8	0.302	0.067	0.112
Niacin	mg	5.994	0.346	8	8.392	1.858	3.117
Pantothenic acid	mg	1.211		0	1.695	0.375	0.630
Vitamin B-6	mg	0.340		0	0.476	0.105	0.177
Folate	µg	8		0	11	2	4
Vitamin B-12	µg	0.32		0	0.45	0.10	0.17
Vitamin A	IU	100		0	140	31	52
Vitamin A, RE	µg	30		0	42	9	16
Vitamin E, α-TE	mg	0.265		0	0.371	0.082	0.138
Lipids:							
Saturated, total	g	3.050		0	4.270	0.946	1.586
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.009	0.016
14:0	g	0.080		0	0.112	0.025	0.042
15.0	g						
16:0	g	2.220		0	3.108	0.688	1.154
17:0	g						
18:0	g	0.630		0	0.882	0.195	0.328
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.250	0	5.950	1.317	2.210
14:1	g					
16:1	g	0.600	0	0.840	0.186	0.312
18:1	g	3.500	0	4.900	1.085	1.820
20:1	g	0.100	0	0.140	0.031	0.052
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.500	0	3.500	0.775	1.300
18:2	g	2.140	0	2.996	0.663	1.113
18:3	g	0.090	0	0.126	0.028	0.047
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.120	0	0.168	0.037	0.062
20:5	g	0.010	0	0.014	0.003	0.005
22:5	g	0.020	0	0.028	0.006	0.010
22:6	g	0.040	0	0.056	0.012	0.021
Cholesterol	mg	91	0	127	28	47
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.304	0	0.426	0.094	0.158
Threonine	g	1.121	0	1.569	0.348	0.583
Isoleucine	g	1.361	0	1.905	0.422	0.708
Leucine	g	1.976	0	2.766	0.613	1.028
Lysine	g	2.215	0	3.101	0.687	1.152
Methionine	g	0.723	0	1.012	0.224	0.376
Cystine	g	0.358	0	0.501	0.111	0.186
Phenylalanine	g	1.054	0	1.476	0.327	0.548
Tyrosine	g	0.877	0	1.228	0.272	0.456
Valine	g	1.316	0	1.842	0.408	0.684
Arginine	g	1.685	0	2.359	0.522	0.876
Histidine	g	0.801	0	1.121	0.248	0.417
Alanine	g	1.560	0	2.184	0.484	0.811
Aspartic acid	g	2.410	0	3.374	0.747	1.253
Glutamic acid	g	3.966	0	5.552	1.229	2.062
Glycine	g	1.684	0	2.358	0.522	0.876
Proline	g	1.280	0	1.792	0.397	0.666
Serine	g	0.950	0	1.330	0.295	0.494
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 drumstick, bone removed

NDB No. 05070 Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed

Refuse: 36% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 34g	Measure 3* 57g
Proximates:							
Water	g	65.12	0.534	16	91.17	22.14	37.12
Energy	kcal	204		0	286	69	116
Energy	kj	854		0	1196	290	487
Protein (N x 5.95)	g	25.32	0.372	16	35.45	8.61	14.43
Total lipid (fat)	g	10.64	0.215	16	14.90	3.62	6.06
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.82	0.040	16	1.15	0.28	0.47
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.439	16	15	4	6
Iron	mg	1.33	0.045	16	1.86	0.45	0.76
Magnesium	mg	20	0.328	16	28	7	11
Phosphorus	mg	141	3.043	16	197	48	80
Potassium	mg	184	6.287	16	258	63	105
Sodium	mg	76	1.765	16	106	26	43
Zinc	mg	2.65	0.072	16	3.71	0.90	1.51
Copper	mg	0.071	0.001	16	0.099	0.024	0.040
Manganese	mg	0.019	0.001	16	0.027	0.006	0.011
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.050	0.002	8	0.070	0.017	0.029
Riboflavin	mg	0.190	0.006	8	0.266	0.065	0.108
Niacin	mg	4.204	0.216	8	5.886	1.429	2.396
Pantothenic acid	mg	0.858		0	1.201	0.292	0.489
Vitamin B-6	mg	0.190		0	0.266	0.065	0.108
Folate	µg	7		0	10	2	4
Vitamin B-12	µg	0.22		0	0.31	0.07	0.13
Vitamin A	IU	91		0	127	31	52
Vitamin A, RE	µg	27		0	38	9	15
Vitamin E, α-TE	mg	0.265		0	0.371	0.090	0.151
Lipids:							
Saturated, total	g	2.910		0	4.074	0.989	1.659
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.007	0.011
14:0	g	0.080		0	0.112	0.027	0.046
15.0	g						
16:0	g	2.120		0	2.968	0.721	1.208
17:0	g						
18:0	g	0.600		0	0.840	0.204	0.342
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.070	0	5.698	1.384	2.320
14:1	g					
16:1	g	0.570	0	0.798	0.194	0.325
18:1	g	3.350	0	4.690	1.139	1.910
20:1	g	0.090	0	0.126	0.031	0.051
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.380	0	3.332	0.809	1.357
18:2	g	2.040	0	2.856	0.694	1.163
18:3	g	0.090	0	0.126	0.031	0.051
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.110	0	0.154	0.037	0.063
20:5	g	0.010	0	0.014	0.003	0.006
22:5	g	0.020	0	0.028	0.007	0.011
22:6	g	0.040	0	0.056	0.014	0.023
Cholesterol	mg	83	0	116	28	47
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.286	0	0.400	0.097	0.163
Threonine	g	1.051	0	1.471	0.357	0.599
Isoleucine	g	1.280	0	1.792	0.435	0.730
Leucine	g	1.855	0	2.597	0.631	1.057
Lysine	g	2.082	0	2.915	0.708	1.187
Methionine	g	0.680	0	0.952	0.231	0.388
Cystine	g	0.335	0	0.469	0.114	0.191
Phenylalanine	g	0.988	0	1.383	0.336	0.563
Tyrosine	g	0.824	0	1.154	0.280	0.470
Valine	g	1.235	0	1.729	0.420	0.704
Arginine	g	1.573	0	2.202	0.535	0.897
Histidine	g	0.753	0	1.054	0.256	0.429
Alanine	g	1.454	0	2.036	0.494	0.829
Aspartic acid	g	2.257	0	3.160	0.767	1.286
Glutamic acid	g	3.722	0	5.211	1.265	2.122
Glycine	g	1.547	0	2.166	0.526	0.882
Proline	g	1.184	0	1.658	0.403	0.675
Serine	g	0.888	0	1.243	0.302	0.506
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 drumstick, bone removed

NDB No. 05071 Chicken, broilers or fryers, drumstick, meat only, raw

Refuse: 44% 33% bone, 9% skin, 2% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 37g	Measure 2* 62g	Measure 3*
Proximates:							
Water	g	76.38	0.277	24	28.26	47.36	
Energy	kcal	119		0	44	74	
Energy	kj	498		0	184	309	
Protein (N x 5.95)	g	20.59	0.176	25	7.62	12.77	
Total lipid (fat)	g	3.42	0.121	24	1.27	2.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93	0.029	24	0.34	0.58	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.817	24	4	7	
Iron	mg	1.03	0.032	24	0.38	0.64	
Magnesium	mg	23	0.392	24	9	14	
Phosphorus	mg	166	3.468	24	61	103	
Potassium	mg	226	6.041	24	84	140	
Sodium	mg	88	1.608	24	33	55	
Zinc	mg	2.21	0.031	24	0.82	1.37	
Copper	mg	0.063	0.001	24	0.023	0.039	
Manganese	mg	0.021	0.001	24	0.008	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.2		0	1.2	2.0	
Thiamin	mg	0.082	0.004	16	0.030	0.051	
Riboflavin	mg	0.199	0.006	16	0.074	0.123	
Niacin	mg	5.778	0.202	16	2.138	3.582	
Pantothenic acid	mg	1.287		0	0.476	0.798	
Vitamin B-6	mg	0.340		0	0.126	0.211	
Folate	µg	10		0	4	6	
Vitamin B-12	µg	0.37		0	0.14	0.23	
Vitamin A	IU	57		0	21	35	
Vitamin A, RE	µg	17		0	6	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.880		0	0.326	0.546	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020	0.003	17	0.007	0.012	
14:0	g	0.020	0.002	24	0.007	0.012	
15.0	g						
16:0	g	0.590	0.025	24	0.218	0.366	
17:0	g						
18:0	g	0.230	0.014	24	0.085	0.143	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.060		0	0.392	0.657
14:1	g					
16:1	g	0.160	0.010	24	0.059	0.099
18:1	g	0.880	0.040	24	0.326	0.546
20:1	g	0.010	0.002	6	0.004	0.006
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.850		0	0.315	0.527
18:2	g	0.650	0.029	24	0.241	0.403
18:3	g	0.030	0.002	18	0.011	0.019
18:4	g					
20:4	g	0.080	0.015	16	0.030	0.050
20:5	g	0.010	0.003	8	0.004	0.006
22:5	g	0.020	0.005	9	0.007	0.012
22:6	g	0.030	0.009	9	0.011	0.019
Cholesterol	mg	77		0	28	48
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.241		0	0.089	0.149
Threonine	g	0.870		0	0.322	0.539
Isoleucine	g	1.087		0	0.402	0.674
Leucine	g	1.545		0	0.572	0.958
Lysine	g	1.750		0	0.648	1.085
Methionine	g	0.570		0	0.211	0.353
Cystine	g	0.264		0	0.098	0.164
Phenylalanine	g	0.817		0	0.302	0.507
Tyrosine	g	0.695		0	0.257	0.431
Valine	g	1.021		0	0.378	0.633
Arginine	g	1.242		0	0.460	0.770
Histidine	g	0.639		0	0.236	0.396
Alanine	g	1.124		0	0.416	0.697
Aspartic acid	g	1.835		0	0.679	1.138
Glutamic acid	g	3.084		0	1.141	1.912
Glycine	g	1.012		0	0.374	0.627
Proline	g	0.847		0	0.313	0.525
Serine	g	0.708		0	0.262	0.439
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1 drumstick, bone and skin removed

NDB No. 05072 Chicken, broilers or fryers, drumstick, meat only, cooked, fried

Refuse: 44% 34% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 42g	Measure 3*
Proximates:							
Water	g	62.24		0	15.56	26.14	
Energy	kcal	195		0	49	82	
Energy	kj	816		0	204	343	
Protein (N x 5.95)	g	28.62		0	7.16	12.02	
Total lipid (fat)	g	8.08		0	2.02	3.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	0.27	0.45	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	3	5	
Iron	mg	1.32		0	0.33	0.55	
Magnesium	mg	24		0	6	10	
Phosphorus	mg	186		0	47	78	
Potassium	mg	249		0	62	105	
Sodium	mg	96		0	24	40	
Zinc	mg	3.22		0	0.81	1.35	
Copper	mg	0.080		0	0.020	0.034	
Manganese	mg	0.021		0	0.005	0.009	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.077		0	0.019	0.032	
Riboflavin	mg	0.236		0	0.059	0.099	
Niacin	mg	6.146		0	1.537	2.581	
Pantothenic acid	mg	1.320		0	0.330	0.554	
Vitamin B-6	mg	0.390		0	0.098	0.164	
Folate	µg	9		0	2	4	
Vitamin B-12	µg	0.35		0	0.09	0.15	
Vitamin A	IU	61		0	15	26	
Vitamin A, RE	µg	18		0	5	8	
Vitamin E, α-TE	mg	0.493		0	0.123	0.207	
Lipids:							
Saturated, total	g	2.130		0	0.533	0.895	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.005	0.008	
14:0	g	0.050		0	0.013	0.021	
15.0	g						
16:0	g	1.410		0	0.353	0.592	
17:0	g						
18:0	g	0.590		0	0.148	0.248	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.940	0	0.735	1.235
14:1	g				
16:1	g	0.310	0	0.078	0.130
18:1	g	2.570	0	0.642	1.079
20:1	g	0.030	0	0.008	0.013
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.970	0	0.493	0.827
18:2	g	1.640	0	0.410	0.689
18:3	g	0.080	0	0.020	0.034
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.030	0.050
20:5	g	0.010	0	0.003	0.004
22:5	g	0.030	0	0.008	0.013
22:6	g	0.050	0	0.013	0.021
Cholesterol	mg	94	0	24	39
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.335	0	0.084	0.141
Threonine	g	1.209	0	0.302	0.508
Isoleucine	g	1.511	0	0.378	0.635
Leucine	g	2.148	0	0.537	0.902
Lysine	g	2.431	0	0.608	1.021
Methionine	g	0.792	0	0.198	0.333
Cystine	g	0.366	0	0.092	0.154
Phenylalanine	g	1.135	0	0.284	0.477
Tyrosine	g	0.966	0	0.242	0.406
Valine	g	1.420	0	0.355	0.596
Arginine	g	1.727	0	0.432	0.725
Histidine	g	0.888	0	0.222	0.373
Alanine	g	1.561	0	0.390	0.656
Aspartic acid	g	2.550	0	0.637	1.071
Glutamic acid	g	4.286	0	1.071	1.800
Glycine	g	1.406	0	0.352	0.591
Proline	g	1.177	0	0.294	0.494
Serine	g	0.985	0	0.246	0.414
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1 drumstick, bone and skin removed

NDB No. 05073 Chicken, broilers or fryers, drumstick, meat only, cooked, roasted

Refuse: 46% 35% bone, 11% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 26g	Measure 3* 44g
Proximates:							
Water	g	66.74	0.405	16	93.44	17.35	29.37
Energy	kcal	172		0	241	45	76
Energy	kj	720		0	1008	187	317
Protein (N x 5.95)	g	28.29	0.299	16	39.61	7.36	12.45
Total lipid (fat)	g	5.66	0.126	16	7.92	1.47	2.49
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.05	0.044	16	1.47	0.27	0.46
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.839	16	17	3	5
Iron	mg	1.30	0.039	16	1.82	0.34	0.57
Magnesium	mg	24	0.714	16	34	6	11
Phosphorus	mg	184	4.968	16	258	48	81
Potassium	mg	246	6.086	16	344	64	108
Sodium	mg	95	2.237	16	133	25	42
Zinc	mg	3.18	0.062	16	4.45	0.83	1.40
Copper	mg	0.079	0.002	16	0.111	0.021	0.035
Manganese	mg	0.021	0.001	16	0.029	0.005	0.009
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.076	0.006	8	0.106	0.020	0.033
Riboflavin	mg	0.233	0.007	8	0.326	0.061	0.103
Niacin	mg	6.075	0.357	8	8.505	1.580	2.673
Pantothenic acid	mg	1.305		0	1.827	0.339	0.574
Vitamin B-6	mg	0.390		0	0.546	0.101	0.172
Folate	µg	9		0	13	2	4
Vitamin B-12	µg	0.34		0	0.48	0.09	0.15
Vitamin A	IU	60		0	84	16	26
Vitamin A, RE	µg	18		0	25	5	8
Vitamin E, α-TE	mg	0.265		0	0.371	0.069	0.117
Lipids:							
Saturated, total	g	1.480		0	2.072	0.385	0.651
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.005	0.009
14:0	g	0.040		0	0.056	0.010	0.018
15.0	g						
16:0	g	1.010		0	1.414	0.263	0.444
17:0	g						
18:0	g	0.370		0	0.518	0.096	0.163
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.870	0	2.618	0.486	0.823
14:1	g					
16:1	g	0.270	0	0.378	0.070	0.119
18:1	g	1.560	0	2.184	0.406	0.686
20:1	g	0.020	0	0.028	0.005	0.009
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.370	0	1.918	0.356	0.603
18:2	g	1.080	0	1.512	0.281	0.475
18:3	g	0.050	0	0.070	0.013	0.022
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.120	0	0.168	0.031	0.053
20:5	g	0.010	0	0.014	0.003	0.004
22:5	g	0.020	0	0.028	0.005	0.009
22:6	g	0.050	0	0.070	0.013	0.022
Cholesterol	mg	93	0	130	24	41
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.330	0	0.462	0.086	0.145
Threonine	g	1.195	0	1.673	0.311	0.526
Isoleucine	g	1.494	0	2.092	0.388	0.657
Leucine	g	2.123	0	2.972	0.552	0.934
Lysine	g	2.403	0	3.364	0.625	1.057
Methionine	g	0.783	0	1.096	0.204	0.345
Cystine	g	0.362	0	0.507	0.094	0.159
Phenylalanine	g	1.122	0	1.571	0.292	0.494
Tyrosine	g	0.955	0	1.337	0.248	0.420
Valine	g	1.403	0	1.964	0.365	0.617
Arginine	g	1.706	0	2.388	0.444	0.751
Histidine	g	0.878	0	1.229	0.228	0.386
Alanine	g	1.543	0	2.160	0.401	0.679
Aspartic acid	g	2.521	0	3.529	0.655	1.109
Glutamic acid	g	4.236	0	5.930	1.101	1.864
Glycine	g	1.389	0	1.945	0.361	0.611
Proline	g	1.163	0	1.628	0.302	0.512
Serine	g	0.973	0	1.362	0.253	0.428
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 drumstick, bone and skin removed

NDB No. 05074 Chicken, broilers or fryers, drumstick, meat only, cooked, stewed

Refuse: 48% 36% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 28g	Measure 3* 46g
Proximates:							
Water	g	67.58	0.401	16	108.13	18.92	31.09
Energy	kcal	169		0	270	47	78
Energy	kj	707		0	1131	198	325
Protein (N x 5.95)	g	27.50	0.366	16	44.00	7.70	12.65
Total lipid (fat)	g	5.71	0.158	16	9.14	1.60	2.63
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.91	0.050	16	1.46	0.25	0.42
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.525	16	18	3	5
Iron	mg	1.37	0.050	16	2.19	0.38	0.63
Magnesium	mg	21	0.380	16	34	6	10
Phosphorus	mg	150	3.598	16	240	42	69
Potassium	mg	199	6.561	16	318	56	92
Sodium	mg	80	2.074	16	128	22	37
Zinc	mg	3.02	0.089	16	4.83	0.85	1.39
Copper	mg	0.077	0.001	16	0.123	0.022	0.035
Manganese	mg	0.019	0.001	16	0.030	0.005	0.009
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.054	0.004	8	0.086	0.015	0.025
Riboflavin	mg	0.213	0.007	8	0.341	0.060	0.098
Niacin	mg	4.300	0.256	8	6.880	1.204	1.978
Pantothenic acid	mg	0.961		0	1.538	0.269	0.442
Vitamin B-6	mg	0.230		0	0.368	0.064	0.106
Folate	µg	8		0	13	2	4
Vitamin B-12	µg	0.24		0	0.38	0.07	0.11
Vitamin A	IU	57		0	91	16	26
Vitamin A, RE	µg	17		0	27	5	8
Vitamin E, α-TE	mg	0.265		0	0.424	0.074	0.122
Lipids:							
Saturated, total	g	1.510		0	2.416	0.423	0.695
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.032	0.006	0.009
14:0	g	0.040		0	0.064	0.011	0.018
15.0	g						
16:0	g	1.030		0	1.648	0.288	0.474
17:0	g						
18:0	g	0.380		0	0.608	0.106	0.175
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.930	0	3.088	0.540	0.888
14:1	g					
16:1	g	0.270	0	0.432	0.076	0.124
18:1	g	1.610	0	2.576	0.451	0.741
20:1	g	0.020	0	0.032	0.006	0.009
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.370	0	2.192	0.384	0.630
18:2	g	1.090	0	1.744	0.305	0.501
18:3	g	0.050	0	0.080	0.014	0.023
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.110	0	0.176	0.031	0.051
20:5	g	0.010	0	0.016	0.003	0.005
22:5	g	0.020	0	0.032	0.006	0.009
22:6	g	0.040	0	0.064	0.011	0.018
Cholesterol	mg	88	0	141	25	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.321	0	0.514	0.090	0.148
Threonine	g	1.162	0	1.859	0.325	0.535
Isoleucine	g	1.452	0	2.323	0.407	0.668
Leucine	g	2.064	0	3.302	0.578	0.949
Lysine	g	2.337	0	3.739	0.654	1.075
Methionine	g	0.761	0	1.218	0.213	0.350
Cystine	g	0.352	0	0.563	0.099	0.162
Phenylalanine	g	1.091	0	1.746	0.305	0.502
Tyrosine	g	0.929	0	1.486	0.260	0.427
Valine	g	1.364	0	2.182	0.382	0.627
Arginine	g	1.659	0	2.654	0.465	0.763
Histidine	g	0.854	0	1.366	0.239	0.393
Alanine	g	1.501	0	2.402	0.420	0.690
Aspartic acid	g	2.451	0	3.922	0.686	1.127
Glutamic acid	g	4.119	0	6.590	1.153	1.895
Glycine	g	1.351	0	2.162	0.378	0.621
Proline	g	1.131	0	1.810	0.317	0.520
Serine	g	0.946	0	1.514	0.265	0.435
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 drumstick, bone and skin removed

NDB No. 05075 Chicken, broilers or fryers, leg, meat and skin, raw

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 101g	Measure 2* 167g	Measure 3*
Proximates:							
Water	g	69.91	0.271	28	70.61	116.75	
Energy	kcal	187		0	189	312	
Energy	kj	782		0	790	1306	
Protein (N x 5.95)	g	18.15	0.101	28	18.33	30.31	
Total lipid (fat)	g	12.12	0.228	28	12.24	20.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85	0.028	28	0.86	1.42	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.566	24	10	17	
Iron	mg	1.01	0.025	24	1.02	1.69	
Magnesium	mg	21	0.264	24	21	35	
Phosphorus	mg	149	2.759	24	150	249	
Potassium	mg	198	5.387	24	200	331	
Sodium	mg	79	1.227	24	80	132	
Zinc	mg	1.77	0.025	24	1.79	2.96	
Copper	mg	0.058	0.002	24	0.059	0.097	
Manganese	mg	0.020	0.000	24	0.020	0.033	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.5		0	2.5	4.2	
Thiamin	mg	0.067	0.003	16	0.068	0.112	
Riboflavin	mg	0.164	0.004	16	0.166	0.274	
Niacin	mg	5.435	0.172	16	5.489	9.076	
Pantothenic acid	mg	1.110		1	1.121	1.854	
Vitamin B-6	mg	0.290		1	0.293	0.484	
Folate	µg	11	2.150	4	11	18	
Vitamin B-12	µg	0.32		0	0.32	0.53	
Vitamin A	IU	123		0	124	205	
Vitamin A, RE	µg	36		0	36	60	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.410		0	3.444	5.695	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.020	0.033	
14:0	g	0.100		0	0.101	0.167	
15.0	g						
16:0	g	2.480		0	2.505	4.142	
17:0	g						
18:0	g	0.700		0	0.707	1.169	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.890	0	4.939	8.166
14:1	g				
16:1	g	0.670	0	0.677	1.119
18:1	g	4.050	0	4.090	6.764
20:1	g	0.120	0	0.121	0.200
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.650	0	2.676	4.426
18:2	g	2.340	0	2.363	3.908
18:3	g	0.110	0	0.111	0.184
18:4	g				
20:4	g	0.080	0	0.081	0.134
20:5	g	0.010	0	0.010	0.017
22:5	g	0.020	0	0.020	0.033
22:6	g	0.030	0	0.030	0.050
Cholesterol	mg	83	0	84	139
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.204	0	0.206	0.341
Threonine	g	0.752	0	0.760	1.256
Isoleucine	g	0.911	0	0.920	1.521
Leucine	g	1.325	0	1.338	2.213
Lysine	g	1.484	0	1.499	2.478
Methionine	g	0.485	0	0.490	0.810
Cystine	g	0.241	0	0.243	0.402
Phenylalanine	g	0.707	0	0.714	1.181
Tyrosine	g	0.588	0	0.594	0.982
Valine	g	0.883	0	0.892	1.475
Arginine	g	1.133	0	1.144	1.892
Histidine	g	0.536	0	0.541	0.895
Alanine	g	1.051	0	1.062	1.755
Aspartic acid	g	1.618	0	1.634	2.702
Glutamic acid	g	2.660	0	2.687	4.442
Glycine	g	1.144	0	1.155	1.910
Proline	g	0.865	0	0.874	1.445
Serine	g	0.639	0	0.645	1.067
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1 leg, bone removed

NDB No. 05076 Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 95g	Measure 2* 158g	Measure 3*
Proximates:							
Water	g	52.08		0	49.48	82.29	
Energy	kcal	273		0	259	431	
Energy	kj	1142		0	1085	1804	
Protein (N x 5.95)	g	21.77		0	20.68	34.40	
Total lipid (fat)	g	16.17		0	15.36	25.55	
Carbohydrate, by difference	g	8.72		0	8.28	13.78	
Fiber, total dietary	g	0.3		0	0.3	0.5	
Ash	g	1.26		0	1.20	1.99	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	17	28	
Iron	mg	1.40		0	1.33	2.21	
Magnesium	mg	20		0	19	32	
Phosphorus	mg	152		0	144	240	
Potassium	mg	189		0	180	299	
Sodium	mg	279		0	265	441	
Zinc	mg	2.17		0	2.06	3.43	
Copper	mg	0.080		0	0.076	0.126	
Manganese	mg	0.054		0	0.051	0.085	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.116		0	0.110	0.183	
Riboflavin	mg	0.221		0	0.210	0.349	
Niacin	mg	5.433		0	5.161	8.584	
Pantothenic acid	mg	0.994		0	0.944	1.571	
Vitamin B-6	mg	0.270		0	0.257	0.427	
Folate	µg	18		0	17	28	
Vitamin B-12	µg	0.28		0	0.27	0.44	
Vitamin A	IU	91		0	86	144	
Vitamin A, RE	µg	27		0	26	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.280		0	4.066	6.762	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.019	0.032	
14:0	g	0.090		0	0.086	0.142	
15.0	g						
16:0	g	2.840		0	2.698	4.487	
17:0	g						
18:0	g	1.250		0	1.188	1.975	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.580	0	6.251	10.396
14:1	g				
16:1	g	0.510	0	0.485	0.806
18:1	g	5.950	0	5.652	9.401
20:1	g	0.080	0	0.076	0.126
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.850	0	3.658	6.083
18:2	g	3.450	0	3.277	5.451
18:3	g	0.190	0	0.181	0.300
18:4	g				
20:4	g	0.100	0	0.095	0.158
20:5	g	0.010	0	0.010	0.016
22:5	g	0.020	0	0.019	0.032
22:6	g	0.040	0	0.038	0.063
Cholesterol	mg	90	0	86	142
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.250	0	0.238	0.395
Threonine	g	0.894	0	0.849	1.413
Isoleucine	g	1.095	0	1.040	1.730
Leucine	g	1.603	0	1.523	2.533
Lysine	g	1.718	0	1.632	2.714
Methionine	g	0.574	0	0.545	0.907
Cystine	g	0.298	0	0.283	0.471
Phenylalanine	g	0.870	0	0.827	1.375
Tyrosine	g	0.711	0	0.675	1.123
Valine	g	1.065	0	1.012	1.683
Arginine	g	1.326	0	1.260	2.095
Histidine	g	0.638	0	0.606	1.008
Alanine	g	1.217	0	1.156	1.923
Aspartic acid	g	1.885	0	1.791	2.978
Glutamic acid	g	3.479	0	3.305	5.497
Glycine	g	1.287	0	1.223	2.033
Proline	g	1.112	0	1.056	1.757
Serine	g	0.799	0	0.759	1.262
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1 leg, bone removed

NDB No. 05077 Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 67g	Measure 2* 112g	Measure 3*
Proximates:							
Water	g	55.28		0	37.04	61.91	
Energy	kcal	254		0	170	284	
Energy	kj	1063		0	712	1191	
Protein (N x 5.95)	g	26.84		0	17.98	30.06	
Total lipid (fat)	g	14.43		0	9.67	16.16	
Carbohydrate, by difference	g	2.50		0	1.68	2.80	
Fiber, total dietary	g	0.1		0	0.1	0.1	
Ash	g	0.95		0	0.64	1.06	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	9	15	
Iron	mg	1.43		0	0.96	1.60	
Magnesium	mg	24		0	16	27	
Phosphorus	mg	182		0	122	204	
Potassium	mg	233		0	156	261	
Sodium	mg	88		0	59	99	
Zinc	mg	2.68		0	1.80	3.00	
Copper	mg	0.085		0	0.057	0.095	
Manganese	mg	0.032		0	0.021	0.036	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.088		0	0.059	0.099	
Riboflavin	mg	0.235		0	0.157	0.263	
Niacin	mg	6.546		0	4.386	7.332	
Pantothenic acid	mg	1.198		0	0.803	1.342	
Vitamin B-6	mg	0.340		0	0.228	0.381	
Folate	µg	11		0	7	12	
Vitamin B-12	µg	0.31		0	0.21	0.35	
Vitamin A	IU	92		0	62	103	
Vitamin A, RE	µg	28		0	19	31	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.900		0	2.613	4.368	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.020	0.034	
14:0	g	0.100		0	0.067	0.112	
15.0	g						
16:0	g	2.730		0	1.829	3.058	
17:0	g						
18:0	g	0.950		0	0.636	1.064	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.680	0	3.806	6.362
14:1	g				
16:1	g	0.640	0	0.429	0.717
18:1	g	4.870	0	3.263	5.454
20:1	g	0.100	0	0.067	0.112
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.330	0	2.231	3.730
18:2	g	2.910	0	1.950	3.259
18:3	g	0.140	0	0.094	0.157
18:4	g				
20:4	g	0.120	0	0.080	0.134
20:5	g	0.010	0	0.007	0.011
22:5	g	0.020	0	0.013	0.022
22:6	g	0.050	0	0.034	0.056
Cholesterol	mg	94	0	63	105
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.304	0	0.204	0.340
Threonine	g	1.112	0	0.745	1.245
Isoleucine	g	1.357	0	0.909	1.520
Leucine	g	1.969	0	1.319	2.205
Lysine	g	2.189	0	1.467	2.452
Methionine	g	0.718	0	0.481	0.804
Cystine	g	0.357	0	0.239	0.400
Phenylalanine	g	1.054	0	0.706	1.180
Tyrosine	g	0.875	0	0.586	0.980
Valine	g	1.310	0	0.878	1.467
Arginine	g	1.659	0	1.112	1.858
Histidine	g	0.797	0	0.534	0.893
Alanine	g	1.531	0	1.026	1.715
Aspartic acid	g	2.377	0	1.593	2.662
Glutamic acid	g	4.029	0	2.699	4.512
Glycine	g	1.621	0	1.086	1.816
Proline	g	1.278	0	0.856	1.431
Serine	g	0.948	0	0.635	1.062
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1 leg, bone removed

NDB No. 05078 Chicken, broilers or fryers, leg, meat and skin, cooked, roasted

Refuse: 29% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 69g	Measure 3* 114g
Proximates:							
Water	g	60.92	0.416	16	85.29	42.03	69.45
Energy	kcal	232		0	325	160	264
Energy	kj	971		0	1359	670	1107
Protein (N x 5.95)	g	25.96	0.258	16	36.34	17.91	29.59
Total lipid (fat)	g	13.46	0.185	16	18.84	9.29	15.34
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.92	0.028	16	1.29	0.63	1.05
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.656	16	17	8	14
Iron	mg	1.33	0.040	16	1.86	0.92	1.52
Magnesium	mg	23	0.456	16	32	16	26
Phosphorus	mg	174	3.891	16	244	120	198
Potassium	mg	225	5.495	16	315	155	257
Sodium	mg	87	1.666	16	122	60	99
Zinc	mg	2.60	0.045	16	3.64	1.79	2.96
Copper	mg	0.077	0.002	16	0.108	0.053	0.088
Manganese	mg	0.021	0.000	16	0.029	0.014	0.024
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.068	0.006	8	0.095	0.047	0.078
Riboflavin	mg	0.213	0.006	8	0.298	0.147	0.243
Niacin	mg	6.196	0.437	8	8.674	4.275	7.063
Pantothenic acid	mg	1.156		0	1.618	0.798	1.318
Vitamin B-6	mg	0.330		0	0.462	0.228	0.376
Folate	µg	7		0	10	5	8
Vitamin B-12	µg	0.30		0	0.42	0.21	0.34
Vitamin A	IU	135		0	189	93	154
Vitamin A, RE	µg	39		0	55	27	44
Vitamin E, α-TE	mg	0.265		0	0.371	0.183	0.302
Lipids:							
Saturated, total	g	3.720		0	5.208	2.567	4.241
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.021	0.034
14:0	g	0.100		0	0.140	0.069	0.114
15.0	g						
16:0	g	2.710		0	3.794	1.870	3.089
17:0	g						
18:0	g	0.770		0	1.078	0.531	0.878
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.240	0	7.336	3.616	5.974
14:1	g					
16:1	g	0.730	0	1.022	0.504	0.832
18:1	g	4.320	0	6.048	2.981	4.925
20:1	g	0.120	0	0.168	0.083	0.137
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.000	0	4.200	2.070	3.420
18:2	g	2.590	0	3.626	1.787	2.953
18:3	g	0.120	0	0.168	0.083	0.137
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.120	0	0.168	0.083	0.137
20:5	g	0.010	0	0.014	0.007	0.011
22:5	g	0.020	0	0.028	0.014	0.023
22:6	g	0.050	0	0.070	0.035	0.057
Cholesterol	mg	92	0	129	63	105
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.291	0	0.407	0.201	0.332
Threonine	g	1.075	0	1.505	0.742	1.226
Isoleucine	g	1.304	0	1.826	0.900	1.487
Leucine	g	1.895	0	2.653	1.308	2.160
Lysine	g	2.124	0	2.974	1.466	2.421
Methionine	g	0.694	0	0.972	0.479	0.791
Cystine	g	0.345	0	0.483	0.238	0.393
Phenylalanine	g	1.011	0	1.415	0.698	1.153
Tyrosine	g	0.841	0	1.177	0.580	0.959
Valine	g	1.263	0	1.768	0.871	1.440
Arginine	g	1.620	0	2.268	1.118	1.847
Histidine	g	0.768	0	1.075	0.530	0.876
Alanine	g	1.503	0	2.104	1.037	1.713
Aspartic acid	g	2.315	0	3.241	1.597	2.639
Glutamic acid	g	3.806	0	5.328	2.626	4.339
Glycine	g	1.633	0	2.286	1.127	1.862
Proline	g	1.237	0	1.732	0.854	1.410
Serine	g	0.913	0	1.278	0.630	1.041
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 leg, bone removed

NDB No. 05079 Chicken, broilers or fryers, leg, meat and skin, cooked, stewed

Refuse: 30% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 75g	Measure 3* 125g
Proximates:							
Water	g	64.01	0.524	16	89.61	48.01	80.01
Energy	kcal	220		0	308	165	275
Energy	kj	920		0	1288	690	1150
Protein (N x 5.95)	g	24.17	0.253	16	33.84	18.13	30.21
Total lipid (fat)	g	12.92	0.192	16	18.09	9.69	16.15
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.79	0.028	16	1.11	0.59	0.99
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.462	16	15	8	14
Iron	mg	1.35	0.056	16	1.89	1.01	1.69
Magnesium	mg	20	0.366	16	28	15	25
Phosphorus	mg	139	2.472	16	195	104	174
Potassium	mg	176	6.453	16	246	132	220
Sodium	mg	73	1.949	16	102	55	91
Zinc	mg	2.43	0.040	16	3.40	1.82	3.04
Copper	mg	0.071	0.001	16	0.099	0.053	0.089
Manganese	mg	0.019	0.001	16	0.027	0.014	0.024
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.054	0.003	8	0.076	0.041	0.068
Riboflavin	mg	0.191	0.005	8	0.267	0.143	0.239
Niacin	mg	4.590	0.199	8	6.426	3.442	5.737
Pantothenic acid	mg	0.812		0	1.137	0.609	1.015
Vitamin B-6	mg	0.180		0	0.252	0.135	0.225
Folate	µg	6		0	8	5	8
Vitamin B-12	µg	0.20		0	0.28	0.15	0.25
Vitamin A	IU	124		0	174	93	155
Vitamin A, RE	µg	36		0	50	27	45
Vitamin E, α-TE	mg	0.265		0	0.371	0.199	0.331
Lipids:							
Saturated, total	g	3.570		0	4.998	2.678	4.463
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.023	0.038
14:0	g	0.100		0	0.140	0.075	0.125
15.0	g						
16:0	g	2.600		0	3.640	1.950	3.250
17:0	g						
18:0	g	0.740		0	1.036	0.555	0.925
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.040	0	7.056	3.780	6.300
14:1	g					
16:1	g	0.700	0	0.980	0.525	0.875
18:1	g	4.160	0	5.824	3.120	5.200
20:1	g	0.120	0	0.168	0.090	0.150
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.870	0	4.018	2.152	3.587
18:2	g	2.490	0	3.486	1.868	3.112
18:3	g	0.110	0	0.154	0.083	0.138
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.120	0	0.168	0.090	0.150
20:5	g	0.010	0	0.014	0.008	0.013
22:5	g	0.020	0	0.028	0.015	0.025
22:6	g	0.040	0	0.056	0.030	0.050
Cholesterol	mg	84	0	118	63	105
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.271	0	0.379	0.203	0.339
Threonine	g	1.002	0	1.403	0.752	1.252
Isoleucine	g	1.216	0	1.702	0.912	1.520
Leucine	g	1.766	0	2.472	1.324	2.208
Lysine	g	1.979	0	2.771	1.484	2.474
Methionine	g	0.646	0	0.904	0.485	0.808
Cystine	g	0.321	0	0.449	0.241	0.401
Phenylalanine	g	0.942	0	1.319	0.706	1.178
Tyrosine	g	0.784	0	1.098	0.588	0.980
Valine	g	1.177	0	1.648	0.883	1.471
Arginine	g	1.507	0	2.110	1.130	1.884
Histidine	g	0.715	0	1.001	0.536	0.894
Alanine	g	1.397	0	1.956	1.048	1.746
Aspartic acid	g	2.155	0	3.017	1.616	2.694
Glutamic acid	g	3.545	0	4.963	2.659	4.431
Glycine	g	1.511	0	2.115	1.133	1.889
Proline	g	1.147	0	1.606	0.860	1.434
Serine	g	0.850	0	1.190	0.637	1.063
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 leg, bone removed

NDB No. 05080 Chicken, broilers or fryers, leg, meat only, raw

Refuse: 43% 27% bone, 11% skin, 5% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2* 130g	Measure 3*
Proximates:							
Water	g	76.13	0.274	25	59.38	98.97	
Energy	kcal	120		0	94	156	
Energy	kj	502		0	392	653	
Protein (N x 5.95)	g	20.13	0.147	26	15.70	26.17	
Total lipid (fat)	g	3.81	0.145	26	2.97	4.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94	0.029	25	0.73	1.22	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.730	25	9	14	
Iron	mg	1.02	0.027	24	0.80	1.33	
Magnesium	mg	23	0.324	24	18	30	
Phosphorus	mg	167	2.962	24	130	217	
Potassium	mg	229	6.000	24	179	298	
Sodium	mg	86	1.529	24	67	112	
Zinc	mg	2.06	0.029	24	1.61	2.68	
Copper	mg	0.064	0.002	24	0.050	0.083	
Manganese	mg	0.021	0.000	24	0.016	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.2		0	2.5	4.2	
Thiamin	mg	0.079	0.004	16	0.062	0.103	
Riboflavin	mg	0.193	0.005	16	0.151	0.251	
Niacin	mg	6.067	0.195	16	4.732	7.887	
Pantothenic acid	mg	1.178		1	0.919	1.531	
Vitamin B-6	mg	0.330		1	0.257	0.429	
Folate	µg	10		0	8	13	
Vitamin B-12	µg	0.36		0	0.28	0.47	
Vitamin A	IU	61		0	48	79	
Vitamin A, RE	µg	18		0	14	23	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.980		0	0.764	1.274	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020	0.003	17	0.016	0.026	
14:0	g	0.020	0.003	24	0.016	0.026	
15.0	g						
16:0	g	0.650	0.030	24	0.507	0.845	
17:0	g						
18:0	g	0.260	0.017	24	0.203	0.338	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.180		0	0.920	1.534
14:1	g					
16:1	g	0.170	0.012	24	0.133	0.221
18:1	g	0.980	0.048	24	0.764	1.274
20:1	g	0.010	0.003	6	0.008	0.013
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.950		0	0.741	1.235
18:2	g	0.730	0.034	24	0.569	0.949
18:3	g	0.030	0.002	18	0.023	0.039
18:4	g					
20:4	g	0.090	0.016	16	0.070	0.117
20:5	g	0.010	0.003	8	0.008	0.013
22:5	g	0.020	0.005	9	0.016	0.026
22:6	g	0.040	0.011	9	0.031	0.052
Cholesterol	mg	80		0	62	104
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.235		0	0.183	0.306
Threonine	g	0.850		0	0.663	1.105
Isoleucine	g	1.063		0	0.829	1.382
Leucine	g	1.511		0	1.179	1.964
Lysine	g	1.710		0	1.334	2.223
Methionine	g	0.557		0	0.434	0.724
Cystine	g	0.258		0	0.201	0.335
Phenylalanine	g	0.799		0	0.623	1.039
Tyrosine	g	0.680		0	0.530	0.884
Valine	g	0.999		0	0.779	1.299
Arginine	g	1.214		0	0.947	1.578
Histidine	g	0.625		0	0.488	0.813
Alanine	g	1.098		0	0.856	1.427
Aspartic acid	g	1.794		0	1.399	2.332
Glutamic acid	g	3.015		0	2.352	3.919
Glycine	g	0.989		0	0.771	1.286
Proline	g	0.828		0	0.646	1.076
Serine	g	0.693		0	0.541	0.901
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 leg, bone and skin removed

NDB No. 05081 Chicken, broilers or fryers, leg, meat only, cooked, fried

Refuse: 40% 28% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2* 94g	Measure 3*
Proximates:							
Water	g	60.61		0	33.94	56.97	
Energy	kcal	208		0	116	196	
Energy	kj	870		0	487	818	
Protein (N x 5.95)	g	28.38		0	15.89	26.68	
Total lipid (fat)	g	9.32		0	5.22	8.76	
Carbohydrate, by difference	g	0.65		0	0.36	0.61	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	0.59	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	7	12	
Iron	mg	1.40		0	0.78	1.32	
Magnesium	mg	25		0	14	24	
Phosphorus	mg	193		0	108	181	
Potassium	mg	254		0	142	239	
Sodium	mg	96		0	54	90	
Zinc	mg	2.98		0	1.67	2.80	
Copper	mg	0.086		0	0.048	0.081	
Manganese	mg	0.025		0	0.014	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.083		0	0.046	0.078	
Riboflavin	mg	0.247		0	0.138	0.232	
Niacin	mg	6.688		0	3.745	6.287	
Pantothenic acid	mg	1.301		0	0.729	1.223	
Vitamin B-6	mg	0.390		0	0.218	0.367	
Folate	µg	9		0	5	8	
Vitamin B-12	µg	0.34		0	0.19	0.32	
Vitamin A	IU	66		0	37	62	
Vitamin A, RE	µg	20		0	11	19	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.490		0	1.394	2.341	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.017	0.028	
14:0	g	0.060		0	0.034	0.056	
15.0	g						
16:0	g	1.680		0	0.941	1.579	
17:0	g						
18:0	g	0.650		0	0.364	0.611	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.430	0	1.921	3.224
14:1	g				
16:1	g	0.400	0	0.224	0.376
18:1	g	2.960	0	1.658	2.782
20:1	g	0.040	0	0.022	0.038
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.220	0	1.243	2.087
18:2	g	1.860	0	1.042	1.748
18:3	g	0.090	0	0.050	0.085
18:4	g				
20:4	g	0.130	0	0.073	0.122
20:5	g	0.010	0	0.006	0.009
22:5	g	0.030	0	0.017	0.028
22:6	g	0.050	0	0.028	0.047
Cholesterol	mg	99	0	55	93
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.332	0	0.186	0.312
Threonine	g	1.198	0	0.671	1.126
Isoleucine	g	1.497	0	0.838	1.407
Leucine	g	2.129	0	1.192	2.001
Lysine	g	2.405	0	1.347	2.261
Methionine	g	0.784	0	0.439	0.737
Cystine	g	0.364	0	0.204	0.342
Phenylalanine	g	1.127	0	0.631	1.059
Tyrosine	g	0.958	0	0.536	0.901
Valine	g	1.407	0	0.788	1.323
Arginine	g	1.710	0	0.958	1.607
Histidine	g	0.880	0	0.493	0.827
Alanine	g	1.547	0	0.866	1.454
Aspartic acid	g	2.525	0	1.414	2.373
Glutamic acid	g	4.270	0	2.391	4.014
Glycine	g	1.393	0	0.780	1.309
Proline	g	1.174	0	0.657	1.104
Serine	g	0.978	0	0.548	0.919
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1 leg, bone and skin removed

NDB No. 05082 Chicken, broilers or fryers, leg, meat only, cooked, roasted

Refuse: 41% Bone 29%, skin 12%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 57g	Measure 3* 95g
Proximates:							
Water	g	64.70	0.374	16	90.58	36.88	61.47
Energy	kcal	191		0	267	109	181
Energy	kj	799		0	1119	455	759
Protein (N x 5.95)	g	27.03	0.271	16	37.84	15.41	25.68
Total lipid (fat)	g	8.43	0.128	16	11.80	4.81	8.01
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.00	0.033	16	1.40	0.57	0.95
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.786	16	17	7	11
Iron	mg	1.31	0.038	16	1.83	0.75	1.24
Magnesium	mg	24	0.518	16	34	14	23
Phosphorus	mg	183	4.300	16	256	104	174
Potassium	mg	242	5.736	16	339	138	230
Sodium	mg	91	1.820	16	127	52	86
Zinc	mg	2.86	0.046	16	4.00	1.63	2.72
Copper	mg	0.080	0.002	16	0.112	0.046	0.076
Manganese	mg	0.021	0.000	16	0.029	0.012	0.020
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.075	0.007	8	0.105	0.043	0.071
Riboflavin	mg	0.232	0.007	8	0.325	0.132	0.220
Niacin	mg	6.319	0.464	8	8.847	3.602	6.003
Pantothenic acid	mg	1.241		0	1.737	0.707	1.179
Vitamin B-6	mg	0.370		0	0.518	0.211	0.352
Folate	µg	8		0	11	5	8
Vitamin B-12	µg	0.32		0	0.45	0.18	0.30
Vitamin A	IU	63		0	88	36	60
Vitamin A, RE	µg	19		0	27	11	18
Vitamin E, α-TE	mg	0.265		0	0.371	0.151	0.252
Lipids:							
Saturated, total	g	2.290		0	3.206	1.305	2.176
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.017	0.029
14:0	g	0.060		0	0.084	0.034	0.057
15.0	g						
16:0	g	1.590		0	2.226	0.906	1.511
17:0	g						
18:0	g	0.540		0	0.756	0.308	0.513
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.050	0	4.270	1.739	2.898
14:1	g					
16:1	g	0.420	0	0.588	0.239	0.399
18:1	g	2.540	0	3.556	1.448	2.413
20:1	g	0.040	0	0.056	0.023	0.038
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.970	0	2.758	1.123	1.872
18:2	g	1.620	0	2.268	0.923	1.539
18:3	g	0.080	0	0.112	0.046	0.076
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.130	0	0.182	0.074	0.124
20:5	g	0.010	0	0.014	0.006	0.010
22:5	g	0.030	0	0.042	0.017	0.029
22:6	g	0.050	0	0.070	0.029	0.048
Cholesterol	mg	94	0	132	54	89
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.316	0	0.442	0.180	0.300
Threonine	g	1.142	0	1.599	0.651	1.085
Isoleucine	g	1.427	0	1.998	0.813	1.356
Leucine	g	2.028	0	2.839	1.156	1.927
Lysine	g	2.296	0	3.214	1.309	2.181
Methionine	g	0.748	0	1.047	0.426	0.711
Cystine	g	0.346	0	0.484	0.197	0.329
Phenylalanine	g	1.072	0	1.501	0.611	1.018
Tyrosine	g	0.912	0	1.277	0.520	0.866
Valine	g	1.340	0	1.876	0.764	1.273
Arginine	g	1.630	0	2.282	0.929	1.549
Histidine	g	0.839	0	1.175	0.478	0.797
Alanine	g	1.474	0	2.064	0.840	1.400
Aspartic acid	g	2.408	0	3.371	1.373	2.288
Glutamic acid	g	4.047	0	5.666	2.307	3.845
Glycine	g	1.327	0	1.858	0.756	1.261
Proline	g	1.111	0	1.555	0.633	1.055
Serine	g	0.930	0	1.302	0.530	0.884
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 leg, bone and skin removed

NDB No. 05083 Chicken, broilers or fryers, leg, meat only, cooked, stewed

Refuse: 43% 30% bone, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 60g	Measure 3* 101g
Proximates:							
Water	g	66.44	0.341	16	106.30	39.86	67.10
Energy	kcal	185		0	296	111	187
Energy	kj	774		0	1238	464	782
Protein (N x 5.95)	g	26.26	0.228	16	42.02	15.76	26.52
Total lipid (fat)	g	8.06	0.117	16	12.90	4.84	8.14
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.88	0.034	16	1.41	0.53	0.89
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.553	16	18	7	11
Iron	mg	1.40	0.064	16	2.24	0.84	1.41
Magnesium	mg	21	0.433	16	34	13	21
Phosphorus	mg	149	2.983	16	238	89	150
Potassium	mg	190	6.604	16	304	114	192
Sodium	mg	78	2.300	16	125	47	79
Zinc	mg	2.78	0.048	16	4.45	1.67	2.81
Copper	mg	0.077	0.001	16	0.123	0.046	0.078
Manganese	mg	0.019	0.001	16	0.030	0.011	0.019
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.059	0.003	8	0.094	0.035	0.060
Riboflavin	mg	0.216	0.006	8	0.346	0.130	0.218
Niacin	mg	4.798	0.224	8	7.677	2.879	4.846
Pantothenic acid	mg	0.913		0	1.461	0.548	0.922
Vitamin B-6	mg	0.210		0	0.336	0.126	0.212
Folate	µg	8		0	13	5	8
Vitamin B-12	µg	0.23		0	0.37	0.14	0.23
Vitamin A	IU	60		0	96	36	61
Vitamin A, RE	µg	18		0	29	11	18
Vitamin E, α-TE	mg	0.265		0	0.424	0.159	0.268
Lipids:							
Saturated, total	g	2.200		0	3.520	1.320	2.222
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.048	0.018	0.030
14:0	g	0.060		0	0.096	0.036	0.061
15.0	g						
16:0	g	1.520		0	2.432	0.912	1.535
17:0	g						
18:0	g	0.520		0	0.832	0.312	0.525
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.930	0	4.688	1.758	2.959
14:1	g					
16:1	g	0.400	0	0.640	0.240	0.404
18:1	g	2.440	0	3.904	1.464	2.464
20:1	g	0.040	0	0.064	0.024	0.040
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.880	0	3.008	1.128	1.899
18:2	g	1.550	0	2.480	0.930	1.566
18:3	g	0.070	0	0.112	0.042	0.071
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.120	0	0.192	0.072	0.121
20:5	g	0.010	0	0.016	0.006	0.010
22:5	g	0.030	0	0.048	0.018	0.030
22:6	g	0.050	0	0.080	0.030	0.051
Cholesterol	mg	89	0	142	53	90
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.307	0	0.491	0.184	0.310
Threonine	g	1.109	0	1.774	0.665	1.120
Isoleucine	g	1.387	0	2.219	0.832	1.401
Leucine	g	1.971	0	3.154	1.183	1.991
Lysine	g	2.231	0	3.570	1.339	2.253
Methionine	g	0.727	0	1.163	0.436	0.734
Cystine	g	0.336	0	0.538	0.202	0.339
Phenylalanine	g	1.042	0	1.667	0.625	1.052
Tyrosine	g	0.887	0	1.419	0.532	0.896
Valine	g	1.303	0	2.085	0.782	1.316
Arginine	g	1.584	0	2.534	0.950	1.600
Histidine	g	0.815	0	1.304	0.489	0.823
Alanine	g	1.433	0	2.293	0.860	1.447
Aspartic acid	g	2.341	0	3.746	1.405	2.364
Glutamic acid	g	3.933	0	6.293	2.360	3.972
Glycine	g	1.290	0	2.064	0.774	1.303
Proline	g	1.080	0	1.728	0.648	1.091
Serine	g	0.903	0	1.445	0.542	0.912
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 leg, bone and skin removed

NDB No. 05084 Chicken, broilers or fryers, neck, meat and skin, raw

Refuse: 36% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 15g	Measure 2* 50g	Measure 3*
Proximates:							
Water	g	59.99	0.899	8	9.00	30.00	
Energy	kcal	297		0	45	149	
Energy	kj	1243		0	186	622	
Protein (N x 5.95)	g	14.07	0.239	8	2.11	7.04	
Total lipid (fat)	g	26.24	1.199	8	3.94	13.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.55	0.022	8	0.08	0.28	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.704	8	3	9	
Iron	mg	1.90	0.089	8	0.28	0.95	
Magnesium	mg	13	0.297	8	2	7	
Phosphorus	mg	112	1.674	8	17	56	
Potassium	mg	137	7.240	8	21	69	
Sodium	mg	64	1.179	8	10	32	
Zinc	mg	1.86	0.064	8	0.28	0.93	
Copper	mg	0.080	0.003	8	0.012	0.040	
Manganese	mg	0.033	0.001	8	0.005	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.1		0	0.2	0.6	
Thiamin	mg	0.047	0.003	8	0.007	0.024	
Riboflavin	mg	0.191	0.011	8	0.029	0.096	
Niacin	mg	3.608	0.170	8	0.541	1.804	
Pantothenic acid	mg	0.850		0	0.128	0.425	
Vitamin B-6	mg	0.170		0	0.026	0.085	
Folate	µg	5		0	1	3	
Vitamin B-12	µg	0.26		0	0.04	0.13	
Vitamin A	IU	216		0	32	108	
Vitamin A, RE	µg	65		0	10	33	
Vitamin E, α-TE	mg	0.295		0	0.044	0.148	
Lipids:							
Saturated, total	g	7.270		0	1.091	3.635	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.006	0.020	
14:0	g	0.210		0	0.032	0.105	
15.0	g						
16:0	g	5.460		0	0.819	2.730	
17:0	g						
18:0	g	1.370		0	0.206	0.685	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.550	0	1.583	5.275
14:1	g				
16:1	g	1.490	0	0.224	0.745
18:1	g	8.640	0	1.296	4.320
20:1	g	0.300	0	0.045	0.150
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.680	0	0.852	2.840
18:2	g	5.040	0	0.756	2.520
18:3	g	0.210	0	0.032	0.105
18:4	g	0.000	0	0.000	0.000
20:4	g	0.160	0	0.024	0.080
20:5	g	0.020	0	0.003	0.010
22:5	g	0.030	0	0.004	0.015
22:6	g	0.060	0	0.009	0.030
Cholesterol	mg	99	0	15	50
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.137	0	0.021	0.069
Threonine	g	0.545	0	0.082	0.273
Isoleucine	g	0.588	0	0.088	0.294
Leucine	g	0.933	0	0.140	0.467
Lysine	g	1.005	0	0.151	0.502
Methionine	g	0.332	0	0.050	0.166
Cystine	g	0.209	0	0.031	0.105
Phenylalanine	g	0.514	0	0.077	0.257
Tyrosine	g	0.392	0	0.059	0.196
Valine	g	0.641	0	0.096	0.320
Arginine	g	0.975	0	0.146	0.488
Histidine	g	0.348	0	0.052	0.174
Alanine	g	0.967	0	0.145	0.484
Aspartic acid	g	1.256	0	0.188	0.628
Glutamic acid	g	1.916	0	0.287	0.958
Glycine	g	1.521	0	0.228	0.761
Proline	g	0.971	0	0.146	0.486
Serine	g	0.531	0	0.080	0.266
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 neck, bone removed

NDB No. 05085 Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter

Refuse: 25% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2* 52g	Measure 3*
Proximates:							
Water	g	46.92		0	7.51	24.40	
Energy	kcal	330		0	53	172	
Energy	kj	1381		0	221	718	
Protein (N x 5.95)	g	19.82		0	3.17	10.31	
Total lipid (fat)	g	23.52		0	3.76	12.23	
Carbohydrate, by difference	g	8.70		0	1.39	4.52	
Fiber, total dietary	g						
Ash	g	1.04		0	0.17	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	31		0	5	16	
Iron	mg	2.15		0	0.34	1.12	
Magnesium	mg	16		0	3	8	
Phosphorus	mg	115		0	18	60	
Potassium	mg	151		0	24	79	
Sodium	mg	276		0	44	144	
Zinc	mg	2.50		0	0.40	1.30	
Copper	mg	0.113		0	0.018	0.059	
Manganese	mg	0.065		0	0.010	0.034	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.100		0	0.016	0.052	
Riboflavin	mg	0.237		0	0.038	0.123	
Niacin	mg	4.528		0	0.724	2.355	
Pantothenic acid	mg	0.839		0	0.134	0.436	
Vitamin B-6	mg	0.210		0	0.034	0.109	
Folate	µg	15		0	2	8	
Vitamin B-12	µg	0.24		0	0.04	0.12	
Vitamin A	IU	170		0	27	88	
Vitamin A, RE	µg	51		0	8	27	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.220		0	0.995	3.234	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.003	0.010	
14:0	g	0.140		0	0.022	0.073	
15.0	g						
16:0	g	4.180		0	0.669	2.174	
17:0	g						
18:0	g	1.790		0	0.286	0.931	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.790	0	1.566	5.091
14:1	g				
16:1	g	0.740	0	0.118	0.385
18:1	g	8.870	0	1.419	4.612
20:1	g	0.140	0	0.022	0.073
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.560	0	0.890	2.891
18:2	g	5.050	0	0.808	2.626
18:3	g	0.270	0	0.043	0.140
18:4	g				
20:4	g	0.090	0	0.014	0.047
20:5	g	0.010	0	0.002	0.005
22:5	g	0.020	0	0.003	0.010
22:6	g	0.030	0	0.005	0.016
Cholesterol	mg	91	0	15	47
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.215	0	0.034	0.112
Threonine	g	0.790	0	0.126	0.411
Isoleucine	g	0.925	0	0.148	0.481
Leucine	g	1.403	0	0.224	0.730
Lysine	g	1.470	0	0.235	0.764
Methionine	g	0.495	0	0.079	0.257
Cystine	g	0.286	0	0.046	0.149
Phenylalanine	g	0.773	0	0.124	0.402
Tyrosine	g	0.609	0	0.097	0.317
Valine	g	0.944	0	0.151	0.491
Arginine	g	1.263	0	0.202	0.657
Histidine	g	0.539	0	0.086	0.280
Alanine	g	1.198	0	0.192	0.623
Aspartic acid	g	1.713	0	0.274	0.891
Glutamic acid	g	3.104	0	0.497	1.614
Glycine	g	1.555	0	0.249	0.809
Proline	g	1.203	0	0.192	0.626
Serine	g	0.753	0	0.120	0.392
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 neck, bone removed

NDB No. 05086 Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour

Refuse: 29% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 36g	Measure 3*
Proximates:							
Water	g	47.49		0	5.22	17.10	
Energy	kcal	332		0	37	120	
Energy	kj	1389		0	153	500	
Protein (N x 5.95)	g	24.01		0	2.64	8.64	
Total lipid (fat)	g	23.61		0	2.60	8.50	
Carbohydrate, by difference	g	4.24		0	0.47	1.53	
Fiber, total dietary	g						
Ash	g	0.65		0	0.07	0.23	
Sugars, total	g						
Minerals:							
Calcium	mg	31		0	3	11	
Iron	mg	2.42		0	0.27	0.87	
Magnesium	mg	19		0	2	7	
Phosphorus	mg	132		0	15	48	
Potassium	mg	180		0	20	65	
Sodium	mg	82		0	9	30	
Zinc	mg	3.07		0	0.34	1.11	
Copper	mg	0.130		0	0.014	0.047	
Manganese	mg	0.052		0	0.006	0.019	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.078		0	0.009	0.028	
Riboflavin	mg	0.259		0	0.028	0.093	
Niacin	mg	5.348		0	0.588	1.925	
Pantothenic acid	mg	0.982		0	0.108	0.354	
Vitamin B-6	mg	0.250		0	0.028	0.090	
Folate	µg	11		0	1	4	
Vitamin B-12	µg	0.26		0	0.03	0.09	
Vitamin A	IU	190		0	21	68	
Vitamin A, RE	µg	57		0	6	21	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.320		0	0.695	2.275	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.003	0.011	
14:0	g	0.150		0	0.017	0.054	
15.0	g						
16:0	g	4.400		0	0.484	1.584	
17:0	g						
18:0	g	1.630		0	0.179	0.587	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.700	0	1.067	3.492
14:1	g				
16:1	g	0.920	0	0.101	0.331
18:1	g	8.530	0	0.938	3.071
20:1	g	0.180	0	0.020	0.065
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.470	0	0.602	1.969
18:2	g	4.930	0	0.542	1.775
18:3	g	0.250	0	0.028	0.090
18:4	g				
20:4	g	0.120	0	0.013	0.043
20:5	g	0.010	0	0.001	0.004
22:5	g	0.020	0	0.002	0.007
22:6	g	0.040	0	0.004	0.014
Cholesterol	mg	94	0	10	34
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.256	0	0.028	0.092
Threonine	g	0.962	0	0.106	0.346
Isoleucine	g	1.120	0	0.123	0.403
Leucine	g	1.690	0	0.186	0.608
Lysine	g	1.829	0	0.201	0.658
Methionine	g	0.606	0	0.067	0.218
Cystine	g	0.340	0	0.037	0.122
Phenylalanine	g	0.920	0	0.101	0.331
Tyrosine	g	0.733	0	0.081	0.264
Valine	g	1.138	0	0.125	0.410
Arginine	g	1.553	0	0.171	0.559
Histidine	g	0.658	0	0.072	0.237
Alanine	g	1.482	0	0.163	0.534
Aspartic acid	g	2.116	0	0.233	0.762
Glutamic acid	g	3.556	0	0.391	1.280
Glycine	g	1.938	0	0.213	0.698
Proline	g	1.398	0	0.154	0.503
Serine	g	0.883	0	0.097	0.318
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 neck, bone removed

NDB No. 05087 Chicken, broilers or fryers, neck, meat and skin, cooked simmered

Refuse: 32% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 11g	Measure 2* 38g	Measure 3*
Proximates:							
Water	g	61.73	1.057	8	6.79	23.46	
Energy	kcal	247		0	27	94	
Energy	kj	1033		0	114	393	
Protein (N x 5.95)	g	19.61	0.186	8	2.16	7.45	
Total lipid (fat)	g	18.10	0.779	8	1.99	6.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.61	0.020	8	0.07	0.23	
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.063	8	3	10	
Iron	mg	2.30	0.027	8	0.25	0.87	
Magnesium	mg	13	0.325	8	1	5	
Phosphorus	mg	122	4.758	8	13	46	
Potassium	mg	108	4.259	8	12	41	
Sodium	mg	52	2.128	8	6	20	
Zinc	mg	2.72	0.062	8	0.30	1.03	
Copper	mg	0.097	0.001	8	0.011	0.037	
Manganese	mg	0.046	0.002	8	0.005	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040	0.002	8	0.004	0.015	
Riboflavin	mg	0.248	0.012	8	0.027	0.094	
Niacin	mg	3.319	0.251	8	0.365	1.261	
Pantothenic acid	mg	0.525		0	0.058	0.200	
Vitamin B-6	mg	0.100		0	0.011	0.038	
Folate	µg	3		0	0	1	
Vitamin B-12	µg	0.14		0	0.02	0.05	
Vitamin A	IU	161		0	18	61	
Vitamin A, RE	µg	48		0	5	18	
Vitamin E, α-TE	mg	0.265		0	0.029	0.101	
Lipids:							
Saturated, total	g	5.000		0	0.550	1.900	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.003	0.011	
14:0	g	0.140		0	0.015	0.053	
15.0	g						
16:0	g	3.750		0	0.413	1.425	
17:0	g						
18:0	g	0.960		0	0.106	0.365	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.220	0	0.794	2.744
14:1	g				
16:1	g	1.020	0	0.112	0.388
18:1	g	5.920	0	0.651	2.250
20:1	g	0.200	0	0.022	0.076
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.940	0	0.433	1.497
18:2	g	3.480	0	0.383	1.322
18:3	g	0.150	0	0.017	0.057
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.013	0.046
20:5	g	0.020	0	0.002	0.008
22:5	g	0.020	0	0.002	0.008
22:6	g	0.040	0	0.004	0.015
Cholesterol	mg	70	0	8	27
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.200	0	0.022	0.076
Threonine	g	0.776	0	0.085	0.295
Isoleucine	g	0.872	0	0.096	0.331
Leucine	g	1.342	0	0.148	0.510
Lysine	g	1.466	0	0.161	0.557
Methionine	g	0.482	0	0.053	0.183
Cystine	g	0.281	0	0.031	0.107
Phenylalanine	g	0.731	0	0.080	0.278
Tyrosine	g	0.574	0	0.063	0.218
Valine	g	0.913	0	0.100	0.347
Arginine	g	1.316	0	0.145	0.500
Histidine	g	0.515	0	0.057	0.196
Alanine	g	1.280	0	0.141	0.486
Aspartic acid	g	1.750	0	0.193	0.665
Glutamic acid	g	2.735	0	0.301	1.039
Glycine	g	1.837	0	0.202	0.698
Proline	g	1.219	0	0.134	0.463
Serine	g	0.724	0	0.080	0.275
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: 1 neck, bone removed

NDB No. 05088 Chicken, broilers or fryers, neck, meat only, raw

Refuse: 75% 36% bone, 39% skin and separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 6g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	71.17	1.068	8	4.27	14.23	
Energy	kcal	154		0	9	31	
Energy	kj	644		0	39	129	
Protein (N x 5.95)	g	17.55	0.396	9	1.05	3.51	
Total lipid (fat)	g	8.78	0.546	8	0.53	1.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.69	0.015	8	0.04	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.445	8	2	5	
Iron	mg	2.06	0.064	8	0.12	0.41	
Magnesium	mg	17	0.553	8	1	3	
Phosphorus	mg	113	2.851	8	7	23	
Potassium	mg	175	8.374	8	11	35	
Sodium	mg	81	1.034	8	5	16	
Zinc	mg	2.68	0.176	8	0.16	0.54	
Copper	mg	0.109	0.005	8	0.007	0.022	
Manganese	mg	0.035	0.002	8	0.002	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.7		0	0.2	0.5	
Thiamin	mg	0.054	0.007	8	0.003	0.011	
Riboflavin	mg	0.228	0.017	8	0.014	0.046	
Niacin	mg	4.119	0.231	8	0.247	0.824	
Pantothenic acid	mg	1.090		0	0.065	0.218	
Vitamin B-6	mg	0.290		0	0.017	0.058	
Folate	µg	8		0	0	2	
Vitamin B-12	µg	0.32		0	0.02	0.06	
Vitamin A	IU	146		0	9	29	
Vitamin A, RE	µg	44		0	3	9	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.250		0	0.135	0.450	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040	0.008	17	0.002	0.008	
14:0	g	0.050	0.006	24	0.003	0.010	
15.0	g						
16:0	g	1.500	0.065	24	0.090	0.300	
17:0	g						
18:0	g	0.590	0.037	24	0.035	0.118	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.730		0	0.164	0.546
14:1	g					
16:1	g	0.400	0.027	24	0.024	0.080
18:1	g	2.270	0.104	24	0.136	0.454
20:1	g	0.020	0.006	6	0.001	0.004
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.180		0	0.131	0.436
18:2	g	1.670	0.074	24	0.100	0.334
18:3	g	0.070	0.005	18	0.004	0.014
18:4	g					
20:4	g	0.210	0.038	16	0.013	0.042
20:5	g	0.020	0.008	8	0.001	0.004
22:5	g	0.040	0.012	9	0.002	0.008
22:6	g	0.080	0.024	9	0.005	0.016
Cholesterol	mg	83		0	5	17
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.205		0	0.012	0.041
Threonine	g	0.741		0	0.044	0.148
Isoleucine	g	0.926		0	0.056	0.185
Leucine	g	1.316		0	0.079	0.263
Lysine	g	1.491		0	0.089	0.298
Methionine	g	0.486		0	0.029	0.097
Cystine	g	0.225		0	0.014	0.045
Phenylalanine	g	0.696		0	0.042	0.139
Tyrosine	g	0.592		0	0.036	0.118
Valine	g	0.870		0	0.052	0.174
Arginine	g	1.058		0	0.063	0.212
Histidine	g	0.545		0	0.033	0.109
Alanine	g	0.957		0	0.057	0.191
Aspartic acid	g	1.563		0	0.094	0.313
Glutamic acid	g	2.627		0	0.158	0.525
Glycine	g	0.862		0	0.052	0.172
Proline	g	0.721		0	0.043	0.144
Serine	g	0.604		0	0.036	0.121
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 neck, bone and skin removed

NDB No. 05089 Chicken, broilers or fryers, neck, meat only, cooked, fried

Refuse: 56% 29% bone, 27% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 7g	Measure 2* 22g	Measure 3*
Proximates:							
Water	g	58.71		0	4.11	12.92	
Energy	kcal	229		0	16	50	
Energy	kj	958		0	67	211	
Protein (N x 5.95)	g	26.87		0	1.88	5.91	
Total lipid (fat)	g	11.88		0	0.83	2.61	
Carbohydrate, by difference	g	1.77		0	0.12	0.39	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78		0	0.05	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	41		0	3	9	
Iron	mg	2.98		0	0.21	0.66	
Magnesium	mg	20		0	1	4	
Phosphorus	mg	135		0	9	30	
Potassium	mg	213		0	15	47	
Sodium	mg	99		0	7	22	
Zinc	mg	4.24		0	0.30	0.93	
Copper	mg	0.161		0	0.011	0.035	
Manganese	mg	0.050		0	0.004	0.011	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.005	0.015	
Riboflavin	mg	0.318		0	0.022	0.070	
Niacin	mg	5.027		0	0.352	1.106	
Pantothenic acid	mg	1.165		0	0.082	0.256	
Vitamin B-6	mg	0.350		0	0.024	0.077	
Folate	µg	8		0	1	2	
Vitamin B-12	µg	0.30		0	0.02	0.07	
Vitamin A	IU	162		0	11	36	
Vitamin A, RE	µg	49		0	3	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.000		0	0.210	0.660	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.001	0.004	
14:0	g	0.060		0	0.004	0.013	
15.0	g						
16:0	g	1.830		0	0.128	0.403	
17:0	g						
18:0	g	1.050		0	0.074	0.231	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.570	0	0.320	1.005
14:1	g				
16:1	g	0.240	0	0.017	0.053
18:1	g	4.300	0	0.301	0.946
20:1	g	0.010	0	0.001	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.040	0	0.213	0.669
18:2	g	2.630	0	0.184	0.579
18:3	g	0.150	0	0.011	0.033
18:4	g				
20:4	g	0.130	0	0.009	0.029
20:5	g	0.010	0	0.001	0.002
22:5	g	0.030	0	0.002	0.007
22:6	g	0.050	0	0.004	0.011
Cholesterol	mg	105	0	7	23
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.314	0	0.022	0.069
Threonine	g	1.132	0	0.079	0.249
Isoleucine	g	1.417	0	0.099	0.312
Leucine	g	2.016	0	0.141	0.444
Lysine	g	2.267	0	0.159	0.499
Methionine	g	0.742	0	0.052	0.163
Cystine	g	0.346	0	0.024	0.076
Phenylalanine	g	1.069	0	0.075	0.235
Tyrosine	g	0.907	0	0.063	0.200
Valine	g	1.333	0	0.093	0.293
Arginine	g	1.616	0	0.113	0.356
Histidine	g	0.832	0	0.058	0.183
Alanine	g	1.461	0	0.102	0.321
Aspartic acid	g	2.383	0	0.167	0.524
Glutamic acid	g	4.081	0	0.286	0.898
Glycine	g	1.317	0	0.092	0.290
Proline	g	1.125	0	0.079	0.248
Serine	g	0.930	0	0.065	0.205
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 neck, bone and skin removed

NDB No. 05090 Chicken, broilers or fryers, neck, meat only, cooked, simmered

Refuse: 67% 32% bone, 35% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	67.05	0.580	8	3.35	12.07	
Energy	kcal	179		0	9	32	
Energy	kj	749		0	37	135	
Protein (N x 5.95)	g	24.56	0.291	8	1.23	4.42	
Total lipid (fat)	g	8.18	0.288	8	0.41	1.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77	0.045	8	0.04	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	44	2.160	8	2	8	
Iron	mg	2.63	0.034	8	0.13	0.47	
Magnesium	mg	16	0.414	8	1	3	
Phosphorus	mg	128	6.450	8	6	23	
Potassium	mg	140	6.800	8	7	25	
Sodium	mg	64	1.999	8	3	12	
Zinc	mg	3.77	0.118	8	0.19	0.68	
Copper	mg	0.129	0.002	8	0.006	0.023	
Manganese	mg	0.048	0.002	8	0.002	0.009	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.046	0.003	8	0.002	0.008	
Riboflavin	mg	0.283	0.015	8	0.014	0.051	
Niacin	mg	3.956	0.380	8	0.198	0.712	
Pantothenic acid	mg	0.671		0	0.034	0.121	
Vitamin B-6	mg	0.160		0	0.008	0.029	
Folate	µg	6		0	0	1	
Vitamin B-12	µg	0.17		0	0.01	0.03	
Vitamin A	IU	121		0	6	22	
Vitamin A, RE	µg	36		0	2	6	
Vitamin E, α-TE	mg	0.265		0	0.013	0.048	
Lipids:							
Saturated, total	g	2.100		0	0.105	0.378	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.002	0.007	
14:0	g	0.050		0	0.003	0.009	
15.0	g						
16:0	g	1.400		0	0.070	0.252	
17:0	g						
18:0	g	0.550		0	0.028	0.099	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.540	0	0.127	0.457
14:1	g				
16:1	g	0.370	0	0.019	0.067
18:1	g	2.110	0	0.105	0.380
20:1	g	0.020	0	0.001	0.004
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.030	0	0.101	0.365
18:2	g	1.560	0	0.078	0.281
18:3	g	0.070	0	0.004	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.200	0	0.010	0.036
20:5	g	0.020	0	0.001	0.004
22:5	g	0.040	0	0.002	0.007
22:6	g	0.080	0	0.004	0.014
Cholesterol	mg	79	0	4	14
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.287	0	0.014	0.052
Threonine	g	1.037	0	0.052	0.187
Isoleucine	g	1.297	0	0.065	0.233
Leucine	g	1.843	0	0.092	0.332
Lysine	g	2.086	0	0.104	0.375
Methionine	g	0.680	0	0.034	0.122
Cystine	g	0.314	0	0.016	0.057
Phenylalanine	g	0.974	0	0.049	0.175
Tyrosine	g	0.829	0	0.041	0.149
Valine	g	1.218	0	0.061	0.219
Arginine	g	1.481	0	0.074	0.267
Histidine	g	0.762	0	0.038	0.137
Alanine	g	1.340	0	0.067	0.241
Aspartic acid	g	2.188	0	0.109	0.394
Glutamic acid	g	3.678	0	0.184	0.662
Glycine	g	1.206	0	0.060	0.217
Proline	g	1.010	0	0.051	0.182
Serine	g	0.845	0	0.042	0.152
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 neck, bone and skin removed

NDB No. 05091 Chicken, broilers or fryers, thigh, meat and skin, raw

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2* 94g	Measure 3*
Proximates:							
Water	g	67.68	0.317	25	38.58	63.62	
Energy	kcal	211		0	120	198	
Energy	kj	883		0	503	830	
Protein (N x 5.95)	g	17.27	0.127	25	9.84	16.23	
Total lipid (fat)	g	15.25	0.221	25	8.69	14.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81	0.027	25	0.46	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.497	24	6	9	
Iron	mg	0.99	0.025	24	0.56	0.93	
Magnesium	mg	20	0.261	24	11	19	
Phosphorus	mg	145	2.676	24	83	136	
Potassium	mg	192	5.430	24	109	180	
Sodium	mg	76	1.234	24	43	71	
Zinc	mg	1.60	0.028	24	0.91	1.50	
Copper	mg	0.058	0.002	24	0.033	0.055	
Manganese	mg	0.019	0.000	24	0.011	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.3		0	1.3	2.2	
Thiamin	mg	0.062	0.003	16	0.035	0.058	
Riboflavin	mg	0.153	0.004	16	0.087	0.144	
Niacin	mg	5.426	0.184	16	3.093	5.100	
Pantothenic acid	mg	1.032		0	0.588	0.970	
Vitamin B-6	mg	0.260		0	0.148	0.244	
Folate	µg	7		0	4	7	
Vitamin B-12	µg	0.30		0	0.17	0.28	
Vitamin A	IU	145		0	83	136	
Vitamin A, RE	µg	42		0	24	39	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.340		0	2.474	4.080	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.011	0.019	
14:0	g	0.120		0	0.068	0.113	
15.0	g						
16:0	g	3.160		0	1.801	2.970	
17:0	g						
18:0	g	0.880		0	0.502	0.827	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.280	0	3.580	5.903
14:1	g				
16:1	g	0.850	0	0.484	0.799
18:1	g	5.200	0	2.964	4.888
20:1	g	0.150	0	0.086	0.141
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.310	0	1.887	3.111
18:2	g	2.950	0	1.682	2.773
18:3	g	0.140	0	0.080	0.132
18:4	g				
20:4	g	0.090	0	0.051	0.085
20:5	g	0.010	0	0.006	0.009
22:5	g	0.020	0	0.011	0.019
22:6	g	0.030	0	0.017	0.028
Cholesterol	mg	84	0	48	79
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.192	0	0.109	0.180
Threonine	g	0.713	0	0.406	0.670
Isoleucine	g	0.858	0	0.489	0.807
Leucine	g	1.254	0	0.715	1.179
Lysine	g	1.402	0	0.799	1.318
Methionine	g	0.458	0	0.261	0.431
Cystine	g	0.231	0	0.132	0.217
Phenylalanine	g	0.670	0	0.382	0.630
Tyrosine	g	0.554	0	0.316	0.521
Valine	g	0.837	0	0.477	0.787
Arginine	g	1.086	0	0.619	1.021
Histidine	g	0.505	0	0.288	0.475
Alanine	g	1.012	0	0.577	0.951
Aspartic acid	g	1.540	0	0.878	1.448
Glutamic acid	g	2.521	0	1.437	2.370
Glycine	g	1.137	0	0.648	1.069
Proline	g	0.847	0	0.483	0.796
Serine	g	0.611	0	0.348	0.574
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 thigh, bone removed

NDB No. 05092 Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 52g	Measure 2* 86g	Measure 3*
Proximates:							
Water	g	51.50		0	26.78	44.29	
Energy	kcal	277		0	144	238	
Energy	kj	1159		0	603	997	
Protein (N x 5.95)	g	21.61		0	11.24	18.58	
Total lipid (fat)	g	16.53		0	8.60	14.22	
Carbohydrate, by difference	g	9.08		0	4.72	7.81	
Fiber, total dietary	g	0.3		0	0.2	0.3	
Ash	g	1.27		0	0.66	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	9	15	
Iron	mg	1.45		0	0.75	1.25	
Magnesium	mg	21		0	11	18	
Phosphorus	mg	155		0	81	133	
Potassium	mg	192		0	100	165	
Sodium	mg	288		0	150	248	
Zinc	mg	2.04		0	1.06	1.75	
Copper	mg	0.082		0	0.043	0.071	
Manganese	mg	0.057		0	0.030	0.049	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.119		0	0.062	0.102	
Riboflavin	mg	0.227		0	0.118	0.195	
Niacin	mg	5.715		0	2.972	4.915	
Pantothenic acid	mg	0.982		0	0.511	0.845	
Vitamin B-6	mg	0.260		0	0.135	0.224	
Folate	µg	19		0	10	16	
Vitamin B-12	µg	0.28		0	0.15	0.24	
Vitamin A	IU	95		0	49	82	
Vitamin A, RE	µg	29		0	15	25	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.410		0	2.293	3.793	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.010	0.017	
14:0	g	0.100		0	0.052	0.086	
15.0	g						
16:0	g	2.960		0	1.539	2.546	
17:0	g						
18:0	g	1.240		0	0.645	1.066	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.700	0	3.484	5.762
14:1	g				
16:1	g	0.560	0	0.291	0.482
18:1	g	6.010	0	3.125	5.169
20:1	g	0.090	0	0.047	0.077
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.900	0	2.028	3.354
18:2	g	3.490	0	1.815	3.001
18:3	g	0.190	0	0.099	0.163
18:4	g				
20:4	g	0.100	0	0.052	0.086
20:5	g	0.010	0	0.005	0.009
22:5	g	0.020	0	0.010	0.017
22:6	g	0.040	0	0.021	0.034
Cholesterol	mg	93	0	48	80
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.248	0	0.129	0.213
Threonine	g	0.886	0	0.461	0.762
Isoleucine	g	1.085	0	0.564	0.933
Leucine	g	1.590	0	0.827	1.367
Lysine	g	1.699	0	0.883	1.461
Methionine	g	0.568	0	0.295	0.488
Cystine	g	0.297	0	0.154	0.255
Phenylalanine	g	0.864	0	0.449	0.743
Tyrosine	g	0.705	0	0.367	0.606
Valine	g	1.056	0	0.549	0.908
Arginine	g	1.317	0	0.685	1.133
Histidine	g	0.632	0	0.329	0.544
Alanine	g	1.210	0	0.629	1.041
Aspartic acid	g	1.869	0	0.972	1.607
Glutamic acid	g	3.465	0	1.802	2.980
Glycine	g	1.288	0	0.670	1.108
Proline	g	1.114	0	0.579	0.958
Serine	g	0.796	0	0.414	0.685
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 thigh, bone removed

NDB No. 05093 Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 38g	Measure 2* 62g	Measure 3*
Proximates:							
Water	g	54.14		0	20.57	33.57	
Energy	kcal	262		0	100	162	
Energy	kj	1096		0	416	680	
Protein (N x 5.95)	g	26.75		0	10.16	16.59	
Total lipid (fat)	g	14.98		0	5.69	9.29	
Carbohydrate, by difference	g	3.18		0	1.21	1.97	
Fiber, total dietary	g	0.1		0	0.0	0.1	
Ash	g	0.94		0	0.36	0.58	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	5	9	
Iron	mg	1.49		0	0.57	0.92	
Magnesium	mg	25		0	10	16	
Phosphorus	mg	187		0	71	116	
Potassium	mg	237		0	90	147	
Sodium	mg	88		0	33	55	
Zinc	mg	2.52		0	0.96	1.56	
Copper	mg	0.089		0	0.034	0.055	
Manganese	mg	0.036		0	0.014	0.022	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.094		0	0.036	0.058	
Riboflavin	mg	0.243		0	0.092	0.151	
Niacin	mg	6.946		0	2.639	4.307	
Pantothenic acid	mg	1.185		0	0.450	0.735	
Vitamin B-6	mg	0.330		0	0.125	0.205	
Folate	µg	12		0	5	7	
Vitamin B-12	µg	0.30		0	0.11	0.19	
Vitamin A	IU	98		0	37	61	
Vitamin A, RE	µg	29		0	11	18	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.090		0	1.554	2.536	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.011	0.019	
14:0	g	0.110		0	0.042	0.068	
15.0	g						
16:0	g	2.900		0	1.102	1.798	
17:0	g						
18:0	g	0.940		0	0.357	0.583	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.870	0	2.231	3.639
14:1	g				
16:1	g	0.720	0	0.274	0.446
18:1	g	4.970	0	1.889	3.081
20:1	g	0.120	0	0.046	0.074
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.410	0	1.296	2.114
18:2	g	2.970	0	1.129	1.841
18:3	g	0.140	0	0.053	0.087
18:4	g				
20:4	g	0.130	0	0.049	0.081
20:5	g	0.010	0	0.004	0.006
22:5	g	0.030	0	0.011	0.019
22:6	g	0.050	0	0.019	0.031
Cholesterol	mg	97	0	37	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.302	0	0.115	0.187
Threonine	g	1.105	0	0.420	0.685
Isoleucine	g	1.346	0	0.511	0.835
Leucine	g	1.958	0	0.744	1.214
Lysine	g	2.169	0	0.824	1.345
Methionine	g	0.713	0	0.271	0.442
Cystine	g	0.358	0	0.136	0.222
Phenylalanine	g	1.051	0	0.399	0.652
Tyrosine	g	0.869	0	0.330	0.539
Valine	g	1.303	0	0.495	0.808
Arginine	g	1.656	0	0.629	1.027
Histidine	g	0.791	0	0.301	0.490
Alanine	g	1.531	0	0.582	0.949
Aspartic acid	g	2.365	0	0.899	1.466
Glutamic acid	g	4.031	0	1.532	2.499
Glycine	g	1.643	0	0.624	1.019
Proline	g	1.295	0	0.492	0.803
Serine	g	0.949	0	0.361	0.588
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 thigh, bone removed

NDB No. 05094 Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 37g	Measure 3* 62g
Proximates:							
Water	g	59.42	0.418	16	83.19	21.99	36.84
Energy	kcal	247		0	346	91	153
Energy	kj	1033		0	1446	382	640
Protein (N x 5.95)	g	25.06	0.304	16	35.08	9.27	15.54
Total lipid (fat)	g	15.49	0.216	16	21.69	5.73	9.60
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.88	0.022	16	1.23	0.33	0.55
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.678	16	17	4	7
Iron	mg	1.34	0.048	16	1.88	0.50	0.83
Magnesium	mg	22	0.393	16	31	8	14
Phosphorus	mg	174	4.528	16	244	64	108
Potassium	mg	222	5.739	16	311	82	138
Sodium	mg	84	1.538	16	118	31	52
Zinc	mg	2.36	0.040	16	3.30	0.87	1.46
Copper	mg	0.078	0.002	16	0.109	0.029	0.048
Manganese	mg	0.021	0.001	16	0.029	0.008	0.013
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.067	0.007	8	0.094	0.025	0.042
Riboflavin	mg	0.212	0.008	8	0.297	0.078	0.131
Niacin	mg	6.365	0.530	8	8.911	2.355	3.946
Pantothenic acid	mg	1.108		0	1.551	0.410	0.687
Vitamin B-6	mg	0.310		0	0.434	0.115	0.192
Folate	µg	7		0	10	3	4
Vitamin B-12	µg	0.29		0	0.41	0.11	0.18
Vitamin A	IU	165		0	231	61	102
Vitamin A, RE	µg	48		0	67	18	30
Vitamin E, α-TE	mg	0.265		0	0.371	0.098	0.164
Lipids:							
Saturated, total	g	4.330		0	6.062	1.602	2.685
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.011	0.019
14:0	g	0.120		0	0.168	0.044	0.074
15.0	g						
16:0	g	3.140		0	4.396	1.162	1.947
17:0	g						
18:0	g	0.890		0	1.246	0.329	0.552
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.150	0	8.610	2.276	3.813
14:1	g					
16:1	g	0.840	0	1.176	0.311	0.521
18:1	g	5.080	0	7.112	1.880	3.150
20:1	g	0.140	0	0.196	0.052	0.087
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.420	0	4.788	1.265	2.120
18:2	g	2.990	0	4.186	1.106	1.854
18:3	g	0.140	0	0.196	0.052	0.087
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.130	0	0.182	0.048	0.081
20:5	g	0.010	0	0.014	0.004	0.006
22:5	g	0.020	0	0.028	0.007	0.012
22:6	g	0.050	0	0.070	0.019	0.031
Cholesterol	mg	93	0	130	34	58
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.281	0	0.393	0.104	0.174
Threonine	g	1.037	0	1.452	0.384	0.643
Isoleucine	g	1.256	0	1.758	0.465	0.779
Leucine	g	1.827	0	2.558	0.676	1.133
Lysine	g	2.047	0	2.866	0.757	1.269
Methionine	g	0.669	0	0.937	0.248	0.415
Cystine	g	0.333	0	0.466	0.123	0.206
Phenylalanine	g	0.975	0	1.365	0.361	0.604
Tyrosine	g	0.810	0	1.134	0.300	0.502
Valine	g	1.218	0	1.705	0.451	0.755
Arginine	g	1.566	0	2.192	0.579	0.971
Histidine	g	0.739	0	1.035	0.273	0.458
Alanine	g	1.454	0	2.036	0.538	0.901
Aspartic acid	g	2.234	0	3.128	0.827	1.385
Glutamic acid	g	3.670	0	5.138	1.358	2.275
Glycine	g	1.590	0	2.226	0.588	0.986
Proline	g	1.200	0	1.680	0.444	0.744
Serine	g	0.882	0	1.235	0.326	0.547
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 thigh, bone removed

NDB No. 05095 Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed

Refuse: 24% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 41g	Measure 2* 68g	Measure 3*
Proximates:							
Water	g	63.11	0.540	16	25.88	42.91	
Energy	kcal	232		0	95	158	
Energy	kj	971		0	398	660	
Protein (N x 5.95)	g	23.26	0.244	16	9.54	15.82	
Total lipid (fat)	g	14.74	0.213	16	6.04	10.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78	0.031	16	0.32	0.53	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.569	16	5	7	
Iron	mg	1.37	0.068	16	0.56	0.93	
Magnesium	mg	19	0.508	16	8	13	
Phosphorus	mg	139	2.677	16	57	95	
Potassium	mg	170	6.684	16	70	116	
Sodium	mg	71	2.279	16	29	48	
Zinc	mg	2.25	0.050	16	0.92	1.53	
Copper	mg	0.070	0.002	16	0.029	0.048	
Manganese	mg	0.019	0.001	16	0.008	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.057	0.006	8	0.023	0.039	
Riboflavin	mg	0.191	0.007	8	0.078	0.130	
Niacin	mg	4.894	0.229	8	2.007	3.328	
Pantothenic acid	mg	0.776		0	0.318	0.528	
Vitamin B-6	mg	0.170		0	0.070	0.116	
Folate	µg	6		0	2	4	
Vitamin B-12	µg	0.19		0	0.08	0.13	
Vitamin A	IU	151		0	62	103	
Vitamin A, RE	µg	44		0	18	30	
Vitamin E, α-TE	mg	0.265		0	0.109	0.180	
Lipids:							
Saturated, total	g	4.110		0	1.685	2.795	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.012	0.020	
14:0	g	0.120		0	0.049	0.082	
15.0	g						
16:0	g	3.000		0	1.230	2.040	
17:0	g						
18:0	g	0.840		0	0.344	0.571	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.840	0	2.394	3.971
14:1	g				
16:1	g	0.810	0	0.332	0.551
18:1	g	4.830	0	1.980	3.284
20:1	g	0.140	0	0.057	0.095
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.250	0	1.333	2.210
18:2	g	2.840	0	1.164	1.931
18:3	g	0.130	0	0.053	0.088
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.049	0.082
20:5	g	0.010	0	0.004	0.007
22:5	g	0.020	0	0.008	0.014
22:6	g	0.040	0	0.016	0.027
Cholesterol	mg	84	0	34	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.260	0	0.107	0.177
Threonine	g	0.962	0	0.394	0.654
Isoleucine	g	1.164	0	0.477	0.792
Leucine	g	1.695	0	0.695	1.153
Lysine	g	1.898	0	0.778	1.291
Methionine	g	0.620	0	0.254	0.422
Cystine	g	0.310	0	0.127	0.211
Phenylalanine	g	0.905	0	0.371	0.615
Tyrosine	g	0.751	0	0.308	0.511
Valine	g	1.130	0	0.463	0.768
Arginine	g	1.456	0	0.597	0.990
Histidine	g	0.685	0	0.281	0.466
Alanine	g	1.352	0	0.554	0.919
Aspartic acid	g	2.074	0	0.850	1.410
Glutamic acid	g	3.405	0	1.396	2.315
Glycine	g	1.487	0	0.610	1.011
Proline	g	1.119	0	0.459	0.761
Serine	g	0.820	0	0.336	0.558
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 thigh, bone removed

NDB No. 05096 Chicken, broilers or fryers, thigh, meat only, raw

Refuse: 43% 21% bone, 13% skin, 9% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 41g	Measure 2* 69g	Measure 3*
Proximates:							
Water	g	75.81	0.303	29	31.08	52.31	
Energy	kcal	119		0	49	82	
Energy	kj	498		0	204	344	
Protein (N x 5.95)	g	19.65	0.182	30	8.06	13.56	
Total lipid (fat)	g	3.91	0.203	36	1.60	2.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96	0.033	26	0.39	0.66	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.708	25	4	7	
Iron	mg	1.04	0.038	25	0.43	0.72	
Magnesium	mg	24	0.366	25	10	17	
Phosphorus	mg	168	3.031	25	69	116	
Potassium	mg	231	5.995	25	95	159	
Sodium	mg	86	1.690	25	35	59	
Zinc	mg	1.91	0.036	25	0.78	1.32	
Copper	mg	0.067	0.003	25	0.027	0.046	
Manganese	mg	0.020	0.000	24	0.008	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1		0	1.3	2.1	
Thiamin	mg	0.076	0.004	16	0.031	0.052	
Riboflavin	mg	0.188	0.005	16	0.077	0.130	
Niacin	mg	6.328	0.216	16	2.594	4.366	
Pantothenic acid	mg	1.233		0	0.506	0.851	
Vitamin B-6	mg	0.330		0	0.135	0.228	
Folate	µg	10		0	4	7	
Vitamin B-12	µg	0.35	0.075	3	0.14	0.24	
Vitamin A	IU	65		0	27	45	
Vitamin A, RE	µg	20		0	8	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.000		0	0.410	0.690	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020	0.004	17	0.008	0.014	
14:0	g	0.020	0.003	24	0.008	0.014	
15.0	g						
16:0	g	0.670	0.046	24	0.275	0.462	
17:0	g						
18:0	g	0.260	0.022	24	0.107	0.179	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.210		0	0.496	0.835
14:1	g					
16:1	g	0.180	0.015	24	0.074	0.124
18:1	g	1.010	0.071	24	0.414	0.697
20:1	g	0.010	0.003	6	0.004	0.007
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.970		0	0.398	0.669
18:2	g	0.750	0.051	24	0.308	0.517
18:3	g	0.030	0.003	18	0.012	0.021
18:4	g					
20:4	g	0.090	0.018	16	0.037	0.062
20:5	g	0.010	0.003	8	0.004	0.007
22:5	g	0.020	0.006	9	0.008	0.014
22:6	g	0.040	0.011	9	0.016	0.028
Cholesterol	mg	83	5.915	8	34	57
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.230		0	0.094	0.159
Threonine	g	0.830		0	0.340	0.573
Isoleucine	g	1.038		0	0.426	0.716
Leucine	g	1.475		0	0.605	1.018
Lysine	g	1.670		0	0.685	1.152
Methionine	g	0.544		0	0.223	0.375
Cystine	g	0.252		0	0.103	0.174
Phenylalanine	g	0.780		0	0.320	0.538
Tyrosine	g	0.664		0	0.272	0.458
Valine	g	0.975		0	0.400	0.673
Arginine	g	1.186		0	0.486	0.818
Histidine	g	0.610		0	0.250	0.421
Alanine	g	1.072		0	0.440	0.740
Aspartic acid	g	1.752		0	0.718	1.209
Glutamic acid	g	2.944		0	1.207	2.031
Glycine	g	0.966		0	0.396	0.667
Proline	g	0.808		0	0.331	0.558
Serine	g	0.676		0	0.277	0.466
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 thigh, bone and skin removed

NDB No. 05097 Chicken, broilers or fryers, thigh, meat only, cooked, fried

Refuse: 36% 23% bone, 13% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2* 52g	Measure 3*
Proximates:							
Water	g	59.31		0	18.39	30.84	
Energy	kcal	218		0	68	113	
Energy	kj	912		0	283	474	
Protein (N x 5.95)	g	28.18		0	8.74	14.65	
Total lipid (fat)	g	10.30		0	3.19	5.36	
Carbohydrate, by difference	g	1.18		0	0.37	0.61	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	0.32	0.54	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	4	7	
Iron	mg	1.46		0	0.45	0.76	
Magnesium	mg	26		0	8	14	
Phosphorus	mg	199		0	62	103	
Potassium	mg	259		0	80	135	
Sodium	mg	95		0	29	49	
Zinc	mg	2.79		0	0.86	1.45	
Copper	mg	0.090		0	0.028	0.047	
Manganese	mg	0.027		0	0.008	0.014	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.088		0	0.027	0.046	
Riboflavin	mg	0.255		0	0.079	0.133	
Niacin	mg	7.120		0	2.207	3.702	
Pantothenic acid	mg	1.285		0	0.398	0.668	
Vitamin B-6	mg	0.380		0	0.118	0.198	
Folate	µg	9		0	3	5	
Vitamin B-12	µg	0.33		0	0.10	0.17	
Vitamin A	IU	70		0	22	36	
Vitamin A, RE	µg	21		0	7	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.780		0	0.862	1.446	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.009	0.016	
14:0	g	0.070		0	0.022	0.036	
15.0	g						
16:0	g	1.900		0	0.589	0.988	
17:0	g						
18:0	g	0.700		0	0.217	0.364	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.820	0	1.184	1.986
14:1	g				
16:1	g	0.460	0	0.143	0.239
18:1	g	3.260	0	1.011	1.695
20:1	g	0.050	0	0.016	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.430	0	0.753	1.264
18:2	g	2.040	0	0.632	1.061
18:3	g	0.100	0	0.031	0.052
18:4	g				
20:4	g	0.140	0	0.043	0.073
20:5	g	0.010	0	0.003	0.005
22:5	g	0.030	0	0.009	0.016
22:6	g	0.050	0	0.016	0.026
Cholesterol	mg	102	0	32	53
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.329	0	0.102	0.171
Threonine	g	1.188	0	0.368	0.618
Isoleucine	g	1.486	0	0.461	0.773
Leucine	g	2.115	0	0.656	1.100
Lysine	g	2.384	0	0.739	1.240
Methionine	g	0.778	0	0.241	0.405
Cystine	g	0.362	0	0.112	0.188
Phenylalanine	g	1.121	0	0.348	0.583
Tyrosine	g	0.951	0	0.295	0.495
Valine	g	1.397	0	0.433	0.726
Arginine	g	1.697	0	0.526	0.882
Histidine	g	0.874	0	0.271	0.454
Alanine	g	1.534	0	0.476	0.798
Aspartic acid	g	2.504	0	0.776	1.302
Glutamic acid	g	4.257	0	1.320	2.214
Glycine	g	1.382	0	0.428	0.719
Proline	g	1.172	0	0.363	0.609
Serine	g	0.973	0	0.302	0.506
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 thigh, bone and skin removed

NDB No. 05098 Chicken, broilers or fryers, thigh, meat only, cooked, roasted

Refuse: 35% Bone 23%, skin 12%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 31g	Measure 3* 52g
Proximates:							
Water	g	62.87	0.409	16	88.02	19.49	32.69
Energy	kcal	209		0	293	65	109
Energy	kj	874		0	1224	271	454
Protein (N x 5.95)	g	25.94	0.322	16	36.32	8.04	13.49
Total lipid (fat)	g	10.88	0.212	16	15.23	3.37	5.66
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.95	0.027	16	1.33	0.29	0.49
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.806	16	17	4	6
Iron	mg	1.31	0.051	16	1.83	0.41	0.68
Magnesium	mg	24	0.457	16	34	7	12
Phosphorus	mg	183	5.027	16	256	57	95
Potassium	mg	238	6.026	16	333	74	124
Sodium	mg	88	1.736	16	123	27	46
Zinc	mg	2.57	0.039	16	3.60	0.80	1.34
Copper	mg	0.081	0.002	16	0.113	0.025	0.042
Manganese	mg	0.021	0.001	16	0.029	0.007	0.011
Selenium	µg	29.0	2.466	19	40.6	9.0	15.1
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.074	0.007	8	0.104	0.023	0.038
Riboflavin	mg	0.231	0.010	8	0.323	0.072	0.120
Niacin	mg	6.525	0.580	8	9.135	2.023	3.393
Pantothenic acid	mg	1.184		0	1.658	0.367	0.616
Vitamin B-6	mg	0.350		0	0.490	0.109	0.182
Folate	µg	8		0	11	2	4
Vitamin B-12	µg	0.31		0	0.43	0.10	0.16
Vitamin A	IU	65		0	91	20	34
Vitamin A, RE	µg	20		0	28	6	10
Vitamin E, α-TE	mg	0.265		0	0.371	0.082	0.138
Lipids:							
Saturated, total	g	3.030		0	4.242	0.939	1.576
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.009	0.016
14:0	g	0.080		0	0.112	0.025	0.042
15.0	g						
16:0	g	2.120		0	2.968	0.657	1.102
17:0	g						
18:0	g	0.690		0	0.966	0.214	0.359
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.150	0	5.810	1.286	2.158
14:1	g					
16:1	g	0.560	0	0.784	0.174	0.291
18:1	g	3.460	0	4.844	1.073	1.799
20:1	g	0.070	0	0.098	0.022	0.036
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.480	0	3.472	0.769	1.290
18:2	g	2.100	0	2.940	0.651	1.092
18:3	g	0.100	0	0.140	0.031	0.052
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.130	0	0.182	0.040	0.068
20:5	g	0.010	0	0.014	0.003	0.005
22:5	g	0.030	0	0.042	0.009	0.016
22:6	g	0.050	0	0.070	0.016	0.026
Cholesterol	mg	95	0	133	29	49
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.303	0	0.424	0.094	0.158
Threonine	g	1.096	0	1.534	0.340	0.570
Isoleucine	g	1.370	0	1.918	0.425	0.712
Leucine	g	1.947	0	2.726	0.604	1.012
Lysine	g	2.204	0	3.086	0.683	1.146
Methionine	g	0.718	0	1.005	0.223	0.373
Cystine	g	0.332	0	0.465	0.103	0.173
Phenylalanine	g	1.029	0	1.441	0.319	0.535
Tyrosine	g	0.876	0	1.226	0.272	0.456
Valine	g	1.287	0	1.802	0.399	0.669
Arginine	g	1.565	0	2.191	0.485	0.814
Histidine	g	0.805	0	1.127	0.250	0.419
Alanine	g	1.415	0	1.981	0.439	0.736
Aspartic acid	g	2.312	0	3.237	0.717	1.202
Glutamic acid	g	3.885	0	5.439	1.204	2.020
Glycine	g	1.274	0	1.784	0.395	0.662
Proline	g	1.067	0	1.494	0.331	0.555
Serine	g	0.892	0	1.249	0.277	0.464
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 thigh, bone and skin removed

NDB No. 05099 Chicken, broilers or fryers, thigh, meat only, cooked, stewed

Refuse: 39% 24% bone, 15% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 33g	Measure 3* 55g
Proximates:							
Water	g	65.59	0.334	18	91.83	21.64	36.07
Energy	kcal	195		0	273	64	107
Energy	kj	816		0	1142	269	449
Protein (N x 5.95)	g	25.00	0.284	18	35.00	8.25	13.75
Total lipid (fat)	g	9.79	0.214	18	13.71	3.23	5.38
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.86	0.037	16	1.20	0.28	0.47
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.691	16	15	4	6
Iron	mg	1.42	0.078	16	1.99	0.47	0.78
Magnesium	mg	21	0.613	16	29	7	12
Phosphorus	mg	149	3.302	16	209	49	82
Potassium	mg	183	6.836	16	256	60	101
Sodium	mg	75	2.734	16	105	25	41
Zinc	mg	2.58	0.060	16	3.61	0.85	1.42
Copper	mg	0.077	0.002	16	0.108	0.025	0.042
Manganese	mg	0.020	0.001	16	0.028	0.007	0.011
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.063	0.006	8	0.088	0.021	0.035
Riboflavin	mg	0.218	0.009	8	0.305	0.072	0.120
Niacin	mg	5.200	0.256	8	7.280	1.716	2.860
Pantothenic acid	mg	0.874		0	1.224	0.288	0.481
Vitamin B-6	mg	0.210		0	0.294	0.069	0.116
Folate	µg	7		0	10	2	4
Vitamin B-12	µg	0.21		0	0.29	0.07	0.12
Vitamin A	IU	62		0	87	20	34
Vitamin A, RE	µg	19		0	27	6	10
Vitamin E, α-TE	mg	0.265		0	0.371	0.087	0.146
Lipids:							
Saturated, total	g	2.710		0	3.794	0.894	1.491
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.042	0.010	0.017
14:0	g	0.070		0	0.098	0.023	0.039
15.0	g						
16:0	g	1.890		0	2.646	0.624	1.039
17:0	g						
18:0	g	0.620		0	0.868	0.205	0.341
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.700	0	5.180	1.221	2.035
14:1	g					
16:1	g	0.500	0	0.700	0.165	0.275
18:1	g	3.080	0	4.312	1.016	1.694
20:1	g	0.060	0	0.084	0.020	0.033
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.240	0	3.136	0.739	1.232
18:2	g	1.890	0	2.646	0.624	1.039
18:3	g	0.090	0	0.126	0.030	0.050
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.120	0	0.168	0.040	0.066
20:5	g	0.010	0	0.014	0.003	0.006
22:5	g	0.030	0	0.042	0.010	0.017
22:6	g	0.050	0	0.070	0.017	0.028
Cholesterol	mg	90	0	126	30	50
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.292	0	0.409	0.096	0.161
Threonine	g	1.056	0	1.478	0.348	0.581
Isoleucine	g	1.320	0	1.848	0.436	0.726
Leucine	g	1.876	0	2.626	0.619	1.032
Lysine	g	2.123	0	2.972	0.701	1.168
Methionine	g	0.692	0	0.969	0.228	0.381
Cystine	g	0.320	0	0.448	0.106	0.176
Phenylalanine	g	0.992	0	1.389	0.327	0.546
Tyrosine	g	0.844	0	1.182	0.279	0.464
Valine	g	1.240	0	1.736	0.409	0.682
Arginine	g	1.508	0	2.111	0.498	0.829
Histidine	g	0.776	0	1.086	0.256	0.427
Alanine	g	1.364	0	1.910	0.450	0.750
Aspartic acid	g	2.227	0	3.118	0.735	1.225
Glutamic acid	g	3.743	0	5.240	1.235	2.059
Glycine	g	1.228	0	1.719	0.405	0.675
Proline	g	1.028	0	1.439	0.339	0.565
Serine	g	0.860	0	1.204	0.284	0.473
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 thigh, bone and skin removed

NDB No. 05100 Chicken, broilers or fryers, wing, meat and skin, raw

Refuse: 46% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2* 49g	Measure 3*
Proximates:							
Water	g	66.21	0.444	26	19.20	32.44	
Energy	kcal	222		0	64	109	
Energy	kj	929		0	269	455	
Protein (N x 5.95)	g	18.33	0.166	26	5.32	8.98	
Total lipid (fat)	g	15.97	0.310	26	4.63	7.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.69	0.030	26	0.20	0.34	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.429	24	3	6	
Iron	mg	0.95	0.026	24	0.28	0.47	
Magnesium	mg	18	0.340	24	5	9	
Phosphorus	mg	132	3.210	24	38	65	
Potassium	mg	156	4.105	24	45	76	
Sodium	mg	73	1.418	24	21	36	
Zinc	mg	1.33	0.027	24	0.39	0.65	
Copper	mg	0.041	0.002	24	0.012	0.020	
Manganese	mg	0.018	0.000	24	0.005	0.009	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.7		0	0.2	0.3	
Thiamin	mg	0.048	0.003	16	0.014	0.024	
Riboflavin	mg	0.088	0.003	16	0.026	0.043	
Niacin	mg	5.926	0.276	16	1.719	2.904	
Pantothenic acid	mg	0.766		0	0.222	0.375	
Vitamin B-6	mg	0.350		0	0.101	0.172	
Folate	µg	4		0	1	2	
Vitamin B-12	µg	0.32		0	0.09	0.16	
Vitamin A	IU	147		0	43	72	
Vitamin A, RE	µg	44		0	13	22	
Vitamin E, α-TE	mg	0.295		0	0.086	0.145	
Lipids:							
Saturated, total	g	4.480		0	1.299	2.195	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.006	0.010	
14:0	g	0.130		0	0.038	0.064	
15.0	g						
16:0	g	3.340		0	0.969	1.637	
17:0	g						
18:0	g	0.870		0	0.252	0.426	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.350	0	1.841	3.111
14:1	g				
16:1	g	0.870	0	0.252	0.426
18:1	g	5.230	0	1.517	2.563
20:1	g	0.180	0	0.052	0.088
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.390	0	0.983	1.661
18:2	g	2.950	0	0.856	1.446
18:3	g	0.130	0	0.038	0.064
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	0	0.032	0.054
20:5	g	0.010	0	0.003	0.005
22:5	g	0.020	0	0.006	0.010
22:6	g	0.040	0	0.012	0.020
Cholesterol	mg	77	0	22	38
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.195	0	0.057	0.096
Threonine	g	0.740	0	0.215	0.363
Isoleucine	g	0.860	0	0.249	0.421
Leucine	g	1.290	0	0.374	0.632
Lysine	g	1.425	0	0.413	0.698
Methionine	g	0.467	0	0.135	0.229
Cystine	g	0.255	0	0.074	0.125
Phenylalanine	g	0.696	0	0.202	0.341
Tyrosine	g	0.561	0	0.163	0.275
Valine	g	0.870	0	0.252	0.426
Arginine	g	1.193	0	0.346	0.585
Histidine	g	0.507	0	0.147	0.248
Alanine	g	1.138	0	0.330	0.558
Aspartic acid	g	1.635	0	0.474	0.801
Glutamic acid	g	2.612	0	0.757	1.280
Glycine	g	1.475	0	0.428	0.723
Proline	g	1.025	0	0.297	0.502
Serine	g	0.663	0	0.192	0.325
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 wing, bone removed

NDB No. 05101 Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter

Refuse: 38% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2* 49g	Measure 3*
Proximates:							
Water	g	46.21		0	13.40	22.64	
Energy	kcal	324		0	94	159	
Energy	kj	1356		0	393	664	
Protein (N x 5.95)	g	19.87		0	5.76	9.74	
Total lipid (fat)	g	21.81		0	6.32	10.69	
Carbohydrate, by difference	g	10.94		0	3.17	5.36	
Fiber, total dietary	g	0.3		0	0.1	0.1	
Ash	g	1.17		0	0.34	0.57	
Sugars, total	g						
Minerals:							
Calcium	mg	20		0	6	10	
Iron	mg	1.29		0	0.37	0.63	
Magnesium	mg	16		0	5	8	
Phosphorus	mg	121		0	35	59	
Potassium	mg	138		0	40	68	
Sodium	mg	320		0	93	157	
Zinc	mg	1.38		0	0.40	0.68	
Copper	mg	0.063		0	0.018	0.031	
Manganese	mg	0.060		0	0.017	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.106		0	0.031	0.052	
Riboflavin	mg	0.152		0	0.044	0.074	
Niacin	mg	5.265		0	1.527	2.580	
Pantothenic acid	mg	0.710		0	0.206	0.348	
Vitamin B-6	mg	0.300		0	0.087	0.147	
Folate	µg	18		0	5	9	
Vitamin B-12	µg	0.25		0	0.07	0.12	
Vitamin A	IU	113		0	33	55	
Vitamin A, RE	µg	34		0	10	17	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.830		0	1.691	2.857	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.005	
14:0	g	0.130		0	0.038	0.064	
15.0	g						
16:0	g	3.920		0	1.137	1.921	
17:0	g						
18:0	g	1.670		0	0.484	0.818	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.960	0	2.598	4.390
14:1	g				
16:1	g	0.660	0	0.191	0.323
18:1	g	8.100	0	2.349	3.969
20:1	g	0.130	0	0.038	0.064
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.070	0	1.470	2.484
18:2	g	4.540	0	1.317	2.225
18:3	g	0.240	0	0.070	0.118
18:4	g				
20:4	g	0.100	0	0.029	0.049
20:5	g	0.010	0	0.003	0.005
22:5	g	0.020	0	0.006	0.010
22:6	g	0.040	0	0.012	0.020
Cholesterol	mg	79	0	23	39
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.219	0	0.064	0.107
Threonine	g	0.795	0	0.231	0.390
Isoleucine	g	0.941	0	0.273	0.461
Leucine	g	1.421	0	0.412	0.696
Lysine	g	1.474	0	0.427	0.722
Methionine	g	0.499	0	0.145	0.245
Cystine	g	0.287	0	0.083	0.141
Phenylalanine	g	0.785	0	0.228	0.385
Tyrosine	g	0.620	0	0.180	0.304
Valine	g	0.953	0	0.276	0.467
Arginine	g	1.247	0	0.362	0.611
Histidine	g	0.547	0	0.159	0.268
Alanine	g	1.173	0	0.340	0.575
Aspartic acid	g	1.703	0	0.494	0.834
Glutamic acid	g	3.202	0	0.929	1.569
Glycine	g	1.465	0	0.425	0.718
Proline	g	1.190	0	0.345	0.583
Serine	g	0.759	0	0.220	0.372
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 wing, bone removed

NDB No. 05102 Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour

Refuse: 47% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 19g	Measure 2* 32g	Measure 3*
Proximates:							
Water	g	48.62		0	9.24	15.56	
Energy	kcal	321		0	61	103	
Energy	kj	1343		0	255	430	
Protein (N x 5.95)	g	26.11		0	4.96	8.36	
Total lipid (fat)	g	22.16		0	4.21	7.09	
Carbohydrate, by difference	g	2.39		0	0.45	0.76	
Fiber, total dietary	g	0.1		0	0.0	0.0	
Ash	g	0.72		0	0.14	0.23	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	3	5	
Iron	mg	1.25		0	0.24	0.40	
Magnesium	mg	19		0	4	6	
Phosphorus	mg	150		0	29	48	
Potassium	mg	177		0	34	57	
Sodium	mg	77		0	15	25	
Zinc	mg	1.76		0	0.33	0.56	
Copper	mg	0.061		0	0.012	0.020	
Manganese	mg	0.028		0	0.005	0.009	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.058		0	0.011	0.019	
Riboflavin	mg	0.137		0	0.026	0.044	
Niacin	mg	6.697		0	1.272	2.143	
Pantothenic acid	mg	0.874		0	0.166	0.280	
Vitamin B-6	mg	0.410		0	0.078	0.131	
Folate	µg	6		0	1	2	
Vitamin B-12	µg	0.28		0	0.05	0.09	
Vitamin A	IU	125		0	24	40	
Vitamin A, RE	µg	38		0	7	12	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.060		0	1.151	1.939	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.004	0.006	
14:0	g	0.160		0	0.030	0.051	
15.0	g						
16:0	g	4.280		0	0.813	1.370	
17:0	g						
18:0	g	1.480		0	0.281	0.474	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.890	0	1.689	2.845
14:1	g				
16:1	g	0.920	0	0.175	0.294
18:1	g	7.690	0	1.461	2.461
20:1	g	0.190	0	0.036	0.061
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.950	0	0.941	1.584
18:2	g	4.340	0	0.825	1.389
18:3	g	0.210	0	0.040	0.067
18:4	g				
20:4	g	0.140	0	0.027	0.045
20:5	g	0.020	0	0.004	0.006
22:5	g	0.030	0	0.006	0.010
22:6	g	0.050	0	0.010	0.016
Cholesterol	mg	81	0	15	26
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.281	0	0.053	0.090
Threonine	g	1.056	0	0.201	0.338
Isoleucine	g	1.239	0	0.235	0.396
Leucine	g	1.851	0	0.352	0.592
Lysine	g	2.030	0	0.386	0.650
Methionine	g	0.669	0	0.127	0.214
Cystine	g	0.363	0	0.069	0.116
Phenylalanine	g	1.002	0	0.190	0.321
Tyrosine	g	0.807	0	0.153	0.258
Valine	g	1.245	0	0.237	0.398
Arginine	g	1.680	0	0.319	0.538
Histidine	g	0.729	0	0.139	0.233
Alanine	g	1.595	0	0.303	0.510
Aspartic acid	g	2.315	0	0.440	0.741
Glutamic acid	g	3.818	0	0.725	1.222
Glycine	g	2.013	0	0.382	0.644
Proline	g	1.448	0	0.275	0.463
Serine	g	0.947	0	0.180	0.303
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 wing, bone removed

NDB No. 05103 Chicken, broilers or fryers, wing, meat and skin, cooked, roasted

Refuse: 48% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 21g	Measure 3* 34g
Proximates:							
Water	g	55.04	0.683	16	77.06	11.56	18.71
Energy	kcal	290		0	406	61	99
Energy	kj	1213		0	1698	255	412
Protein (N x 5.95)	g	26.86	0.394	16	37.60	5.64	9.13
Total lipid (fat)	g	19.46	0.332	16	27.24	4.09	6.62
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.75	0.019	16	1.05	0.16	0.26
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.507	16	21	3	5
Iron	mg	1.27	0.056	16	1.78	0.27	0.43
Magnesium	mg	19	0.414	16	27	4	6
Phosphorus	mg	151	3.544	16	211	32	51
Potassium	mg	184	6.654	16	258	39	63
Sodium	mg	82	2.414	16	115	17	28
Zinc	mg	1.82	0.044	16	2.55	0.38	0.62
Copper	mg	0.057	0.004	16	0.080	0.012	0.019
Manganese	mg	0.018	0.000	16	0.025	0.004	0.006
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.042	0.003	8	0.059	0.009	0.014
Riboflavin	mg	0.128	0.006	8	0.179	0.027	0.044
Niacin	mg	6.648	0.572	8	9.307	1.396	2.260
Pantothenic acid	mg	0.897		0	1.256	0.188	0.305
Vitamin B-6	mg	0.420		0	0.588	0.088	0.143
Folate	µg	3		0	4	1	1
Vitamin B-12	µg	0.29		0	0.41	0.06	0.10
Vitamin A	IU	158		0	221	33	54
Vitamin A, RE	µg	47		0	66	10	16
Vitamin E, α-TE	mg	0.265		0	0.371	0.056	0.090
Lipids:							
Saturated, total	g	5.450		0	7.630	1.145	1.853
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.004	0.007
14:0	g	0.160		0	0.224	0.034	0.054
15.0	g						
16:0	g	4.040		0	5.656	0.848	1.374
17:0	g						
18:0	g	1.090		0	1.526	0.229	0.371
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.640	0	10.696	1.604	2.598
14:1	g					
16:1	g	1.030	0	1.442	0.216	0.350
18:1	g	6.290	0	8.806	1.321	2.139
20:1	g	0.220	0	0.308	0.046	0.075
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.140	0	5.796	0.869	1.408
18:2	g	3.570	0	4.998	0.750	1.214
18:3	g	0.150	0	0.210	0.032	0.051
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.150	0	0.210	0.032	0.051
20:5	g	0.020	0	0.028	0.004	0.007
22:5	g	0.030	0	0.042	0.006	0.010
22:6	g	0.060	0	0.084	0.013	0.020
Cholesterol	mg	84	0	118	18	29
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.287	0	0.402	0.060	0.098
Threonine	g	1.087	0	1.522	0.228	0.370
Isoleucine	g	1.270	0	1.778	0.267	0.432
Leucine	g	1.898	0	2.657	0.399	0.645
Lysine	g	2.100	0	2.940	0.441	0.714
Methionine	g	0.688	0	0.963	0.144	0.234
Cystine	g	0.371	0	0.519	0.078	0.126
Phenylalanine	g	1.023	0	1.432	0.215	0.348
Tyrosine	g	0.827	0	1.158	0.174	0.281
Valine	g	1.278	0	1.789	0.268	0.435
Arginine	g	1.741	0	2.437	0.366	0.592
Histidine	g	0.749	0	1.049	0.157	0.255
Alanine	g	1.657	0	2.320	0.348	0.563
Aspartic acid	g	2.396	0	3.354	0.503	0.815
Glutamic acid	g	3.840	0	5.376	0.806	1.306
Glycine	g	2.115	0	2.961	0.444	0.719
Proline	g	1.480	0	2.072	0.311	0.503
Serine	g	0.969	0	1.357	0.203	0.329
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 wing, bone removed

NDB No. 05104 Chicken, broilers or fryers, wing, meat and skin, cooked, stewed

Refuse: 48% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 24g	Measure 3* 40g
Proximates:							
Water	g	62.18	0.761	16	87.05	14.92	24.87
Energy	kcal	249		0	349	60	100
Energy	kj	1042		0	1459	250	417
Protein (N x 5.95)	g	22.78	0.357	16	31.89	5.47	9.11
Total lipid (fat)	g	16.82	0.302	16	23.55	4.04	6.73
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.62	0.021	16	0.87	0.15	0.25
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.394	16	17	3	5
Iron	mg	1.13	0.036	16	1.58	0.27	0.45
Magnesium	mg	16	0.300	16	22	4	6
Phosphorus	mg	121	2.607	16	169	29	48
Potassium	mg	139	5.511	16	195	33	56
Sodium	mg	67	2.211	16	94	16	27
Zinc	mg	1.63	0.029	16	2.28	0.39	0.65
Copper	mg	0.046	0.002	16	0.064	0.011	0.018
Manganese	mg	0.018	0.001	16	0.025	0.004	0.007
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.040	0.004	8	0.056	0.010	0.016
Riboflavin	mg	0.103	0.004	8	0.144	0.025	0.041
Niacin	mg	4.621	0.268	8	6.469	1.109	1.848
Pantothenic acid	mg	0.504		0	0.706	0.121	0.202
Vitamin B-6	mg	0.220		0	0.308	0.053	0.088
Folate	µg	3		0	4	1	1
Vitamin B-12	µg	0.18		0	0.25	0.04	0.07
Vitamin A	IU	133		0	186	32	53
Vitamin A, RE	µg	40		0	56	10	16
Vitamin E, α-TE	mg	0.265		0	0.371	0.064	0.106
Lipids:							
Saturated, total	g	4.710		0	6.594	1.130	1.884
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.028	0.005	0.008
14:0	g	0.140		0	0.196	0.034	0.056
15.0	g						
16:0	g	3.500		0	4.900	0.840	1.400
17:0	g						
18:0	g	0.940		0	1.316	0.226	0.376
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.600	0	9.240	1.584	2.640
14:1	g					
16:1	g	0.890	0	1.246	0.214	0.356
18:1	g	5.440	0	7.616	1.306	2.176
20:1	g	0.190	0	0.266	0.046	0.076
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.580	0	5.012	0.859	1.432
18:2	g	3.080	0	4.312	0.739	1.232
18:3	g	0.130	0	0.182	0.031	0.052
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.130	0	0.182	0.031	0.052
20:5	g	0.020	0	0.028	0.005	0.008
22:5	g	0.030	0	0.042	0.007	0.012
22:6	g	0.050	0	0.070	0.012	0.020
Cholesterol	mg	70	0	98	17	28
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.245	0	0.343	0.059	0.098
Threonine	g	0.925	0	1.295	0.222	0.370
Isoleucine	g	1.085	0	1.519	0.260	0.434
Leucine	g	1.616	0	2.262	0.388	0.646
Lysine	g	1.791	0	2.507	0.430	0.716
Methionine	g	0.587	0	0.822	0.141	0.235
Cystine	g	0.313	0	0.438	0.075	0.125
Phenylalanine	g	0.870	0	1.218	0.209	0.348
Tyrosine	g	0.706	0	0.988	0.169	0.282
Valine	g	1.087	0	1.522	0.261	0.435
Arginine	g	1.469	0	2.057	0.353	0.588
Histidine	g	0.640	0	0.896	0.154	0.256
Alanine	g	1.394	0	1.952	0.335	0.558
Aspartic acid	g	2.032	0	2.845	0.488	0.813
Glutamic acid	g	3.266	0	4.572	0.784	1.306
Glycine	g	1.746	0	2.444	0.419	0.698
Proline	g	1.233	0	1.726	0.296	0.493
Serine	g	0.819	0	1.147	0.197	0.328
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 wing, bone and skin removed

NDB No. 05105 Chicken, broilers or fryers, wing, meat only, raw

Refuse: 68% 46% bone, 21% skin, 1% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 17g	Measure 2* 29g	Measure 3*
Proximates:							
Water	g	74.95	0.244	24	12.74	21.74	
Energy	kcal	126		0	21	37	
Energy	kj	527		0	90	153	
Protein (N x 5.95)	g	21.97	0.244	24	3.73	6.37	
Total lipid (fat)	g	3.54	0.099	24	0.60	1.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.83	0.032	24	0.14	0.24	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.694	24	2	4	
Iron	mg	0.88	0.029	24	0.15	0.26	
Magnesium	mg	22	0.365	24	4	6	
Phosphorus	mg	155	3.934	24	26	45	
Potassium	mg	194	4.927	24	33	56	
Sodium	mg	81	2.237	24	14	23	
Zinc	mg	1.63	0.031	24	0.28	0.47	
Copper	mg	0.041	0.002	24	0.007	0.012	
Manganese	mg	0.018	0.000	24	0.003	0.005	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.2		0	0.2	0.3	
Thiamin	mg	0.059	0.003	16	0.010	0.017	
Riboflavin	mg	0.101	0.004	16	0.017	0.029	
Niacin	mg	7.359	0.382	16	1.251	2.134	
Pantothenic acid	mg	0.836		0	0.142	0.242	
Vitamin B-6	mg	0.530		0	0.090	0.154	
Folate	µg	4		0	1	1	
Vitamin B-12	µg	0.38		0	0.06	0.11	
Vitamin A	IU	59		0	10	17	
Vitamin A, RE	µg	18		0	3	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.940		0	0.160	0.273	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.005	8	0.002	0.003	
14:0	g	0.030	0.003	27	0.005	0.009	
15.0	g						
16:0	g	0.600	0.022	27	0.102	0.174	
17:0	g						
18:0	g	0.290	0.015	27	0.049	0.084	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.850		0	0.144	0.247
14:1	g					
16:1	g	0.080	0.005	27	0.014	0.023
18:1	g	0.730	0.028	27	0.124	0.212
20:1	g	0.010	0.006	4	0.002	0.003
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.800		0	0.136	0.232
18:2	g	0.470	0.020	27	0.080	0.136
18:3	g	0.020	0.002	15	0.003	0.006
18:4	g					
20:4	g	0.120	0.007	26	0.020	0.035
20:5	g	0.010	0.001	13	0.002	0.003
22:5	g	0.030	0.005	13	0.005	0.009
22:6	g	0.050	0.009	12	0.009	0.015
Cholesterol	mg	57		0	10	17
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.257		0	0.044	0.075
Threonine	g	0.928		0	0.158	0.269
Isoleucine	g	1.160		0	0.197	0.336
Leucine	g	1.649		0	0.280	0.478
Lysine	g	1.866		0	0.317	0.541
Methionine	g	0.608		0	0.103	0.176
Cystine	g	0.281		0	0.048	0.081
Phenylalanine	g	0.872		0	0.148	0.253
Tyrosine	g	0.742		0	0.126	0.215
Valine	g	1.090		0	0.185	0.316
Arginine	g	1.325		0	0.225	0.384
Histidine	g	0.682		0	0.116	0.198
Alanine	g	1.199		0	0.204	0.348
Aspartic acid	g	1.958		0	0.333	0.568
Glutamic acid	g	3.290		0	0.559	0.954
Glycine	g	1.079		0	0.183	0.313
Proline	g	0.903		0	0.154	0.262
Serine	g	0.756		0	0.129	0.219
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 wing, bone and skin removed

NDB No. 05106 Chicken, broilers or fryers, wing, meat only, cooked, fried

Refuse: 66% 47% bone, 19% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 12g	Measure 2* 20g	Measure 3*
Proximates:							
Water	g	59.83		0	7.18	11.97	
Energy	kcal	211		0	25	42	
Energy	kj	883		0	106	177	
Protein (N x 5.95)	g	30.15		0	3.62	6.03	
Total lipid (fat)	g	9.15		0	1.10	1.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	0.10	0.17	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	2	3	
Iron	mg	1.14		0	0.14	0.23	
Magnesium	mg	21		0	3	4	
Phosphorus	mg	164		0	20	33	
Potassium	mg	208		0	25	42	
Sodium	mg	91		0	11	18	
Zinc	mg	2.12		0	0.25	0.42	
Copper	mg	0.053		0	0.006	0.011	
Manganese	mg	0.016		0	0.002	0.003	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.046		0	0.006	0.009	
Riboflavin	mg	0.128		0	0.015	0.026	
Niacin	mg	7.239		0	0.869	1.448	
Pantothenic acid	mg	0.989		0	0.119	0.198	
Vitamin B-6	mg	0.590		0	0.071	0.118	
Folate	µg	4		0	0	1	
Vitamin B-12	µg	0.34		0	0.04	0.07	
Vitamin A	IU	61		0	7	12	
Vitamin A, RE	µg	18		0	2	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.500		0	0.300	0.500	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.001	0.002	
14:0	g	0.070		0	0.008	0.014	
15.0	g						
16:0	g	1.640		0	0.197	0.328	
17:0	g						
18:0	g	0.720		0	0.086	0.144	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.080	0	0.370	0.616
14:1	g				
16:1	g	0.280	0	0.034	0.056
18:1	g	2.700	0	0.324	0.540
20:1	g	0.040	0	0.005	0.008
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.070	0	0.248	0.414
18:2	g	1.560	0	0.187	0.312
18:3	g	0.080	0	0.010	0.016
18:4	g				
20:4	g	0.170	0	0.020	0.034
20:5	g	0.020	0	0.002	0.004
22:5	g	0.040	0	0.005	0.008
22:6	g	0.070	0	0.008	0.014
Cholesterol	mg	84	0	10	17
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.352	0	0.042	0.070
Threonine	g	1.274	0	0.153	0.255
Isoleucine	g	1.592	0	0.191	0.318
Leucine	g	2.262	0	0.271	0.452
Lysine	g	2.562	0	0.307	0.512
Methionine	g	0.835	0	0.100	0.167
Cystine	g	0.386	0	0.046	0.077
Phenylalanine	g	1.196	0	0.144	0.239
Tyrosine	g	1.018	0	0.122	0.204
Valine	g	1.496	0	0.180	0.299
Arginine	g	1.819	0	0.218	0.364
Histidine	g	0.936	0	0.112	0.187
Alanine	g	1.645	0	0.197	0.329
Aspartic acid	g	2.687	0	0.322	0.537
Glutamic acid	g	4.516	0	0.542	0.903
Glycine	g	1.481	0	0.178	0.296
Proline	g	1.240	0	0.149	0.248
Serine	g	1.038	0	0.125	0.208
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 wing, bone and skin removed

NDB No. 05107 Chicken, broilers or fryers, wing, meat only, cooked, roasted

Refuse: 68% 48% bone, 20% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 21g	Measure 3*
Proximates:							
Water	g	62.78	0.619	16	8.16	13.18	
Energy	kcal	203		0	26	43	
Energy	kj	849		0	110	178	
Protein (N x 5.95)	g	30.46	0.361	16	3.96	6.40	
Total lipid (fat)	g	8.13	0.254	16	1.06	1.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89	0.025	16	0.12	0.19	
Sugars, total	g						
Minerals:							
Calcium	mg	16	0.791	16	2	3	
Iron	mg	1.16	0.051	16	0.15	0.24	
Magnesium	mg	21	0.583	16	3	4	
Phosphorus	mg	166	4.638	16	22	35	
Potassium	mg	210	6.260	16	27	44	
Sodium	mg	92	2.748	16	12	19	
Zinc	mg	2.14	0.050	16	0.28	0.45	
Copper	mg	0.054	0.003	16	0.007	0.011	
Manganese	mg	0.016	0.001	16	0.002	0.003	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.047	0.004	8	0.006	0.010	
Riboflavin	mg	0.129	0.005	8	0.017	0.027	
Niacin	mg	7.312	0.694	8	0.951	1.536	
Pantothenic acid	mg	0.999		0	0.130	0.210	
Vitamin B-6	mg	0.590		0	0.077	0.124	
Folate	µg	4		0	1	1	
Vitamin B-12	µg	0.34		0	0.04	0.07	
Vitamin A	IU	61		0	8	13	
Vitamin A, RE	µg	18		0	2	4	
Vitamin E, α-TE	mg	0.265		0	0.034	0.056	
Lipids:							
Saturated, total	g	2.260		0	0.294	0.475	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.001	0.002	
14:0	g	0.070		0	0.009	0.015	
15.0	g						
16:0	g	1.530		0	0.199	0.321	
17:0	g						
18:0	g	0.590		0	0.077	0.124	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.610	0	0.339	0.548
14:1	g				
16:1	g	0.300	0	0.039	0.063
18:1	g	2.210	0	0.287	0.464
20:1	g	0.050	0	0.007	0.011
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.780	0	0.231	0.374
18:2	g	1.290	0	0.168	0.271
18:3	g	0.060	0	0.008	0.013
18:4	g	0.000	0	0.000	0.000
20:4	g	0.170	0	0.022	0.036
20:5	g	0.020	0	0.003	0.004
22:5	g	0.040	0	0.005	0.008
22:6	g	0.070	0	0.009	0.015
Cholesterol	mg	85	0	11	18
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.356	0	0.046	0.075
Threonine	g	1.286	0	0.167	0.270
Isoleucine	g	1.608	0	0.209	0.338
Leucine	g	2.285	0	0.297	0.480
Lysine	g	2.588	0	0.336	0.543
Methionine	g	0.843	0	0.110	0.177
Cystine	g	0.390	0	0.051	0.082
Phenylalanine	g	1.209	0	0.157	0.254
Tyrosine	g	1.028	0	0.134	0.216
Valine	g	1.511	0	0.196	0.317
Arginine	g	1.837	0	0.239	0.386
Histidine	g	0.945	0	0.123	0.198
Alanine	g	1.662	0	0.216	0.349
Aspartic acid	g	2.714	0	0.353	0.570
Glutamic acid	g	4.561	0	0.593	0.958
Glycine	g	1.496	0	0.194	0.314
Proline	g	1.252	0	0.163	0.263
Serine	g	1.048	0	0.136	0.220
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1 wing, bone and skin removed

NDB No. 05108 Chicken, broilers or fryers, wing, meat only, cooked, stewed

Refuse: 68% 48% bone, 20% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 14g	Measure 3* 24g
Proximates:							
Water	g	67.01	0.484	16	93.81	9.38	16.08
Energy	kcal	181		0	253	25	43
Energy	kj	757		0	1060	106	182
Protein (N x 5.95)	g	27.18	0.400	16	38.05	3.81	6.52
Total lipid (fat)	g	7.18	0.192	16	10.05	1.01	1.72
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.73	0.035	16	1.02	0.10	0.18
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.513	16	18	2	3
Iron	mg	1.12	0.046	16	1.57	0.16	0.27
Magnesium	mg	18	0.456	16	25	3	4
Phosphorus	mg	134	4.060	16	188	19	32
Potassium	mg	153	5.322	16	214	21	37
Sodium	mg	73	2.842	16	102	10	18
Zinc	mg	2.02	0.047	16	2.83	0.28	0.48
Copper	mg	0.047	0.002	16	0.066	0.007	0.011
Manganese	mg	0.017	0.001	16	0.024	0.002	0.004
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.044	0.003	8	0.062	0.006	0.011
Riboflavin	mg	0.110	0.006	8	0.154	0.015	0.026
Niacin	mg	5.200	0.375	8	7.280	0.728	1.248
Pantothenic acid	mg	0.571		0	0.799	0.080	0.137
Vitamin B-6	mg	0.320		0	0.448	0.045	0.077
Folate	µg	3		0	4	0	1
Vitamin B-12	µg	0.22		0	0.31	0.03	0.05
Vitamin A	IU	54		0	76	8	13
Vitamin A, RE	µg	16		0	22	2	4
Vitamin E, α-TE	mg	0.265		0	0.371	0.037	0.064
Lipids:							
Saturated, total	g	2.000		0	2.800	0.280	0.480
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.001	0.002
14:0	g	0.060		0	0.084	0.008	0.014
15.0	g						
16:0	g	1.350		0	1.890	0.189	0.324
17:0	g						
18:0	g	0.520		0	0.728	0.073	0.125
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.310	0	3.234	0.323	0.554
14:1	g					
16:1	g	0.270	0	0.378	0.038	0.065
18:1	g	1.950	0	2.730	0.273	0.468
20:1	g	0.040	0	0.056	0.006	0.010
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.570	0	2.198	0.220	0.377
18:2	g	1.140	0	1.596	0.160	0.274
18:3	g	0.050	0	0.070	0.007	0.012
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.150	0	0.210	0.021	0.036
20:5	g	0.010	0	0.014	0.001	0.002
22:5	g	0.040	0	0.056	0.006	0.010
22:6	g	0.060	0	0.084	0.008	0.014
Cholesterol	mg	74	0	104	10	18
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.317	0	0.444	0.044	0.076
Threonine	g	1.148	0	1.607	0.161	0.276
Isoleucine	g	1.435	0	2.009	0.201	0.344
Leucine	g	2.039	0	2.855	0.285	0.489
Lysine	g	2.309	0	3.233	0.323	0.554
Methionine	g	0.752	0	1.053	0.105	0.180
Cystine	g	0.348	0	0.487	0.049	0.084
Phenylalanine	g	1.078	0	1.509	0.151	0.259
Tyrosine	g	0.917	0	1.284	0.128	0.220
Valine	g	1.348	0	1.887	0.189	0.324
Arginine	g	1.639	0	2.295	0.229	0.393
Histidine	g	0.844	0	1.182	0.118	0.203
Alanine	g	1.483	0	2.076	0.208	0.356
Aspartic acid	g	2.422	0	3.391	0.339	0.581
Glutamic acid	g	4.070	0	5.698	0.570	0.977
Glycine	g	1.335	0	1.869	0.187	0.320
Proline	g	1.117	0	1.564	0.156	0.268
Serine	g	0.935	0	1.309	0.131	0.224
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 wing, bone and skin removed

NDB No. 05109 Chicken, roasting, meat and skin and giblets and neck, raw

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1509g	Measure 2*	Measure 3*
Proximates:							
Water	g	65.98		0	995.64		
Energy	kcal	213		0	3214		
Energy	kj	891		0	13445		
Protein (N x 5.95)	g	17.09		0	257.89		
Total lipid (fat)	g	15.46		0	233.29		
Carbohydrate, by difference	g	0.09		0	1.36		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.86		0	12.98		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	151		
Iron	mg	1.37		0	20.67		
Magnesium	mg	19		0	287		
Phosphorus	mg	165		0	2490		
Potassium	mg	196		0	2958		
Sodium	mg	69		0	1041		
Zinc	mg	1.28		0	19.32		
Copper	mg	0.060		0	0.905		
Manganese	mg	0.027		0	0.407		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.4		0	36.2		
Thiamin	mg	0.059		0	0.890		
Riboflavin	mg	0.171		0	2.580		
Niacin	mg	6.427		0	96.983		
Pantothenic acid	mg	1.019		0	15.377		
Vitamin B-6	mg	0.320		0	4.829		
Folate	µg	26		0	392		
Vitamin B-12	µg	0.99		0	14.94		
Vitamin A	IU	843		0	12721		
Vitamin A, RE	µg	252		0	3803		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.410		0	66.547		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.020		0	0.302		
14:0	g	0.130		0	1.962		
15.0	g						
16:0	g	3.220		0	48.590		
17:0	g						
18:0	g	0.890		0	13.430		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.390	0	96.425
14:1	g			
16:1	g	0.860	0	12.977
18:1	g	5.290	0	79.826
20:1	g	0.160	0	2.414
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.330	0	50.250
18:2	g	2.960	0	44.666
18:3	g	0.140	0	2.113
18:4	g			
20:4	g	0.100	0	1.509
20:5	g	0.010	0	0.151
22:5	g	0.010	0	0.151
22:6	g	0.030	0	0.453
Cholesterol	mg	86	0	1298
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.189	0	2.852
Threonine	g	0.709	0	10.699
Isoleucine	g	0.844	0	12.736
Leucine	g	1.245	0	18.787
Lysine	g	1.369	0	20.658
Methionine	g	0.450	0	6.791
Cystine	g	0.230	0	3.471
Phenylalanine	g	0.670	0	10.110
Tyrosine	g	0.547	0	8.254
Valine	g	0.831	0	12.540
Arginine	g	1.085	0	16.373
Histidine	g	0.489	0	7.379
Alanine	g	0.993	0	14.984
Aspartic acid	g	1.530	0	23.088
Glutamic acid	g	2.500	0	37.725
Glycine	g	1.136	0	17.142
Proline	g	0.853	0	12.872
Serine	g	0.617	0	9.311
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 chicken

NDB No. 05110 Chicken, roasting, meat and skin and giblets and neck, cooked, roasted

Refuse: 29% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1072g	Measure 2* 235g	Measure 3*
Proximates:							
Water	g	62.35		0	668.39	146.52	
Energy	kcal	220		0	2358	517	
Energy	kj	920		0	9862	2162	
Protein (N x 5.95)	g	23.96		0	256.85	56.31	
Total lipid (fat)	g	13.07		0	140.11	30.71	
Carbohydrate, by difference	g	0.05		0	0.54	0.12	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85		0	9.11	2.00	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	139	31	
Iron	mg	1.61		0	17.26	3.78	
Magnesium	mg	20		0	214	47	
Phosphorus	mg	179		0	1919	421	
Potassium	mg	204		0	2187	479	
Sodium	mg	71		0	761	167	
Zinc	mg	1.71		0	18.33	4.02	
Copper	mg	0.071		0	0.761	0.167	
Manganese	mg	0.027		0	0.289	0.063	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	4.3	0.9	
Thiamin	mg	0.057		0	0.611	0.134	
Riboflavin	mg	0.189		0	2.026	0.444	
Niacin	mg	7.031		0	75.372	16.523	
Pantothenic acid	mg	1.003		0	10.752	2.357	
Vitamin B-6	mg	0.340		0	3.645	0.799	
Folate	µg	23		0	247	54	
Vitamin B-12	µg	0.78		0	8.36	1.83	
Vitamin A	IU	597		0	6400	1403	
Vitamin A, RE	µg	179		0	1919	421	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.660		0	39.235	8.601	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.214	0.047	
14:0	g	0.100		0	1.072	0.235	
15.0	g						
16:0	g	2.680		0	28.730	6.298	
17:0	g						
18:0	g	0.740		0	7.933	1.739	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.220	0	55.958	12.267
14:1	g				
16:1	g	0.720	0	7.718	1.692
18:1	g	4.300	0	46.096	10.105
20:1	g	0.130	0	1.394	0.306
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.850	0	30.552	6.697
18:2	g	2.480	0	26.586	5.828
18:3	g	0.110	0	1.179	0.259
18:4	g				
20:4	g	0.120	0	1.286	0.282
20:5	g	0.010	0	0.107	0.024
22:5	g	0.020	0	0.214	0.047
22:6	g	0.030	0	0.322	0.070
Cholesterol	mg	94	0	1008	221
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.265	0	2.841	0.623
Threonine	g	0.994	0	10.656	2.336
Isoleucine	g	1.187	0	12.725	2.789
Leucine	g	1.746	0	18.717	4.103
Lysine	g	1.925	0	20.636	4.524
Methionine	g	0.632	0	6.775	1.485
Cystine	g	0.321	0	3.441	0.754
Phenylalanine	g	0.938	0	10.055	2.204
Tyrosine	g	0.767	0	8.222	1.802
Valine	g	1.166	0	12.500	2.740
Arginine	g	1.517	0	16.262	3.565
Histidine	g	0.688	0	7.375	1.617
Alanine	g	1.390	0	14.901	3.266
Aspartic acid	g	2.144	0	22.984	5.038
Glutamic acid	g	3.506	0	37.584	8.239
Glycine	g	1.578	0	16.916	3.708
Proline	g	1.188	0	12.735	2.792
Serine	g	0.862	0	9.241	2.026
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 chicken

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05111 Chicken, roasting, meat and skin, raw

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 293g	Measure 2* 668g	Measure 3*
Proximates:							
Water	g	65.50		0	191.91	437.54	
Energy	kcal	216		0	633	1443	
Energy	kj	904		0	2649	6039	
Protein (N x 5.95)	g	17.14		0	50.22	114.50	
Total lipid (fat)	g	15.85		0	46.44	105.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	2.55	5.81	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	29	67	
Iron	mg	1.01		0	2.96	6.75	
Magnesium	mg	19		0	56	127	
Phosphorus	mg	166		0	486	1109	
Potassium	mg	196		0	574	1309	
Sodium	mg	68		0	199	454	
Zinc	mg	1.07		0	3.14	7.15	
Copper	mg	0.046		0	0.135	0.307	
Manganese	mg	0.018		0	0.053	0.120	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5		0	4.4	10.0	
Thiamin	mg	0.058		0	0.170	0.387	
Riboflavin	mg	0.115		0	0.337	0.768	
Niacin	mg	6.572		0	19.256	43.901	
Pantothenic acid	mg	0.885		0	2.593	5.912	
Vitamin B-6	mg	0.320		0	0.938	2.138	
Folate	µg	6		0	18	40	
Vitamin B-12	µg	0.31		0	0.91	2.07	
Vitamin A	IU	131		0	384	875	
Vitamin A, RE	µg	38		0	111	254	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.530		0	13.273	30.260	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.059	0.134	
14:0	g	0.130		0	0.381	0.868	
15.0	g						
16:0	g	3.320		0	9.728	22.178	
17:0	g						
18:0	g	0.900		0	2.637	6.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.640	0	19.455	44.355
14:1	g				
16:1	g	0.890	0	2.608	5.945
18:1	g	5.490	0	16.086	36.673
20:1	g	0.170	0	0.498	1.136
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.400	0	9.962	22.712
18:2	g	3.040	0	8.907	20.307
18:3	g	0.150	0	0.439	1.002
18:4	g				
20:4	g	0.080	0	0.234	0.534
20:5	g	0.010	0	0.029	0.067
22:5	g	0.010	0	0.029	0.067
22:6	g	0.030	0	0.088	0.200
Cholesterol	mg	73	0	214	488
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.190	0	0.557	1.269
Threonine	g	0.706	0	2.069	4.716
Isoleucine	g	0.851	0	2.493	5.685
Leucine	g	1.244	0	3.645	8.310
Lysine	g	1.390	0	4.073	9.285
Methionine	g	0.454	0	1.330	3.033
Cystine	g	0.230	0	0.674	1.536
Phenylalanine	g	0.665	0	1.948	4.442
Tyrosine	g	0.550	0	1.612	3.674
Valine	g	0.831	0	2.435	5.551
Arginine	g	1.078	0	3.159	7.201
Histidine	g	0.501	0	1.468	3.347
Alanine	g	1.005	0	2.945	6.713
Aspartic acid	g	1.529	0	4.480	10.214
Glutamic acid	g	2.500	0	7.325	16.700
Glycine	g	1.131	0	3.314	7.555
Proline	g	0.842	0	2.467	5.625
Serine	g	0.606	0	1.776	4.048
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05112 Chicken, roasting, meat and skin, cooked, roasted

Refuse: 30% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 210g	Measure 2* 480g	Measure 3*
Proximates:							
Water	g	62.10		0	130.41	298.08	
Energy	kcal	223		0	468	1070	
Energy	kj	933		0	1959	4478	
Protein (N x 5.95)	g	23.97		0	50.34	115.06	
Total lipid (fat)	g	13.39		0	28.12	64.27	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	1.81	4.13	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	25	58	
Iron	mg	1.26		0	2.65	6.05	
Magnesium	mg	20		0	42	96	
Phosphorus	mg	179		0	376	859	
Potassium	mg	211		0	443	1013	
Sodium	mg	73		0	153	350	
Zinc	mg	1.45		0	3.04	6.96	
Copper	mg	0.058		0	0.122	0.278	
Manganese	mg	0.018		0	0.038	0.086	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.057		0	0.120	0.274	
Riboflavin	mg	0.143		0	0.300	0.686	
Niacin	mg	7.418		0	15.578	35.606	
Pantothenic acid	mg	0.918		0	1.928	4.406	
Vitamin B-6	mg	0.350		0	0.735	1.680	
Folate	µg	5		0	11	24	
Vitamin B-12	µg	0.27		0	0.57	1.30	
Vitamin A	IU	83		0	174	398	
Vitamin A, RE	µg	25		0	53	120	
Vitamin E, α-TE	mg	0.265		0	0.557	1.272	
Lipids:							
Saturated, total	g	3.740		0	7.854	17.952	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.042	0.096	
14:0	g	0.110		0	0.231	0.528	
15.0	g						
16:0	g	2.760		0	5.796	13.248	
17:0	g						
18:0	g	0.740		0	1.554	3.552	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.400	0	11.340	25.920
14:1	g				
16:1	g	0.740	0	1.554	3.552
18:1	g	4.450	0	9.345	21.360
20:1	g	0.140	0	0.294	0.672
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.920	0	6.132	14.016
18:2	g	2.550	0	5.355	12.240
18:3	g	0.120	0	0.252	0.576
18:4	g				
20:4	g	0.110	0	0.231	0.528
20:5	g	0.010	0	0.021	0.048
22:5	g	0.020	0	0.042	0.096
22:6	g	0.030	0	0.063	0.144
Cholesterol	mg	76	0	160	365
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.266	0	0.559	1.277
Threonine	g	0.989	0	2.077	4.747
Isoleucine	g	1.191	0	2.501	5.717
Leucine	g	1.739	0	3.652	8.347
Lysine	g	1.945	0	4.085	9.336
Methionine	g	0.636	0	1.336	3.053
Cystine	g	0.320	0	0.672	1.536
Phenylalanine	g	0.929	0	1.951	4.459
Tyrosine	g	0.769	0	1.615	3.691
Valine	g	1.162	0	2.440	5.578
Arginine	g	1.506	0	3.163	7.229
Histidine	g	0.701	0	1.472	3.365
Alanine	g	1.403	0	2.946	6.734
Aspartic acid	g	2.137	0	4.488	10.258
Glutamic acid	g	3.497	0	7.344	16.786
Glycine	g	1.574	0	3.305	7.555
Proline	g	1.173	0	2.463	5.630
Serine	g	0.847	0	1.779	4.066
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05113 Chicken, roasting, meat only, raw

Refuse: 49% 28% bone, 14% skin, 7% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 209g	Measure 2* 477g	Measure 3*
Proximates:							
Water	g	74.94		0	156.62	357.46	
Energy	kcal	111		0	232	529	
Energy	kj	464		0	970	2213	
Protein (N x 5.95)	g	20.33		0	42.49	96.97	
Total lipid (fat)	g	2.70		0	5.64	12.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07		0	2.24	5.10	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	21	48	
Iron	mg	1.03		0	2.15	4.91	
Magnesium	mg	23		0	48	110	
Phosphorus	mg	198		0	414	944	
Potassium	mg	238		0	497	1135	
Sodium	mg	75		0	157	358	
Zinc	mg	1.19		0	2.49	5.68	
Copper	mg	0.050		0	0.105	0.239	
Manganese	mg	0.018		0	0.038	0.086	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.1		0	4.4	10.0	
Thiamin	mg	0.069		0	0.144	0.329	
Riboflavin	mg	0.134		0	0.280	0.639	
Niacin	mg	7.875		0	16.459	37.564	
Pantothenic acid	mg	1.032		0	2.157	4.923	
Vitamin B-6	mg	0.420		0	0.878	2.003	
Folate	µg	7		0	15	33	
Vitamin B-12	µg	0.36		0	0.75	1.72	
Vitamin A	IU	45		0	94	215	
Vitamin A, RE	µg	13		0	27	62	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.670		0	1.400	3.196	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.021	0.048	
14:0	g	0.020		0	0.042	0.095	
15.0	g						
16:0	g	0.450		0	0.941	2.147	
17:0	g						
18:0	g	0.180		0	0.376	0.859	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.830	0	1.735	3.959
14:1	g				
16:1	g	0.120	0	0.251	0.572
18:1	g	0.690	0	1.442	3.291
20:1	g	0.010	0	0.021	0.048
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.670	0	1.400	3.196
18:2	g	0.480	0	1.003	2.290
18:3	g	0.020	0	0.042	0.095
18:4	g				
20:4	g	0.080	0	0.167	0.382
20:5	g	0.010	0	0.021	0.048
22:5	g	0.010	0	0.021	0.048
22:6	g	0.030	0	0.063	0.143
Cholesterol	mg	65	0	136	310
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.237	0	0.495	1.130
Threonine	g	0.859	0	1.795	4.097
Isoleucine	g	1.073	0	2.243	5.118
Leucine	g	1.526	0	3.189	7.279
Lysine	g	1.727	0	3.609	8.238
Methionine	g	0.563	0	1.177	2.686
Cystine	g	0.260	0	0.543	1.240
Phenylalanine	g	0.807	0	1.687	3.849
Tyrosine	g	0.686	0	1.434	3.272
Valine	g	1.008	0	2.107	4.808
Arginine	g	1.226	0	2.562	5.848
Histidine	g	0.631	0	1.319	3.010
Alanine	g	1.109	0	2.318	5.290
Aspartic acid	g	1.812	0	3.787	8.643
Glutamic acid	g	3.045	0	6.364	14.525
Glycine	g	0.998	0	2.086	4.760
Proline	g	0.836	0	1.747	3.988
Serine	g	0.700	0	1.463	3.339
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05114 Chicken, roasting, meat only, cooked, roasted

Refuse: 43% 30% bone, 12% skin, 1% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 171g	Measure 3*
Proximates:							
Water	g	67.41		0	94.37	115.27	
Energy	kcal	167		0	234	286	
Energy	kj	699		0	979	1195	
Protein (N x 5.95)	g	25.01		0	35.01	42.77	
Total lipid (fat)	g	6.63		0	9.28	11.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	1.33	1.62	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	17	21	
Iron	mg	1.21		0	1.69	2.07	
Magnesium	mg	21		0	29	36	
Phosphorus	mg	192		0	269	328	
Potassium	mg	229		0	321	392	
Sodium	mg	75		0	105	128	
Zinc	mg	1.52		0	2.13	2.60	
Copper	mg	0.057		0	0.080	0.097	
Manganese	mg	0.017		0	0.024	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.062		0	0.087	0.106	
Riboflavin	mg	0.147		0	0.206	0.251	
Niacin	mg	7.881		0	11.033	13.477	
Pantothenic acid	mg	0.972		0	1.361	1.662	
Vitamin B-6	mg	0.410		0	0.574	0.701	
Folate	µg	5		0	7	9	
Vitamin B-12	µg	0.29		0	0.41	0.50	
Vitamin A	IU	41		0	57	70	
Vitamin A, RE	µg	12		0	17	21	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.810		0	2.534	3.095	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.017	
14:0	g	0.050		0	0.070	0.086	
15.0	g						
16:0	g	1.270		0	1.778	2.172	
17:0	g						
18:0	g	0.420		0	0.588	0.718	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.500	0	3.500	4.275
14:1	g				
16:1	g	0.340	0	0.476	0.581
18:1	g	2.080	0	2.912	3.557
20:1	g	0.040	0	0.056	0.068
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.510	0	2.114	2.582
18:2	g	1.240	0	1.736	2.120
18:3	g	0.060	0	0.084	0.103
18:4	g				
20:4	g	0.100	0	0.140	0.171
20:5	g	0.010	0	0.014	0.017
22:5	g	0.020	0	0.028	0.034
22:6	g	0.030	0	0.042	0.051
Cholesterol	mg	75	0	105	128
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.292	0	0.409	0.499
Threonine	g	1.056	0	1.478	1.806
Isoleucine	g	1.321	0	1.849	2.259
Leucine	g	1.877	0	2.628	3.210
Lysine	g	2.125	0	2.975	3.634
Methionine	g	0.693	0	0.970	1.185
Cystine	g	0.320	0	0.448	0.547
Phenylalanine	g	0.993	0	1.390	1.698
Tyrosine	g	0.844	0	1.182	1.443
Valine	g	1.240	0	1.736	2.120
Arginine	g	1.509	0	2.113	2.580
Histidine	g	0.776	0	1.086	1.327
Alanine	g	1.365	0	1.911	2.334
Aspartic acid	g	2.229	0	3.121	3.812
Glutamic acid	g	3.745	0	5.243	6.404
Glycine	g	1.229	0	1.721	2.102
Proline	g	1.029	0	1.441	1.760
Serine	g	0.860	0	1.204	1.471
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05115 Chicken, roasting, giblets, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 113g	Measure 3*
Proximates:							
Water	g	74.73		0	18.68	84.44	
Energy	kcal	127		0	32	144	
Energy	kj	531		0	133	600	
Protein (N x 5.95)	g	18.14		0	4.54	20.50	
Total lipid (fat)	g	5.04		0	1.26	5.70	
Carbohydrate, by difference	g	1.14		0	0.28	1.29	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	0.24	1.07	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	11	
Iron	mg	5.40		0	1.35	6.10	
Magnesium	mg	17		0	4	19	
Phosphorus	mg	184		0	46	208	
Potassium	mg	227		0	57	257	
Sodium	mg	77		0	19	87	
Zinc	mg	3.39		0	0.85	3.83	
Copper	mg	0.218		0	0.055	0.246	
Manganese	mg	0.130		0	0.033	0.147	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	13.1		0	3.3	14.8	
Thiamin	mg	0.080		0	0.020	0.090	
Riboflavin	mg	0.818		0	0.205	0.924	
Niacin	mg	6.208		0	1.552	7.015	
Pantothenic acid	mg	2.696		0	0.674	3.046	
Vitamin B-6	mg	0.360		0	0.090	0.407	
Folate	µg	276		0	69	312	
Vitamin B-12	µg	9.40		0	2.35	10.62	
Vitamin A	IU	9592		0	2398	10839	
Vitamin A, RE	µg	2877		0	719	3251	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.540		0	0.385	1.740	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.008	0.034	
15.0	g						
16:0	g	0.850		0	0.213	0.961	
17:0	g						
18:0	g	0.530		0	0.133	0.599	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.280	0	0.320	1.446
14:1	g				
16:1	g	0.190	0	0.048	0.215
18:1	g	1.080	0	0.270	1.220
20:1	g	0.010	0	0.003	0.011
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.260	0	0.315	1.424
18:2	g	0.870	0	0.218	0.983
18:3	g	0.030	0	0.008	0.034
18:4	g				
20:4	g	0.310	0	0.078	0.350
20:5	g	0.010	0	0.003	0.011
22:5	g	0.000	0	0.000	0.000
22:6	g	0.020	0	0.005	0.023
Cholesterol	mg	236	0	59	267
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.200	0	0.050	0.226
Threonine	g	0.825	0	0.206	0.932
Isoleucine	g	0.903	0	0.226	1.020
Leucine	g	1.424	0	0.356	1.609
Lysine	g	1.318	0	0.330	1.489
Methionine	g	0.457	0	0.114	0.516
Cystine	g	0.241	0	0.060	0.272
Phenylalanine	g	0.810	0	0.203	0.915
Tyrosine	g	0.590	0	0.148	0.667
Valine	g	0.943	0	0.236	1.066
Arginine	g	1.227	0	0.307	1.387
Histidine	g	0.415	0	0.104	0.469
Alanine	g	0.866	0	0.217	0.979
Aspartic acid	g	1.696	0	0.424	1.916
Glutamic acid	g	2.812	0	0.703	3.178
Glycine	g	0.991	0	0.248	1.120
Proline	g	0.927	0	0.232	1.048
Serine	g	0.795	0	0.199	0.898
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: Giblets

NDB No. 05116 Chicken, roasting, giblets, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 15g	Measure 3*
Proximates:							
Water	g	66.32		0	96.16	9.95	
Energy	kcal	165		0	239	25	
Energy	kj	690		0	1001	104	
Protein (N x 5.95)	g	26.77		0	38.82	4.02	
Total lipid (fat)	g	5.22		0	7.57	0.78	
Carbohydrate, by difference	g	0.86		0	1.25	0.13	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.83		0	1.20	0.12	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	17	2	
Iron	mg	6.09		0	8.83	0.91	
Magnesium	mg	20		0	29	3	
Phosphorus	mg	213		0	309	32	
Potassium	mg	160		0	232	24	
Sodium	mg	60		0	87	9	
Zinc	mg	4.63		0	6.71	0.69	
Copper	mg	0.236		0	0.342	0.035	
Manganese	mg	0.147		0	0.213	0.022	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.5		0	9.4	1.0	
Thiamin	mg	0.074		0	0.107	0.011	
Riboflavin	mg	0.808		0	1.172	0.121	
Niacin	mg	4.032		0	5.846	0.605	
Pantothenic acid	mg	2.512		0	3.642	0.377	
Vitamin B-6	mg	0.300		0	0.435	0.045	
Folate	µg	303		0	439	45	
Vitamin B-12	µg	8.45		0	12.25	1.27	
Vitamin A	IU	8136		0	11797	1220	
Vitamin A, RE	µg	2441		0	3539	366	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.640		0	2.378	0.246	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.044	0.004	
15.0	g						
16:0	g	0.910		0	1.320	0.137	
17:0	g						
18:0	g	0.590		0	0.856	0.089	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.330	0	1.929	0.200
14:1	g				
16:1	g	0.190	0	0.276	0.029
18:1	g	1.130	0	1.638	0.170
20:1	g	0.010	0	0.015	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.220	0	1.769	0.183
18:2	g	0.830	0	1.204	0.125
18:3	g	0.030	0	0.044	0.004
18:4	g				
20:4	g	0.290	0	0.421	0.044
20:5	g	0.010	0	0.015	0.002
22:5	g	0.000	0	0.000	0.000
22:6	g	0.040	0	0.058	0.006
Cholesterol	mg	357	0	518	54
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.428	0.044
Threonine	g	1.217	0	1.765	0.183
Isoleucine	g	1.333	0	1.933	0.200
Leucine	g	2.102	0	3.048	0.315
Lysine	g	1.945	0	2.820	0.292
Methionine	g	0.674	0	0.977	0.101
Cystine	g	0.355	0	0.515	0.053
Phenylalanine	g	1.195	0	1.733	0.179
Tyrosine	g	0.870	0	1.262	0.131
Valine	g	1.393	0	2.020	0.209
Arginine	g	1.809	0	2.623	0.271
Histidine	g	0.612	0	0.887	0.092
Alanine	g	1.280	0	1.856	0.192
Aspartic acid	g	2.503	0	3.629	0.375
Glutamic acid	g	4.146	0	6.012	0.622
Glycine	g	1.463	0	2.121	0.219
Proline	g	1.368	0	1.984	0.205
Serine	g	1.172	0	1.699	0.176
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced

Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05117 Chicken, roasting, light meat, meat only, raw

Refuse: 43% 26% bone, 13% skin, 4% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 220g	Measure 3*
Proximates:							
Water	g	74.30	0.294	13	73.56	163.46	
Energy	kcal	109		0	108	240	
Energy	kj	456		0	451	1003	
Protein (N x 5.95)	g	22.20	0.568	14	21.98	48.84	
Total lipid (fat)	g	1.63	0.362	11	1.61	3.59	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.040	2	1.09	2.42	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.200	3	11	24	
Iron	mg	0.89	0.159	3	0.88	1.96	
Magnesium	mg	25	7.850	2	25	55	
Phosphorus	mg	223	17.785	7	221	491	
Potassium	mg	252	26.500	2	249	554	
Sodium	mg	51	5.280	6	50	112	
Zinc	mg	0.66	0.065	2	0.65	1.45	
Copper	mg	0.038		0	0.038	0.084	
Manganese	mg	0.017		0	0.017	0.037	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.2		0	1.2	2.6	
Thiamin	mg	0.066		0	0.065	0.145	
Riboflavin	mg	0.089		0	0.088	0.196	
Niacin	mg	10.217		0	10.115	22.477	
Pantothenic acid	mg	0.854		0	0.845	1.879	
Vitamin B-6	mg	0.550		0	0.545	1.210	
Folate	µg	4		0	4	9	
Vitamin B-12	µg	0.39		0	0.39	0.86	
Vitamin A	IU	27		0	27	59	
Vitamin A, RE	µg	8		0	8	18	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.370		0	0.366	0.814	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010	0.004	5	0.010	0.022	
15.0	g						
16:0	g	0.260	0.091	5	0.257	0.572	
17:0	g						
18:0	g	0.100	0.034	5	0.099	0.220	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.480		0	0.475	1.056
14:1	g					
16:1	g	0.070	0.025	5	0.069	0.154
18:1	g	0.400	0.136	5	0.396	0.880
20:1	g	0.010		1	0.010	0.022
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.400		0	0.396	0.880
18:2	g	0.240	0.079	5	0.238	0.528
18:3	g	0.010	0.004	5	0.010	0.022
18:4	g					
20:4	g	0.080	0.030	5	0.079	0.176
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		1	0.010	0.022
22:6	g	0.020		1	0.020	0.044
Cholesterol	mg	57		0	56	125
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.259		0	0.256	0.570
Threonine	g	0.938		0	0.929	2.064
Isoleucine	g	1.172		0	1.160	2.578
Leucine	g	1.666		0	1.649	3.665
Lysine	g	1.886		0	1.867	4.149
Methionine	g	0.614		0	0.608	1.351
Cystine	g	0.284		0	0.281	0.625
Phenylalanine	g	0.881		0	0.872	1.938
Tyrosine	g	0.749		0	0.742	1.648
Valine	g	1.101		0	1.090	2.422
Arginine	g	1.339		0	1.326	2.946
Histidine	g	0.689		0	0.682	1.516
Alanine	g	1.211		0	1.199	2.664
Aspartic acid	g	1.978		0	1.958	4.352
Glutamic acid	g	3.325		0	3.292	7.315
Glycine	g	1.090		0	1.079	2.398
Proline	g	0.913		0	0.904	2.009
Serine	g	0.764		0	0.756	1.681
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05118 Chicken, roasting, light meat, meat only, cooked, roasted

Refuse: 40% 24% bone, 16% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 78g	Measure 3*
Proximates:							
Water	g	67.85		0	94.99	52.92	
Energy	kcal	153		0	214	119	
Energy	kj	640		0	896	499	
Protein (N x 5.95)	g	27.13		0	37.98	21.16	
Total lipid (fat)	g	4.07		0	5.70	3.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95		0	1.33	0.74	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	18	10	
Iron	mg	1.08		0	1.51	0.84	
Magnesium	mg	23		0	32	18	
Phosphorus	mg	217		0	304	169	
Potassium	mg	236		0	330	184	
Sodium	mg	51		0	71	40	
Zinc	mg	0.78		0	1.09	0.61	
Copper	mg	0.042		0	0.059	0.033	
Manganese	mg	0.015		0	0.021	0.012	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.061		0	0.085	0.048	
Riboflavin	mg	0.093		0	0.130	0.073	
Niacin	mg	10.469		0	14.657	8.166	
Pantothenic acid	mg	0.907		0	1.270	0.707	
Vitamin B-6	mg	0.540		0	0.756	0.421	
Folate	µg	3		0	4	2	
Vitamin B-12	µg	0.31		0	0.43	0.24	
Vitamin A	IU	25		0	35	20	
Vitamin A, RE	µg	8		0	11	6	
Vitamin E, α-TE	mg	0.265		0	0.371	0.207	
Lipids:							
Saturated, total	g	1.080		0	1.512	0.842	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.042	0.023	
15.0	g						
16:0	g	0.760		0	1.064	0.593	
17:0	g						
18:0	g	0.250		0	0.350	0.195	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.520	0	2.128	1.186
14:1	g				
16:1	g	0.200	0	0.280	0.156
18:1	g	1.260	0	1.764	0.983
20:1	g	0.030	0	0.042	0.023
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.930	0	1.302	0.725
18:2	g	0.690	0	0.966	0.538
18:3	g	0.030	0	0.042	0.023
18:4	g	0.000	0	0.000	0.000
20:4	g	0.100	0	0.140	0.078
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.014	0.008
22:6	g	0.030	0	0.042	0.023
Cholesterol	mg	75	0	105	59
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.317	0	0.444	0.247
Threonine	g	1.146	0	1.604	0.894
Isoleucine	g	1.433	0	2.006	1.118
Leucine	g	2.036	0	2.850	1.588
Lysine	g	2.305	0	3.227	1.798
Methionine	g	0.751	0	1.051	0.586
Cystine	g	0.347	0	0.486	0.271
Phenylalanine	g	1.077	0	1.508	0.840
Tyrosine	g	0.916	0	1.282	0.714
Valine	g	1.346	0	1.884	1.050
Arginine	g	1.637	0	2.292	1.277
Histidine	g	0.842	0	1.179	0.657
Alanine	g	1.480	0	2.072	1.154
Aspartic acid	g	2.418	0	3.385	1.886
Glutamic acid	g	4.063	0	5.688	3.169
Glycine	g	1.333	0	1.866	1.040
Proline	g	1.116	0	1.562	0.870
Serine	g	0.933	0	1.306	0.728
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05119 Chicken, roasting, dark meat, meat only, raw

Refuse: 53% 30% bone, 14% skin, 9% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 113g	Measure 2* 258g	Measure 3*
Proximates:							
Water	g	75.48	0.273	7	85.29	194.74	
Energy	kcal	113		0	128	292	
Energy	kj	473		0	534	1220	
Protein (N x 5.95)	g	18.74	0.409	8	21.18	48.35	
Total lipid (fat)	g	3.61	0.485	10	4.08	9.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04	0.040	2	1.18	2.68	
Sugars, total	g						
Minerals:							
Calcium	mg	9	1.252	3	10	23	
Iron	mg	1.15	0.135	3	1.30	2.97	
Magnesium	mg	21	5.150	2	24	54	
Phosphorus	mg	178	29.077	3	201	459	
Potassium	mg	227	13.450	2	257	586	
Sodium	mg	95	13.750	2	107	245	
Zinc	mg	1.65	0.150	2	1.86	4.26	
Copper	mg	0.059		0	0.067	0.152	
Manganese	mg	0.020		0	0.023	0.052	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.0		0	3.4	7.7	
Thiamin	mg	0.072		0	0.081	0.186	
Riboflavin	mg	0.173		0	0.195	0.446	
Niacin	mg	5.878		0	6.642	15.165	
Pantothenic acid	mg	1.183		0	1.337	3.052	
Vitamin B-6	mg	0.320		0	0.362	0.826	
Folate	µg	9		0	10	23	
Vitamin B-12	µg	0.34		0	0.38	0.88	
Vitamin A	IU	60		0	68	155	
Vitamin A, RE	µg	18		0	20	46	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.930		0	1.051	2.399	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020	0.004	17	0.023	0.052	
14:0	g	0.020	0.003	24	0.023	0.052	
15.0	g						
16:0	g	0.620	0.056	24	0.701	1.600	
17:0	g						
18:0	g	0.240	0.025	24	0.271	0.619	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.120		0	1.266	2.890
14:1	g					
16:1	g	0.160	0.017	24	0.181	0.413
18:1	g	0.930	0.086	24	1.051	2.399
20:1	g	0.010	0.003	6	0.011	0.026
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.900		0	1.017	2.322
18:2	g	0.690	0.063	24	0.780	1.780
18:3	g	0.030	0.003	18	0.034	0.077
18:4	g					
20:4	g	0.090	0.018	16	0.102	0.232
20:5	g	0.010	0.003	8	0.011	0.026
22:5	g	0.020	0.006	9	0.023	0.052
22:6	g	0.030	0.011	9	0.034	0.077
Cholesterol	mg	72		0	81	186
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.219		0	0.247	0.565
Threonine	g	0.791		0	0.894	2.041
Isoleucine	g	0.989		0	1.118	2.552
Leucine	g	1.406		0	1.589	3.627
Lysine	g	1.592		0	1.799	4.107
Methionine	g	0.519		0	0.586	1.339
Cystine	g	0.240		0	0.271	0.619
Phenylalanine	g	0.744		0	0.841	1.920
Tyrosine	g	0.633		0	0.715	1.633
Valine	g	0.929		0	1.050	2.397
Arginine	g	1.130		0	1.277	2.915
Histidine	g	0.582		0	0.658	1.502
Alanine	g	1.022		0	1.155	2.637
Aspartic acid	g	1.670		0	1.887	4.309
Glutamic acid	g	2.806		0	3.171	7.239
Glycine	g	0.920		0	1.040	2.374
Proline	g	0.770		0	0.870	1.987
Serine	g	0.645		0	0.729	1.664
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05120 Chicken, roasting, dark meat, meat only, cooked, roasted

Refuse: 46% 35% bone, 10% skin, 1% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 94g	Measure 3*
Proximates:							
Water	g	67.05		0	93.87	63.03	
Energy	kcal	178		0	249	167	
Energy	kj	745		0	1043	700	
Protein (N x 5.95)	g	23.25		0	32.55	21.86	
Total lipid (fat)	g	8.75		0	12.25	8.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	1.32	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	15	10	
Iron	mg	1.33		0	1.86	1.25	
Magnesium	mg	20		0	28	19	
Phosphorus	mg	171		0	239	161	
Potassium	mg	224		0	314	211	
Sodium	mg	95		0	133	89	
Zinc	mg	2.13		0	2.98	2.00	
Copper	mg	0.070		0	0.098	0.066	
Manganese	mg	0.019		0	0.027	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.063		0	0.088	0.059	
Riboflavin	mg	0.192		0	0.269	0.180	
Niacin	mg	5.736		0	8.030	5.392	
Pantothenic acid	mg	1.026		0	1.436	0.964	
Vitamin B-6	mg	0.310		0	0.434	0.291	
Folate	µg	7		0	10	7	
Vitamin B-12	µg	0.27		0	0.38	0.25	
Vitamin A	IU	54		0	76	51	
Vitamin A, RE	µg	16		0	22	15	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.430		0	3.402	2.284	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.028	0.019	
14:0	g	0.070		0	0.098	0.066	
15.0	g						
16:0	g	1.690		0	2.366	1.589	
17:0	g						
18:0	g	0.560		0	0.784	0.526	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.310	0	4.634	3.111
14:1	g				
16:1	g	0.450	0	0.630	0.423
18:1	g	2.760	0	3.864	2.594
20:1	g	0.060	0	0.084	0.056
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.000	0	2.800	1.880
18:2	g	1.690	0	2.366	1.589
18:3	g	0.080	0	0.112	0.075
18:4	g				
20:4	g	0.110	0	0.154	0.103
20:5	g	0.010	0	0.014	0.009
22:5	g	0.020	0	0.028	0.019
22:6	g	0.040	0	0.056	0.038
Cholesterol	mg	75	0	105	71
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.272	0	0.381	0.256
Threonine	g	0.982	0	1.375	0.923
Isoleucine	g	1.228	0	1.719	1.154
Leucine	g	1.745	0	2.443	1.640
Lysine	g	1.975	0	2.765	1.857
Methionine	g	0.644	0	0.902	0.605
Cystine	g	0.298	0	0.417	0.280
Phenylalanine	g	0.923	0	1.292	0.868
Tyrosine	g	0.785	0	1.099	0.738
Valine	g	1.153	0	1.614	1.084
Arginine	g	1.402	0	1.963	1.318
Histidine	g	0.722	0	1.011	0.679
Alanine	g	1.269	0	1.777	1.193
Aspartic acid	g	2.072	0	2.901	1.948
Glutamic acid	g	3.482	0	4.875	3.273
Glycine	g	1.142	0	1.599	1.073
Proline	g	0.956	0	1.338	0.899
Serine	g	0.800	0	1.120	0.752
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05121 Chicken, stewing, meat and skin, and giblets and neck, raw

Refuse: 32% 27% bone, 5% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 905g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.50		0	565.63		
Energy	kcal	251		0	2272		
Energy	kj	1050		0	9503		
Protein (N x 5.95)	g	17.48		0	158.19		
Total lipid (fat)	g	19.52		0	176.66		
Carbohydrate, by difference	g	0.19		0	1.72		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.02		0	9.23		
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	91		
Iron	mg	1.51		0	13.67		
Magnesium	mg	20		0	181		
Phosphorus	mg	173		0	1566		
Potassium	mg	204		0	1846		
Sodium	mg	71		0	643		
Zinc	mg	1.37		0	12.40		
Copper	mg	0.092		0	0.833		
Manganese	mg	0.031		0	0.281		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.1		0	28.1		
Thiamin	mg	0.111		0	1.005		
Riboflavin	mg	0.251		0	2.272		
Niacin	mg	6.383		0	57.766		
Pantothenic acid	mg	1.129		0	10.217		
Vitamin B-6	mg	0.350		0	3.167		
Folate	µg	37		0	335		
Vitamin B-12	µg	1.26		0	11.40		
Vitamin A	IU	1102		0	9973		
Vitamin A, RE	µg	327		0	2959		
Vitamin E, α-TE	mg	0.386		0	3.493		
Lipids:							
Saturated, total	g	5.480		0	49.594		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.030		0	0.271		
14:0	g	0.150		0	1.357		
15.0	g						
16:0	g	3.970		0	35.929		
17:0	g						
18:0	g	1.140		0	10.317		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.820	0	70.771
14:1	g			
16:1	g	1.050	0	9.502
18:1	g	6.480	0	58.644
20:1	g	0.180	0	1.629
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	4.270	0	38.643
18:2	g	3.690	0	33.395
18:3	g	0.170	0	1.539
18:4	g	0.000	0	0.000
20:4	g	0.200	0	1.810
20:5	g	0.010	0	0.091
22:5	g	0.020	0	0.181
22:6	g	0.050	0	0.453
Cholesterol	mg	87	0	787
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.195	0	1.765
Threonine	g	0.728	0	6.588
Isoleucine	g	0.870	0	7.874
Leucine	g	1.281	0	11.593
Lysine	g	1.407	0	12.733
Methionine	g	0.461	0	4.172
Cystine	g	0.234	0	2.118
Phenylalanine	g	0.688	0	6.226
Tyrosine	g	0.563	0	5.095
Valine	g	0.855	0	7.738
Arginine	g	1.104	0	9.991
Histidine	g	0.502	0	4.543
Alanine	g	1.006	0	9.104
Aspartic acid	g	1.566	0	14.172
Glutamic acid	g	2.563	0	23.195
Glycine	g	1.125	0	10.181
Proline	g	0.856	0	7.747
Serine	g	0.631	0	5.711
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 chicken

NDB No. 05122 Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed

Refuse: 31% 29% bone, 2% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 160g	Measure 2* 202g	Measure 3* 593g
Proximates:							
Water	g	54.30		0	86.88	109.69	322.00
Energy	kcal	276		0	442	558	1637
Energy	kj	1155		0	1848	2333	6849
Protein (N x 5.95)	g	26.53		0	42.45	53.59	157.32
Total lipid (fat)	g	18.03		0	28.85	36.42	106.92
Carbohydrate, by difference	g	0.01		0	0.02	0.02	0.06
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.14		0	1.82	2.30	6.76
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	21	26	77
Iron	mg	1.83		0	2.93	3.70	10.85
Magnesium	mg	20		0	32	40	119
Phosphorus	mg	182		0	291	368	1079
Potassium	mg	177		0	283	358	1050
Sodium	mg	71		0	114	143	421
Zinc	mg	2.02		0	3.23	4.08	11.98
Copper	mg	0.117		0	0.187	0.236	0.694
Manganese	mg	0.035		0	0.056	0.071	0.208
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	0.8	1.0	3.0
Thiamin	mg	0.092		0	0.147	0.186	0.546
Riboflavin	mg	0.304		0	0.486	0.614	1.803
Niacin	mg	5.641		0	9.026	11.395	33.451
Pantothenic acid	mg	0.932		0	1.491	1.883	5.527
Vitamin B-6	mg	0.260		0	0.416	0.525	1.542
Folate	µg	36		0	58	73	213
Vitamin B-12	µg	1.00		0	1.60	2.02	5.93
Vitamin A	IU	925		0	1480	1869	5485
Vitamin A, RE	µg	275		0	440	556	1631
Vitamin E, α-TE	mg	0.352		0	0.563	0.711	2.087
Lipids:							
Saturated, total	g	4.900		0	7.840	9.898	29.057
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.030		0	0.048	0.061	0.178
14:0	g	0.130		0	0.208	0.263	0.771
15.0	g						
16:0	g	3.560		0	5.696	7.191	21.111
17:0	g						
18:0	g	1.040		0	1.664	2.101	6.167
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.830	0	10.928	13.797	40.502
14:1	g					
16:1	g	0.940	0	1.504	1.899	5.574
18:1	g	5.640	0	9.024	11.393	33.445
20:1	g	0.150	0	0.240	0.303	0.890
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.020	0	6.432	8.120	23.839
18:2	g	3.350	0	5.360	6.767	19.866
18:3	g	0.150	0	0.240	0.303	0.890
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.250	0	0.400	0.505	1.482
20:5	g	0.020	0	0.032	0.040	0.119
22:5	g	0.030	0	0.048	0.061	0.178
22:6	g	0.070	0	0.112	0.141	0.415
Cholesterol	mg	102	0	163	206	605
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.297	0	0.475	0.600	1.761
Threonine	g	1.106	0	1.770	2.234	6.559
Isoleucine	g	1.326	0	2.122	2.679	7.863
Leucine	g	1.946	0	3.114	3.931	11.540
Lysine	g	2.144	0	3.430	4.331	12.714
Methionine	g	0.703	0	1.125	1.420	4.169
Cystine	g	0.353	0	0.565	0.713	2.093
Phenylalanine	g	1.045	0	1.672	2.111	6.197
Tyrosine	g	0.856	0	1.370	1.729	5.076
Valine	g	1.298	0	2.077	2.622	7.697
Arginine	g	1.671	0	2.674	3.375	9.909
Histidine	g	0.767	0	1.227	1.549	4.548
Alanine	g	1.523	0	2.437	3.076	9.031
Aspartic acid	g	2.375	0	3.800	4.798	14.084
Glutamic acid	g	3.894	0	6.230	7.866	23.091
Glycine	g	1.682	0	2.691	3.398	9.974
Proline	g	1.285	0	2.056	2.596	7.620
Serine	g	0.953	0	1.525	1.925	5.651
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken
Measure 3: 1 chicken, bone removed

NDB No. 05123 Chicken, stewing, meat and skin, raw

Refuse: 30% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 271g	Measure 2* 398g	Measure 3*
Proximates:							
Water	g	61.84		0	167.59	246.12	
Energy	kcal	258		0	699	1027	
Energy	kj	1079		0	2924	4294	
Protein (N x 5.95)	g	17.55		0	47.56	69.85	
Total lipid (fat)	g	20.33		0	55.09	80.91	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.82	4.14	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	27	40	
Iron	mg	1.04		0	2.82	4.14	
Magnesium	mg	20		0	54	80	
Phosphorus	mg	172		0	466	685	
Potassium	mg	204		0	553	812	
Sodium	mg	71		0	192	283	
Zinc	mg	1.19		0	3.22	4.74	
Copper	mg	0.074		0	0.201	0.295	
Manganese	mg	0.019		0	0.051	0.076	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.4		0	6.5	9.6	
Thiamin	mg	0.114		0	0.309	0.454	
Riboflavin	mg	0.167		0	0.453	0.665	
Niacin	mg	6.262		0	16.970	24.923	
Pantothenic acid	mg	0.920		0	2.493	3.662	
Vitamin B-6	mg	0.330		0	0.894	1.313	
Folate	µg	6		0	16	24	
Vitamin B-12	µg	0.32		0	0.87	1.27	
Vitamin A	IU	178		0	482	708	
Vitamin A, RE	µg	52		0	141	207	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.710		0	15.474	22.726	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.081	0.119	
14:0	g	0.160		0	0.434	0.637	
15.0	g						
16:0	g	4.160		0	11.274	16.557	
17:0	g						
18:0	g	1.170		0	3.171	4.657	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.240	0	22.330	32.795
14:1	g				
16:1	g	1.110	0	3.008	4.418
18:1	g	6.810	0	18.455	27.104
20:1	g	0.200	0	0.542	0.796
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.440	0	12.032	17.671
18:2	g	3.860	0	10.461	15.363
18:3	g	0.180	0	0.488	0.716
18:4	g				
20:4	g	0.170	0	0.461	0.677
20:5	g	0.010	0	0.027	0.040
22:5	g	0.030	0	0.081	0.119
22:6	g	0.050	0	0.136	0.199
Cholesterol	mg	71	0	192	283
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.196	0	0.531	0.780
Threonine	g	0.726	0	1.967	2.889
Isoleucine	g	0.877	0	2.377	3.490
Leucine	g	1.278	0	3.463	5.086
Lysine	g	1.431	0	3.878	5.695
Methionine	g	0.467	0	1.266	1.859
Cystine	g	0.234	0	0.634	0.931
Phenylalanine	g	0.682	0	1.848	2.714
Tyrosine	g	0.566	0	1.534	2.253
Valine	g	0.853	0	2.312	3.395
Arginine	g	1.099	0	2.978	4.374
Histidine	g	0.517	0	1.401	2.058
Alanine	g	1.021	0	2.767	4.064
Aspartic acid	g	1.565	0	4.241	6.229
Glutamic acid	g	2.568	0	6.959	10.221
Glycine	g	1.126	0	3.051	4.481
Proline	g	0.846	0	2.293	3.367
Serine	g	0.619	0	1.677	2.464
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05124 Chicken, stewing, meat and skin, cooked, stewed

Refuse: 32% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 178g	Measure 2* 261g	Measure 3*
Proximates:							
Water	g	53.07		0	94.46	138.51	
Energy	kcal	285		0	507	744	
Energy	kj	1192		0	2122	3111	
Protein (N x 5.95)	g	26.88		0	47.85	70.16	
Total lipid (fat)	g	18.87		0	33.59	49.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.18		0	2.10	3.08	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	23	34	
Iron	mg	1.37		0	2.44	3.58	
Magnesium	mg	20		0	36	52	
Phosphorus	mg	180		0	320	470	
Potassium	mg	182		0	324	475	
Sodium	mg	73		0	130	191	
Zinc	mg	1.77		0	3.15	4.62	
Copper	mg	0.100		0	0.178	0.261	
Manganese	mg	0.021		0	0.037	0.055	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.094		0	0.167	0.245	
Riboflavin	mg	0.235		0	0.418	0.613	
Niacin	mg	5.798		0	10.320	15.133	
Pantothenic acid	mg	0.753		0	1.340	1.965	
Vitamin B-6	mg	0.250		0	0.445	0.653	
Folate	µg	5		0	9	13	
Vitamin B-12	µg	0.23		0	0.41	0.60	
Vitamin A	IU	131		0	233	342	
Vitamin A, RE	µg	39		0	69	102	
Vitamin E, α-TE	mg	0.265		0	0.472	0.692	
Lipids:							
Saturated, total	g	5.110		0	9.096	13.337	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.053	0.078	
14:0	g	0.140		0	0.249	0.365	
15.0	g						
16:0	g	3.730		0	6.639	9.735	
17:0	g						
18:0	g	1.070		0	1.905	2.793	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.190	0	12.798	18.766
14:1	g				
16:1	g	1.000	0	1.780	2.610
18:1	g	5.920	0	10.538	15.451
20:1	g	0.170	0	0.303	0.444
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	4.230	0	7.529	11.040
18:2	g	3.530	0	6.283	9.213
18:3	g	0.160	0	0.285	0.418
18:4	g				
20:4	g	0.250	0	0.445	0.653
20:5	g	0.020	0	0.036	0.052
22:5	g	0.040	0	0.071	0.104
22:6	g	0.080	0	0.142	0.209
Cholesterol	mg	79	0	141	206
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.301	0	0.536	0.786
Threonine	g	1.113	0	1.981	2.905
Isoleucine	g	1.348	0	2.399	3.518
Leucine	g	1.961	0	3.491	5.118
Lysine	g	2.197	0	3.911	5.734
Methionine	g	0.717	0	1.276	1.871
Cystine	g	0.357	0	0.635	0.932
Phenylalanine	g	1.046	0	1.862	2.730
Tyrosine	g	0.869	0	1.547	2.268
Valine	g	1.307	0	2.326	3.411
Arginine	g	1.680	0	2.990	4.385
Histidine	g	0.793	0	1.412	2.070
Alanine	g	1.559	0	2.775	4.069
Aspartic acid	g	2.397	0	4.267	6.256
Glutamic acid	g	3.938	0	7.010	10.278
Glycine	g	1.702	0	3.030	4.442
Proline	g	1.286	0	2.289	3.356
Serine	g	0.946	0	1.684	2.469
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone removed

NDB No. 05125 Chicken, stewing, meat only, raw

Refuse: 50% 30% bone, 12% skin, 8% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 194g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	72.54		0	140.73	206.01	
Energy	kcal	148		0	287	420	
Energy	kj	619		0	1201	1758	
Protein (N x 5.95)	g	21.26		0	41.24	60.38	
Total lipid (fat)	g	6.32		0	12.26	17.95	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27		0	2.46	3.61	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	19	28	
Iron	mg	1.09		0	2.11	3.10	
Magnesium	mg	24		0	47	68	
Phosphorus	mg	209		0	405	594	
Potassium	mg	251		0	487	713	
Sodium	mg	79		0	153	224	
Zinc	mg	1.40		0	2.72	3.98	
Copper	mg	0.089		0	0.173	0.253	
Manganese	mg	0.019		0	0.037	0.054	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.3		0	6.4	9.4	
Thiamin	mg	0.149		0	0.289	0.423	
Riboflavin	mg	0.207		0	0.402	0.588	
Niacin	mg	7.477		0	14.505	21.235	
Pantothenic acid	mg	1.090		0	2.115	3.096	
Vitamin B-6	mg	0.440		0	0.854	1.250	
Folate	µg	7		0	14	20	
Vitamin B-12	µg	0.38		0	0.74	1.08	
Vitamin A	IU	105		0	204	298	
Vitamin A, RE	µg	32		0	62	91	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.570		0	3.046	4.459	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.039	0.057	
14:0	g	0.040		0	0.078	0.114	
15.0	g						
16:0	g	1.060		0	2.056	3.010	
17:0	g						
18:0	g	0.410		0	0.795	1.164	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.940	0	3.764	5.510
14:1	g				
16:1	g	0.280	0	0.543	0.795
18:1	g	1.600	0	3.104	4.544
20:1	g	0.020	0	0.039	0.057
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.570	0	3.046	4.459
18:2	g	1.120	0	2.173	3.181
18:3	g	0.050	0	0.097	0.142
18:4	g				
20:4	g	0.200	0	0.388	0.568
20:5	g	0.010	0	0.019	0.028
22:5	g	0.030	0	0.058	0.085
22:6	g	0.070	0	0.136	0.199
Cholesterol	mg	63	0	122	179
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.248	0	0.481	0.704
Threonine	g	0.898	0	1.742	2.550
Isoleucine	g	1.122	0	2.177	3.186
Leucine	g	1.595	0	3.094	4.530
Lysine	g	1.806	0	3.504	5.129
Methionine	g	0.588	0	1.141	1.670
Cystine	g	0.272	0	0.528	0.772
Phenylalanine	g	0.844	0	1.637	2.397
Tyrosine	g	0.718	0	1.393	2.039
Valine	g	1.054	0	2.045	2.993
Arginine	g	1.282	0	2.487	3.641
Histidine	g	0.660	0	1.280	1.874
Alanine	g	1.160	0	2.250	3.294
Aspartic acid	g	1.895	0	3.676	5.382
Glutamic acid	g	3.184	0	6.177	9.043
Glycine	g	1.044	0	2.025	2.965
Proline	g	0.874	0	1.696	2.482
Serine	g	0.731	0	1.418	2.076
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05126 Chicken, stewing, meat only, cooked, stewed

Refuse: 48% 32% bone, 16% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 137g	Measure 3*
Proximates:							
Water	g	56.35		0	78.89	77.20	
Energy	kcal	237		0	332	325	
Energy	kj	992		0	1389	1359	
Protein (N x 5.95)	g	30.42		0	42.59	41.68	
Total lipid (fat)	g	11.89		0	16.65	16.29	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	1.89	1.85	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	18	18	
Iron	mg	1.43		0	2.00	1.96	
Magnesium	mg	22		0	31	30	
Phosphorus	mg	204		0	286	279	
Potassium	mg	202		0	283	277	
Sodium	mg	78		0	109	107	
Zinc	mg	2.06		0	2.88	2.82	
Copper	mg	0.116		0	0.162	0.159	
Manganese	mg	0.022		0	0.031	0.030	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.112		0	0.157	0.153	
Riboflavin	mg	0.277		0	0.388	0.379	
Niacin	mg	6.408		0	8.971	8.779	
Pantothenic acid	mg	0.861		0	1.205	1.180	
Vitamin B-6	mg	0.310		0	0.434	0.425	
Folate	µg	6		0	8	8	
Vitamin B-12	µg	0.26		0	0.36	0.36	
Vitamin A	IU	112		0	157	153	
Vitamin A, RE	µg	33		0	46	45	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.100		0	4.340	4.247	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.042	0.041	
14:0	g	0.080		0	0.112	0.110	
15.0	g						
16:0	g	2.130		0	2.982	2.918	
17:0	g						
18:0	g	0.760		0	1.064	1.041	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.050	0	5.670	5.549
14:1	g				
16:1	g	0.560	0	0.784	0.767
18:1	g	3.370	0	4.718	4.617
20:1	g	0.050	0	0.070	0.069
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.830	0	3.962	3.877
18:2	g	2.150	0	3.010	2.946
18:3	g	0.100	0	0.140	0.137
18:4	g				
20:4	g	0.290	0	0.406	0.397
20:5	g	0.020	0	0.028	0.027
22:5	g	0.050	0	0.070	0.069
22:6	g	0.090	0	0.126	0.123
Cholesterol	mg	83	0	116	114
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.356	0	0.498	0.488
Threonine	g	1.285	0	1.799	1.760
Isoleucine	g	1.606	0	2.248	2.200
Leucine	g	2.283	0	3.196	3.128
Lysine	g	2.585	0	3.619	3.541
Methionine	g	0.842	0	1.179	1.154
Cystine	g	0.389	0	0.545	0.533
Phenylalanine	g	1.207	0	1.690	1.654
Tyrosine	g	1.027	0	1.438	1.407
Valine	g	1.509	0	2.113	2.067
Arginine	g	1.835	0	2.569	2.514
Histidine	g	0.944	0	1.322	1.293
Alanine	g	1.660	0	2.324	2.274
Aspartic acid	g	2.711	0	3.795	3.714
Glutamic acid	g	4.556	0	6.378	6.242
Glycine	g	1.494	0	2.092	2.047
Proline	g	1.251	0	1.751	1.714
Serine	g	1.046	0	1.464	1.433
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05127 Chicken, stewing, giblets, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 81g	Measure 3*
Proximates:							
Water	g	69.80		0	19.54	56.54	
Energy	kcal	168		0	47	136	
Energy	kj	703		0	197	569	
Protein (N x 5.95)	g	17.89		0	5.01	14.49	
Total lipid (fat)	g	9.21		0	2.58	7.46	
Carbohydrate, by difference	g	2.13		0	0.60	1.73	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.27	0.79	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	3	8	
Iron	mg	5.93		0	1.66	4.80	
Magnesium	mg	18		0	5	15	
Phosphorus	mg	198		0	55	160	
Potassium	mg	226		0	63	183	
Sodium	mg	77		0	22	62	
Zinc	mg	3.01		0	0.84	2.44	
Copper	mg	0.275		0	0.077	0.223	
Manganese	mg	0.151		0	0.042	0.122	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	11.4		0	3.2	9.2	
Thiamin	mg	0.097		0	0.027	0.079	
Riboflavin	mg	1.106		0	0.310	0.896	
Niacin	mg	8.530		0	2.388	6.909	
Pantothenic acid	mg	3.275		0	0.917	2.653	
Vitamin B-6	mg	0.520		0	0.146	0.421	
Folate	µg	350		0	98	284	
Vitamin B-12	µg	10.83		0	3.03	8.77	
Vitamin A	IU	10497		0	2939	8503	
Vitamin A, RE	µg	3116		0	872	2524	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.630		0	0.736	2.130	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.050		0	0.014	0.041	
15.0	g						
16:0	g	1.620		0	0.454	1.312	
17:0	g						
18:0	g	0.750		0	0.210	0.608	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.750	0	0.770	2.228
14:1	g				
16:1	g	0.310	0	0.087	0.251
18:1	g	2.440	0	0.683	1.976
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.100	0	0.588	1.701
18:2	g	1.550	0	0.434	1.256
18:3	g	0.050	0	0.014	0.041
18:4	g				
20:4	g	0.470	0	0.132	0.381
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	240	0	67	194
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.203	0	0.057	0.164
Threonine	g	0.812	0	0.227	0.658
Isoleucine	g	0.896	0	0.251	0.726
Leucine	g	1.425	0	0.399	1.154
Lysine	g	1.306	0	0.366	1.058
Methionine	g	0.448	0	0.125	0.363
Cystine	g	0.238	0	0.067	0.193
Phenylalanine	g	0.807	0	0.226	0.654
Tyrosine	g	0.586	0	0.164	0.475
Valine	g	0.949	0	0.266	0.769
Arginine	g	1.198	0	0.335	0.970
Histidine	g	0.416	0	0.116	0.337
Alanine	g	0.874	0	0.245	0.708
Aspartic acid	g	1.676	0	0.469	1.358
Glutamic acid	g	2.729	0	0.764	2.210
Glycine	g	0.983	0	0.275	0.796
Proline	g	0.912	0	0.255	0.739
Serine	g	0.782	0	0.219	0.633
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken

Measure 2: Giblets

NDB No. 05128 Chicken, stewing, giblets, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 17g	Measure 3*
Proximates:							
Water	g	64.00		0	92.80	10.88	
Energy	kcal	194		0	281	33	
Energy	kj	812		0	1177	138	
Protein (N x 5.95)	g	25.73		0	37.31	4.37	
Total lipid (fat)	g	9.30		0	13.48	1.58	
Carbohydrate, by difference	g	0.11		0	0.16	0.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87		0	1.26	0.15	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	19	2	
Iron	mg	6.44		0	9.34	1.09	
Magnesium	mg	20		0	29	3	
Phosphorus	mg	223		0	323	38	
Potassium	mg	154		0	223	26	
Sodium	mg	56		0	81	10	
Zinc	mg	4.28		0	6.21	0.73	
Copper	mg	0.299		0	0.434	0.051	
Manganese	mg	0.177		0	0.257	0.030	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.5		0	8.0	0.9	
Thiamin	mg	0.090		0	0.130	0.015	
Riboflavin	mg	1.047		0	1.518	0.178	
Niacin	mg	4.971		0	7.208	0.845	
Pantothenic acid	mg	2.971		0	4.308	0.505	
Vitamin B-6	mg	0.410		0	0.594	0.070	
Folate	µg	367		0	532	62	
Vitamin B-12	µg	9.48		0	13.75	1.61	
Vitamin A	IU	9536		0	13827	1621	
Vitamin A, RE	µg	2830		0	4104	481	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.660		0	3.857	0.452	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.040		0	0.058	0.007	
15.0	g						
16:0	g	1.710		0	2.479	0.291	
17:0	g						
18:0	g	0.760		0	1.102	0.129	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.940	0	4.263	0.500
14:1	g				
16:1	g	0.290	0	0.421	0.049
18:1	g	2.660	0	3.857	0.452
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.890	0	2.741	0.321
18:2	g	1.430	0	2.074	0.243
18:3	g	0.050	0	0.072	0.009
18:4	g				
20:4	g	0.380	0	0.551	0.065
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	355	0	515	60
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.291	0	0.422	0.049
Threonine	g	1.167	0	1.692	0.198
Isoleucine	g	1.288	0	1.868	0.219
Leucine	g	2.046	0	2.967	0.348
Lysine	g	1.875	0	2.719	0.319
Methionine	g	0.645	0	0.935	0.110
Cystine	g	0.342	0	0.496	0.058
Phenylalanine	g	1.160	0	1.682	0.197
Tyrosine	g	0.842	0	1.221	0.143
Valine	g	1.363	0	1.976	0.232
Arginine	g	1.724	0	2.500	0.293
Histidine	g	0.596	0	0.864	0.101
Alanine	g	1.252	0	1.815	0.213
Aspartic acid	g	2.408	0	3.492	0.409
Glutamic acid	g	3.928	0	5.696	0.668
Glycine	g	1.414	0	2.050	0.240
Proline	g	1.311	0	1.901	0.223
Serine	g	1.125	0	1.631	0.191
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05129 Chicken, stewing, light meat, meat only, raw

Refuse: 44% 26% bone, 14% skin, 4% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 89g	Measure 2* 130g	Measure 3*
Proximates:							
Water	g	73.24	0.244	93	65.18	95.21	
Energy	kcal	137		0	122	178	
Energy	kj	573		0	510	745	
Protein (N x 5.95)	g	23.10	0.143	89	20.56	30.03	
Total lipid (fat)	g	4.21	0.337	48	3.75	5.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.070	2	0.98	1.43	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	10	14	
Iron	mg	0.92		0	0.82	1.20	
Magnesium	mg	26		0	23	34	
Phosphorus	mg	231		0	206	300	
Potassium	mg	261		0	232	339	
Sodium	mg	53		0	47	69	
Zinc	mg	0.60		1	0.53	0.78	
Copper	mg	0.067		0	0.060	0.087	
Manganese	mg	0.018		0	0.016	0.023	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.8	0.042	20	1.6	2.3	
Thiamin	mg	0.132	0.009	6	0.117	0.172	
Riboflavin	mg	0.123	0.006	8	0.109	0.160	
Niacin	mg	9.915	0.595	2	8.824	12.889	
Pantothenic acid	mg	0.887		0	0.789	1.153	
Vitamin B-6	mg	0.570		0	0.507	0.741	
Folate	µg	4		0	4	5	
Vitamin B-12	µg	0.40		0	0.36	0.52	
Vitamin A	IU	70		0	62	91	
Vitamin A, RE	µg	21		0	19	27	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.970		0	0.863	1.261	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.020	0.010	5	0.018	0.026	
15.0	g						
16:0	g	0.670	0.182	5	0.596	0.871	
17:0	g						
18:0	g	0.260	0.067	5	0.231	0.338	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.250		0	1.113	1.625
14:1	g					
16:1	g	0.170	0.053	5	0.151	0.221
18:1	g	1.020	0.269	5	0.908	1.326
20:1	g	0.020		0	0.018	0.026
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.040		0	0.926	1.352
18:2	g	0.610	0.156	5	0.543	0.793
18:3	g	0.030	0.009	5	0.027	0.039
18:4	g					
20:4	g	0.210	0.063	5	0.187	0.273
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		1	0.018	0.026
22:6	g	0.060		1	0.053	0.078
Cholesterol	mg	47	1.279	24	42	61
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.270		0	0.240	0.351
Threonine	g	0.975		0	0.868	1.268
Isoleucine	g	1.219		0	1.085	1.585
Leucine	g	1.733		0	1.542	2.253
Lysine	g	1.962		0	1.746	2.551
Methionine	g	0.639		0	0.569	0.831
Cystine	g	0.296		0	0.263	0.385
Phenylalanine	g	0.916		0	0.815	1.191
Tyrosine	g	0.780		0	0.694	1.014
Valine	g	1.145		0	1.019	1.488
Arginine	g	1.393		0	1.240	1.811
Histidine	g	0.717		0	0.638	0.932
Alanine	g	1.260		0	1.121	1.638
Aspartic acid	g	2.058		0	1.832	2.675
Glutamic acid	g	3.459		0	3.079	4.497
Glycine	g	1.134		0	1.009	1.474
Proline	g	0.950		0	0.845	1.235
Serine	g	0.794		0	0.707	1.032
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05130 Chicken, stewing, light meat, meat only, cooked, stewed

Refuse: 42% 26% bone, 16% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 64g	Measure 3*
Proximates:							
Water	g	57.79		0	80.91	36.99	
Energy	kcal	213		0	298	136	
Energy	kj	891		0	1247	570	
Protein (N x 5.95)	g	33.04		0	46.26	21.15	
Total lipid (fat)	g	7.98		0	11.17	5.11	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19		0	1.67	0.76	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	20	9	
Iron	mg	1.19		0	1.67	0.76	
Magnesium	mg	23		0	32	15	
Phosphorus	mg	225		0	315	144	
Potassium	mg	199		0	279	127	
Sodium	mg	58		0	81	37	
Zinc	mg	0.83		0	1.16	0.53	
Copper	mg	0.085		0	0.119	0.054	
Manganese	mg	0.020		0	0.028	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.094		0	0.132	0.060	
Riboflavin	mg	0.196		0	0.274	0.125	
Niacin	mg	8.538		0	11.953	5.464	
Pantothenic acid	mg	0.690		0	0.966	0.442	
Vitamin B-6	mg	0.390		0	0.546	0.250	
Folate	µg	4		0	6	3	
Vitamin B-12	µg	0.27		0	0.38	0.17	
Vitamin A	IU	73		0	102	47	
Vitamin A, RE	µg	22		0	31	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.980		0	2.772	1.267	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.006	
14:0	g	0.050		0	0.070	0.032	
15.0	g						
16:0	g	1.390		0	1.946	0.890	
17:0	g						
18:0	g	0.480		0	0.672	0.307	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.690	0	3.766	1.722
14:1	g				
16:1	g	0.360	0	0.504	0.230
18:1	g	2.220	0	3.108	1.421
20:1	g	0.050	0	0.070	0.032
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.890	0	2.646	1.210
18:2	g	1.260	0	1.764	0.806
18:3	g	0.060	0	0.084	0.038
18:4	g				
20:4	g	0.290	0	0.406	0.186
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.042	0.019
22:6	g	0.080	0	0.112	0.051
Cholesterol	mg	70	0	98	45
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.386	0	0.540	0.247
Threonine	g	1.396	0	1.954	0.893
Isoleucine	g	1.744	0	2.442	1.116
Leucine	g	2.479	0	3.471	1.587
Lysine	g	2.807	0	3.930	1.796
Methionine	g	0.914	0	1.280	0.585
Cystine	g	0.423	0	0.592	0.271
Phenylalanine	g	1.311	0	1.835	0.839
Tyrosine	g	1.115	0	1.561	0.714
Valine	g	1.639	0	2.295	1.049
Arginine	g	1.993	0	2.790	1.276
Histidine	g	1.025	0	1.435	0.656
Alanine	g	1.803	0	2.524	1.154
Aspartic acid	g	2.944	0	4.122	1.884
Glutamic acid	g	4.948	0	6.927	3.167
Glycine	g	1.623	0	2.272	1.039
Proline	g	1.359	0	1.903	0.870
Serine	g	1.136	0	1.590	0.727
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05131 Chicken, stewing, dark meat, meat only, raw

Refuse: 54% 33% bone, 11% skin, 10% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 154g	Measure 3*
Proximates:							
Water	g	71.94	0.312	75	75.54	110.79	
Energy	kcal	157		0	165	242	
Energy	kj	657		0	690	1012	
Protein (N x 5.95)	g	19.70	0.129	87	20.68	30.34	
Total lipid (fat)	g	8.12	0.437	55	8.53	12.50	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.41	0.445	2	1.48	2.17	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	11	15	
Iron	mg	1.22		0	1.28	1.88	
Magnesium	mg	23		0	24	35	
Phosphorus	mg	190		0	200	293	
Potassium	mg	242		0	254	373	
Sodium	mg	101		0	106	156	
Zinc	mg	2.08	0.038	5	2.18	3.20	
Copper	mg	0.107	0.012	43	0.112	0.165	
Manganese	mg	0.021		0	0.022	0.032	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.6		0	4.8	7.1	
Thiamin	mg	0.163	0.004	6	0.171	0.251	
Riboflavin	mg	0.279	0.018	6	0.293	0.430	
Niacin	mg	5.405	0.105	2	5.675	8.324	
Pantothenic acid	mg	1.262		0	1.325	1.943	
Vitamin B-6	mg	0.340		0	0.357	0.524	
Folate	µg	10		0	11	15	
Vitamin B-12	µg	0.37		0	0.39	0.57	
Vitamin A	IU	135		0	142	208	
Vitamin A, RE	µg	41		0	43	63	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.080		0	2.184	3.203	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040	0.007	17	0.042	0.062	
14:0	g	0.050	0.006	24	0.053	0.077	
15.0	g						
16:0	g	1.390	0.074	24	1.459	2.141	
17:0	g						
18:0	g	0.550	0.038	24	0.578	0.847	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.520		0	2.646	3.881
14:1	g					
16:1	g	0.370	0.027	24	0.389	0.570
18:1	g	2.100	0.117	24	2.205	3.234
20:1	g	0.020	0.006	6	0.021	0.031
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	2.020		0	2.121	3.111
18:2	g	1.550	0.084	24	1.627	2.387
18:3	g	0.070	0.006	18	0.074	0.108
18:4	g					
20:4	g	0.190	0.036	16	0.200	0.293
20:5	g	0.020	0.007	8	0.021	0.031
22:5	g	0.040	0.011	9	0.042	0.062
22:6	g	0.080	0.023	9	0.084	0.123
Cholesterol	mg	77	3.341	4	81	119
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.230		0	0.242	0.354
Threonine	g	0.832		0	0.874	1.281
Isoleucine	g	1.040		0	1.092	1.602
Leucine	g	1.478		0	1.552	2.276
Lysine	g	1.674		0	1.758	2.578
Methionine	g	0.545		0	0.572	0.839
Cystine	g	0.252		0	0.265	0.388
Phenylalanine	g	0.782		0	0.821	1.204
Tyrosine	g	0.665		0	0.698	1.024
Valine	g	0.977		0	1.026	1.505
Arginine	g	1.188		0	1.247	1.830
Histidine	g	0.611		0	0.642	0.941
Alanine	g	1.075		0	1.129	1.655
Aspartic acid	g	1.756		0	1.844	2.704
Glutamic acid	g	2.950		0	3.098	4.543
Glycine	g	0.968		0	1.016	1.491
Proline	g	0.810		0	0.851	1.247
Serine	g	0.678		0	0.712	1.044
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: From 1 lb ready-to-cook chicken
Measure 2: 1/2 chicken, bone and skin removed

NDB No. 05132 Chicken, stewing, dark meat, meat only, cooked, stewed

Refuse: 51% 36% bone, 15% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 73g	Measure 3*
Proximates:							
Water	g	55.09		0	77.13	40.22	
Energy	kcal	258		0	361	188	
Energy	kj	1079		0	1511	788	
Protein (N x 5.95)	g	28.14		0	39.40	20.54	
Total lipid (fat)	g	15.28		0	21.39	11.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.49		0	2.09	1.09	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	17	9	
Iron	mg	1.64		0	2.30	1.20	
Magnesium	mg	22		0	31	16	
Phosphorus	mg	187		0	262	137	
Potassium	mg	204		0	286	149	
Sodium	mg	95		0	133	69	
Zinc	mg	3.12		0	4.37	2.28	
Copper	mg	0.144		0	0.202	0.105	
Manganese	mg	0.023		0	0.032	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.128		0	0.179	0.093	
Riboflavin	mg	0.347		0	0.486	0.253	
Niacin	mg	4.556		0	6.378	3.326	
Pantothenic acid	mg	1.010		0	1.414	0.737	
Vitamin B-6	mg	0.240		0	0.336	0.175	
Folate	µg	8		0	11	6	
Vitamin B-12	µg	0.25		0	0.35	0.18	
Vitamin A	IU	145		0	203	106	
Vitamin A, RE	µg	43		0	60	31	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.070		0	5.698	2.971	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.060		0	0.084	0.044	
14:0	g	0.100		0	0.140	0.073	
15.0	g						
16:0	g	2.780		0	3.892	2.029	
17:0	g						
18:0	g	1.000		0	1.400	0.730	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.240	0	7.336	3.825
14:1	g				
16:1	g	0.730	0	1.022	0.533
18:1	g	4.370	0	6.118	3.190
20:1	g	0.060	0	0.084	0.044
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.650	0	5.110	2.664
18:2	g	2.930	0	4.102	2.139
18:3	g	0.130	0	0.182	0.095
18:4	g				
20:4	g	0.280	0	0.392	0.204
20:5	g	0.030	0	0.042	0.022
22:5	g	0.060	0	0.084	0.044
22:6	g	0.110	0	0.154	0.080
Cholesterol	mg	95	0	133	69
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.329	0	0.461	0.240
Threonine	g	1.189	0	1.665	0.868
Isoleucine	g	1.486	0	2.080	1.085
Leucine	g	2.112	0	2.957	1.542
Lysine	g	2.391	0	3.347	1.745
Methionine	g	0.779	0	1.091	0.569
Cystine	g	0.360	0	0.504	0.263
Phenylalanine	g	1.117	0	1.564	0.815
Tyrosine	g	0.950	0	1.330	0.693
Valine	g	1.396	0	1.954	1.019
Arginine	g	1.698	0	2.377	1.240
Histidine	g	0.874	0	1.224	0.638
Alanine	g	1.536	0	2.150	1.121
Aspartic acid	g	2.508	0	3.511	1.831
Glutamic acid	g	4.215	0	5.901	3.077
Glycine	g	1.382	0	1.935	1.009
Proline	g	1.157	0	1.620	0.845
Serine	g	0.968	0	1.355	0.707
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook chicken

NDB No. 05133 Chicken, capons, meat and skin and giblets and neck, raw

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 2152g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.66		0	1369.96		
Energy	kcal	232		0	4993		
Energy	kj	971		0	20896		
Protein (N x 5.95)	g	18.51		0	398.34		
Total lipid (fat)	g	16.90		0	363.69		
Carbohydrate, by difference	g	0.08		0	1.72		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.94		0	20.23		
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	237		
Iron	mg	1.41		0	30.34		
Magnesium	mg	21		0	452		
Phosphorus	mg	181		0	3895		
Potassium	mg	213		0	4584		
Sodium	mg	47		0	1011		
Zinc	mg	1.32		0	28.41		
Copper	mg	0.063		0	1.356		
Manganese	mg	0.028		0	0.603		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.6		0	56.0		
Thiamin	mg	0.065		0	1.399		
Riboflavin	mg	0.183		0	3.938		
Niacin	mg	7.074		0	152.232		
Pantothenic acid	mg	1.101		0	23.694		
Vitamin B-6	mg	0.360		0	7.747		
Folate	µg	27		0	581		
Vitamin B-12	µg	1.01		0	21.74		
Vitamin A	IU	905		0	19476		
Vitamin A, RE	µg	270		0	5810		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.890		0	105.233		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.020		0	0.430		
14:0	g	0.140		0	3.013		
15.0	g						
16:0	g	3.570		0	76.826		
17:0	g						
18:0	g	0.980		0	21.090		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.160	0	154.083
14:1	g			
16:1	g	0.950	0	20.444
18:1	g	5.930	0	127.614
20:1	g	0.180	0	3.874
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	3.600	0	77.472
18:2	g	3.250	0	69.940
18:3	g	0.160	0	3.443
18:4	g			
20:4	g	0.070	0	1.506
20:5	g	0.010	0	0.215
22:5	g	0.010	0	0.215
22:6	g	0.020	0	0.430
Cholesterol	mg	87	0	1872
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.209	0	4.498
Threonine	g	0.776	0	16.700
Isoleucine	g	0.934	0	20.100
Leucine	g	1.369	0	29.461
Lysine	g	1.514	0	32.581
Methionine	g	0.495	0	10.652
Cystine	g	0.248	0	5.337
Phenylalanine	g	0.733	0	15.774
Tyrosine	g	0.603	0	12.977
Valine	g	0.913	0	19.648
Arginine	g	1.172	0	25.221
Histidine	g	0.545	0	11.728
Alanine	g	1.079	0	23.220
Aspartic acid	g	1.670	0	35.938
Glutamic acid	g	2.733	0	58.814
Glycine	g	1.189	0	25.587
Proline	g	0.902	0	19.411
Serine	g	0.666	0	14.332
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 capon

NDB No. 05134 Chicken, capons, meat and skin and giblets and neck, cooked, roasted

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1418g	Measure 2* 218g	Measure 3*
Proximates:							
Water	g	59.25		0	840.16	129.16	
Energy	kcal	226		0	3205	493	
Energy	kj	946		0	13414	2062	
Protein (N x 5.95)	g	28.35		0	402.00	61.80	
Total lipid (fat)	g	11.67		0	165.48	25.44	
Carbohydrate, by difference	g	0.04		0	0.57	0.09	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01		0	14.32	2.20	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	213	33	
Iron	mg	1.79		0	25.38	3.90	
Magnesium	mg	23		0	326	50	
Phosphorus	mg	239		0	3389	521	
Potassium	mg	243		0	3446	530	
Sodium	mg	50		0	709	109	
Zinc	mg	1.94		0	27.51	4.23	
Copper	mg	0.081		0	1.149	0.177	
Manganese	mg	0.031		0	0.440	0.068	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	5.7	0.9	
Thiamin	mg	0.070		0	0.993	0.153	
Riboflavin	mg	0.219		0	3.105	0.477	
Niacin	mg	8.415		0	119.325	18.345	
Pantothenic acid	mg	1.184		0	16.789	2.581	
Vitamin B-6	mg	0.410		0	5.814	0.894	
Folate	µg	26		0	369	57	
Vitamin B-12	µg	0.36		0	5.10	0.78	
Vitamin A	IU	734		0	10408	1600	
Vitamin A, RE	µg	220		0	3120	480	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.280		0	46.510	7.150	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.142	0.022	
14:0	g	0.090		0	1.276	0.196	
15.0	g						
16:0	g	2.420		0	34.316	5.276	
17:0	g						
18:0	g	0.650		0	9.217	1.417	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.710	0	66.788	10.268
14:1	g				
16:1	g	0.650	0	9.217	1.417
18:1	g	3.880	0	55.018	8.458
20:1	g	0.120	0	1.702	0.262
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.520	0	35.734	5.494
18:2	g	2.220	0	31.480	4.840
18:3	g	0.100	0	1.418	0.218
18:4	g				
20:4	g	0.090	0	1.276	0.196
20:5	g	0.010	0	0.142	0.022
22:5	g	0.010	0	0.142	0.022
22:6	g	0.030	0	0.425	0.065
Cholesterol	mg	103	0	1461	225
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.318	0	4.509	0.693
Threonine	g	1.178	0	16.704	2.568
Isoleucine	g	1.419	0	20.121	3.093
Leucine	g	2.077	0	29.452	4.528
Lysine	g	2.302	0	32.642	5.018
Methionine	g	0.753	0	10.678	1.642
Cystine	g	0.377	0	5.346	0.822
Phenylalanine	g	1.112	0	15.768	2.424
Tyrosine	g	0.916	0	12.989	1.997
Valine	g	1.386	0	19.653	3.021
Arginine	g	1.777	0	25.198	3.874
Histidine	g	0.828	0	11.741	1.805
Alanine	g	1.637	0	23.213	3.569
Aspartic acid	g	2.534	0	35.932	5.524
Glutamic acid	g	4.151	0	58.861	9.049
Glycine	g	1.799	0	25.510	3.922
Proline	g	1.366	0	19.370	2.978
Serine	g	1.009	0	14.308	2.200
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 capon

Measure 2: From 1 lb ready-to-cook capon

NDB No. 05135 Chicken, capons, meat and skin, raw

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 964g	Measure 2* 297g	Measure 3*
Proximates:							
Water	g	63.24		0	609.63	187.82	
Energy	kcal	234		0	2256	695	
Energy	kj	979		0	9438	2908	
Protein (N x 5.95)	g	18.77		0	180.94	55.75	
Total lipid (fat)	g	17.07		0	164.55	50.70	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		0	9.25	2.85	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	106	33	
Iron	mg	1.09		0	10.51	3.24	
Magnesium	mg	21		0	202	62	
Phosphorus	mg	183		0	1764	544	
Potassium	mg	217		0	2092	644	
Sodium	mg	45		0	434	134	
Zinc	mg	1.17		0	11.28	3.47	
Copper	mg	0.050		0	0.482	0.149	
Manganese	mg	0.020		0	0.193	0.059	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.7		0	16.4	5.0	
Thiamin	mg	0.064		0	0.617	0.190	
Riboflavin	mg	0.127		0	1.224	0.377	
Niacin	mg	7.273		0	70.112	21.601	
Pantothenic acid	mg	0.965		0	9.303	2.866	
Vitamin B-6	mg	0.360		0	3.470	1.069	
Folate	µg	6		0	58	18	
Vitamin B-12	µg	0.34		0	3.28	1.01	
Vitamin A	IU	129		0	1244	383	
Vitamin A, RE	µg	37		0	357	110	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.950		0	47.718	14.702	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.193	0.059	
14:0	g	0.140		0	1.350	0.416	
15.0	g						
16:0	g	3.620		0	34.897	10.751	
17:0	g						
18:0	g	0.980		0	9.447	2.911	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.310	0	70.468	21.711
14:1	g				
16:1	g	0.970	0	9.351	2.881
18:1	g	6.070	0	58.515	18.028
20:1	g	0.180	0	1.735	0.535
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.620	0	34.897	10.751
18:2	g	3.300	0	31.812	9.801
18:3	g	0.160	0	1.542	0.475
18:4	g				
20:4	g	0.060	0	0.578	0.178
20:5	g	0.010	0	0.096	0.030
22:5	g	0.010	0	0.096	0.030
22:6	g	0.020	0	0.193	0.059
Cholesterol	mg	75	0	723	223
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.213	0	2.053	0.633
Threonine	g	0.786	0	7.577	2.334
Isoleucine	g	0.954	0	9.197	2.833
Leucine	g	1.386	0	13.361	4.116
Lysine	g	1.553	0	14.971	4.612
Methionine	g	0.507	0	4.887	1.506
Cystine	g	0.251	0	2.420	0.745
Phenylalanine	g	0.739	0	7.124	2.195
Tyrosine	g	0.615	0	5.929	1.827
Valine	g	0.923	0	8.898	2.741
Arginine	g	1.181	0	11.385	3.508
Histidine	g	0.562	0	5.418	1.669
Alanine	g	1.094	0	10.546	3.249
Aspartic acid	g	1.690	0	16.292	5.019
Glutamic acid	g	2.781	0	26.809	8.260
Glycine	g	1.181	0	11.385	3.508
Proline	g	0.897	0	8.647	2.664
Serine	g	0.666	0	6.420	1.978
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 capon, bone removed
Measure 2: From 1 lb ready-to-cook capon

NDB No. 05136 Chicken, capons, meat and skin, cooked, roasted

Refuse: 29% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 637g	Measure 2* 196g	Measure 3*
Proximates:							
Water	g	58.70		0	373.92	115.05	
Energy	kcal	229		0	1459	449	
Energy	kj	958		0	6102	1878	
Protein (N x 5.95)	g	28.96		0	184.48	56.76	
Total lipid (fat)	g	11.65		0	74.21	22.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	6.62	2.04	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	89	27	
Iron	mg	1.49		0	9.49	2.92	
Magnesium	mg	24		0	153	47	
Phosphorus	mg	246		0	1567	482	
Potassium	mg	255		0	1624	500	
Sodium	mg	49		0	312	96	
Zinc	mg	1.74		0	11.08	3.41	
Copper	mg	0.069		0	0.440	0.135	
Manganese	mg	0.021		0	0.134	0.041	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070		0	0.446	0.137	
Riboflavin	mg	0.170		0	1.083	0.333	
Niacin	mg	8.947		0	56.992	17.536	
Pantothenic acid	mg	1.104		0	7.032	2.164	
Vitamin B-6	mg	0.430		0	2.739	0.843	
Folate	µg	6		0	38	12	
Vitamin B-12	µg	0.33		0	2.10	0.65	
Vitamin A	IU	68		0	433	133	
Vitamin A, RE	µg	20		0	127	39	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.260		0	20.766	6.390	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.064	0.020	
14:0	g	0.090		0	0.573	0.176	
15.0	g						
16:0	g	2.420		0	15.415	4.743	
17:0	g						
18:0	g	0.640		0	4.077	1.254	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.750	0	30.258	9.310
14:1	g				
16:1	g	0.660	0	4.204	1.294
18:1	g	3.910	0	24.907	7.664
20:1	g	0.130	0	0.828	0.255
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.520	0	16.052	4.939
18:2	g	2.220	0	14.141	4.351
18:3	g	0.100	0	0.637	0.196
18:4	g				
20:4	g	0.080	0	0.510	0.157
20:5	g	0.010	0	0.064	0.020
22:5	g	0.010	0	0.064	0.020
22:6	g	0.030	0	0.191	0.059
Cholesterol	mg	86	0	548	169
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	2.070	0.637
Threonine	g	1.200	0	7.644	2.352
Isoleucine	g	1.455	0	9.268	2.852
Leucine	g	2.115	0	13.473	4.145
Lysine	g	2.370	0	15.097	4.645
Methionine	g	0.774	0	4.930	1.517
Cystine	g	0.384	0	2.446	0.753
Phenylalanine	g	1.128	0	7.185	2.211
Tyrosine	g	0.938	0	5.975	1.838
Valine	g	1.409	0	8.975	2.762
Arginine	g	1.806	0	11.504	3.540
Histidine	g	0.857	0	5.459	1.680
Alanine	g	1.674	0	10.663	3.281
Aspartic acid	g	2.582	0	16.447	5.061
Glutamic acid	g	4.246	0	27.047	8.322
Glycine	g	1.815	0	11.562	3.557
Proline	g	1.376	0	8.765	2.697
Serine	g	1.018	0	6.485	1.995
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 capon, bone removed

Measure 2: From 1 lb ready-to-cook capon

NDB No. 05137 Chicken, capons, giblets, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 115g	Measure 2* 18g	Measure 3*
Proximates:							
Water	g	74.12		0	85.24	13.34	
Energy	kcal	130		0	150	23	
Energy	kj	544		0	626	98	
Protein (N x 5.95)	g	18.28		0	21.02	3.29	
Total lipid (fat)	g	5.18		0	5.96	0.93	
Carbohydrate, by difference	g	1.42		0	1.63	0.26	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	1.15	0.18	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	12	2	
Iron	mg	6.25		0	7.19	1.13	
Magnesium	mg	18		0	21	3	
Phosphorus	mg	207		0	238	37	
Potassium	mg	226		0	260	41	
Sodium	mg	77		0	89	14	
Zinc	mg	3.38		0	3.89	0.61	
Copper	mg	0.268		0	0.308	0.048	
Manganese	mg	0.163		0	0.187	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	18.4		0	21.2	3.3	
Thiamin	mg	0.097		0	0.112	0.017	
Riboflavin	mg	1.119		0	1.287	0.201	
Niacin	mg	6.984		0	8.032	1.257	
Pantothenic acid	mg	3.618		0	4.161	0.651	
Vitamin B-6	mg	0.470		0	0.541	0.085	
Folate	µg	394		0	453	71	
Vitamin B-12	µg	12.95		0	14.89	2.33	
Vitamin A	IU	14566		0	16751	2622	
Vitamin A, RE	µg	4372		0	5028	787	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.640		0	1.886	0.295	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.023	0.004	
15.0	g						
16:0	g	0.910		0	1.046	0.164	
17:0	g						
18:0	g	0.600		0	0.690	0.108	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.320	0	1.518	0.238
14:1	g				
16:1	g	0.180	0	0.207	0.032
18:1	g	1.120	0	1.288	0.202
20:1	g	0.010	0	0.012	0.002
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.190	0	1.369	0.214
18:2	g	0.810	0	0.932	0.146
18:3	g	0.030	0	0.034	0.005
18:4	g				
20:4	g	0.280	0	0.322	0.050
20:5	g	0.010	0	0.012	0.002
22:5	g	0.000	0	0.000	0.000
22:6	g	0.040	0	0.046	0.007
Cholesterol	mg	292	0	336	53
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.217	0	0.250	0.039
Threonine	g	0.826	0	0.950	0.149
Isoleucine	g	0.927	0	1.066	0.167
Leucine	g	1.496	0	1.720	0.269
Lysine	g	1.346	0	1.548	0.242
Methionine	g	0.452	0	0.520	0.081
Cystine	g	0.243	0	0.279	0.044
Phenylalanine	g	0.841	0	0.967	0.151
Tyrosine	g	0.609	0	0.700	0.110
Valine	g	1.007	0	1.158	0.181
Arginine	g	1.203	0	1.383	0.217
Histidine	g	0.437	0	0.503	0.079
Alanine	g	0.930	0	1.070	0.167
Aspartic acid	g	1.718	0	1.976	0.309
Glutamic acid	g	2.703	0	3.108	0.487
Glycine	g	1.016	0	1.168	0.183
Proline	g	0.926	0	1.065	0.167
Serine	g	0.796	0	0.915	0.143
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: Giblets

Measure 2: From 1 lb ready-to-cook capon

NDB No. 05138 Chicken, capons, giblets, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	66.54		0	96.48	7.32	
Energy	kcal	164		0	238	18	
Energy	kj	686		0	995	75	
Protein (N x 5.95)	g	26.39		0	38.27	2.90	
Total lipid (fat)	g	5.40		0	7.83	0.59	
Carbohydrate, by difference	g	0.76		0	1.10	0.08	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	1.32	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	19	1	
Iron	mg	6.80		0	9.86	0.75	
Magnesium	mg	20		0	29	2	
Phosphorus	mg	235		0	341	26	
Potassium	mg	153		0	222	17	
Sodium	mg	55		0	80	6	
Zinc	mg	4.67		0	6.77	0.51	
Copper	mg	0.294		0	0.426	0.032	
Manganese	mg	0.192		0	0.278	0.021	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	9.0		0	13.1	1.0	
Thiamin	mg	0.095		0	0.138	0.010	
Riboflavin	mg	1.061		0	1.538	0.117	
Niacin	mg	4.120		0	5.974	0.453	
Pantothenic acid	mg	3.296		0	4.779	0.363	
Vitamin B-6	mg	0.380		0	0.551	0.042	
Folate	µg	414		0	600	46	
Vitamin B-12	µg	1.14		0	1.65	0.13	
Vitamin A	IU	13266		0	19236	1459	
Vitamin A, RE	µg	3980		0	5771	438	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.770		0	2.566	0.195	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.029	0.002	
15.0	g						
16:0	g	0.980		0	1.421	0.108	
17:0	g						
18:0	g	0.690		0	1.000	0.076	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.370	0	1.987	0.151
14:1	g				
16:1	g	0.180	0	0.261	0.020
18:1	g	1.180	0	1.711	0.130
20:1	g	0.010	0	0.015	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.130	0	1.638	0.124
18:2	g	0.750	0	1.087	0.083
18:3	g	0.020	0	0.029	0.002
18:4	g				
20:4	g	0.250	0	0.363	0.028
20:5	g	0.020	0	0.029	0.002
22:5	g	0.010	0	0.015	0.001
22:6	g	0.050	0	0.072	0.006
Cholesterol	mg	434	0	629	48
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.313	0	0.454	0.034
Threonine	g	1.193	0	1.730	0.131
Isoleucine	g	1.339	0	1.942	0.147
Leucine	g	2.158	0	3.129	0.237
Lysine	g	1.942	0	2.816	0.214
Methionine	g	0.654	0	0.948	0.072
Cystine	g	0.352	0	0.510	0.039
Phenylalanine	g	1.215	0	1.762	0.134
Tyrosine	g	0.878	0	1.273	0.097
Valine	g	1.453	0	2.107	0.160
Arginine	g	1.738	0	2.520	0.191
Histidine	g	0.631	0	0.915	0.069
Alanine	g	1.339	0	1.942	0.147
Aspartic acid	g	2.480	0	3.596	0.273
Glutamic acid	g	3.907	0	5.665	0.430
Glycine	g	1.467	0	2.127	0.161
Proline	g	1.338	0	1.940	0.147
Serine	g	1.150	0	1.668	0.126
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: From 1 lb ready-to-cook capon

NDB No. 05139 Duck, domesticated, meat and skin, raw

Anas platyrhynchos

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 287g	Measure 2* 634g	Measure 3*
Proximates:							
Water	g	48.50		0	139.19	307.49	
Energy	kcal	404		0	1159	2561	
Energy	kj	1690		0	4850	10715	
Protein (N x 5.95)	g	11.49		0	32.98	72.85	
Total lipid (fat)	g	39.34		0	112.91	249.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.68		0	1.95	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	32	70	
Iron	mg	2.40		0	6.89	15.22	
Magnesium	mg	15		0	43	95	
Phosphorus	mg	139		0	399	881	
Potassium	mg	209		0	600	1325	
Sodium	mg	63		0	181	399	
Zinc	mg	1.36		0	3.90	8.62	
Copper	mg	0.236		0	0.677	1.496	
Manganese	mg	0.017		0	0.049	0.108	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.8		0	8.0	17.8	
Thiamin	mg	0.197	0.014	20	0.565	1.249	
Riboflavin	mg	0.210	0.012	20	0.603	1.331	
Niacin	mg	3.934		0	11.291	24.942	
Pantothenic acid	mg	0.951		0	2.729	6.029	
Vitamin B-6	mg	0.190	0.012	20	0.545	1.205	
Folate	µg	13		0	37	82	
Vitamin B-12	µg	0.25		0	0.72	1.59	
Vitamin A	IU	168	5.334	20	482	1065	
Vitamin A, RE	µg	51	1.600	20	146	323	
Vitamin E, α-TE	mg	0.700		0	2.009	4.438	
Lipids:							
Saturated, total	g	13.220		0	37.941	83.815	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.050		0	0.144	0.317	
14:0	g	0.250		0	0.718	1.585	
15.0	g						
16:0	g	9.580		0	27.495	60.737	
17:0	g						
18:0	g	3.200		0	9.184	20.288	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.690	0	53.640	118.495
14:1	g				
16:1	g	1.540	0	4.420	9.764
18:1	g	16.730	0	48.015	106.068
20:1	g	0.400	0	1.148	2.536
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	5.080	0	14.580	32.207
18:2	g	4.690	0	13.460	29.735
18:3	g	0.390	0	1.119	2.473
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	76	0	218	482
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.144	0	0.413	0.913
Threonine	g	0.471	0	1.352	2.986
Isoleucine	g	0.537	0	1.541	3.405
Leucine	g	0.900	0	2.583	5.706
Lysine	g	0.912	0	2.617	5.782
Methionine	g	0.291	0	0.835	1.845
Cystine	g	0.180	0	0.517	1.141
Phenylalanine	g	0.459	0	1.317	2.910
Tyrosine	g	0.395	0	1.134	2.504
Valine	g	0.573	0	1.645	3.633
Arginine	g	0.770	0	2.210	4.882
Histidine	g	0.283	0	0.812	1.794
Alanine	g	0.777	0	2.230	4.926
Aspartic acid	g	1.102	0	3.163	6.987
Glutamic acid	g	1.709	0	4.905	10.835
Glycine	g	0.928	0	2.663	5.884
Proline	g	0.686	0	1.969	4.349
Serine	g	0.488	0	1.401	3.094
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook duck
Measure 2: 1/2 duck

NDB No. 05140 Duck, domesticated, meat and skin, cooked, roasted

Refuse: 35% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 173g	Measure 3* 382g
Proximates:							
Water	g	51.84		0	72.58	89.68	198.03
Energy	kcal	337		0	472	583	1287
Energy	kj	1410		0	1974	2439	5386
Protein (N x 5.95)	g	18.99		0	26.59	32.85	72.54
Total lipid (fat)	g	28.35		0	39.69	49.05	108.30
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.82		0	1.15	1.42	3.13
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	15	19	42
Iron	mg	2.70		0	3.78	4.67	10.31
Magnesium	mg	16		0	22	28	61
Phosphorus	mg	156		0	218	270	596
Potassium	mg	204		0	286	353	779
Sodium	mg	59		0	83	102	225
Zinc	mg	1.86		0	2.60	3.22	7.11
Copper	mg	0.227		0	0.318	0.393	0.867
Manganese	mg	0.019		0	0.027	0.033	0.073
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.174		0	0.244	0.301	0.665
Riboflavin	mg	0.269		0	0.377	0.465	1.028
Niacin	mg	4.825		0	6.755	8.347	18.431
Pantothenic acid	mg	1.098		0	1.537	1.900	4.194
Vitamin B-6	mg	0.180		0	0.252	0.311	0.688
Folate	µg	6		0	8	10	23
Vitamin B-12	µg	0.30		0	0.42	0.52	1.15
Vitamin A	IU	210		0	294	363	802
Vitamin A, RE	µg	63		0	88	109	241
Vitamin E, α-TE	mg	0.700		0	0.980	1.211	2.674
Lipids:							
Saturated, total	g	9.670		0	13.538	16.729	36.939
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.040		0	0.056	0.069	0.153
14:0	g	0.170		0	0.238	0.294	0.649
15.0	g						
16:0	g	6.800		0	9.520	11.764	25.976
17:0	g						
18:0	g	2.430		0	3.402	4.204	9.283
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	12.900	0	18.060	22.317	49.278
14:1	g					
16:1	g	1.110	0	1.554	1.920	4.240
18:1	g	11.520	0	16.128	19.930	44.006
20:1	g	0.260	0	0.364	0.450	0.993
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	3.650	0	5.110	6.314	13.943
18:2	g	3.360	0	4.704	5.813	12.835
18:3	g	0.290	0	0.406	0.502	1.108
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	84	0	118	145	321
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.232	0	0.325	0.401	0.886
Threonine	g	0.773	0	1.082	1.337	2.953
Isoleucine	g	0.872	0	1.221	1.509	3.331
Leucine	g	1.465	0	2.051	2.534	5.596
Lysine	g	1.486	0	2.080	2.571	5.677
Methionine	g	0.475	0	0.665	0.822	1.814
Cystine	g	0.299	0	0.419	0.517	1.142
Phenylalanine	g	0.752	0	1.053	1.301	2.873
Tyrosine	g	0.640	0	0.896	1.107	2.445
Valine	g	0.938	0	1.313	1.623	3.583
Arginine	g	1.284	0	1.798	2.221	4.905
Histidine	g	0.462	0	0.647	0.799	1.765
Alanine	g	1.300	0	1.820	2.249	4.966
Aspartic acid	g	1.814	0	2.540	3.138	6.929
Glutamic acid	g	2.798	0	3.917	4.841	10.688
Glycine	g	1.624	0	2.274	2.810	6.204
Proline	g	1.172	0	1.641	2.028	4.477
Serine	g	0.804	0	1.126	1.391	3.071
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook duck
Measure 3: 1/2 duck

NDB No. 05141 Duck, domesticated, meat only, raw

Refuse: 66% 28% bone, 38% skin and separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 137g	Measure 2* 303g	Measure 3*
Proximates:							
Water	g	73.77	0.233	13	101.06	223.52	
Energy	kcal	132		0	181	400	
Energy	kj	552		0	756	1673	
Protein (N x 5.95)	g	18.28	0.273	13	25.04	55.39	
Total lipid (fat)	g	5.95	0.506	13	8.15	18.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06	0.028	13	1.45	3.21	
Sugars, total	g						
Minerals:							
Calcium	mg	11		2	15	33	
Iron	mg	2.40		1	3.29	7.27	
Magnesium	mg	19		1	26	58	
Phosphorus	mg	203		2	278	615	
Potassium	mg	271		3	371	821	
Sodium	mg	74	7.480	5	101	224	
Zinc	mg	1.90		1	2.60	5.76	
Copper	mg	0.253	0.010	282	0.347	0.767	
Manganese	mg	0.019		0	0.026	0.058	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.8		1	7.9	17.6	
Thiamin	mg	0.360		1	0.493	1.091	
Riboflavin	mg	0.450		1	0.616	1.363	
Niacin	mg	5.300		1	7.261	16.059	
Pantothenic acid	mg	1.600		1	2.192	4.848	
Vitamin B-6	mg	0.340		1	0.466	1.030	
Folate	µg	25		1	34	76	
Vitamin B-12	µg	0.40		1	0.55	1.21	
Vitamin A	IU	79		0	108	239	
Vitamin A, RE	µg	24		0	33	73	
Vitamin E, α-TE	mg	0.700		0	0.959	2.121	
Lipids:							
Saturated, total	g	2.320		0	3.178	7.030	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		1	0.041	0.091	
14:0	g	0.020		1	0.027	0.061	
15.0	g						
16:0	g	1.220		1	1.671	3.697	
17:0	g						
18:0	g	0.770		1	1.055	2.333	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.540	0	2.110	4.666
14:1	g				
16:1	g	0.220	1	0.301	0.667
18:1	g	1.320	1	1.808	4.000
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.750	0	1.028	2.272
18:2	g	0.670	1	0.918	2.030
18:3	g	0.080	1	0.110	0.242
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	77	1	105	233
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.254	0	0.348	0.770
Threonine	g	0.781	0	1.070	2.366
Isoleucine	g	0.939	0	1.286	2.845
Leucine	g	1.544	0	2.115	4.678
Lysine	g	1.564	0	2.143	4.739
Methionine	g	0.494	0	0.677	1.497
Cystine	g	0.281	0	0.385	0.851
Phenylalanine	g	0.766	0	1.049	2.321
Tyrosine	g	0.696	0	0.954	2.109
Valine	g	0.956	0	1.310	2.897
Arginine	g	1.166	0	1.597	3.533
Histidine	g	0.483	0	0.662	1.463
Alanine	g	1.158	0	1.586	3.509
Aspartic acid	g	1.790	0	2.452	5.424
Glutamic acid	g	2.860	0	3.918	8.666
Glycine	g	1.024	0	1.403	3.103
Proline	g	0.898	0	1.230	2.721
Serine	g	0.787	0	1.078	2.385
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook duck
Measure 2: 1/2 duck

NDB No. 05142 Duck, domesticated, meat only, cooked, roasted

Refuse: 62% 35% bone, 27% skin and separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 100g	Measure 3* 221g
Proximates:							
Water	g	64.22		0	89.91	64.22	141.93
Energy	kcal	201		0	281	201	444
Energy	kj	841		0	1177	841	1859
Protein (N x 5.95)	g	23.48		0	32.87	23.48	51.89
Total lipid (fat)	g	11.20		0	15.68	11.20	24.75
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.11		0	1.55	1.11	2.45
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	17	12	27
Iron	mg	2.70		0	3.78	2.70	5.97
Magnesium	mg	20		0	28	20	44
Phosphorus	mg	203		0	284	203	449
Potassium	mg	252		0	353	252	557
Sodium	mg	65		0	91	65	144
Zinc	mg	2.60		0	3.64	2.60	5.75
Copper	mg	0.231		0	0.323	0.231	0.511
Manganese	mg	0.019		0	0.027	0.019	0.042
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.260		0	0.364	0.260	0.575
Riboflavin	mg	0.470		0	0.658	0.470	1.039
Niacin	mg	5.100		0	7.140	5.100	11.271
Pantothenic acid	mg	1.500		0	2.100	1.500	3.315
Vitamin B-6	mg	0.250		0	0.350	0.250	0.553
Folate	µg	10		0	14	10	22
Vitamin B-12	µg	0.40		0	0.56	0.40	0.88
Vitamin A	IU	77		0	108	77	170
Vitamin A, RE	µg	23		0	32	23	51
Vitamin E, α-TE	mg	0.700		0	0.980	0.700	1.547
Lipids:							
Saturated, total	g	4.170		0	5.838	4.170	9.216
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.040		0	0.056	0.040	0.088
14:0	g	0.050		0	0.070	0.050	0.111
15.0	g						
16:0	g	2.440		0	3.416	2.440	5.392
17:0	g						
18:0	g	1.270		0	1.778	1.270	2.807
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.700	0	5.180	3.700	8.177
14:1	g					
16:1	g	0.430	0	0.602	0.430	0.950
18:1	g	3.240	0	4.536	3.240	7.160
20:1	g	0.040	0	0.056	0.040	0.088
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	1.430	0	2.002	1.430	3.160
18:2	g	1.290	0	1.806	1.290	2.851
18:3	g	0.140	0	0.196	0.140	0.309
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	89	0	125	89	197
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.327	0	0.458	0.327	0.723
Threonine	g	1.003	0	1.404	1.003	2.217
Isoleucine	g	1.206	0	1.688	1.206	2.665
Leucine	g	1.983	0	2.776	1.983	4.382
Lysine	g	2.009	0	2.813	2.009	4.440
Methionine	g	0.635	0	0.889	0.635	1.403
Cystine	g	0.361	0	0.505	0.361	0.798
Phenylalanine	g	0.984	0	1.378	0.984	2.175
Tyrosine	g	0.894	0	1.252	0.894	1.976
Valine	g	1.228	0	1.719	1.228	2.714
Arginine	g	1.499	0	2.099	1.499	3.313
Histidine	g	0.620	0	0.868	0.620	1.370
Alanine	g	1.487	0	2.082	1.487	3.286
Aspartic acid	g	2.299	0	3.219	2.299	5.081
Glutamic acid	g	3.673	0	5.142	3.673	8.117
Glycine	g	1.315	0	1.841	1.315	2.906
Proline	g	1.153	0	1.614	1.153	2.548
Serine	g	1.010	0	1.414	1.010	2.232
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook duck
Measure 3: 1/2 duck

NDB No. 05143 Duck, domesticated, liver, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 44g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	71.78	0.462	37	31.58	7.18	
Energy	kcal	136		0	60	14	
Energy	kj	569		0	250	57	
Protein (N x 5.95)	g	18.74	0.213	29	8.25	1.87	
Total lipid (fat)	g	4.64	0.123	47	2.04	0.46	
Carbohydrate, by difference	g	3.53		0	1.55	0.35	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.32	0.015	28	0.58	0.13	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.733	20	5	1	
Iron	mg	30.53	0.667	20	13.43	3.05	
Magnesium	mg	24		0	11	2	
Phosphorus	mg	269	5.984	20	118	27	
Potassium	mg	230		0	101	23	
Sodium	mg	140		0	62	14	
Zinc	mg	3.07		0	1.35	0.31	
Copper	mg	5.962	0.171	290	2.623	0.596	
Manganese	mg	0.258		0	0.114	0.026	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.5		0	2.0	0.5	
Thiamin	mg	0.562		0	0.247	0.056	
Riboflavin	mg	0.892		0	0.392	0.089	
Niacin	mg	6.500		0	2.860	0.650	
Pantothenic acid	mg	6.184		0	2.721	0.618	
Vitamin B-6	mg	0.760		0	0.334	0.076	
Folate	µg	738		0	325	74	
Vitamin B-12	µg	54.00		1	23.76	5.40	
Vitamin A	IU	39907	1166.888	8	17559	3991	
Vitamin A, RE	µg	11946	348.897	8	5256	1195	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.440		0	0.634	0.144	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		2	0.004	0.001	
15.0	g						
16:0	g	0.800	0.100	4	0.352	0.080	
17:0	g						
18:0	g	0.630	0.090	4	0.277	0.063	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.710		0	0.312	0.071
14:1	g					
16:1	g	0.050	0.021	4	0.022	0.005
18:1	g	0.650	0.152	4	0.286	0.065
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.630		0	0.277	0.063
18:2	g	0.370	0.092	4	0.163	0.037
18:3	g	0.000		2	0.000	0.000
18:4	g					
20:4	g	0.260	0.130	4	0.114	0.026
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	515	144.776	3	227	52
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.264		0	0.116	0.026
Threonine	g	0.833		0	0.367	0.083
Isoleucine	g	0.995		0	0.438	0.100
Leucine	g	1.691		0	0.744	0.169
Lysine	g	1.418		0	0.624	0.142
Methionine	g	0.444		0	0.195	0.044
Cystine	g	0.252		0	0.111	0.025
Phenylalanine	g	0.932		0	0.410	0.093
Tyrosine	g	0.660		0	0.290	0.066
Valine	g	1.181		0	0.520	0.118
Arginine	g	1.148		0	0.505	0.115
Histidine	g	0.498		0	0.219	0.050
Alanine	g	1.088		0	0.479	0.109
Aspartic acid	g	1.781		0	0.784	0.178
Glutamic acid	g	2.428		0	1.068	0.243
Glycine	g	1.088		0	0.479	0.109
Proline	g	0.929		0	0.409	0.093
Serine	g	0.806		0	0.355	0.081
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 liver

Measure 2: from 1 lb ready-to-cook duck

NDB No. 05144 Duck, wild, meat and skin, raw

Refuse: 40% 38% bone, 2% handling loss

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 239g	Measure 2* 270g	Measure 3*
Proximates:							
Water	g	66.52		0	158.98	179.60	
Energy	kcal	211		0	504	570	
Energy	kj	883		0	2110	2384	
Protein (N x 5.95)	g	17.42		0	41.63	47.03	
Total lipid (fat)	g	15.20		0	36.33	41.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	2.77	3.13	
Sugars, total	g						
Minerals:							
Calcium	mg	5		0	12	14	
Iron	mg	4.16		0	9.94	11.23	
Magnesium	mg	20		0	48	54	
Phosphorus	mg	168		0	402	454	
Potassium	mg	249		0	595	672	
Sodium	mg	56		0	134	151	
Zinc	mg	0.77		0	1.84	2.08	
Copper	mg	0.312		0	0.746	0.842	
Manganese	mg	0.019		0	0.045	0.051	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.2		0	12.4	14.0	
Thiamin	mg	0.351		0	0.839	0.948	
Riboflavin	mg	0.269		0	0.643	0.726	
Niacin	mg	3.317		0	7.928	8.956	
Pantothenic acid	mg	0.701		0	1.675	1.893	
Vitamin B-6	mg	0.530		0	1.267	1.431	
Folate	µg	21		0	50	57	
Vitamin B-12	µg	0.65		0	1.55	1.75	
Vitamin A	IU	88		0	210	238	
Vitamin A, RE	µg	26		0	62	70	
Vitamin E, α-TE	mg	0.701		0	1.675	1.893	
Lipids:							
Saturated, total	g	5.040		0	12.046	13.608	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.096	0.108	
14:0	g	0.090		0	0.215	0.243	
15.0	g						
16:0	g	3.480		0	8.317	9.396	
17:0	g						
18:0	g	1.270		0	3.035	3.429	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.800	0	16.252	18.360
14:1	g				
16:1	g	0.610	0	1.458	1.647
18:1	g	6.060	0	14.483	16.362
20:1	g	0.130	0	0.311	0.351
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.020	0	4.828	5.454
18:2	g	1.850	0	4.422	4.995
18:3	g	0.170	0	0.406	0.459
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	1	191	216
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.237	0	0.566	0.640
Threonine	g	0.738	0	1.764	1.993
Isoleucine	g	0.878	0	2.098	2.371
Leucine	g	1.449	0	3.463	3.912
Lysine	g	1.468	0	3.509	3.964
Methionine	g	0.465	0	1.111	1.256
Cystine	g	0.269	0	0.643	0.726
Phenylalanine	g	0.723	0	1.728	1.952
Tyrosine	g	0.650	0	1.553	1.755
Valine	g	0.902	0	2.156	2.435
Arginine	g	1.124	0	2.686	3.035
Histidine	g	0.454	0	1.085	1.226
Alanine	g	1.119	0	2.674	3.021
Aspartic acid	g	1.698	0	4.058	4.585
Glutamic acid	g	2.697	0	6.446	7.282
Glycine	g	1.066	0	2.548	2.878
Proline	g	0.894	0	2.137	2.414
Serine	g	0.748	0	1.788	2.020
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook duck
Measure 2: 1/2 duck

NDB No. 05145 Duck, wild, breast, meat only, raw

Refuse: 46% 15% bone, 31% skin and separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 73g	Measure 2* 83g	Measure 3*
Proximates:							
Water	g	75.51	0.351	17	55.12	62.67	
Energy	kcal	123		0	90	102	
Energy	kj	515		0	376	427	
Protein (N x 5.95)	g	19.85	0.352	17	14.49	16.48	
Total lipid (fat)	g	4.25	0.272	17	3.10	3.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.33	0.023	17	0.97	1.10	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.628	17	2	2	
Iron	mg	4.51	0.312	16	3.29	3.74	
Magnesium	mg	22	0.433	16	16	18	
Phosphorus	mg	186	5.141	17	136	154	
Potassium	mg	268	6.655	17	196	222	
Sodium	mg	57	3.093	17	42	47	
Zinc	mg	0.74	0.025	16	0.54	0.61	
Copper	mg	0.330	0.024	16	0.241	0.274	
Manganese	mg	0.019		0	0.014	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.2		1	4.5	5.1	
Thiamin	mg	0.416	0.038	17	0.304	0.345	
Riboflavin	mg	0.310	0.027	17	0.226	0.257	
Niacin	mg	3.444	0.217	17	2.514	2.859	
Pantothenic acid	mg	0.770		1	0.562	0.639	
Vitamin B-6	mg	0.630		1	0.460	0.523	
Folate	µg	25		0	18	21	
Vitamin B-12	µg	0.76		1	0.55	0.63	
Vitamin A	IU	53		0	39	44	
Vitamin A, RE	µg	16		0	12	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.320		0	0.964	1.096	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		1	0.022	0.025	
14:0	g	0.020		1	0.015	0.017	
15.0	g						
16:0	g	0.690		1	0.504	0.573	
17:0	g						
18:0	g	0.410		1	0.299	0.340	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.210	0	0.883	1.004
14:1	g				
16:1	g	0.170	1	0.124	0.141
18:1	g	1.030	1	0.752	0.855
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.580	0	0.423	0.481
18:2	g	0.510	1	0.372	0.423
18:3	g	0.070	1	0.051	0.058
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	77	0	56	64
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.276	0	0.201	0.229
Threonine	g	0.848	0	0.619	0.704
Isoleucine	g	1.019	0	0.744	0.846
Leucine	g	1.677	0	1.224	1.392
Lysine	g	1.699	0	1.240	1.410
Methionine	g	0.537	0	0.392	0.446
Cystine	g	0.305	0	0.223	0.253
Phenylalanine	g	0.832	0	0.607	0.691
Tyrosine	g	0.756	0	0.552	0.627
Valine	g	1.039	0	0.758	0.862
Arginine	g	1.267	0	0.925	1.052
Histidine	g	0.524	0	0.383	0.435
Alanine	g	1.258	0	0.918	1.044
Aspartic acid	g	1.944	0	1.419	1.614
Glutamic acid	g	3.106	0	2.267	2.578
Glycine	g	1.112	0	0.812	0.923
Proline	g	0.975	0	0.712	0.809
Serine	g	0.854	0	0.623	0.709
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook duck

Measure 2: 1/2 breast, bone and skin removed

NDB No. 05146 Goose, domesticated, meat and skin, raw

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Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 320g	Measure 2* 1319g	Measure 3*
Proximates:							
Water	g	49.66	1.704	5	158.91	655.02	
Energy	kcal	371		0	1187	4893	
Energy	kj	1552		0	4966	20471	
Protein (N x 5.95)	g	15.86	0.793	5	50.75	209.19	
Total lipid (fat)	g	33.62	2.566	5	107.58	443.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87	0.058	5	2.78	11.48	
Sugars, total	g						
Minerals:							
Calcium	mg	12	3.000	2	38	158	
Iron	mg	2.50	0.603	3	8.00	32.98	
Magnesium	mg	18		0	58	237	
Phosphorus	mg	234	49.720	3	749	3086	
Potassium	mg	308		0	986	4063	
Sodium	mg	73		0	234	963	
Zinc	mg	1.72		0	5.50	22.69	
Copper	mg	0.270		0	0.864	3.561	
Manganese	mg	0.020		0	0.064	0.264	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.2		0	13.4	55.4	
Thiamin	mg	0.085	0.002	10	0.272	1.121	
Riboflavin	mg	0.245	0.005	10	0.784	3.232	
Niacin	mg	3.608	0.673	13	11.546	47.590	
Pantothenic acid	mg	1.294		0	4.141	17.068	
Vitamin B-6	mg	0.390	0.011	11	1.248	5.144	
Folate	µg	4	0.178	10	13	53	
Vitamin B-12	µg	0.34		0	1.09	4.48	
Vitamin A	IU	55	1.138	10	176	725	
Vitamin A, RE	µg	17	0.342	10	54	224	
Vitamin E, α-TE	mg	1.741		0	5.571	22.964	
Lipids:							
Saturated, total	g	9.780		0	31.296	128.998	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.096	0.396	
14:0	g	0.170		0	0.544	2.242	
15.0	g						
16:0	g	6.950		0	22.240	91.671	
17:0	g						
18:0	g	2.330		0	7.456	30.733	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	17.770	0	56.864	234.386
14:1	g				
16:1	g	0.980	0	3.136	12.926
18:1	g	16.680	0	53.376	220.009
20:1	g	0.040	0	0.128	0.528
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.760	0	12.032	49.594
18:2	g	3.340	0	10.688	44.055
18:3	g	0.210	0	0.672	2.770
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	256	1055
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.207	0	0.662	2.730
Threonine	g	0.708	0	2.266	9.339
Isoleucine	g	0.746	0	2.387	9.840
Leucine	g	1.330	0	4.256	17.543
Lysine	g	1.254	0	4.013	16.540
Methionine	g	0.383	0	1.226	5.052
Cystine	g	0.247	0	0.790	3.258
Phenylalanine	g	0.665	0	2.128	8.771
Tyrosine	g	0.508	0	1.626	6.701
Valine	g	0.777	0	2.486	10.249
Arginine	g	0.987	0	3.158	13.019
Histidine	g	0.442	0	1.414	5.830
Alanine	g	0.977	0	3.126	12.887
Aspartic acid	g	1.426	0	4.563	18.809
Glutamic acid	g	2.358	0	7.546	31.102
Glycine	g	1.005	0	3.216	13.256
Proline	g	0.766	0	2.451	10.104
Serine	g	0.632	0	2.022	8.336
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook goose

Measure 2: 1/2 goose

NDB No. 05147 Goose, domesticated, meat and skin, cooked, roasted

Refuse: 28% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 188g	Measure 3* 774g
Proximates:							
Water	g	51.95		0	72.73	97.67	402.09
Energy	kcal	305		0	427	573	2361
Energy	kj	1276		0	1786	2399	9876
Protein (N x 5.95)	g	25.16		0	35.22	47.30	194.74
Total lipid (fat)	g	21.92		0	30.69	41.21	169.66
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.97		0	1.36	1.82	7.51
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	18	24	101
Iron	mg	2.83		0	3.96	5.32	21.90
Magnesium	mg	22		0	31	41	170
Phosphorus	mg	270		0	378	508	2090
Potassium	mg	329		0	461	619	2546
Sodium	mg	70		0	98	132	542
Zinc	mg	2.62		0	3.67	4.93	20.28
Copper	mg	0.264		0	0.370	0.496	2.043
Manganese	mg	0.023		0	0.032	0.043	0.178
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.077		0	0.108	0.145	0.596
Riboflavin	mg	0.323		0	0.452	0.607	2.500
Niacin	mg	4.168		0	5.835	7.836	32.260
Pantothenic acid	mg	1.530		0	2.142	2.876	11.842
Vitamin B-6	mg	0.370		0	0.518	0.696	2.864
Folate	µg	2		0	3	4	15
Vitamin B-12	µg	0.41		0	0.57	0.77	3.17
Vitamin A	IU	70		0	98	132	542
Vitamin A, RE	µg	21		0	29	39	163
Vitamin E, α-TE	mg	1.740		0	2.436	3.271	13.468
Lipids:							
Saturated, total	g	6.870		0	9.618	12.916	53.174
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.040		0	0.056	0.075	0.310
14:0	g	0.110		0	0.154	0.207	0.851
15.0	g						
16:0	g	4.530		0	6.342	8.516	35.062
17:0	g						
18:0	g	1.810		0	2.534	3.403	14.009
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.250	0	14.350	19.270	79.335
14:1	g					
16:1	g	0.680	0	0.952	1.278	5.263
18:1	g	9.520	0	13.328	17.898	73.685
20:1	g	0.020	0	0.028	0.038	0.155
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	2.520	0	3.528	4.738	19.505
18:2	g	2.240	0	3.136	4.211	17.338
18:3	g	0.180	0	0.252	0.338	1.393
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.000	0	0.000	0.000	0.000
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	91	0	127	171	704
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.332	0	0.465	0.624	2.570
Threonine	g	1.123	0	1.572	2.111	8.692
Isoleucine	g	1.183	0	1.656	2.224	9.156
Leucine	g	2.109	0	2.953	3.965	16.324
Lysine	g	1.988	0	2.783	3.737	15.387
Methionine	g	0.608	0	0.851	1.143	4.706
Cystine	g	0.390	0	0.546	0.733	3.019
Phenylalanine	g	1.055	0	1.477	1.983	8.166
Tyrosine	g	0.805	0	1.127	1.513	6.231
Valine	g	1.232	0	1.725	2.316	9.536
Arginine	g	1.566	0	2.192	2.944	12.121
Histidine	g	0.700	0	0.980	1.316	5.418
Alanine	g	1.550	0	2.170	2.914	11.997
Aspartic acid	g	2.262	0	3.167	4.253	17.508
Glutamic acid	g	3.739	0	5.235	7.029	28.940
Glycine	g	1.594	0	2.232	2.997	12.338
Proline	g	1.216	0	1.702	2.286	9.412
Serine	g	1.002	0	1.403	1.884	7.755
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook goose
Measure 3: 1/2 goose

NDB No. 05148 Goose, domesticated, meat only, raw

Refuse: 53% 19% bone, 34% skin and separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 185g	Measure 2* 766g	Measure 3*
Proximates:							
Water	g	68.30		1	126.36	523.18	
Energy	kcal	161		0	298	1233	
Energy	kj	674		0	1247	5163	
Protein (N x 5.95)	g	22.75	0.241	4	42.09	174.26	
Total lipid (fat)	g	7.13	0.098	4	13.19	54.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10		1	2.04	8.43	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	24	100	
Iron	mg	2.57		0	4.75	19.69	
Magnesium	mg	24		1	44	184	
Phosphorus	mg	312		1	577	2390	
Potassium	mg	420		0	777	3217	
Sodium	mg	87		0	161	666	
Zinc	mg	2.34		0	4.33	17.92	
Copper	mg	0.306	0.032	19	0.566	2.344	
Manganese	mg	0.024		0	0.044	0.184	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.2		0	13.3	55.2	
Thiamin	mg	0.129		0	0.239	0.988	
Riboflavin	mg	0.377		0	0.697	2.888	
Niacin	mg	4.278		0	7.914	32.769	
Pantothenic acid	mg	1.973		0	3.650	15.113	
Vitamin B-6	mg	0.640		0	1.184	4.902	
Folate	µg	31		0	57	237	
Vitamin B-12	µg	0.49		0	0.91	3.75	
Vitamin A	IU	40		0	74	306	
Vitamin A, RE	µg	12		0	22	92	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.790		0	5.162	21.371	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.056	0.230	
14:0	g	0.030		0	0.056	0.230	
15.0	g						
16:0	g	1.470		0	2.720	11.260	
17:0	g						
18:0	g	0.920		0	1.702	7.047	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.850	0	3.422	14.171
14:1	g				
16:1	g	0.270	0	0.500	2.068
18:1	g	1.580	0	2.923	12.103
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.900	0	1.665	6.894
18:2	g	0.800	0	1.480	6.128
18:3	g	0.100	0	0.185	0.766
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	84	1	155	643
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.317	0	0.586	2.428
Threonine	g	0.972	0	1.798	7.446
Isoleucine	g	1.168	0	2.161	8.947
Leucine	g	1.922	0	3.556	14.723
Lysine	g	1.947	0	3.602	14.914
Methionine	g	0.615	0	1.138	4.711
Cystine	g	0.349	0	0.646	2.673
Phenylalanine	g	0.954	0	1.765	7.308
Tyrosine	g	0.866	0	1.602	6.634
Valine	g	1.190	0	2.201	9.115
Arginine	g	1.452	0	2.686	11.122
Histidine	g	0.601	0	1.112	4.604
Alanine	g	1.441	0	2.666	11.038
Aspartic acid	g	2.228	0	4.122	17.066
Glutamic acid	g	3.560	0	6.586	27.270
Glycine	g	1.274	0	2.357	9.759
Proline	g	1.117	0	2.066	8.556
Serine	g	0.979	0	1.811	7.499
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook goose

Measure 2: 1/2 goose

NDB No. 05149 Goose, domesticated, meat only, cooked, roasted

Refuse: 45% 28% bone, 17% skin and separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 143g	Measure 2* 591g	Measure 3*
Proximates:							
Water	g	57.23		0	81.84	338.23	
Energy	kcal	238		0	340	1407	
Energy	kj	996		0	1424	5886	
Protein (N x 5.95)	g	28.97		0	41.43	171.21	
Total lipid (fat)	g	12.67		0	18.12	74.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14		0	1.63	6.74	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	20	83	
Iron	mg	2.87		0	4.10	16.96	
Magnesium	mg	25		0	36	148	
Phosphorus	mg	309		0	442	1826	
Potassium	mg	388		0	555	2293	
Sodium	mg	76		0	109	449	
Zinc	mg	3.17		0	4.53	18.73	
Copper	mg	0.276		0	0.395	1.631	
Manganese	mg	0.024		0	0.034	0.142	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.092		0	0.132	0.544	
Riboflavin	mg	0.390		0	0.558	2.305	
Niacin	mg	4.081		0	5.836	24.119	
Pantothenic acid	mg	1.834		0	2.623	10.839	
Vitamin B-6	mg	0.470		0	0.672	2.778	
Folate	µg	12		0	17	71	
Vitamin B-12	µg	0.49		0	0.70	2.90	
Vitamin A	IU	40		0	57	236	
Vitamin A, RE	µg	12		0	17	71	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.560		0	6.521	26.950	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.057	0.236	
14:0	g	0.050		0	0.072	0.296	
15.0	g						
16:0	g	2.610		0	3.732	15.425	
17:0	g						
18:0	g	1.400		0	2.002	8.274	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.340	0	6.206	25.649
14:1	g				
16:1	g	0.440	0	0.629	2.600
18:1	g	3.880	0	5.548	22.931
20:1	g	0.010	0	0.014	0.059
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.540	0	2.202	9.101
18:2	g	1.370	0	1.959	8.097
18:3	g	0.150	0	0.215	0.887
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	96	0	137	567
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.403	0	0.576	2.382
Threonine	g	1.238	0	1.770	7.317
Isoleucine	g	1.488	0	2.128	8.794
Leucine	g	2.447	0	3.499	14.462
Lysine	g	2.480	0	3.546	14.657
Methionine	g	0.783	0	1.120	4.628
Cystine	g	0.445	0	0.636	2.630
Phenylalanine	g	1.214	0	1.736	7.175
Tyrosine	g	1.103	0	1.577	6.519
Valine	g	1.516	0	2.168	8.960
Arginine	g	1.849	0	2.644	10.928
Histidine	g	0.765	0	1.094	4.521
Alanine	g	1.835	0	2.624	10.845
Aspartic acid	g	2.837	0	4.057	16.767
Glutamic acid	g	4.533	0	6.482	26.790
Glycine	g	1.622	0	2.319	9.586
Proline	g	1.423	0	2.035	8.410
Serine	g	1.247	0	1.783	7.370
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook goose

Measure 2: 1/2 goose

NDB No. 05150 Goose, liver, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 94g	Measure 2* 11g	Measure 3*
Proximates:							
Water	g	71.78	0.520	17	67.47	7.90	
Energy	kcal	133		0	125	15	
Energy	kj	556		0	523	61	
Protein (N x 5.95)	g	16.37	0.948	10	15.39	1.80	
Total lipid (fat)	g	4.28	0.157	40	4.02	0.47	
Carbohydrate, by difference	g	6.32		0	5.94	0.70	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25	0.104	4	1.18	0.14	
Sugars, total	g						
Minerals:							
Calcium	mg	43	6.587	4	40	5	
Iron	mg	30.53		0	28.70	3.36	
Magnesium	mg	24	2.449	4	23	3	
Phosphorus	mg	261	27.693	4	245	29	
Potassium	mg	230		1	216	25	
Sodium	mg	140		1	132	15	
Zinc	mg	3.07		0	2.89	0.34	
Copper	mg	7.522	1.323	19	7.071	0.827	
Manganese	mg	0.000		0	0.000	0.000	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.5		0	4.2	0.5	
Thiamin	mg	0.562		1	0.528	0.062	
Riboflavin	mg	0.892		1	0.838	0.098	
Niacin	mg	6.500		1	6.110	0.715	
Pantothenic acid	mg	6.184		0	5.813	0.680	
Vitamin B-6	mg	0.760	0.003	2	0.714	0.084	
Folate	µg	738		0	694	81	
Vitamin B-12	µg	54.00		0	50.76	5.94	
Vitamin A	IU	30998	1467.843	13	29138	3410	
Vitamin A, RE	µg	9285	440.450	13	8728	1021	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.590		0	1.495	0.175	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		1	0.000	0.000	
14:0	g	0.010		1	0.009	0.001	
15.0	g						
16:0	g	0.800		1	0.752	0.088	
17:0	g						
18:0	g	0.760		1	0.714	0.084	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.810	0	0.761	0.089
14:1	g				
16:1	g	0.060	1	0.056	0.007
18:1	g	0.740	1	0.696	0.081
20:1	g	0.010	1	0.009	0.001
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.260	0	0.244	0.029
18:2	g	0.180	1	0.169	0.020
18:3	g	0.010	1	0.009	0.001
18:4	g				
20:4	g	0.070	1	0.066	0.008
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	515	0	484	57
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.230	0	0.216	0.025
Threonine	g	0.728	0	0.684	0.080
Isoleucine	g	0.870	0	0.818	0.096
Leucine	g	1.477	0	1.388	0.162
Lysine	g	1.239	0	1.165	0.136
Methionine	g	0.388	0	0.365	0.043
Cystine	g	0.220	0	0.207	0.024
Phenylalanine	g	0.815	0	0.766	0.090
Tyrosine	g	0.576	0	0.541	0.063
Valine	g	1.032	0	0.970	0.114
Arginine	g	1.003	0	0.943	0.110
Histidine	g	0.435	0	0.409	0.048
Alanine	g	0.951	0	0.894	0.105
Aspartic acid	g	1.556	0	1.463	0.171
Glutamic acid	g	2.121	0	1.994	0.233
Glycine	g	0.951	0	0.894	0.105
Proline	g	0.812	0	0.763	0.089
Serine	g	0.705	0	0.663	0.078
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 liver

Measure 2: from 1 lb ready-to-cook goose

NDB No. 05151 Guinea hen, meat and skin, raw

Numida meleagris

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 359g	Measure 2* 345g	Measure 3*
Proximates:							
Water	g	68.90	0.500	2	247.35	237.71	
Energy	kcal	158		0	567	545	
Energy	kj	661		0	2373	2280	
Protein (N x 5.95)	g	23.40	0.200	2	84.01	80.73	
Total lipid (fat)	g	6.45	0.550	2	23.16	22.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25	0.050	2	4.49	4.31	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	39	38	
Iron	mg	0.84		0	3.02	2.90	
Magnesium	mg	22		0	79	76	
Phosphorus	mg	153		0	549	528	
Potassium	mg	193		0	693	666	
Sodium	mg	67		0	241	231	
Zinc	mg	1.13		0	4.06	3.90	
Copper	mg	0.043		0	0.154	0.148	
Manganese	mg	0.018		0	0.065	0.062	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.3		0	4.7	4.5	
Thiamin	mg	0.059		0	0.212	0.204	
Riboflavin	mg	0.102		0	0.366	0.352	
Niacin	mg	7.667		0	27.525	26.451	
Pantothenic acid	mg	0.879		0	3.156	3.033	
Vitamin B-6	mg	0.380		0	1.364	1.311	
Folate	µg	5		0	18	17	
Vitamin B-12	µg	0.34		0	1.22	1.17	
Vitamin A	IU	92		0	330	317	
Vitamin A, RE	µg	28		0	101	97	
Vitamin E, α-TE	mg	0.296		0	1.063	1.021	
Lipids:							
Saturated, total	g	1.770		0	6.354	6.106	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.036	0.035	
14:0	g	0.050		0	0.180	0.173	
15.0	g						
16:0	g	1.300		0	4.667	4.485	
17:0	g						
18:0	g	0.370		0	1.328	1.276	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.430	0	8.724	8.383
14:1	g				
16:1	g	0.340	0	1.221	1.173
18:1	g	2.000	0	7.180	6.900
20:1	g	0.060	0	0.215	0.207
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.410	0	5.062	4.864
18:2	g	1.190	0	4.272	4.105
18:3	g	0.050	0	0.180	0.173
18:4	g	0.000	0	0.000	0.000
20:4	g	0.070	0	0.251	0.242
20:5	g	0.010	0	0.036	0.035
22:5	g	0.010	0	0.036	0.035
22:6	g	0.030	0	0.108	0.104
Cholesterol	mg	74	0	266	255
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.259	0	0.930	0.894
Threonine	g	0.963	0	3.457	3.322
Isoleucine	g	1.156	0	4.150	3.988
Leucine	g	1.693	0	6.078	5.841
Lysine	g	1.891	0	6.789	6.524
Methionine	g	0.618	0	2.219	2.132
Cystine	g	0.314	0	1.127	1.083
Phenylalanine	g	0.906	0	3.253	3.126
Tyrosine	g	0.748	0	2.685	2.581
Valine	g	1.132	0	4.064	3.905
Arginine	g	1.476	0	5.299	5.092
Histidine	g	0.681	0	2.445	2.349
Alanine	g	1.378	0	4.947	4.754
Aspartic acid	g	2.087	0	7.492	7.200
Glutamic acid	g	3.407	0	12.231	11.754
Glycine	g	1.572	0	5.643	5.423
Proline	g	1.162	0	4.172	4.009
Serine	g	0.829	0	2.976	2.860
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook guinea

Measure 2: 1/2 guinea

NDB No. 05152 Guinea hen, meat only, raw

Refuse: 36% 17% bone, 19% skin and separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 275g	Measure 2* 264g	Measure 3*
Proximates:							
Water	g	74.44	0.442	10	204.71	196.52	
Energy	kcal	110		0	303	290	
Energy	kj	460		0	1265	1214	
Protein (N x 5.95)	g	20.64	0.362	10	56.76	54.49	
Total lipid (fat)	g	2.47	0.442	10	6.79	6.52	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.25	0.035	9	3.44	3.30	
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	30	29	
Iron	mg	0.77		0	2.12	2.03	
Magnesium	mg	24		0	66	63	
Phosphorus	mg	169		0	465	446	
Potassium	mg	220		0	605	581	
Sodium	mg	69		0	190	182	
Zinc	mg	1.20		0	3.30	3.17	
Copper	mg	0.044		0	0.121	0.116	
Manganese	mg	0.018		0	0.050	0.048	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.7		0	4.7	4.5	
Thiamin	mg	0.067		0	0.184	0.177	
Riboflavin	mg	0.112		0	0.308	0.296	
Niacin	mg	8.782		0	24.151	23.184	
Pantothenic acid	mg	0.936		0	2.574	2.471	
Vitamin B-6	mg	0.470		0	1.293	1.241	
Folate	µg	6		0	17	16	
Vitamin B-12	µg	0.37		0	1.02	0.98	
Vitamin A	IU	41		0	113	108	
Vitamin A, RE	µg	12		0	33	32	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.640		0	1.760	1.690	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.028	0.026	
14:0	g	0.020		0	0.055	0.053	
15.0	g						
16:0	g	0.420		0	1.155	1.109	
17:0	g						
18:0	g	0.180		0	0.495	0.475	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.680	0	1.870	1.795
14:1	g				
16:1	g	0.090	0	0.248	0.238
18:1	g	0.570	0	1.567	1.505
20:1	g	0.010	0	0.028	0.026
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.590	0	1.623	1.558
18:2	g	0.400	0	1.100	1.056
18:3	g	0.020	0	0.055	0.053
18:4	g				
20:4	g	0.070	0	0.193	0.185
20:5	g	0.010	0	0.028	0.026
22:5	g	0.020	0	0.055	0.053
22:6	g	0.030	0	0.083	0.079
Cholesterol	mg	63	1	173	166
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.241	0	0.663	0.636
Threonine	g	0.872	0	2.398	2.302
Isoleucine	g	1.090	0	2.998	2.878
Leucine	g	1.549	0	4.260	4.089
Lysine	g	1.754	0	4.824	4.631
Methionine	g	0.571	0	1.570	1.507
Cystine	g	0.264	0	0.726	0.697
Phenylalanine	g	0.819	0	2.252	2.162
Tyrosine	g	0.697	0	1.917	1.840
Valine	g	1.024	0	2.816	2.703
Arginine	g	1.245	0	3.424	3.287
Histidine	g	0.641	0	1.763	1.692
Alanine	g	1.126	0	3.096	2.973
Aspartic acid	g	1.840	0	5.060	4.858
Glutamic acid	g	3.092	0	8.503	8.163
Glycine	g	1.014	0	2.789	2.677
Proline	g	0.849	0	2.335	2.241
Serine	g	0.710	0	1.952	1.874
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook guinea

Measure 2: 1/2 guinea

NDB No. 05153 Pheasant, raw, meat and skin

Phasianus colchicus

Refuse: 14% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 371g	Measure 2* 400g	Measure 3*
Proximates:							
Water	g	67.77		0	251.43	271.08	
Energy	kcal	181		0	672	724	
Energy	kj	757		0	2808	3028	
Protein (N x 5.95)	g	22.70		0	84.22	90.80	
Total lipid (fat)	g	9.29		0	34.47	37.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27		0	4.71	5.08	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	45	48	
Iron	mg	1.15		0	4.27	4.60	
Magnesium	mg	20		0	74	80	
Phosphorus	mg	214		0	794	856	
Potassium	mg	243		0	902	972	
Sodium	mg	40		0	148	160	
Zinc	mg	0.96		0	3.56	3.84	
Copper	mg	0.065		0	0.241	0.260	
Manganese	mg	0.017		0	0.063	0.068	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.3		0	19.7	21.2	
Thiamin	mg	0.072		0	0.267	0.288	
Riboflavin	mg	0.143		0	0.531	0.572	
Niacin	mg	6.426		0	23.840	25.704	
Pantothenic acid	mg	0.928		0	3.443	3.712	
Vitamin B-6	mg	0.660		0	2.449	2.640	
Folate	µg	6		0	22	24	
Vitamin B-12	µg	0.77		0	2.86	3.08	
Vitamin A	IU	177		0	657	708	
Vitamin A, RE	µg	53		0	197	212	
Vitamin E, α-TE	mg	0.296		0	1.098	1.184	
Lipids:							
Saturated, total	g	2.700		0	10.017	10.800	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.050		0	0.186	0.200	
14:0	g	0.090		0	0.334	0.360	
15.0	g						
16:0	g	2.210		0	8.199	8.840	
17:0	g						
18:0	g	0.650		0	2.412	2.600	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.320	0	16.027	17.280
14:1	g				
16:1	g	0.810	0	3.005	3.240
18:1	g	3.080	0	11.427	12.320
20:1	g	0.010	0	0.037	0.040
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.180	0	4.378	4.720
18:2	g	0.810	0	3.005	3.240
18:3	g	0.100	0	0.371	0.400
18:4	g	0.000	0	0.000	0.000
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	71	0	263	284
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.304	0	1.128	1.216
Threonine	g	1.108	0	4.111	4.432
Isoleucine	g	1.228	0	4.556	4.912
Leucine	g	1.870	0	6.938	7.480
Lysine	g	2.015	0	7.476	8.060
Methionine	g	0.643	0	2.386	2.572
Cystine	g	0.305	0	1.132	1.220
Phenylalanine	g	0.876	0	3.250	3.504
Tyrosine	g	0.724	0	2.686	2.896
Valine	g	1.230	0	4.563	4.920
Arginine	g	1.412	0	5.239	5.648
Histidine	g	0.864	0	3.205	3.456
Alanine	g	1.410	0	5.231	5.640
Aspartic acid	g	2.186	0	8.110	8.744
Glutamic acid	g	3.309	0	12.276	13.236
Glycine	g	1.231	0	4.567	4.924
Proline	g	0.939	0	3.484	3.756
Serine	g	0.972	0	3.606	3.888
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook pheasant
Measure 2: 1/2 pheasant

NDB No. 05154 Pheasant, raw, meat only

Refuse: 24% 14% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 326g	Measure 2* 352g	Measure 3*
Proximates:							
Water	g	72.77		0	237.23	256.15	
Energy	kcal	133		0	434	468	
Energy	kj	556		0	1813	1957	
Protein (N x 5.95)	g	23.57		0	76.84	82.97	
Total lipid (fat)	g	3.64		0	11.87	12.81	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.35		0	4.40	4.75	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	42	46	
Iron	mg	1.15		0	3.75	4.05	
Magnesium	mg	20		0	65	70	
Phosphorus	mg	230		0	750	810	
Potassium	mg	262		0	854	922	
Sodium	mg	37		0	121	130	
Zinc	mg	0.97		0	3.16	3.41	
Copper	mg	0.069		0	0.225	0.243	
Manganese	mg	0.016		0	0.052	0.056	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.0		0	19.6	21.1	
Thiamin	mg	0.077		0	0.251	0.271	
Riboflavin	mg	0.153		0	0.499	0.539	
Niacin	mg	6.759		0	22.034	23.792	
Pantothenic acid	mg	0.960		0	3.130	3.379	
Vitamin B-6	mg	0.740		0	2.412	2.605	
Folate	µg	6		0	20	21	
Vitamin B-12	µg	0.84		0	2.74	2.96	
Vitamin A	IU	165		0	538	581	
Vitamin A, RE	µg	49		0	160	172	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.240		0	4.042	4.365	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.050		0	0.163	0.176	
14:0	g	0.030		0	0.098	0.106	
15.0	g						
16:0	g	0.750		0	2.445	2.640	
17:0	g						
18:0	g	0.360		0	1.174	1.267	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.170	0	3.814	4.118
14:1	g				
16:1	g	0.200	0	0.652	0.704
18:1	g	0.960	0	3.130	3.379
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.620	0	2.021	2.182
18:2	g	0.540	0	1.760	1.901
18:3	g	0.080	0	0.261	0.282
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	66	0	215	232
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.328	0	1.069	1.155
Threonine	g	1.180	0	3.847	4.154
Isoleucine	g	1.324	0	4.316	4.660
Leucine	g	1.995	0	6.504	7.022
Lysine	g	2.157	0	7.032	7.593
Methionine	g	0.686	0	2.236	2.415
Cystine	g	0.309	0	1.007	1.088
Phenylalanine	g	0.920	0	2.999	3.238
Tyrosine	g	0.773	0	2.520	2.721
Valine	g	1.305	0	4.254	4.594
Arginine	g	1.433	0	4.672	5.044
Histidine	g	0.939	0	3.061	3.305
Alanine	g	1.422	0	4.636	5.005
Aspartic acid	g	2.285	0	7.449	8.043
Glutamic acid	g	3.484	0	11.358	12.264
Glycine	g	1.044	0	3.403	3.675
Proline	g	0.860	0	2.804	3.027
Serine	g	1.014	0	3.306	3.569
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook pheasant
Measure 2: 1/2 pheasant

NDB No. 05155 Pheasant, breast, meat only, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 169g	Measure 2* 182g	Measure 3*
Proximates:							
Water	g	72.40	0.368	9	122.36	131.77	
Energy	kcal	133		0	225	242	
Energy	kj	556		0	940	1012	
Protein (N x 5.95)	g	24.37	0.345	9	41.19	44.35	
Total lipid (fat)	g	3.25	0.595	9	5.49	5.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.30	0.020	25	2.20	2.37	
Sugars, total	g						
Minerals:							
Calcium	mg	3	0.570	25	5	5	
Iron	mg	0.79	0.033	14	1.34	1.44	
Magnesium	mg	21	1.047	24	35	38	
Phosphorus	mg	200	9.446	25	338	364	
Potassium	mg	242	15.073	25	409	440	
Sodium	mg	33	1.418	25	56	60	
Zinc	mg	0.63	0.083	14	1.06	1.15	
Copper	mg	0.046	0.009	14	0.078	0.084	
Manganese	mg	0.015	0.001	7	0.025	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.0		1	10.1	10.9	
Thiamin	mg	0.081	0.042	7	0.137	0.147	
Riboflavin	mg	0.119	0.039	7	0.201	0.217	
Niacin	mg	8.554	0.410	7	14.456	15.568	
Pantothenic acid	mg	0.960		1	1.622	1.747	
Vitamin B-6	mg	0.740		1	1.251	1.347	
Folate	µg	4		0	7	7	
Vitamin B-12	µg	0.84		1	1.42	1.53	
Vitamin A	IU	147		0	248	268	
Vitamin A, RE	µg	44		0	74	80	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.100		0	1.859	2.002	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		1	0.068	0.073	
14:0	g	0.030		1	0.051	0.055	
15.0	g						
16:0	g	0.670		1	1.132	1.219	
17:0	g						
18:0	g	0.320		1	0.541	0.582	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.040	0	1.758	1.893
14:1	g				
16:1	g	0.180	1	0.304	0.328
18:1	g	0.860	1	1.453	1.565
20:1	g	0.000	1	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.550	0	0.930	1.001
18:2	g	0.480	1	0.811	0.874
18:3	g	0.070	1	0.118	0.127
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	58	0	98	106
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.339	0	0.573	0.617
Threonine	g	1.220	0	2.062	2.220
Isoleucine	g	1.369	0	2.314	2.492
Leucine	g	2.063	0	3.486	3.755
Lysine	g	2.230	0	3.769	4.059
Methionine	g	0.710	0	1.200	1.292
Cystine	g	0.320	0	0.541	0.582
Phenylalanine	g	0.951	0	1.607	1.731
Tyrosine	g	0.799	0	1.350	1.454
Valine	g	1.349	0	2.280	2.455
Arginine	g	1.482	0	2.505	2.697
Histidine	g	0.971	0	1.641	1.767
Alanine	g	1.470	0	2.484	2.675
Aspartic acid	g	2.363	0	3.993	4.301
Glutamic acid	g	3.603	0	6.089	6.557
Glycine	g	1.080	0	1.825	1.966
Proline	g	0.889	0	1.502	1.618
Serine	g	1.049	0	1.773	1.909
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook pheasant
Measure 2: 1/2 breast, bone and skin removed

NDB No. 05156 Pheasant, leg, meat only, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 107g	Measure 3*
Proximates:							
Water	g	73.40	0.245	6	72.67	78.54	
Energy	kcal	134		0	133	143	
Energy	kj	561		0	555	600	
Protein (N x 5.95)	g	22.20	0.204	6	21.98	23.75	
Total lipid (fat)	g	4.30	0.122	6	4.26	4.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.44	0.034	14	1.43	1.54	
Sugars, total	g						
Minerals:							
Calcium	mg	29	6.249	14	29	31	
Iron	mg	1.78	0.224	14	1.76	1.90	
Magnesium	mg	20	0.431	14	20	21	
Phosphorus	mg	280	23.583	14	277	300	
Potassium	mg	296	12.997	14	293	317	
Sodium	mg	45	1.472	14	45	48	
Zinc	mg	1.53	0.098	14	1.51	1.64	
Copper	mg	0.108	0.008	14	0.107	0.116	
Manganese	mg	0.020	0.003	8	0.020	0.021	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.0		0	5.9	6.4	
Thiamin	mg	0.070	0.012	6	0.069	0.075	
Riboflavin	mg	0.210	0.029	6	0.208	0.225	
Niacin	mg	3.700	0.245	6	3.663	3.959	
Pantothenic acid	mg	0.960		0	0.950	1.027	
Vitamin B-6	mg	0.740		0	0.733	0.792	
Folate	µg	10		0	10	11	
Vitamin B-12	µg	0.84		0	0.83	0.90	
Vitamin A	IU	195		0	193	209	
Vitamin A, RE	µg	58		0	57	62	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.460		0	1.445	1.562	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.060		0	0.059	0.064	
14:0	g	0.040		0	0.040	0.043	
15.0	g						
16:0	g	0.880		0	0.871	0.942	
17:0	g						
18:0	g	0.430		0	0.426	0.460	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.380	0	1.366	1.477
14:1	g				
16:1	g	0.240	0	0.238	0.257
18:1	g	1.140	0	1.129	1.220
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.730	0	0.723	0.781
18:2	g	0.640	0	0.634	0.685
18:3	g	0.090	0	0.089	0.096
18:4	g				
20:4	g	0.000	0	0.000	0.000
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	80	0	79	86
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	0.306	0.331
Threonine	g	1.112	0	1.101	1.190
Isoleucine	g	1.247	0	1.235	1.334
Leucine	g	1.879	0	1.860	2.011
Lysine	g	2.032	0	2.012	2.174
Methionine	g	0.646	0	0.640	0.691
Cystine	g	0.291	0	0.288	0.311
Phenylalanine	g	0.867	0	0.858	0.928
Tyrosine	g	0.728	0	0.721	0.779
Valine	g	1.229	0	1.217	1.315
Arginine	g	1.350	0	1.337	1.445
Histidine	g	0.884	0	0.875	0.946
Alanine	g	1.339	0	1.326	1.433
Aspartic acid	g	2.153	0	2.131	2.304
Glutamic acid	g	3.282	0	3.249	3.512
Glycine	g	0.984	0	0.974	1.053
Proline	g	0.810	0	0.802	0.867
Serine	g	0.955	0	0.945	1.022
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook pheasant
Measure 2: 1 leg, bone and skin removed

NDB No. 05157 Quail, meat and skin, raw

Coturnix spp. and Colinus spp.

Refuse: 10% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 109g	Measure 2* 405g	Measure 3*
Proximates:							
Water	g	69.65	1.050	2	75.92	282.08	
Energy	kcal	192		0	209	778	
Energy	kj	803		0	875	3252	
Protein (N x 5.95)	g	19.63	0.325	12	21.40	79.50	
Total lipid (fat)	g	12.05	1.550	2	13.13	48.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		2	0.98	3.65	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	14	53	
Iron	mg	3.97		0	4.33	16.08	
Magnesium	mg	23		0	25	93	
Phosphorus	mg	275		0	300	1114	
Potassium	mg	216		0	235	875	
Sodium	mg	53		0	58	215	
Zinc	mg	2.42		0	2.64	9.80	
Copper	mg	0.507		0	0.553	2.053	
Manganese	mg	0.019		0	0.021	0.077	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	6.1		0	6.6	24.7	
Thiamin	mg	0.244		0	0.266	0.988	
Riboflavin	mg	0.260	0.008	5	0.283	1.053	
Niacin	mg	7.538		0	8.216	30.529	
Pantothenic acid	mg	0.772		0	0.841	3.127	
Vitamin B-6	mg	0.600	0.041	5	0.654	2.430	
Folate	µg	8	0.224	5	9	32	
Vitamin B-12	µg	0.43		0	0.47	1.74	
Vitamin A	IU	243	5.963	5	265	984	
Vitamin A, RE	µg	73	1.789	5	80	296	
Vitamin E, α-TE	mg	0.701		0	0.764	2.839	
Lipids:							
Saturated, total	g	3.380		0	3.684	13.689	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.040		0	0.044	0.162	
14:0	g	0.100		0	0.109	0.405	
15.0	g						
16:0	g	2.190		0	2.387	8.869	
17:0	g						
18:0	g	0.880		0	0.959	3.564	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.180	0	4.556	16.929
14:1	g				
16:1	g	0.620	0	0.676	2.511
18:1	g	3.520	0	3.837	14.256
20:1	g	0.010	0	0.011	0.041
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.980	0	3.248	12.069
18:2	g	2.300	0	2.507	9.315
18:3	g	0.420	0	0.458	1.701
18:4	g				
20:4	g	0.140	0	0.153	0.567
20:5	g	0.010	0	0.011	0.041
22:5	g	0.030	0	0.033	0.122
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	76	0	83	308
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.288	0	0.314	1.166
Threonine	g	0.945	0	1.030	3.827
Isoleucine	g	1.013	0	1.104	4.103
Leucine	g	1.613	0	1.758	6.533
Lysine	g	1.645	0	1.793	6.662
Methionine	g	0.591	0	0.644	2.394
Cystine	g	0.340	0	0.371	1.377
Phenylalanine	g	0.826	0	0.900	3.345
Tyrosine	g	0.849	0	0.925	3.438
Valine	g	1.033	0	1.126	4.184
Arginine	g	1.279	0	1.394	5.180
Histidine	g	0.696	0	0.759	2.819
Alanine	g	1.260	0	1.373	5.103
Aspartic acid	g	1.652	0	1.801	6.691
Glutamic acid	g	2.530	0	2.758	10.246
Glycine	g	1.542	0	1.681	6.245
Proline	g	0.866	0	0.944	3.507
Serine	g	0.937	0	1.021	3.795
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 quail

Measure 2: from 1 lb ready-to-cook quail

NDB No. 05158 Quail, meat only, raw

Refuse: 24% 10% bone, 14% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 92g	Measure 2* 342g	Measure 3*
Proximates:							
Water	g	70.03	0.383	18	64.43	239.50	
Energy	kcal	134		0	123	458	
Energy	kj	561		0	516	1919	
Protein (N x 5.95)	g	21.76	0.379	18	20.02	74.42	
Total lipid (fat)	g	4.53	0.472	18	4.17	15.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.32	0.075	18	1.21	4.51	
Sugars, total	g						
Minerals:							
Calcium	mg	13		1	12	44	
Iron	mg	4.51		1	4.15	15.42	
Magnesium	mg	25		0	23	86	
Phosphorus	mg	307		1	282	1050	
Potassium	mg	237		1	218	811	
Sodium	mg	51		1	47	174	
Zinc	mg	2.70		0	2.48	9.23	
Copper	mg	0.594		1	0.546	2.031	
Manganese	mg	0.019		0	0.017	0.065	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.2		1	6.6	24.6	
Thiamin	mg	0.283		1	0.260	0.968	
Riboflavin	mg	0.285		1	0.262	0.975	
Niacin	mg	8.200		0	7.544	28.044	
Pantothenic acid	mg	0.787		0	0.724	2.692	
Vitamin B-6	mg	0.530		0	0.488	1.813	
Folate	µg	7		0	6	24	
Vitamin B-12	µg	0.47		0	0.43	1.61	
Vitamin A	IU	57		0	52	195	
Vitamin A, RE	µg	17		0	16	58	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.320		0	1.214	4.514	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.028	0.103	
14:0	g	0.030		0	0.028	0.103	
15.0	g						
16:0	g	0.780		0	0.718	2.668	
17:0	g						
18:0	g	0.460		0	0.423	1.573	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.280	0	1.178	4.378
14:1	g				
16:1	g	0.240	0	0.221	0.821
18:1	g	1.020	0	0.938	3.488
20:1	g	0.010	0	0.009	0.034
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.170	0	1.076	4.001
18:2	g	0.930	0	0.856	3.181
18:3	g	0.020	0	0.018	0.068
18:4	g				
20:4	g	0.120	0	0.110	0.410
20:5	g	0.010	0	0.009	0.034
22:5	g	0.020	0	0.018	0.068
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	70	0	64	239
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.341	0	0.314	1.166
Threonine	g	1.090	0	1.003	3.728
Isoleucine	g	1.187	0	1.092	4.060
Leucine	g	1.866	0	1.717	6.382
Lysine	g	1.905	0	1.753	6.515
Methionine	g	0.689	0	0.634	2.356
Cystine	g	0.380	0	0.350	1.300
Phenylalanine	g	0.944	0	0.868	3.228
Tyrosine	g	1.010	0	0.929	3.454
Valine	g	1.180	0	1.086	4.036
Arginine	g	1.379	0	1.269	4.716
Histidine	g	0.825	0	0.759	2.821
Alanine	g	1.341	0	1.234	4.586
Aspartic acid	g	1.814	0	1.669	6.204
Glutamic acid	g	2.820	0	2.594	9.644
Glycine	g	1.442	0	1.327	4.932
Proline	g	0.797	0	0.733	2.726
Serine	g	1.062	0	0.977	3.632
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 quail

Measure 2: from 1 lb ready-to-cook quail

NDB No. 05159 Quail, breast, meat only, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 208g	Measure 2* 56g	Measure 3*
Proximates:							
Water	g	71.67	0.411	49	149.07	40.14	
Energy	kcal	123		0	256	69	
Energy	kj	515		0	1071	288	
Protein (N x 5.95)	g	22.59	0.139	37	46.99	12.65	
Total lipid (fat)	g	2.99	0.158	52	6.22	1.67	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.27	0.013	37	2.64	0.71	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.420	3	21	6	
Iron	mg	2.31	0.158	3	4.80	1.29	
Magnesium	mg	28		0	58	16	
Phosphorus	mg	228	9.133	3	474	128	
Potassium	mg	260	33.822	4	541	146	
Sodium	mg	55	6.749	4	114	31	
Zinc	mg	2.70	0.066	3	5.62	1.51	
Copper	mg	0.433	0.069	3	0.901	0.242	
Manganese	mg	0.018		0	0.037	0.010	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.1	1.046	3	10.6	2.9	
Thiamin	mg	0.240	0.078	3	0.499	0.134	
Riboflavin	mg	0.243	0.053	3	0.505	0.136	
Niacin	mg	8.200	1.193	3	17.056	4.592	
Pantothenic acid	mg	0.787	0.026	3	1.637	0.441	
Vitamin B-6	mg	0.530	0.038	3	1.102	0.297	
Folate	µg	4		0	8	2	
Vitamin B-12	µg	0.47	0.027	3	0.98	0.26	
Vitamin A	IU	37	18.735	3	77	21	
Vitamin A, RE	µg	11	5.621	3	23	6	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.870		0	1.810	0.487	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020	0.005	3	0.042	0.011	
14:0	g	0.020	0.003	19	0.042	0.011	
15.0	g						
16:0	g	0.520	0.052	19	1.082	0.291	
17:0	g						
18:0	g	0.300	0.033	19	0.624	0.168	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.840		0	1.747	0.470
14:1	g					
16:1	g	0.160	0.016	19	0.333	0.090
18:1	g	0.670	0.067	19	1.394	0.375
20:1	g	0.000	0.000	16	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.770		0	1.602	0.431
18:2	g	0.620	0.069	19	1.290	0.347
18:3	g	0.020	0.005	19	0.042	0.011
18:4	g					
20:4	g	0.080	0.023	16	0.166	0.045
20:5	g	0.010	0.006	9	0.021	0.006
22:5	g	0.020	0.008	16	0.042	0.011
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	58		0	121	32
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.354		0	0.736	0.198
Threonine	g	1.131		0	2.352	0.633
Isoleucine	g	1.233		0	2.565	0.690
Leucine	g	1.938		0	4.031	1.085
Lysine	g	1.977		0	4.112	1.107
Methionine	g	0.716		0	1.489	0.401
Cystine	g	0.394		0	0.820	0.221
Phenylalanine	g	0.980		0	2.038	0.549
Tyrosine	g	1.048		0	2.180	0.587
Valine	g	1.225		0	2.548	0.686
Arginine	g	1.432		0	2.979	0.802
Histidine	g	0.857		0	1.783	0.480
Alanine	g	1.392		0	2.895	0.780
Aspartic acid	g	1.883		0	3.917	1.054
Glutamic acid	g	2.928		0	6.090	1.640
Glycine	g	1.497		0	3.114	0.838
Proline	g	0.828		0	1.722	0.464
Serine	g	1.103		0	2.294	0.618
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook quail

Measure 2: 1 breast

NDB No. 05160 Squab, (pigeon), meat and skin, raw

Columba spp.

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 297g	Measure 2* 199g	Measure 3*
Proximates:							
Water	g	56.60	1.054	3	168.10	112.63	
Energy	kcal	294		0	873	585	
Energy	kj	1230		0	3653	2448	
Protein (N x 5.95)	g	18.47	0.233	3	54.86	36.76	
Total lipid (fat)	g	23.80	1.102	3	70.69	47.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.40	0.100	3	4.16	2.79	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	36	24	
Iron	mg	3.54		0	10.51	7.04	
Magnesium	mg	22		0	65	44	
Phosphorus	mg	248		0	737	494	
Potassium	mg	199		0	591	396	
Sodium	mg	54		0	160	107	
Zinc	mg	2.20		0	6.53	4.38	
Copper	mg	0.437		0	1.298	0.870	
Manganese	mg	0.019		0	0.056	0.038	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.2		0	15.4	10.3	
Thiamin	mg	0.212		0	0.630	0.422	
Riboflavin	mg	0.224		0	0.665	0.446	
Niacin	mg	6.046		0	17.957	12.032	
Pantothenic acid	mg	0.760		0	2.257	1.512	
Vitamin B-6	mg	0.410		0	1.218	0.816	
Folate	µg	6		0	18	12	
Vitamin B-12	µg	0.40		0	1.19	0.80	
Vitamin A	IU	243		0	722	484	
Vitamin A, RE	µg	73		0	217	145	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	8.430		0	25.037	16.776	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.089	0.060	
15.0	g						
16:0	g	4.790		0	14.226	9.532	
17:0	g						
18:0	g	2.690		0	7.989	5.353	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.720	0	28.868	19.343
14:1	g				
16:1	g	3.470	0	10.306	6.905
18:1	g	6.260	0	18.592	12.457
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.070	0	9.118	6.109
18:2	g	2.670	0	7.930	5.313
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g	0.160	0	0.475	0.318
20:5	g	0.010	0	0.030	0.020
22:5	g	0.070	0	0.208	0.139
22:6	g	0.020	0	0.059	0.040
Cholesterol	mg	95	0	282	189
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.796	0.533
Threonine	g	0.884	0	2.625	1.759
Isoleucine	g	0.943	0	2.801	1.877
Leucine	g	1.506	0	4.473	2.997
Lysine	g	1.537	0	4.565	3.059
Methionine	g	0.552	0	1.639	1.098
Cystine	g	0.320	0	0.950	0.637
Phenylalanine	g	0.773	0	2.296	1.538
Tyrosine	g	0.789	0	2.343	1.570
Valine	g	0.967	0	2.872	1.924
Arginine	g	1.210	0	3.594	2.408
Histidine	g	0.647	0	1.922	1.288
Alanine	g	1.194	0	3.546	2.376
Aspartic acid	g	1.557	0	4.624	3.098
Glutamic acid	g	2.378	0	7.063	4.732
Glycine	g	1.491	0	4.428	2.967
Proline	g	0.839	0	2.492	1.670
Serine	g	0.878	0	2.608	1.747
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook squab

Measure 2: 1 squab

NDB No. 05161 Squab, (pigeon), meat only, raw

Refuse: 35% 23% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 168g	Measure 3*
Proximates:							
Water	g	72.80		1	182.73	122.30	
Energy	kcal	142		0	356	239	
Energy	kj	594		0	1491	998	
Protein (N x 5.95)	g	17.50		1	43.92	29.40	
Total lipid (fat)	g	7.50		1	18.82	12.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.17		1	2.94	1.97	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	33	22	
Iron	mg	4.51		0	11.32	7.58	
Magnesium	mg	25		0	63	42	
Phosphorus	mg	307		0	771	516	
Potassium	mg	237		0	595	398	
Sodium	mg	51		0	128	86	
Zinc	mg	2.70		0	6.78	4.54	
Copper	mg	0.594		0	1.491	0.998	
Manganese	mg	0.019		0	0.048	0.032	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	7.2		0	18.1	12.1	
Thiamin	mg	0.283		0	0.710	0.475	
Riboflavin	mg	0.285		0	0.715	0.479	
Niacin	mg	6.860	0.259	23	17.219	11.525	
Pantothenic acid	mg	0.787		0	1.975	1.322	
Vitamin B-6	mg	0.530		0	1.330	0.890	
Folate	µg	7		0	18	12	
Vitamin B-12	µg	0.47		0	1.18	0.79	
Vitamin A	IU	94		0	236	158	
Vitamin A, RE	µg	28		0	70	47	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.960		0	4.920	3.293	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.025	0.017	
15.0	g						
16:0	g	1.020		0	2.560	1.714	
17:0	g						
18:0	g	0.930		0	2.334	1.562	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.660	0	6.677	4.469
14:1	g				
16:1	g	0.300	0	0.753	0.504
18:1	g	2.370	0	5.949	3.982
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.600	0	4.016	2.688
18:2	g	1.030	0	2.585	1.730
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g	0.220	0	0.552	0.370
20:5	g	0.010	0	0.025	0.017
22:5	g	0.090	0	0.226	0.151
22:6	g	0.030	0	0.075	0.050
Cholesterol	mg	90	0	226	151
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.274	0	0.688	0.460
Threonine	g	0.876	0	2.199	1.472
Isoleucine	g	0.955	0	2.397	1.604
Leucine	g	1.501	0	3.768	2.522
Lysine	g	1.532	0	3.845	2.574
Methionine	g	0.554	0	1.391	0.931
Cystine	g	0.305	0	0.766	0.512
Phenylalanine	g	0.759	0	1.905	1.275
Tyrosine	g	0.812	0	2.038	1.364
Valine	g	0.949	0	2.382	1.594
Arginine	g	1.109	0	2.784	1.863
Histidine	g	0.664	0	1.667	1.116
Alanine	g	1.078	0	2.706	1.811
Aspartic acid	g	1.459	0	3.662	2.451
Glutamic acid	g	2.268	0	5.693	3.810
Glycine	g	1.159	0	2.909	1.947
Proline	g	0.641	0	1.609	1.077
Serine	g	0.854	0	2.144	1.435
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook squab

Measure 2: 1 squab

NDB No. 05162 Squab, (pigeon), light meat without skin, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 101g	Measure 2* 151g	Measure 3*
Proximates:							
Water	g	72.82	0.417	13	73.55	109.96	
Energy	kcal	134		0	135	202	
Energy	kj	561		0	567	847	
Protein (N x 5.95)	g	21.76	0.405	13	21.98	32.86	
Total lipid (fat)	g	4.52	0.231	15	4.57	6.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.28	0.039	13	1.29	1.93	
Sugars, total	g						
Minerals:							
Calcium	mg	10		0	10	15	
Iron	mg	2.31		0	2.33	3.49	
Magnesium	mg	28		0	28	42	
Phosphorus	mg	228		0	230	344	
Potassium	mg	260		0	263	393	
Sodium	mg	55		0	56	83	
Zinc	mg	2.70		0	2.73	4.08	
Copper	mg	0.433		0	0.437	0.654	
Manganese	mg	0.018		0	0.018	0.027	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.1		0	5.2	7.7	
Thiamin	mg	0.240		0	0.242	0.362	
Riboflavin	mg	0.243		0	0.245	0.367	
Niacin	mg	7.322	0.278	23	7.395	11.056	
Pantothenic acid	mg	0.787		0	0.795	1.188	
Vitamin B-6	mg	0.530		0	0.535	0.800	
Folate	µg	4		0	4	6	
Vitamin B-12	µg	0.47		0	0.47	0.71	
Vitamin A	IU	57		0	58	86	
Vitamin A, RE	µg	17		0	17	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.180		0	1.192	1.782	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		1	0.010	0.015	
15.0	g						
16:0	g	0.620		1	0.626	0.936	
17:0	g						
18:0	g	0.560		1	0.566	0.846	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.610	0	1.626	2.431
14:1	g				
16:1	g	0.180	1	0.182	0.272
18:1	g	1.430	1	1.444	2.159
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.960	0	0.970	1.450
18:2	g	0.620	1	0.626	0.936
18:3	g	0.000	0	0.000	0.000
18:4	g				
20:4	g	0.140	1	0.141	0.211
20:5	g	0.010	1	0.010	0.015
22:5	g	0.060	1	0.061	0.091
22:6	g	0.020	1	0.020	0.030
Cholesterol	mg	90	1	91	136
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.341	0	0.344	0.515
Threonine	g	1.090	0	1.101	1.646
Isoleucine	g	1.187	0	1.199	1.792
Leucine	g	1.866	0	1.885	2.818
Lysine	g	1.905	0	1.924	2.877
Methionine	g	0.689	0	0.696	1.040
Cystine	g	0.380	0	0.384	0.574
Phenylalanine	g	0.944	0	0.953	1.425
Tyrosine	g	1.010	0	1.020	1.525
Valine	g	1.180	0	1.192	1.782
Arginine	g	1.379	0	1.393	2.082
Histidine	g	0.825	0	0.833	1.246
Alanine	g	1.341	0	1.354	2.025
Aspartic acid	g	1.814	0	1.832	2.739
Glutamic acid	g	2.820	0	2.848	4.258
Glycine	g	1.442	0	1.456	2.177
Proline	g	0.797	0	0.805	1.203
Serine	g	1.062	0	1.073	1.604
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 breast, bone removed
Measure 2: from 1 lb ready-to-cook squab

NDB No. 05163 Turkey, all classes, meat and skin and giblets and neck, raw

Meleagris gallopavo

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 5554g	Measure 2*	Measure 3*
Proximates:							
Water	g	70.61		0	3921.68		
Energy	kcal	157		0	8720		
Energy	kj	657		0	36490		
Protein (N x 5.95)	g	20.37		0	1131.35		
Total lipid (fat)	g	7.77		0	431.55		
Carbohydrate, by difference	g	0.08		0	4.44		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.90		0	49.99		
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	833		
Iron	mg	1.69		0	93.86		
Magnesium	mg	22		0	1222		
Phosphorus	mg	180		0	9997		
Potassium	mg	269		0	14940		
Sodium	mg	67		0	3721		
Zinc	mg	2.31		0	128.30		
Copper	mg	0.114		0	6.332		
Manganese	mg	0.026		0	1.444		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0	11.1		
Thiamin	mg	0.065		0	3.610		
Riboflavin	mg	0.203		0	11.275		
Niacin	mg	4.148		0	230.380		
Pantothenic acid	mg	0.953		0	52.930		
Vitamin B-6	mg	0.410		0	22.771		
Folate	µg	23		0	1277		
Vitamin B-12	µg	1.62		0	89.97		
Vitamin A	IU	341		0	18939		
Vitamin A, RE	µg	102		0	5665		
Vitamin E, α-TE	mg	0.390		0	21.661		
Lipids:							
Saturated, total	g	2.200		0	122.188		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.555		
14:0	g	0.060		0	3.332		
15.0	g						
16:0	g	1.410		0	78.311		
17:0	g						
18:0	g	0.510		0	28.325		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.760	0	153.290
14:1	g			
16:1	g	0.460	0	25.548
18:1	g	2.230	0	123.854
20:1	g	0.010	0	0.555
22.1	g	0.010	0	0.555
Polyunsaturated, total	g	1.930	0	107.192
18:2	g	1.640	0	91.086
18:3	g	0.100	0	5.554
18:4	g			
20:4	g	0.120	0	6.665
20:5	g	0.000	0	0.000
22:5	g	0.020	0	1.111
22:6	g	0.020	0	1.111
Cholesterol	mg	78	0	4332
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.226	0	12.552
Threonine	g	0.891	0	49.486
Isoleucine	g	1.022	0	56.762
Leucine	g	1.586	0	88.086
Lysine	g	1.840	0	102.194
Methionine	g	0.570	0	31.658
Cystine	g	0.225	0	12.497
Phenylalanine	g	0.803	0	44.599
Tyrosine	g	0.770	0	42.766
Valine	g	1.063	0	59.039
Arginine	g	1.431	0	79.478
Histidine	g	0.608	0	33.768
Alanine	g	1.285	0	71.369
Aspartic acid	g	1.961	0	108.914
Glutamic acid	g	3.243	0	180.116
Glycine	g	1.212	0	67.314
Proline	g	0.948	0	52.652
Serine	g	0.898	0	49.875
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 turkey

NDB No. 05164 Turkey, all classes, meat and skin and giblets and neck, cooked, roasted

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 260g	Measure 2* 4023g	Measure 3*
Proximates:							
Water	g	62.00		0	161.20	2494.26	
Energy	kcal	205		0	533	8247	
Energy	kj	858		0	2231	34517	
Protein (N x 5.95)	g	27.98		0	72.75	1125.64	
Total lipid (fat)	g	9.45		0	24.57	380.17	
Carbohydrate, by difference	g	0.07		0	0.18	2.82	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	2.55	39.43	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	68	1046	
Iron	mg	2.01		0	5.23	80.86	
Magnesium	mg	24		0	62	966	
Phosphorus	mg	200		0	520	8046	
Potassium	mg	272		0	707	10943	
Sodium	mg	67		0	174	2695	
Zinc	mg	3.15		0	8.19	126.72	
Copper	mg	0.107		0	0.278	4.305	
Manganese	mg	0.027		0	0.070	1.086	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.3	4.0	
Thiamin	mg	0.056		0	0.146	2.253	
Riboflavin	mg	0.206		0	0.536	8.287	
Niacin	mg	4.939		0	12.841	198.696	
Pantothenic acid	mg	0.955		0	2.483	38.420	
Vitamin B-6	mg	0.400		0	1.040	16.092	
Folate	µg	20		0	52	805	
Vitamin B-12	µg	1.28		0	3.33	51.49	
Vitamin A	IU	230		0	598	9253	
Vitamin A, RE	µg	68		0	177	2736	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.770		0	7.202	111.437	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.026	0.402	
14:0	g	0.070		0	0.182	2.816	
15.0	g						
16:0	g	1.680		0	4.368	67.586	
17:0	g						
18:0	g	0.690		0	1.794	27.759	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.050	0	7.930	122.701
14:1	g				
16:1	g	0.500	0	1.300	20.115
18:1	g	2.470	0	6.422	99.368
20:1	g	0.020	0	0.052	0.805
22.1	g	0.010	0	0.026	0.402
Polyunsaturated, total	g	2.420	0	6.292	97.357
18:2	g	2.000	0	5.200	80.460
18:3	g	0.110	0	0.286	4.425
18:4	g				
20:4	g	0.200	0	0.520	8.046
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.078	1.207
22:6	g	0.040	0	0.104	1.609
Cholesterol	mg	95	0	247	3822
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.310	0	0.806	12.471
Threonine	g	1.225	0	3.185	49.282
Isoleucine	g	1.406	0	3.656	56.563
Leucine	g	2.180	0	5.668	87.701
Lysine	g	2.532	0	6.583	101.862
Methionine	g	0.784	0	2.038	31.540
Cystine	g	0.309	0	0.803	12.431
Phenylalanine	g	1.102	0	2.865	44.333
Tyrosine	g	1.058	0	2.751	42.563
Valine	g	1.461	0	3.799	58.776
Arginine	g	1.967	0	5.114	79.132
Histidine	g	0.836	0	2.174	33.632
Alanine	g	1.767	0	4.594	71.086
Aspartic acid	g	2.696	0	7.010	108.460
Glutamic acid	g	4.460	0	11.596	179.426
Glycine	g	1.660	0	4.316	66.782
Proline	g	1.299	0	3.377	52.259
Serine	g	1.235	0	3.211	49.684
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 turkey

NDB No. 05165 Turkey, all classes, meat and skin, raw

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 332g	Measure 2* 2565g	Measure 3*
Proximates:							
Water	g	70.40		0	233.73	1805.76	
Energy	kcal	160		0	531	4104	
Energy	kj	669		0	2221	17160	
Protein (N x 5.95)	g	20.42		0	67.79	523.77	
Total lipid (fat)	g	8.02		0	26.63	205.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88		0	2.92	22.57	
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	50	385	
Iron	mg	1.43		0	4.75	36.68	
Magnesium	mg	22		0	73	564	
Phosphorus	mg	178		0	591	4566	
Potassium	mg	266		0	883	6823	
Sodium	mg	65		0	216	1667	
Zinc	mg	2.20		0	7.30	56.43	
Copper	mg	0.103		0	0.342	2.642	
Manganese	mg	0.020		0	0.066	0.513	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.064		0	0.212	1.642	
Riboflavin	mg	0.155		0	0.515	3.976	
Niacin	mg	4.085		0	13.562	104.780	
Pantothenic acid	mg	0.807		0	2.679	20.700	
Vitamin B-6	mg	0.410		0	1.361	10.516	
Folate	µg	8		0	27	205	
Vitamin B-12	µg	0.40		0	1.33	10.26	
Vitamin A	IU	6		0	20	154	
Vitamin A, RE	µg	2		0	7	51	
Vitamin E, α-TE	mg	0.353		0	1.172	9.054	
Lipids:							
Saturated, total	g	2.260		0	7.503	57.969	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.033	0.257	
14:0	g	0.060		0	0.199	1.539	
15.0	g						
16:0	g	1.460		0	4.847	37.449	
17:0	g						
18:0	g	0.520		0	1.726	13.338	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.900	0	9.628	74.385
14:1	g				
16:1	g	0.490	0	1.627	12.568
18:1	g	2.340	0	7.769	60.021
20:1	g	0.010	0	0.033	0.257
22.1	g	0.010	0	0.033	0.257
Polyunsaturated, total	g	1.980	0	6.574	50.787
18:2	g	1.700	0	5.644	43.605
18:3	g	0.110	0	0.365	2.821
18:4	g	0.000	0	0.000	0.000
20:4	g	0.110	0	0.365	2.821
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.066	0.513
22:6	g	0.020	0	0.066	0.513
Cholesterol	mg	68	0	226	1744
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.226	0	0.750	5.797
Threonine	g	0.891	0	2.958	22.854
Isoleucine	g	1.024	0	3.400	26.266
Leucine	g	1.587	0	5.269	40.707
Lysine	g	1.857	0	6.165	47.632
Methionine	g	0.574	0	1.906	14.723
Cystine	g	0.224	0	0.744	5.746
Phenylalanine	g	0.799	0	2.653	20.494
Tyrosine	g	0.775	0	2.573	19.879
Valine	g	1.063	0	3.529	27.266
Arginine	g	1.439	0	4.777	36.910
Histidine	g	0.614	0	2.038	15.749
Alanine	g	1.302	0	4.323	33.396
Aspartic acid	g	1.969	0	6.537	50.505
Glutamic acid	g	3.258	0	10.817	83.568
Glycine	g	1.227	0	4.074	31.473
Proline	g	0.950	0	3.154	24.367
Serine	g	0.901	0	2.991	23.111
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05166 Turkey, all classes, meat and skin, cooked, roasted

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 240g	Measure 3* 1857g
Proximates:							
Water	g	61.70		0	86.38	148.08	1145.77
Energy	kcal	208		0	291	499	3863
Energy	kj	870		0	1218	2088	16156
Protein (N x 5.95)	g	28.10		0	39.34	67.44	521.82
Total lipid (fat)	g	9.73		0	13.62	23.35	180.69
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.00		0	1.40	2.40	18.57
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	36	62	483
Iron	mg	1.79		0	2.51	4.30	33.24
Magnesium	mg	25		0	35	60	464
Phosphorus	mg	203		0	284	487	3770
Potassium	mg	280		0	392	672	5200
Sodium	mg	68		0	95	163	1263
Zinc	mg	2.96		0	4.14	7.10	54.97
Copper	mg	0.093		0	0.130	0.223	1.727
Manganese	mg	0.021		0	0.029	0.050	0.390
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.057		0	0.080	0.137	1.058
Riboflavin	mg	0.177		0	0.248	0.425	3.287
Niacin	mg	5.086		0	7.120	12.206	94.447
Pantothenic acid	mg	0.858		0	1.201	2.059	15.933
Vitamin B-6	mg	0.410		0	0.574	0.984	7.614
Folate	µg	7		0	10	17	130
Vitamin B-12	µg	0.35		0	0.49	0.84	6.50
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.339		0	0.475	0.814	6.295
Lipids:							
Saturated, total	g	2.840		0	3.976	6.816	52.739
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.024	0.186
14:0	g	0.070		0	0.098	0.168	1.300
15.0	g						
16:0	g	1.730		0	2.422	4.152	32.126
17:0	g						
18:0	g	0.700		0	0.980	1.680	12.999
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.190	0	4.466	7.656	59.238
14:1	g					
16:1	g	0.520	0	0.728	1.248	9.656
18:1	g	2.590	0	3.626	6.216	48.096
20:1	g	0.020	0	0.028	0.048	0.371
22.1	g	0.010	0	0.014	0.024	0.186
Polyunsaturated, total	g	2.480	0	3.472	5.952	46.054
18:2	g	2.060	0	2.884	4.944	38.254
18:3	g	0.110	0	0.154	0.264	2.043
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.200	0	0.280	0.480	3.714
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.030	0	0.042	0.072	0.557
22:6	g	0.040	0	0.056	0.096	0.743
Cholesterol	mg	82	0	115	197	1523
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.311	0	0.435	0.746	5.775
Threonine	g	1.227	0	1.718	2.945	22.785
Isoleucine	g	1.409	0	1.973	3.382	26.165
Leucine	g	2.184	0	3.058	5.242	40.557
Lysine	g	2.557	0	3.580	6.137	47.483
Methionine	g	0.790	0	1.106	1.896	14.670
Cystine	g	0.308	0	0.431	0.739	5.720
Phenylalanine	g	1.100	0	1.540	2.640	20.427
Tyrosine	g	1.066	0	1.492	2.558	19.796
Valine	g	1.464	0	2.050	3.514	27.186
Arginine	g	1.979	0	2.771	4.750	36.750
Histidine	g	0.845	0	1.183	2.028	15.692
Alanine	g	1.790	0	2.506	4.296	33.240
Aspartic acid	g	2.709	0	3.793	6.502	50.306
Glutamic acid	g	4.484	0	6.278	10.762	83.268
Glycine	g	1.682	0	2.355	4.037	31.235
Proline	g	1.304	0	1.826	3.130	24.215
Serine	g	1.240	0	1.736	2.976	23.027
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey
Measure 3: 1/2 turkey, bone removed

NDB No. 05167 Turkey, all classes, meat only, raw

Refuse: 33% 21% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 281g	Measure 2* 2174g	Measure 3*
Proximates:							
Water	g	74.16		0	208.39	1612.24	
Energy	kcal	119		0	334	2587	
Energy	kj	498		0	1399	10827	
Protein (N x 5.95)	g	21.77		0	61.17	473.28	
Total lipid (fat)	g	2.86		0	8.04	62.18	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	2.73	21.09	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	39	304	
Iron	mg	1.45		0	4.07	31.52	
Magnesium	mg	25		0	70	544	
Phosphorus	mg	195		0	548	4239	
Potassium	mg	296		0	832	6435	
Sodium	mg	70		0	197	1522	
Zinc	mg	2.37		0	6.66	51.52	
Copper	mg	0.109		0	0.306	2.370	
Manganese	mg	0.021		0	0.059	0.457	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.072		0	0.202	1.565	
Riboflavin	mg	0.168		0	0.472	3.652	
Niacin	mg	4.544		0	12.769	98.787	
Pantothenic acid	mg	0.907		0	2.549	19.718	
Vitamin B-6	mg	0.470		0	1.321	10.218	
Folate	µg	9		0	25	196	
Vitamin B-12	µg	0.43		0	1.21	9.35	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.345		0	0.969	7.500	
Lipids:							
Saturated, total	g	0.950		0	2.669	20.653	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.028	0.217	
14:0	g	0.020		0	0.056	0.435	
15.0	g						
16:0	g	0.480		0	1.349	10.435	
17:0	g						
18:0	g	0.280		0	0.787	6.087	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.610	0	1.714	13.261
14:1	g				
16:1	g	0.090	0	0.253	1.957
18:1	g	0.500	0	1.405	10.870
20:1	g	0.010	0	0.028	0.217
22.1	g	0.010	0	0.028	0.217
Polyunsaturated, total	g	0.830	0	2.332	18.044
18:2	g	0.640	0	1.798	13.914
18:3	g	0.020	0	0.056	0.435
18:4	g	0.000	0	0.000	0.000
20:4	g	0.120	0	0.337	2.609
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.056	0.435
22:6	g	0.020	0	0.056	0.435
Cholesterol	mg	65	0	183	1413
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.247	0	0.694	5.370
Threonine	g	0.968	0	2.720	21.044
Isoleucine	g	1.132	0	3.181	24.610
Leucine	g	1.735	0	4.875	37.719
Lysine	g	2.051	0	5.763	44.589
Methionine	g	0.630	0	1.770	13.696
Cystine	g	0.226	0	0.635	4.913
Phenylalanine	g	0.864	0	2.428	18.783
Tyrosine	g	0.860	0	2.417	18.696
Valine	g	1.156	0	3.248	25.131
Arginine	g	1.518	0	4.266	33.001
Histidine	g	0.679	0	1.908	14.761
Alanine	g	1.348	0	3.788	29.306
Aspartic acid	g	2.114	0	5.940	45.958
Glutamic acid	g	3.552	0	9.981	77.220
Glycine	g	1.079	0	3.032	23.457
Proline	g	0.905	0	2.543	19.675
Serine	g	0.968	0	2.720	21.044
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05168 Turkey, all classes, meat only, cooked, roasted

Refuse: 31% 21% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 208g	Measure 3*
Proximates:							
Water	g	64.88		0	90.83	134.95	
Energy	kcal	170		0	238	354	
Energy	kj	711		0	995	1479	
Protein (N x 5.95)	g	29.32		0	41.05	60.99	
Total lipid (fat)	g	4.97		0	6.96	10.34	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05		0	1.47	2.18	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	35	52	
Iron	mg	1.78		0	2.49	3.70	
Magnesium	mg	26		0	36	54	
Phosphorus	mg	213		0	298	443	
Potassium	mg	298		0	417	620	
Sodium	mg	70		0	98	146	
Zinc	mg	3.10		0	4.34	6.45	
Copper	mg	0.094		0	0.132	0.196	
Manganese	mg	0.021		0	0.029	0.044	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.062		0	0.087	0.129	
Riboflavin	mg	0.182		0	0.255	0.379	
Niacin	mg	5.443		0	7.620	11.321	
Pantothenic acid	mg	0.943		0	1.320	1.961	
Vitamin B-6	mg	0.460		0	0.644	0.957	
Folate	µg	7		0	10	15	
Vitamin B-12	µg	0.37		0	0.52	0.77	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.329		0	0.461	0.684	
Lipids:							
Saturated, total	g	1.640		0	2.296	3.411	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.028	0.042	
14:0	g	0.030		0	0.042	0.062	
15.0	g						
16:0	g	0.820		0	1.148	1.706	
17:0	g						
18:0	g	0.490		0	0.686	1.019	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.030	0	1.442	2.142
14:1	g				
16:1	g	0.150	0	0.210	0.312
18:1	g	0.850	0	1.190	1.768
20:1	g	0.020	0	0.028	0.042
22.1	g	0.020	0	0.028	0.042
Polyunsaturated, total	g	1.430	0	2.002	2.974
18:2	g	1.080	0	1.512	2.246
18:3	g	0.040	0	0.056	0.083
18:4	g	0.000	0	0.000	0.000
20:4	g	0.210	0	0.294	0.437
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.042	0.062
22:6	g	0.040	0	0.056	0.083
Cholesterol	mg	76	0	106	158
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.333	0	0.466	0.693
Threonine	g	1.304	0	1.826	2.712
Isoleucine	g	1.525	0	2.135	3.172
Leucine	g	2.336	0	3.270	4.859
Lysine	g	2.763	0	3.868	5.747
Methionine	g	0.849	0	1.189	1.766
Cystine	g	0.305	0	0.427	0.634
Phenylalanine	g	1.164	0	1.630	2.421
Tyrosine	g	1.159	0	1.623	2.411
Valine	g	1.557	0	2.180	3.239
Arginine	g	2.045	0	2.863	4.254
Histidine	g	0.915	0	1.281	1.903
Alanine	g	1.815	0	2.541	3.775
Aspartic acid	g	2.847	0	3.986	5.922
Glutamic acid	g	4.785	0	6.699	9.953
Glycine	g	1.454	0	2.036	3.024
Proline	g	1.220	0	1.708	2.538
Serine	g	1.304	0	1.826	2.712
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05169 Turkey, all classes, skin only, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 51g	Measure 2* 392g	Measure 3*
Proximates:							
Water	g	49.55		0	25.27	194.24	
Energy	kcal	387		0	197	1517	
Energy	kj	1619		0	826	6346	
Protein (N x 5.95)	g	12.71		0	6.48	49.82	
Total lipid (fat)	g	36.91		0	18.82	144.69	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.40		0	0.20	1.57	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	9	71	
Iron	mg	1.35		0	0.69	5.29	
Magnesium	mg	8		0	4	31	
Phosphorus	mg	82		0	42	321	
Potassium	mg	102		0	52	400	
Sodium	mg	36		0	18	141	
Zinc	mg	1.27		0	0.65	4.98	
Copper	mg	0.076		0	0.039	0.298	
Manganese	mg	0.012		0	0.006	0.047	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.019		0	0.010	0.074	
Riboflavin	mg	0.081		0	0.041	0.318	
Niacin	mg	1.484		0	0.757	5.817	
Pantothenic acid	mg	0.253		0	0.129	0.992	
Vitamin B-6	mg	0.070		0	0.036	0.274	
Folate	µg	4		0	2	16	
Vitamin B-12	µg	0.24		0	0.12	0.94	
Vitamin A	IU	38		0	19	149	
Vitamin A, RE	µg	12		0	6	47	
Vitamin E, α-TE	mg	0.600		0	0.306	2.352	
Lipids:							
Saturated, total	g	9.630		0	4.911	37.750	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.280		0	0.143	1.098	
15.0	g						
16:0	g	6.950		0	3.544	27.244	
17:0	g						
18:0	g	1.840		0	0.938	7.213	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.730	0	8.022	61.662
14:1	g				
16:1	g	2.720	0	1.387	10.662
18:1	g	12.660	0	6.457	49.627
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	8.450	0	4.309	33.124
18:2	g	7.640	0	3.896	29.949
18:3	g	0.570	0	0.291	2.234
18:4	g				
20:4	g	0.100	0	0.051	0.392
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	91	0	46	357
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.102	0	0.052	0.400
Threonine	g	0.453	0	0.231	1.776
Isoleucine	g	0.409	0	0.209	1.603
Leucine	g	0.746	0	0.380	2.924
Lysine	g	0.758	0	0.387	2.971
Methionine	g	0.254	0	0.130	0.996
Cystine	g	0.211	0	0.108	0.827
Phenylalanine	g	0.429	0	0.219	1.682
Tyrosine	g	0.289	0	0.147	1.133
Valine	g	0.534	0	0.272	2.093
Arginine	g	0.980	0	0.500	3.842
Histidine	g	0.244	0	0.124	0.956
Alanine	g	1.031	0	0.526	4.042
Aspartic acid	g	1.136	0	0.579	4.453
Glutamic acid	g	1.580	0	0.806	6.194
Glycine	g	2.027	0	1.034	7.946
Proline	g	1.185	0	0.604	4.645
Serine	g	0.516	0	0.263	2.023
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, skin only

NDB No. 05170 Turkey, all classes, skin only, cooked, roasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 32g	Measure 2* 248g	Measure 3*
Proximates:							
Water	g	39.65		0	12.69	98.33	
Energy	kcal	442		0	141	1096	
Energy	kj	1849		0	592	4586	
Protein (N x 5.95)	g	19.70		0	6.30	48.86	
Total lipid (fat)	g	39.66		0	12.69	98.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.66		0	0.21	1.64	
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	11	87	
Iron	mg	1.79		0	0.57	4.44	
Magnesium	mg	16		0	5	40	
Phosphorus	mg	137		0	44	340	
Potassium	mg	160		0	51	397	
Sodium	mg	53		0	17	131	
Zinc	mg	2.07		0	0.66	5.13	
Copper	mg	0.086		0	0.028	0.213	
Manganese	mg	0.021		0	0.007	0.052	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.022		0	0.007	0.055	
Riboflavin	mg	0.146		0	0.047	0.362	
Niacin	mg	2.656		0	0.850	6.587	
Pantothenic acid	mg	0.306		0	0.098	0.759	
Vitamin B-6	mg	0.080		0	0.026	0.198	
Folate	µg	4		0	1	10	
Vitamin B-12	µg	0.24		0	0.08	0.60	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.534		0	0.171	1.324	
Lipids:							
Saturated, total	g	10.340		0	3.309	25.643	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.310		0	0.099	0.769	
15.0	g						
16:0	g	7.460		0	2.387	18.501	
17:0	g						
18:0	g	1.970		0	0.630	4.886	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	16.900	0	5.408	41.912
14:1	g				
16:1	g	2.930	0	0.938	7.266
18:1	g	13.610	0	4.355	33.753
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	9.080	0	2.906	22.518
18:2	g	8.210	0	2.627	20.361
18:3	g	0.610	0	0.195	1.513
18:4	g				
20:4	g	0.110	0	0.035	0.273
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	113	0	36	280
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.157	0	0.050	0.389
Threonine	g	0.703	0	0.225	1.743
Isoleucine	g	0.634	0	0.203	1.572
Leucine	g	1.156	0	0.370	2.867
Lysine	g	1.176	0	0.376	2.916
Methionine	g	0.394	0	0.126	0.977
Cystine	g	0.328	0	0.105	0.813
Phenylalanine	g	0.665	0	0.213	1.649
Tyrosine	g	0.448	0	0.143	1.111
Valine	g	0.829	0	0.265	2.056
Arginine	g	1.519	0	0.486	3.767
Histidine	g	0.378	0	0.121	0.937
Alanine	g	1.598	0	0.511	3.963
Aspartic acid	g	1.761	0	0.564	4.367
Glutamic acid	g	2.448	0	0.783	6.071
Glycine	g	3.142	0	1.005	7.792
Proline	g	1.837	0	0.588	4.556
Serine	g	0.800	0	0.256	1.984
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, skin only

NDB No. 05171 Turkey, all classes, giblets, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 16g	Measure 2* 244g	Measure 3*
Proximates:							
Water	g	73.18		0	11.71	178.56	
Energy	kcal	129		0	21	315	
Energy	kj	540		0	86	1318	
Protein (N x 5.95)	g	19.36		0	3.10	47.24	
Total lipid (fat)	g	4.20		0	0.67	10.25	
Carbohydrate, by difference	g	2.09		0	0.33	5.10	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.16		0	0.19	2.83	
Sugars, total	g						
Minerals:							
Calcium	mg	8		0	1	20	
Iron	mg	6.84		0	1.09	16.69	
Magnesium	mg	19		0	3	46	
Phosphorus	mg	220		0	35	537	
Potassium	mg	316		0	51	771	
Sodium	mg	87		0	14	212	
Zinc	mg	2.39		0	0.38	5.83	
Copper	mg	0.313		0	0.050	0.764	
Manganese	mg	0.157		0	0.025	0.383	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.8		0	0.6	9.3	
Thiamin	mg	0.076		0	0.012	0.185	
Riboflavin	mg	1.145		0	0.183	2.794	
Niacin	mg	6.327		0	1.012	15.438	
Pantothenic acid	mg	3.952		0	0.632	9.643	
Vitamin B-6	mg	0.430		0	0.069	1.049	
Folate	µg	342		0	55	834	
Vitamin B-12	µg	28.39		0	4.54	69.27	
Vitamin A	IU	7665		0	1226	18703	
Vitamin A, RE	µg	2289		0	366	5585	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.260		0	0.202	3.074	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.050		0	0.008	0.122	
15.0	g						
16:0	g	0.690		0	0.110	1.684	
17:0	g						
18:0	g	0.390		0	0.062	0.952	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.910	0	0.146	2.220
14:1	g				
16:1	g	0.160	0	0.026	0.390
18:1	g	0.730	0	0.117	1.781
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.030	0	0.165	2.513
18:2	g	0.710	0	0.114	1.732
18:3	g	0.010	0	0.002	0.024
18:4	g				
20:4	g	0.270	0	0.043	0.659
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	282	0	45	688
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.225	0	0.036	0.549
Threonine	g	0.877	0	0.140	2.140
Isoleucine	g	0.977	0	0.156	2.384
Leucine	g	1.564	0	0.250	3.816
Lysine	g	1.425	0	0.228	3.477
Methionine	g	0.482	0	0.077	1.176
Cystine	g	0.258	0	0.041	0.630
Phenylalanine	g	0.881	0	0.141	2.150
Tyrosine	g	0.640	0	0.102	1.562
Valine	g	1.046	0	0.167	2.552
Arginine	g	1.286	0	0.206	3.138
Histidine	g	0.457	0	0.073	1.115
Alanine	g	0.970	0	0.155	2.367
Aspartic acid	g	1.818	0	0.291	4.436
Glutamic acid	g	2.913	0	0.466	7.108
Glycine	g	1.070	0	0.171	2.611
Proline	g	0.984	0	0.157	2.401
Serine	g	0.843	0	0.135	2.057
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: Giblets

NDB No. 05172 Turkey, all classes, giblets, cooked, simmered, some giblet fat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 10g	Measure 3*
Proximates:							
Water	g	65.35		0	94.76	6.54	
Energy	kcal	167		0	242	17	
Energy	kj	699		0	1014	70	
Protein (N x 5.95)	g	26.57		0	38.53	2.66	
Total lipid (fat)	g	5.09		0	7.38	0.51	
Carbohydrate, by difference	g	2.09		0	3.03	0.21	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	1.32	0.09	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	19	1	
Iron	mg	6.71		0	9.73	0.67	
Magnesium	mg	17		0	25	2	
Phosphorus	mg	204		0	296	20	
Potassium	mg	200		0	290	20	
Sodium	mg	59		0	86	6	
Zinc	mg	3.68		0	5.34	0.37	
Copper	mg	0.391		0	0.567	0.039	
Manganese	mg	0.175		0	0.254	0.018	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.7		0	2.5	0.2	
Thiamin	mg	0.046		0	0.067	0.005	
Riboflavin	mg	0.904		0	1.311	0.090	
Niacin	mg	4.505		0	6.532	0.450	
Pantothenic acid	mg	3.462		0	5.020	0.346	
Vitamin B-6	mg	0.330		0	0.479	0.033	
Folate	µg	345		0	500	35	
Vitamin B-12	µg	24.03		0	34.84	2.40	
Vitamin A	IU	6036		0	8752	604	
Vitamin A, RE	µg	1795		0	2603	180	
Vitamin E, α-TE	mg	1.456		0	2.111	0.146	
Lipids:							
Saturated, total	g	1.540		0	2.233	0.154	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.050		0	0.072	0.005	
15.0	g						
16:0	g	0.840		0	1.218	0.084	
17:0	g						
18:0	g	0.480		0	0.696	0.048	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.150	0	1.668	0.115
14:1	g				
16:1	g	0.190	0	0.276	0.019
18:1	g	0.930	0	1.349	0.093
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.160	0	1.682	0.116
18:2	g	0.800	0	1.160	0.080
18:3	g	0.010	0	0.015	0.001
18:4	g	0.000	0	0.000	0.000
20:4	g	0.300	0	0.435	0.030
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	418	0	606	42
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.307	0	0.445	0.031
Threonine	g	1.204	0	1.746	0.120
Isoleucine	g	1.339	0	1.942	0.134
Leucine	g	2.140	0	3.103	0.214
Lysine	g	1.951	0	2.829	0.195
Methionine	g	0.662	0	0.960	0.066
Cystine	g	0.354	0	0.513	0.035
Phenylalanine	g	1.207	0	1.750	0.121
Tyrosine	g	0.877	0	1.272	0.088
Valine	g	1.430	0	2.074	0.143
Arginine	g	1.768	0	2.564	0.177
Histidine	g	0.625	0	0.906	0.063
Alanine	g	1.324	0	1.920	0.132
Aspartic acid	g	2.493	0	3.615	0.249
Glutamic acid	g	4.010	0	5.814	0.401
Glycine	g	1.466	0	2.126	0.147
Proline	g	1.352	0	1.960	0.135
Serine	g	1.158	0	1.679	0.116
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05173 Turkey, gizzard, all classes, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 113g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	75.58	0.434	10	85.41	5.29	
Energy	kcal	117		0	132	8	
Energy	kj	490		0	554	34	
Protein (N x 5.95)	g	19.10	0.260	10	21.58	1.34	
Total lipid (fat)	g	3.70	0.339	10	4.18	0.26	
Carbohydrate, by difference	g	0.62		0	0.70	0.04	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01	0.012	9	1.14	0.07	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.397	9	10	1	
Iron	mg	3.80	0.125	9	4.29	0.27	
Magnesium	mg	17	0.461	9	19	1	
Phosphorus	mg	143	4.276	9	162	10	
Potassium	mg	343	13.612	9	388	24	
Sodium	mg	80	1.640	9	90	6	
Zinc	mg	2.01	0.105	9	2.27	0.14	
Copper	mg	0.141	0.012	9	0.159	0.010	
Manganese	mg	0.064	0.001	9	0.072	0.004	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.2		0	3.6	0.2	
Thiamin	mg	0.057	0.002	9	0.064	0.004	
Riboflavin	mg	0.231	0.009	9	0.261	0.016	
Niacin	mg	3.435	0.235	9	3.882	0.240	
Pantothenic acid	mg	0.909		1	1.027	0.064	
Vitamin B-6	mg	0.140		0	0.158	0.010	
Folate	µg	52		0	59	4	
Vitamin B-12	µg	2.12		0	2.40	0.15	
Vitamin A	IU	217		0	245	15	
Vitamin A, RE	µg	65		0	73	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.060		0	1.198	0.074	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.050		0	0.057	0.004	
15.0	g						
16:0	g	0.580		0	0.655	0.041	
17:0	g						
18:0	g	0.330		0	0.373	0.023	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.720		0	0.814	0.050
14:1	g					
16:1	g	0.150		0	0.170	0.011
18:1	g	0.570		0	0.644	0.040
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.070		0	1.209	0.075
18:2	g	0.740		0	0.836	0.052
18:3	g	0.010		0	0.011	0.001
18:4	g					
20:4	g	0.280		0	0.316	0.020
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	158	9.640	9	179	11
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.171		0	0.193	0.012
Threonine	g	0.880		0	0.994	0.062
Isoleucine	g	0.901		0	1.018	0.063
Leucine	g	1.342		0	1.516	0.094
Lysine	g	1.320		0	1.492	0.092
Methionine	g	0.501		0	0.566	0.035
Cystine	g	0.250		0	0.282	0.018
Phenylalanine	g	0.795		0	0.898	0.056
Tyrosine	g	0.581		0	0.657	0.041
Valine	g	0.856		0	0.967	0.060
Arginine	g	1.372		0	1.550	0.096
Histidine	g	0.385		0	0.435	0.027
Alanine	g	0.752		0	0.850	0.053
Aspartic acid	g	1.757		0	1.985	0.123
Glutamic acid	g	3.263		0	3.687	0.228
Glycine	g	1.002		0	1.132	0.070
Proline	g	0.993		0	1.122	0.070
Serine	g	0.856		0	0.967	0.060
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 gizzard
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05174 Turkey, gizzard, all classes, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 4g	Measure 3*
Proximates:							
Water	g	65.40	0.212	9	94.83	2.62	
Energy	kcal	163		0	236	7	
Energy	kj	682		0	989	27	
Protein (N x 5.95)	g	29.43	0.265	9	42.67	1.18	
Total lipid (fat)	g	3.88	0.164	9	5.63	0.16	
Carbohydrate, by difference	g	0.60		0	0.87	0.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.70	0.010	9	1.01	0.03	
Sugars, total	g						
Minerals:							
Calcium	mg	15	1.360	9	22	1	
Iron	mg	5.44	0.157	9	7.89	0.22	
Magnesium	mg	19	0.570	9	28	1	
Phosphorus	mg	128	6.760	9	186	5	
Potassium	mg	211	6.446	9	306	8	
Sodium	mg	54	1.621	9	78	2	
Zinc	mg	4.16	0.037	9	6.03	0.17	
Copper	mg	0.173	0.012	9	0.251	0.007	
Manganese	mg	0.098	0.001	9	0.142	0.004	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.6		0	2.3	0.1	
Thiamin	mg	0.033	0.002	9	0.048	0.001	
Riboflavin	mg	0.327	0.026	9	0.474	0.013	
Niacin	mg	3.072	0.222	9	4.454	0.123	
Pantothenic acid	mg	0.848		0	1.230	0.034	
Vitamin B-6	mg	0.120		0	0.174	0.005	
Folate	µg	52		0	75	2	
Vitamin B-12	µg	1.90		0	2.75	0.08	
Vitamin A	IU	185		0	268	7	
Vitamin A, RE	µg	55		0	80	2	
Vitamin E, α-TE	mg	0.160		0	0.232	0.006	
Lipids:							
Saturated, total	g	1.110		0	1.610	0.044	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.060		0	0.087	0.002	
15.0	g						
16:0	g	0.610		0	0.885	0.024	
17:0	g						
18:0	g	0.340		0	0.493	0.014	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.760		0	1.102	0.030
14:1	g					
16:1	g	0.150		0	0.218	0.006
18:1	g	0.590		0	0.856	0.024
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.120		0	1.624	0.045
18:2	g	0.780		0	1.131	0.031
18:3	g	0.020		0	0.029	0.001
18:4	g	0.000		0	0.000	0.000
20:4	g	0.300		0	0.435	0.012
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	232	20.015	9	336	9
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.264		0	0.383	0.011
Threonine	g	1.356		0	1.966	0.054
Isoleucine	g	1.389		0	2.014	0.056
Leucine	g	2.067		0	2.997	0.083
Lysine	g	2.034		0	2.949	0.081
Methionine	g	0.772		0	1.119	0.031
Cystine	g	0.386		0	0.560	0.015
Phenylalanine	g	1.224		0	1.775	0.049
Tyrosine	g	0.895		0	1.298	0.036
Valine	g	1.318		0	1.911	0.053
Arginine	g	2.114		0	3.065	0.085
Histidine	g	0.593		0	0.860	0.024
Alanine	g	1.158		0	1.679	0.046
Aspartic acid	g	2.707		0	3.925	0.108
Glutamic acid	g	5.029		0	7.292	0.201
Glycine	g	1.545		0	2.240	0.062
Proline	g	1.531		0	2.220	0.061
Serine	g	1.318		0	1.911	0.053
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05175 Turkey, heart, all classes, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 29g	Measure 2* 2g	Measure 3*
Proximates:							
Water	g	73.27	0.943	11	21.25	1.39	
Energy	kcal	143		0	41	3	
Energy	kj	598		0	173	11	
Protein (N x 5.95)	g	18.05	0.350	10	5.23	0.34	
Total lipid (fat)	g	6.99	0.883	11	2.03	0.13	
Carbohydrate, by difference	g	0.65		0	0.19	0.01	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.021	9	0.30	0.02	
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.884	9	3	0	
Iron	mg	4.80	0.296	9	1.39	0.09	
Magnesium	mg	22	0.439	9	6	0	
Phosphorus	mg	190	3.547	19	55	4	
Potassium	mg	277	10.279	9	80	5	
Sodium	mg	87	1.760	9	25	2	
Zinc	mg	3.52		7	1.02	0.07	
Copper	mg	0.317		7	0.092	0.006	
Manganese	mg	0.052		7	0.015	0.001	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.2		0	0.9	0.1	
Thiamin	mg	0.199	0.018	8	0.058	0.004	
Riboflavin	mg	1.088		7	0.316	0.021	
Niacin	mg	4.093		6	1.187	0.078	
Pantothenic acid	mg	2.674		1	0.775	0.051	
Vitamin B-6	mg	0.360		0	0.104	0.007	
Folate	µg	72		0	21	1	
Vitamin B-12	µg	7.29		0	2.11	0.14	
Vitamin A	IU	30		0	9	1	
Vitamin A, RE	µg	9		0	3	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.010		0	0.583	0.038	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.100		1	0.029	0.002	
15.0	g						
16:0	g	1.100		1	0.319	0.021	
17:0	g						
18:0	g	0.610		1	0.177	0.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.360	0	0.394	0.026
14:1	g				
16:1	g	0.280	1	0.081	0.005
18:1	g	1.070	1	0.310	0.020
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	2.010	0	0.583	0.038
18:2	g	1.400	1	0.406	0.027
18:3	g	0.030	1	0.009	0.001
18:4	g				
20:4	g	0.540	1	0.157	0.010
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	115	7	33	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.231	0	0.067	0.004
Threonine	g	0.817	0	0.237	0.016
Isoleucine	g	0.967	0	0.280	0.018
Leucine	g	1.574	0	0.456	0.030
Lysine	g	1.513	0	0.439	0.029
Methionine	g	0.436	0	0.126	0.008
Cystine	g	0.245	0	0.071	0.005
Phenylalanine	g	0.809	0	0.235	0.015
Tyrosine	g	0.647	0	0.188	0.012
Valine	g	1.022	0	0.296	0.019
Arginine	g	1.158	0	0.336	0.022
Histidine	g	0.473	0	0.137	0.009
Alanine	g	1.138	0	0.330	0.022
Aspartic acid	g	1.756	0	0.509	0.033
Glutamic acid	g	2.679	0	0.777	0.051
Glycine	g	1.002	0	0.291	0.019
Proline	g	0.921	0	0.267	0.017
Serine	g	0.728	0	0.211	0.014
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 heart

Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05176 Turkey, heart, all classes, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 145g	Measure 2* 1g	Measure 3*
Proximates:							
Water	g	64.23	0.346	9	93.13	0.64	
Energy	kcal	177		0	257	2	
Energy	kj	741		0	1074	7	
Protein (N x 5.95)	g	26.76	0.505	9	38.80	0.27	
Total lipid (fat)	g	6.10	0.288	9	8.85	0.06	
Carbohydrate, by difference	g	2.05		0	2.97	0.02	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87	0.009	9	1.26	0.01	
Sugars, total	g						
Minerals:							
Calcium	mg	13	1.178	9	19	0	
Iron	mg	6.89	0.213	9	9.99	0.07	
Magnesium	mg	22	0.600	9	32	0	
Phosphorus	mg	205	3.091	9	297	2	
Potassium	mg	183	9.581	9	265	2	
Sodium	mg	55	1.017	9	80	1	
Zinc	mg	5.27		2	7.64	0.05	
Copper	mg	0.627		2	0.909	0.006	
Manganese	mg	0.092		2	0.133	0.001	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.7		0	2.5	0.0	
Thiamin	mg	0.071		7	0.103	0.001	
Riboflavin	mg	0.882		4	1.279	0.009	
Niacin	mg	3.253		4	4.717	0.033	
Pantothenic acid	mg	2.723		0	3.948	0.027	
Vitamin B-6	mg	0.320		0	0.464	0.003	
Folate	µg	79		0	115	1	
Vitamin B-12	µg	7.15		0	10.37	0.07	
Vitamin A	IU	28		0	41	0	
Vitamin A, RE	µg	8		0	12	0	
Vitamin E, α-TE	mg	0.160		0	0.232	0.002	
Lipids:							
Saturated, total	g	1.750		0	2.538	0.018	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.090		0	0.130	0.001	
15.0	g						
16:0	g	0.960		0	1.392	0.010	
17:0	g						
18:0	g	0.540		0	0.783	0.005	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.190	0	1.725	0.012
14:1	g				
16:1	g	0.240	0	0.348	0.002
18:1	g	0.930	0	1.349	0.009
20:1	g	0.000	0	0.000	0.000
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	1.760	0	2.552	0.018
18:2	g	1.220	0	1.769	0.012
18:3	g	0.020	0	0.029	0.000
18:4	g	0.000	0	0.000	0.000
20:4	g	0.470	0	0.681	0.005
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	226	5	328	2
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.343	0	0.497	0.003
Threonine	g	1.212	0	1.757	0.012
Isoleucine	g	1.435	0	2.081	0.014
Leucine	g	2.333	0	3.383	0.023
Lysine	g	2.243	0	3.252	0.022
Methionine	g	0.646	0	0.937	0.006
Cystine	g	0.364	0	0.528	0.004
Phenylalanine	g	1.199	0	1.739	0.012
Tyrosine	g	0.959	0	1.391	0.010
Valine	g	1.516	0	2.198	0.015
Arginine	g	1.717	0	2.490	0.017
Histidine	g	0.702	0	1.018	0.007
Alanine	g	1.687	0	2.446	0.017
Aspartic acid	g	2.602	0	3.773	0.026
Glutamic acid	g	3.973	0	5.761	0.040
Glycine	g	1.486	0	2.155	0.015
Proline	g	1.365	0	1.979	0.014
Serine	g	1.079	0	1.565	0.011
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05177 Turkey, liver, all classes, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 102g	Measure 2* 7g	Measure 3*
Proximates:							
Water	g	70.52	0.454	11	71.93	4.94	
Energy	kcal	137		0	140	10	
Energy	kj	573		0	584	40	
Protein (N x 5.95)	g	20.02	0.466	10	20.42	1.40	
Total lipid (fat)	g	3.97	0.412	11	4.05	0.28	
Carbohydrate, by difference	g	4.13		0	4.21	0.29	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.36	0.030	9	1.39	0.10	
Sugars, total	g						
Minerals:							
Calcium	mg	7	0.518	9	7	0	
Iron	mg	10.77	0.532	9	10.99	0.75	
Magnesium	mg	21	0.212	9	21	1	
Phosphorus	mg	313	4.473	19	319	22	
Potassium	mg	297	11.220	9	303	21	
Sodium	mg	96	2.849	9	98	7	
Zinc	mg	2.48	0.073	9	2.53	0.17	
Copper	mg	0.502	0.012	9	0.512	0.035	
Manganese	mg	0.288	0.011	9	0.294	0.020	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	4.5	0.425	9	4.6	0.3	
Thiamin	mg	0.061	0.003	9	0.062	0.004	
Riboflavin	mg	2.167	0.199	9	2.210	0.152	
Niacin	mg	10.146	0.606	9	10.349	0.710	
Pantothenic acid	mg	7.664	0.289	2	7.817	0.536	
Vitamin B-6	mg	0.760		0	0.775	0.053	
Folate	µg	738		0	753	52	
Vitamin B-12	µg	63.33	7.424	3	64.60	4.43	
Vitamin A	IU	18042	1995.685	9	18403	1263	
Vitamin A, RE	µg	5387	597.095	9	5495	377	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.250		0	1.275	0.088	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020	0.002	10	0.020	0.001	
15.0	g						
16:0	g	0.680	0.076	10	0.694	0.048	
17:0	g						
18:0	g	0.400	0.062	10	0.408	0.028	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.990		0	1.010	0.069
14:1	g					
16:1	g	0.140	0.037	10	0.143	0.010
18:1	g	0.810	0.122	10	0.826	0.057
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.710		0	0.724	0.050
18:2	g	0.490	0.055	10	0.500	0.034
18:3	g	0.010	0.001	10	0.010	0.001
18:4	g					
20:4	g	0.180	0.026	10	0.184	0.013
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	466	30.500	9	475	33
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.282		0	0.288	0.020
Threonine	g	0.890		0	0.908	0.062
Isoleucine	g	1.063		0	1.084	0.074
Leucine	g	1.806		0	1.842	0.126
Lysine	g	1.515		0	1.545	0.106
Methionine	g	0.474		0	0.483	0.033
Cystine	g	0.269		0	0.274	0.019
Phenylalanine	g	0.996		0	1.016	0.070
Tyrosine	g	0.704		0	0.718	0.049
Valine	g	1.262		0	1.287	0.088
Arginine	g	1.227		0	1.252	0.086
Histidine	g	0.532		0	0.543	0.037
Alanine	g	1.163		0	1.186	0.081
Aspartic acid	g	1.902		0	1.940	0.133
Glutamic acid	g	2.594		0	2.646	0.182
Glycine	g	1.163		0	1.186	0.081
Proline	g	0.993		0	1.013	0.070
Serine	g	0.862		0	0.879	0.060
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 liver

Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05178 Turkey, liver, all classes, cooked, simmered

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 5g	Measure 3*
Proximates:							
Water	g	65.55	0.788	9	91.77	3.28	
Energy	kcal	169		0	237	8	
Energy	kj	707		0	990	35	
Protein (N x 5.95)	g	23.97	0.326	9	33.56	1.20	
Total lipid (fat)	g	5.95	0.870	9	8.33	0.30	
Carbohydrate, by difference	g	3.43		0	4.80	0.17	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.11	0.018	9	1.55	0.06	
Sugars, total	g						
Minerals:							
Calcium	mg	11	1.109	9	15	1	
Iron	mg	7.80	0.594	9	10.92	0.39	
Magnesium	mg	15	0.528	9	21	1	
Phosphorus	mg	272	6.044	9	381	14	
Potassium	mg	194	11.595	9	272	10	
Sodium	mg	64	3.821	9	90	3	
Zinc	mg	3.09	0.084	8	4.33	0.15	
Copper	mg	0.560	0.017	8	0.784	0.028	
Manganese	mg	0.253	0.023	8	0.354	0.013	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.9		8	2.7	0.1	
Thiamin	mg	0.052	0.007	9	0.073	0.003	
Riboflavin	mg	1.423	0.101	9	1.992	0.071	
Niacin	mg	5.941	0.655	9	8.317	0.297	
Pantothenic acid	mg	5.961		0	8.345	0.298	
Vitamin B-6	mg	0.520		0	0.728	0.026	
Folate	µg	666		0	932	33	
Vitamin B-12	µg	47.50		0	66.50	2.38	
Vitamin A	IU	12581	1726.198	9	17613	629	
Vitamin A, RE	µg	3741	519.213	9	5237	187	
Vitamin E, α-TE	mg	2.900		0	4.060	0.145	
Lipids:							
Saturated, total	g	1.880		0	2.632	0.094	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.042	0.002	
15.0	g						
16:0	g	1.020		0	1.428	0.051	
17:0	g						
18:0	g	0.590		0	0.826	0.030	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.490		0	2.086	0.075
14:1	g					
16:1	g	0.220		0	0.308	0.011
18:1	g	1.220		0	1.708	0.061
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.060		0	1.484	0.053
18:2	g	0.730		0	1.022	0.037
18:3	g	0.010		0	0.014	0.001
18:4	g	0.000		0	0.000	0.000
20:4	g	0.270		0	0.378	0.014
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	626	44.439	9	876	31
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.338		0	0.473	0.017
Threonine	g	1.066		0	1.492	0.053
Isoleucine	g	1.273		0	1.782	0.064
Leucine	g	2.163		0	3.028	0.108
Lysine	g	1.814		0	2.540	0.091
Methionine	g	0.568		0	0.795	0.028
Cystine	g	0.322		0	0.451	0.016
Phenylalanine	g	1.193		0	1.670	0.060
Tyrosine	g	0.844		0	1.182	0.042
Valine	g	1.511		0	2.115	0.076
Arginine	g	1.469		0	2.057	0.073
Histidine	g	0.637		0	0.892	0.032
Alanine	g	1.392		0	1.949	0.070
Aspartic acid	g	2.278		0	3.189	0.114
Glutamic acid	g	3.107		0	4.350	0.155
Glycine	g	1.392		0	1.949	0.070
Proline	g	1.189		0	1.665	0.059
Serine	g	1.032		0	1.445	0.052
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05179 Turkey, all classes, neck, meat only, raw

Refuse: 42% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 12g	Measure 2* 180g	Measure 3*
Proximates:							
Water	g	72.88	0.202	9	8.75	131.18	
Energy	kcal	135		0	16	243	
Energy	kj	565		0	68	1017	
Protein (N x 5.95)	g	20.14	0.209	10	2.42	36.25	
Total lipid (fat)	g	5.42	0.398	9	0.65	9.76	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.011	9	0.13	1.89	
Sugars, total	g						
Minerals:							
Calcium	mg	34	2.352	9	4	61	
Iron	mg	2.00	0.122	9	0.24	3.60	
Magnesium	mg	19	0.550	9	2	34	
Phosphorus	mg	186	3.243	9	22	335	
Potassium	mg	302	10.835	9	36	544	
Sodium	mg	93	1.059	9	11	167	
Zinc	mg	5.08	0.051	9	0.61	9.14	
Copper	mg	0.143	0.010	9	0.017	0.257	
Manganese	mg	0.026	0.002	9	0.003	0.047	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.089	0.005	9	0.011	0.160	
Riboflavin	mg	0.234	0.009	9	0.028	0.421	
Niacin	mg	3.169	0.181	9	0.380	5.704	
Pantothenic acid	mg	1.055		1	0.127	1.899	
Vitamin B-6	mg	0.370		0	0.044	0.666	
Folate	µg	11		0	1	20	
Vitamin B-12	µg	0.41		0	0.05	0.74	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.820		0	0.218	3.276	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.004	6	0.001	0.018	
14:0	g	0.030	0.007	8	0.004	0.054	
15.0	g						
16:0	g	0.960	0.098	8	0.115	1.728	
17:0	g						
18:0	g	0.540	0.053	8	0.065	0.972	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.230		0	0.148	2.214
14:1	g					
16:1	g	0.180	0.042	8	0.022	0.324
18:1	g	1.020	0.106	8	0.122	1.836
20:1	g	0.020	0.003	7	0.002	0.036
22.1	g	0.010	0.003	7	0.001	0.018
Polyunsaturated, total	g	1.630		0	0.196	2.934
18:2	g	1.320	0.133	8	0.158	2.376
18:3	g	0.050	0.015	8	0.006	0.090
18:4	g					
20:4	g	0.190	0.033	8	0.023	0.342
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030	0.007	7	0.004	0.054
22:6	g	0.040	0.023	7	0.005	0.072
Cholesterol	mg	79	4.063	9	9	142
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.229		0	0.027	0.412
Threonine	g	0.896		0	0.108	1.613
Isoleucine	g	1.047		0	0.126	1.885
Leucine	g	1.605		0	0.193	2.889
Lysine	g	1.898		0	0.228	3.416
Methionine	g	0.583		0	0.070	1.049
Cystine	g	0.210		0	0.025	0.378
Phenylalanine	g	0.799		0	0.096	1.438
Tyrosine	g	0.796		0	0.096	1.433
Valine	g	1.070		0	0.128	1.926
Arginine	g	1.405		0	0.169	2.529
Histidine	g	0.629		0	0.075	1.132
Alanine	g	1.247		0	0.150	2.245
Aspartic acid	g	1.956		0	0.235	3.521
Glutamic acid	g	3.286		0	0.394	5.915
Glycine	g	0.999		0	0.120	1.798
Proline	g	0.838		0	0.101	1.508
Serine	g	0.896		0	0.108	1.613
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 neck, bone and skin removed

NDB No. 05180 Turkey, all classes, neck, meat only, cooked, simmered

Refuse: 41% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 10g	Measure 2* 152g	Measure 3*
Proximates:							
Water	g	65.19	0.354	9	6.52	99.09	
Energy	kcal	180		0	18	274	
Energy	kj	753		0	75	1145	
Protein (N x 5.95)	g	26.84	0.392	9	2.68	40.80	
Total lipid (fat)	g	7.26	0.373	9	0.73	11.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.61	0.018	9	0.06	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	37	4.621	9	4	56	
Iron	mg	2.30	0.166	9	0.23	3.50	
Magnesium	mg	15	0.481	9	2	23	
Phosphorus	mg	122	4.614	9	12	185	
Potassium	mg	149	10.860	9	15	226	
Sodium	mg	56	3.525	9	6	85	
Zinc	mg	7.12	0.419	9	0.71	10.82	
Copper	mg	0.154	0.009	9	0.015	0.234	
Manganese	mg	0.022	0.001	9	0.002	0.033	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.036	0.004	9	0.004	0.055	
Riboflavin	mg	0.192	0.013	9	0.019	0.292	
Niacin	mg	1.704	0.103	9	0.170	2.590	
Pantothenic acid	mg	0.701		0	0.070	1.066	
Vitamin B-6	mg	0.210		0	0.021	0.319	
Folate	µg	8		0	1	12	
Vitamin B-12	µg	0.23		0	0.02	0.35	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.640		0	0.064	0.973	
Lipids:							
Saturated, total	g	2.440		0	0.244	3.709	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.002	0.030	
14:0	g	0.050		0	0.005	0.076	
15.0	g						
16:0	g	1.280		0	0.128	1.946	
17:0	g						
18:0	g	0.730		0	0.073	1.110	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.650		0	0.165	2.508
14:1	g					
16:1	g	0.240		0	0.024	0.365
18:1	g	1.360		0	0.136	2.067
20:1	g	0.030		0	0.003	0.046
22.1	g	0.020		0	0.002	0.030
Polyunsaturated, total	g	2.180		0	0.218	3.314
18:2	g	1.760		0	0.176	2.675
18:3	g	0.070		0	0.007	0.106
18:4	g	0.000		0	0.000	0.000
20:4	g	0.260		0	0.026	0.395
20:5	g	0.000		0	0.000	0.000
22:5	g	0.040		0	0.004	0.061
22:6	g	0.060		0	0.006	0.091
Cholesterol	mg	122	6.652	9	12	185
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.305		0	0.031	0.464
Threonine	g	1.194		0	0.119	1.815
Isoleucine	g	1.396		0	0.140	2.122
Leucine	g	2.138		0	0.214	3.250
Lysine	g	2.529		0	0.253	3.844
Methionine	g	0.777		0	0.078	1.181
Cystine	g	0.279		0	0.028	0.424
Phenylalanine	g	1.065		0	0.106	1.619
Tyrosine	g	1.061		0	0.106	1.613
Valine	g	1.426		0	0.143	2.168
Arginine	g	1.872		0	0.187	2.845
Histidine	g	0.837		0	0.084	1.272
Alanine	g	1.662		0	0.166	2.526
Aspartic acid	g	2.606		0	0.261	3.961
Glutamic acid	g	4.379		0	0.438	6.656
Glycine	g	1.331		0	0.133	2.023
Proline	g	1.117		0	0.112	1.698
Serine	g	1.194		0	0.119	1.815
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 neck, bone and skin removed

NDB No. 05181 Turkey, all classes, light meat, meat and skin, raw

Refuse: 15% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 180g	Measure 2* 1388g	Measure 3*
Proximates:							
Water	g	69.83		0	125.69	969.24	
Energy	kcal	159		0	286	2207	
Energy	kj	665		0	1197	9230	
Protein (N x 5.95)	g	21.64		0	38.95	300.36	
Total lipid (fat)	g	7.36		0	13.25	102.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	1.62	12.49	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	23	180	
Iron	mg	1.21		0	2.18	16.79	
Magnesium	mg	24		0	43	333	
Phosphorus	mg	184		0	331	2554	
Potassium	mg	271		0	488	3761	
Sodium	mg	59		0	106	819	
Zinc	mg	1.57		0	2.83	21.79	
Copper	mg	0.075		0	0.135	1.041	
Manganese	mg	0.018		0	0.032	0.250	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.056		0	0.101	0.777	
Riboflavin	mg	0.115		0	0.207	1.596	
Niacin	mg	5.137		0	9.247	71.302	
Pantothenic acid	mg	0.615		0	1.107	8.536	
Vitamin B-6	mg	0.480		0	0.864	6.662	
Folate	µg	7		0	13	97	
Vitamin B-12	µg	0.42		0	0.76	5.83	
Vitamin A	IU	6		0	11	83	
Vitamin A, RE	µg	2		0	4	28	
Vitamin E, α-TE	mg	0.141		0	0.254	1.957	
Lipids:							
Saturated, total	g	2.000		0	3.600	27.760	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.018	0.139	
14:0	g	0.050		0	0.090	0.694	
15.0	g						
16:0	g	1.330		0	2.394	18.460	
17:0	g						
18:0	g	0.430		0	0.774	5.968	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.810	0	5.058	39.003
14:1	g				
16:1	g	0.480	0	0.864	6.662
18:1	g	2.270	0	4.086	31.508
20:1	g	0.010	0	0.018	0.139
22.1	g	0.010	0	0.018	0.139
Polyunsaturated, total	g	1.730	0	3.114	24.012
18:2	g	1.480	0	2.664	20.542
18:3	g	0.100	0	0.180	1.388
18:4	g				
20:4	g	0.090	0	0.162	1.249
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.018	0.139
22:6	g	0.010	0	0.018	0.139
Cholesterol	mg	65	0	117	902
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.239	0	0.430	3.317
Threonine	g	0.944	0	1.699	13.103
Isoleucine	g	1.083	0	1.949	15.032
Leucine	g	1.680	0	3.024	23.318
Lysine	g	1.966	0	3.539	27.288
Methionine	g	0.608	0	1.094	8.439
Cystine	g	0.238	0	0.428	3.303
Phenylalanine	g	0.846	0	1.523	11.742
Tyrosine	g	0.820	0	1.476	11.382
Valine	g	1.126	0	2.027	15.629
Arginine	g	1.525	0	2.745	21.167
Histidine	g	0.650	0	1.170	9.022
Alanine	g	1.380	0	2.484	19.154
Aspartic acid	g	2.085	0	3.753	28.940
Glutamic acid	g	3.449	0	6.208	47.872
Glycine	g	1.306	0	2.351	18.127
Proline	g	1.009	0	1.816	14.005
Serine	g	0.954	0	1.717	13.242
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05182 Turkey, all classes, light meat, meat and skin, cooked, roasted

Refuse: 14% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 136g	Measure 3* 1050g
Proximates:							
Water	g	62.83		0	87.96	85.45	659.72
Energy	kcal	197		0	276	268	2069
Energy	kj	824		0	1154	1121	8652
Protein (N x 5.95)	g	28.57		0	40.00	38.86	299.99
Total lipid (fat)	g	8.33		0	11.66	11.33	87.47
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.02		0	1.43	1.39	10.71
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	29	29	221
Iron	mg	1.41		0	1.97	1.92	14.80
Magnesium	mg	26		0	36	35	273
Phosphorus	mg	208		0	291	283	2184
Potassium	mg	285		0	399	388	2993
Sodium	mg	63		0	88	86	662
Zinc	mg	2.04		0	2.86	2.77	21.42
Copper	mg	0.048		0	0.067	0.065	0.504
Manganese	mg	0.020		0	0.028	0.027	0.210
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.056		0	0.078	0.076	0.588
Riboflavin	mg	0.132		0	0.185	0.180	1.386
Niacin	mg	6.289		0	8.805	8.553	66.034
Pantothenic acid	mg	0.626		0	0.876	0.851	6.573
Vitamin B-6	mg	0.470		0	0.658	0.639	4.935
Folate	µg	6		0	8	8	63
Vitamin B-12	µg	0.35		0	0.49	0.48	3.67
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.134		0	0.188	0.182	1.407
Lipids:							
Saturated, total	g	2.340		0	3.276	3.182	24.570
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.014	0.105
14:0	g	0.060		0	0.084	0.082	0.630
15.0	g						
16:0	g	1.450		0	2.030	1.972	15.225
17:0	g						
18:0	g	0.550		0	0.770	0.748	5.775
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.840	0	3.976	3.862	29.820
14:1	g					
16:1	g	0.470	0	0.658	0.639	4.935
18:1	g	2.290	0	3.206	3.114	24.045
20:1	g	0.010	0	0.014	0.014	0.105
22.1	g	0.010	0	0.014	0.014	0.105
Polyunsaturated, total	g	2.010	0	2.814	2.734	21.105
18:2	g	1.640	0	2.296	2.230	17.220
18:3	g	0.100	0	0.140	0.136	1.050
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.160	0	0.224	0.218	1.680
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.030	0	0.042	0.041	0.315
22:6	g	0.030	0	0.042	0.041	0.315
Cholesterol	mg	76	0	106	103	798
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.315	0	0.441	0.428	3.308
Threonine	g	1.247	0	1.746	1.696	13.094
Isoleucine	g	1.432	0	2.005	1.948	15.036
Leucine	g	2.220	0	3.108	3.019	23.310
Lysine	g	2.599	0	3.639	3.535	27.290
Methionine	g	0.803	0	1.124	1.092	8.432
Cystine	g	0.314	0	0.440	0.427	3.297
Phenylalanine	g	1.117	0	1.564	1.519	11.728
Tyrosine	g	1.084	0	1.518	1.474	11.382
Valine	g	1.487	0	2.082	2.022	15.614
Arginine	g	2.013	0	2.818	2.738	21.137
Histidine	g	0.859	0	1.203	1.168	9.019
Alanine	g	1.821	0	2.549	2.477	19.120
Aspartic acid	g	2.754	0	3.856	3.745	28.917
Glutamic acid	g	4.558	0	6.381	6.199	47.859
Glycine	g	1.714	0	2.400	2.331	17.997
Proline	g	1.328	0	1.859	1.806	13.944
Serine	g	1.261	0	1.765	1.715	13.240
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey
Measure 3: 1/2 turkey, bone removed

NDB No. 05183 Turkey, all classes, dark meat, meat and skin, raw

Refuse: 26% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 152g	Measure 2* 1176g	Measure 3*
Proximates:							
Water	g	71.13		0	108.12	836.49	
Energy	kcal	160		0	243	1882	
Energy	kj	669		0	1017	7867	
Protein (N x 5.95)	g	18.92		0	28.76	222.50	
Total lipid (fat)	g	8.80		0	13.38	103.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86		0	1.31	10.11	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	26	200	
Iron	mg	1.69		0	2.57	19.87	
Magnesium	mg	20		0	30	235	
Phosphorus	mg	170		0	258	1999	
Potassium	mg	261		0	397	3069	
Sodium	mg	71		0	108	835	
Zinc	mg	2.95		0	4.48	34.69	
Copper	mg	0.137		0	0.208	1.611	
Manganese	mg	0.021		0	0.032	0.247	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.073		0	0.111	0.858	
Riboflavin	mg	0.202		0	0.307	2.376	
Niacin	mg	2.855		0	4.340	33.575	
Pantothenic acid	mg	1.033		0	1.570	12.148	
Vitamin B-6	mg	0.320		0	0.486	3.763	
Folate	µg	10		0	15	118	
Vitamin B-12	µg	0.38		0	0.58	4.47	
Vitamin A	IU	5		0	8	59	
Vitamin A, RE	µg	2		0	3	24	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.580		0	3.922	30.341	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.015	0.118	
14:0	g	0.060		0	0.091	0.706	
15.0	g						
16:0	g	1.610		0	2.447	18.934	
17:0	g						
18:0	g	0.630		0	0.958	7.409	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.000	0	4.560	35.280
14:1	g				
16:1	g	0.500	0	0.760	5.880
18:1	g	2.430	0	3.694	28.577
20:1	g	0.010	0	0.015	0.118
22.1	g	0.010	0	0.015	0.118
Polyunsaturated, total	g	2.280	0	3.466	26.813
18:2	g	1.950	0	2.964	22.932
18:3	g	0.110	0	0.167	1.294
18:4	g				
20:4	g	0.150	0	0.228	1.764
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.030	0.235
22:6	g	0.030	0	0.046	0.353
Cholesterol	mg	72	0	109	847
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.209	0	0.318	2.458
Threonine	g	0.826	0	1.256	9.714
Isoleucine	g	0.950	0	1.444	11.172
Leucine	g	1.472	0	2.237	17.311
Lysine	g	1.724	0	2.620	20.274
Methionine	g	0.533	0	0.810	6.268
Cystine	g	0.208	0	0.316	2.446
Phenylalanine	g	0.741	0	1.126	8.714
Tyrosine	g	0.719	0	1.093	8.455
Valine	g	0.986	0	1.499	11.595
Arginine	g	1.332	0	2.025	15.664
Histidine	g	0.570	0	0.866	6.703
Alanine	g	1.204	0	1.830	14.159
Aspartic acid	g	1.824	0	2.772	21.450
Glutamic acid	g	3.021	0	4.592	35.527
Glycine	g	1.125	0	1.710	13.230
Proline	g	0.875	0	1.330	10.290
Serine	g	0.835	0	1.269	9.820
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05184 Turkey, all classes, dark meat, meat and skin, cooked, roasted

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 104g	Measure 3* 808g
Proximates:							
Water	g	60.23		0	84.32	62.64	486.66
Energy	kcal	221		0	309	230	1786
Energy	kj	925		0	1295	962	7474
Protein (N x 5.95)	g	27.49		0	38.49	28.59	222.12
Total lipid (fat)	g	11.54		0	16.16	12.00	93.24
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.97		0	1.36	1.01	7.84
Sugars, total	g						
Minerals:							
Calcium	mg	33		0	46	34	267
Iron	mg	2.27		0	3.18	2.36	18.34
Magnesium	mg	23		0	32	24	186
Phosphorus	mg	196		0	274	204	1584
Potassium	mg	274		0	384	285	2214
Sodium	mg	76		0	106	79	614
Zinc	mg	4.16		0	5.82	4.33	33.61
Copper	mg	0.150		0	0.210	0.156	1.212
Manganese	mg	0.023		0	0.032	0.024	0.186
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.058		0	0.081	0.060	0.469
Riboflavin	mg	0.235		0	0.329	0.244	1.899
Niacin	mg	3.530		0	4.942	3.671	28.522
Pantothenic acid	mg	1.160		0	1.624	1.206	9.373
Vitamin B-6	mg	0.320		0	0.448	0.333	2.586
Folate	µg	9		0	13	9	73
Vitamin B-12	µg	0.36		0	0.50	0.37	2.91
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.609		0	0.853	0.633	4.921
Lipids:							
Saturated, total	g	3.490		0	4.886	3.630	28.199
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.010	0.081
14:0	g	0.080		0	0.112	0.083	0.646
15.0	g						
16:0	g	2.100		0	2.940	2.184	16.968
17:0	g						
18:0	g	0.900		0	1.260	0.936	7.272
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.650	0	5.110	3.796	29.492
14:1	g					
16:1	g	0.590	0	0.826	0.614	4.767
18:1	g	2.970	0	4.158	3.089	23.998
20:1	g	0.020	0	0.028	0.021	0.162
22.1	g	0.020	0	0.028	0.021	0.162
Polyunsaturated, total	g	3.090	0	4.326	3.214	24.967
18:2	g	2.610	0	3.654	2.714	21.089
18:3	g	0.140	0	0.196	0.146	1.131
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.240	0	0.336	0.250	1.939
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.030	0	0.042	0.031	0.242
22:6	g	0.050	0	0.070	0.052	0.404
Cholesterol	mg	89	0	125	93	719
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.304	0	0.426	0.316	2.456
Threonine	g	1.200	0	1.680	1.248	9.696
Isoleucine	g	1.379	0	1.931	1.434	11.142
Leucine	g	2.138	0	2.993	2.224	17.275
Lysine	g	2.503	0	3.504	2.603	20.224
Methionine	g	0.774	0	1.084	0.805	6.254
Cystine	g	0.302	0	0.423	0.314	2.440
Phenylalanine	g	1.076	0	1.506	1.119	8.694
Tyrosine	g	1.044	0	1.462	1.086	8.436
Valine	g	1.432	0	2.005	1.489	11.571
Arginine	g	1.936	0	2.710	2.013	15.643
Histidine	g	0.828	0	1.159	0.861	6.690
Alanine	g	1.750	0	2.450	1.820	14.140
Aspartic acid	g	2.650	0	3.710	2.756	21.412
Glutamic acid	g	4.388	0	6.143	4.564	35.455
Glycine	g	1.641	0	2.297	1.707	13.259
Proline	g	1.274	0	1.784	1.325	10.294
Serine	g	1.213	0	1.698	1.262	9.801
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey
Measure 3: 1/2 turkey, bone removed

NDB No. 05185 Turkey, all classes, light meat, raw

Refuse: 29% 15% bone, 14% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 150g	Measure 2* 1156g	Measure 3*
Proximates:							
Water	g	73.82		0	110.73	853.36	
Energy	kcal	115		0	173	1329	
Energy	kj	481		0	722	5560	
Protein (N x 5.95)	g	23.56		0	35.34	272.35	
Total lipid (fat)	g	1.56		0	2.34	18.03	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	1.50	11.56	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	18	139	
Iron	mg	1.19		0	1.78	13.76	
Magnesium	mg	27		0	41	312	
Phosphorus	mg	204		0	306	2358	
Potassium	mg	305		0	458	3526	
Sodium	mg	63		0	95	728	
Zinc	mg	1.62		0	2.43	18.73	
Copper	mg	0.075		0	0.113	0.867	
Manganese	mg	0.019		0	0.029	0.220	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.064		0	0.096	0.740	
Riboflavin	mg	0.122		0	0.183	1.410	
Niacin	mg	5.844		0	8.766	67.557	
Pantothenic acid	mg	0.688		0	1.032	7.953	
Vitamin B-6	mg	0.560		0	0.840	6.474	
Folate	µg	8		0	12	92	
Vitamin B-12	µg	0.45		0	0.68	5.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.500		0	0.750	5.780	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.015	0.116	
14:0	g	0.010		0	0.015	0.116	
15.0	g						
16:0	g	0.230		0	0.345	2.659	
17:0	g						
18:0	g	0.150		0	0.225	1.734	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.270	0	0.405	3.121
14:1	g				
16:1	g	0.040	0	0.060	0.462
18:1	g	0.230	0	0.345	2.659
20:1	g	0.010	0	0.015	0.116
22.1	g	0.010	0	0.015	0.116
Polyunsaturated, total	g	0.420	0	0.630	4.855
18:2	g	0.270	0	0.405	3.121
18:3	g	0.010	0	0.015	0.116
18:4	g				
20:4	g	0.080	0	0.120	0.925
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.015	0.116
22:6	g	0.020	0	0.030	0.231
Cholesterol	mg	60	0	90	694
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.268	0	0.402	3.098
Threonine	g	1.048	0	1.572	12.115
Isoleucine	g	1.225	0	1.837	14.161
Leucine	g	1.877	0	2.816	21.698
Lysine	g	2.220	0	3.330	25.663
Methionine	g	0.682	0	1.023	7.884
Cystine	g	0.245	0	0.368	2.832
Phenylalanine	g	0.935	0	1.403	10.809
Tyrosine	g	0.931	0	1.397	10.762
Valine	g	1.251	0	1.876	14.462
Arginine	g	1.643	0	2.464	18.993
Histidine	g	0.735	0	1.103	8.497
Alanine	g	1.458	0	2.187	16.854
Aspartic acid	g	2.288	0	3.432	26.449
Glutamic acid	g	3.844	0	5.766	44.437
Glycine	g	1.169	0	1.753	13.514
Proline	g	0.980	0	1.470	11.329
Serine	g	1.048	0	1.572	12.115
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05186 Turkey, all classes, light meat, cooked, roasted

Refuse: 26% 14% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 117g	Measure 3*
Proximates:							
Water	g	66.27		0	92.78	77.54	
Energy	kcal	157		0	220	184	
Energy	kj	657		0	920	769	
Protein (N x 5.95)	g	29.90		0	41.86	34.98	
Total lipid (fat)	g	3.22		0	4.51	3.77	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.08		0	1.51	1.26	
Sugars, total	g						
Minerals:							
Calcium	mg	19		0	27	22	
Iron	mg	1.35		0	1.89	1.58	
Magnesium	mg	28		0	39	33	
Phosphorus	mg	219		0	307	256	
Potassium	mg	305		0	427	357	
Sodium	mg	64		0	90	75	
Zinc	mg	2.04		0	2.86	2.39	
Copper	mg	0.042		0	0.059	0.049	
Manganese	mg	0.020		0	0.028	0.023	
Selenium	µg	32.1	2.047	45	44.9	37.6	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.061		0	0.085	0.071	
Riboflavin	mg	0.129		0	0.181	0.151	
Niacin	mg	6.838		0	9.573	8.000	
Pantothenic acid	mg	0.677		0	0.948	0.792	
Vitamin B-6	mg	0.540		0	0.756	0.632	
Folate	µg	6		0	8	7	
Vitamin B-12	µg	0.37		0	0.52	0.43	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.090		0	0.126	0.105	
Lipids:							
Saturated, total	g	1.030		0	1.442	1.205	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.012	
14:0	g	0.020		0	0.028	0.023	
15.0	g						
16:0	g	0.470		0	0.658	0.550	
17:0	g						
18:0	g	0.310		0	0.434	0.363	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.560	0	0.784	0.655
14:1	g				
16:1	g	0.070	0	0.098	0.082
18:1	g	0.460	0	0.644	0.538
20:1	g	0.010	0	0.014	0.012
22.1	g	0.010	0	0.014	0.012
Polyunsaturated, total	g	0.860	0	1.204	1.006
18:2	g	0.570	0	0.798	0.667
18:3	g	0.010	0	0.014	0.012
18:4	g	0.000	0	0.000	0.000
20:4	g	0.170	0	0.238	0.199
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.042	0.035
22:6	g	0.030	0	0.042	0.035
Cholesterol	mg	69	0	97	81
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.340	0	0.476	0.398
Threonine	g	1.330	0	1.862	1.556
Isoleucine	g	1.555	0	2.177	1.819
Leucine	g	2.383	0	3.336	2.788
Lysine	g	2.818	0	3.945	3.297
Methionine	g	0.866	0	1.212	1.013
Cystine	g	0.311	0	0.435	0.364
Phenylalanine	g	1.187	0	1.662	1.389
Tyrosine	g	1.182	0	1.655	1.383
Valine	g	1.588	0	2.223	1.858
Arginine	g	2.086	0	2.920	2.441
Histidine	g	0.933	0	1.306	1.092
Alanine	g	1.851	0	2.591	2.166
Aspartic acid	g	2.904	0	4.066	3.398
Glutamic acid	g	4.880	0	6.832	5.710
Glycine	g	1.483	0	2.076	1.735
Proline	g	1.244	0	1.742	1.455
Serine	g	1.330	0	1.862	1.556
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05187 Turkey, all classes, dark meat, raw

Refuse: 36% 26% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 132g	Measure 2* 1017g	Measure 3*
Proximates:							
Water	g	74.48		0	98.31	757.46	
Energy	kcal	125		0	165	1271	
Energy	kj	523		0	690	5319	
Protein (N x 5.95)	g	20.07		0	26.49	204.11	
Total lipid (fat)	g	4.38		0	5.78	44.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93		0	1.23	9.46	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	22	173	
Iron	mg	1.75		0	2.31	17.80	
Magnesium	mg	22		0	29	224	
Phosphorus	mg	184		0	243	1871	
Potassium	mg	286		0	378	2909	
Sodium	mg	77		0	102	783	
Zinc	mg	3.22		0	4.25	32.75	
Copper	mg	0.147		0	0.194	1.495	
Manganese	mg	0.022		0	0.029	0.224	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.081		0	0.107	0.824	
Riboflavin	mg	0.221		0	0.292	2.248	
Niacin	mg	3.075		0	4.059	31.273	
Pantothenic acid	mg	1.155		0	1.525	11.746	
Vitamin B-6	mg	0.360		0	0.475	3.661	
Folate	µg	11		0	15	112	
Vitamin B-12	µg	0.40		0	0.53	4.07	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.710		0	0.937	7.221	
Lipids:							
Saturated, total	g	1.470		0	1.940	14.950	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.013	0.102	
14:0	g	0.030		0	0.040	0.305	
15.0	g						
16:0	g	0.770		0	1.016	7.831	
17:0	g						
18:0	g	0.440		0	0.581	4.475	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.990	0	1.307	10.068
14:1	g				
16:1	g	0.150	0	0.198	1.525
18:1	g	0.820	0	1.082	8.339
20:1	g	0.020	0	0.026	0.203
22.1	g	0.010	0	0.013	0.102
Polyunsaturated, total	g	1.310	0	1.729	13.323
18:2	g	1.060	0	1.399	10.780
18:3	g	0.040	0	0.053	0.407
18:4	g				
20:4	g	0.160	0	0.211	1.627
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.026	0.203
22:6	g	0.030	0	0.040	0.305
Cholesterol	mg	69	0	91	702
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.228	0	0.301	2.319
Threonine	g	0.893	0	1.179	9.082
Isoleucine	g	1.044	0	1.378	10.617
Leucine	g	1.600	0	2.112	16.272
Lysine	g	1.892	0	2.497	19.242
Methionine	g	0.581	0	0.767	5.909
Cystine	g	0.209	0	0.276	2.126
Phenylalanine	g	0.796	0	1.051	8.095
Tyrosine	g	0.793	0	1.047	8.065
Valine	g	1.067	0	1.408	10.851
Arginine	g	1.400	0	1.848	14.238
Histidine	g	0.626	0	0.826	6.366
Alanine	g	1.243	0	1.641	12.641
Aspartic acid	g	1.950	0	2.574	19.831
Glutamic acid	g	3.276	0	4.324	33.317
Glycine	g	0.996	0	1.315	10.129
Proline	g	0.835	0	1.102	8.492
Serine	g	0.893	0	1.179	9.082
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05188 Turkey, all classes, dark meat, cooked, roasted

Refuse: 37% 27% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 91g	Measure 3*
Proximates:							
Water	g	63.09		0	88.33	57.41	
Energy	kcal	187		0	262	170	
Energy	kj	782		0	1095	712	
Protein (N x 5.95)	g	28.57		0	40.00	26.00	
Total lipid (fat)	g	7.22		0	10.11	6.57	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02		0	1.43	0.93	
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	45	29	
Iron	mg	2.33		0	3.26	2.12	
Magnesium	mg	24		0	34	22	
Phosphorus	mg	204		0	286	186	
Potassium	mg	290		0	406	264	
Sodium	mg	79		0	111	72	
Zinc	mg	4.46		0	6.24	4.06	
Copper	mg	0.160		0	0.224	0.146	
Manganese	mg	0.023		0	0.032	0.021	
Selenium	µg	40.9	4.175	16	57.3	37.2	
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.063		0	0.088	0.057	
Riboflavin	mg	0.248		0	0.347	0.226	
Niacin	mg	3.649		0	5.109	3.321	
Pantothenic acid	mg	1.286		0	1.800	1.170	
Vitamin B-6	mg	0.360		0	0.504	0.328	
Folate	µg	9		0	13	8	
Vitamin B-12	µg	0.37		0	0.52	0.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.640		0	0.896	0.582	
Lipids:							
Saturated, total	g	2.420		0	3.388	2.202	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.028	0.018	
14:0	g	0.050		0	0.070	0.046	
15.0	g						
16:0	g	1.280		0	1.792	1.165	
17:0	g						
18:0	g	0.720		0	1.008	0.655	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.640	0	2.296	1.492
14:1	g				
16:1	g	0.240	0	0.336	0.218
18:1	g	1.350	0	1.890	1.229
20:1	g	0.030	0	0.042	0.027
22.1	g	0.020	0	0.028	0.018
Polyunsaturated, total	g	2.160	0	3.024	1.966
18:2	g	1.750	0	2.450	1.593
18:3	g	0.070	0	0.098	0.064
18:4	g	0.000	0	0.000	0.000
20:4	g	0.260	0	0.364	0.237
20:5	g	0.000	0	0.000	0.000
22:5	g	0.040	0	0.056	0.036
22:6	g	0.060	0	0.084	0.055
Cholesterol	mg	85	0	119	77
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.325	0	0.455	0.296
Threonine	g	1.271	0	1.779	1.157
Isoleucine	g	1.485	0	2.079	1.351
Leucine	g	2.276	0	3.186	2.071
Lysine	g	2.693	0	3.770	2.451
Methionine	g	0.828	0	1.159	0.753
Cystine	g	0.297	0	0.416	0.270
Phenylalanine	g	1.134	0	1.588	1.032
Tyrosine	g	1.129	0	1.581	1.027
Valine	g	1.518	0	2.125	1.381
Arginine	g	1.993	0	2.790	1.814
Histidine	g	0.892	0	1.249	0.812
Alanine	g	1.769	0	2.477	1.610
Aspartic acid	g	2.775	0	3.885	2.525
Glutamic acid	g	4.663	0	6.528	4.243
Glycine	g	1.417	0	1.984	1.289
Proline	g	1.188	0	1.663	1.081
Serine	g	1.271	0	1.779	1.157
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05189 Turkey, all classes, back, meat and skin, raw

Refuse: 40% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 361g	Measure 2* 47g	Measure 3*
Proximates:							
Water	g	67.78		0	244.69	31.86	
Energy	kcal	196		0	708	92	
Energy	kj	820		0	2960	385	
Protein (N x 5.95)	g	18.11		0	65.38	8.51	
Total lipid (fat)	g	13.11		0	47.33	6.16	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.79		0	2.85	0.37	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	61	8	
Iron	mg	1.63		0	5.88	0.77	
Magnesium	mg	18		0	65	8	
Phosphorus	mg	157		0	567	74	
Potassium	mg	236		0	852	111	
Sodium	mg	66		0	238	31	
Zinc	mg	2.67		0	9.64	1.25	
Copper	mg	0.127		0	0.458	0.060	
Manganese	mg	0.020		0	0.072	0.009	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.065		0	0.235	0.031	
Riboflavin	mg	0.183		0	0.661	0.086	
Niacin	mg	2.682		0	9.682	1.261	
Pantothenic acid	mg	0.917		0	3.310	0.431	
Vitamin B-6	mg	0.290		0	1.047	0.136	
Folate	µg	9		0	32	4	
Vitamin B-12	µg	0.36		0	1.30	0.17	
Vitamin A	IU	10		0	36	5	
Vitamin A, RE	µg	3		0	11	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.660		0	13.213	1.720	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.036	0.005	
14:0	g	0.100		0	0.361	0.047	
15.0	g						
16:0	g	2.430		0	8.772	1.142	
17:0	g						
18:0	g	0.820		0	2.960	0.385	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.940	0	17.833	2.322
14:1	g				
16:1	g	0.840	0	3.032	0.395
18:1	g	3.990	0	14.404	1.875
20:1	g	0.010	0	0.036	0.005
22.1	g	0.010	0	0.036	0.005
Polyunsaturated, total	g	3.230	0	11.660	1.518
18:2	g	2.830	0	10.216	1.330
18:3	g	0.180	0	0.650	0.085
18:4	g				
20:4	g	0.140	0	0.505	0.066
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.072	0.009
22:6	g	0.030	0	0.108	0.014
Cholesterol	mg	74	0	267	35
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.195	0	0.704	0.092
Threonine	g	0.777	0	2.805	0.365
Isoleucine	g	0.876	0	3.162	0.412
Leucine	g	1.374	0	4.960	0.646
Lysine	g	1.592	0	5.747	0.748
Methionine	g	0.495	0	1.787	0.233
Cystine	g	0.209	0	0.754	0.098
Phenylalanine	g	0.699	0	2.523	0.329
Tyrosine	g	0.660	0	2.383	0.310
Valine	g	0.926	0	3.343	0.435
Arginine	g	1.288	0	4.650	0.605
Histidine	g	0.525	0	1.895	0.247
Alanine	g	1.185	0	4.278	0.557
Aspartic acid	g	1.734	0	6.260	0.815
Glutamic acid	g	2.827	0	10.205	1.329
Glycine	g	1.263	0	4.559	0.594
Proline	g	0.925	0	3.339	0.435
Serine	g	0.793	0	2.863	0.373
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 back, bone removed
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05190 Turkey, all classes, back, meat and skin, cooked, roasted

Refuse: 41% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 262g	Measure 3* 34g
Proximates:							
Water	g	57.94		0	81.12	151.80	19.70
Energy	kcal	243		0	340	637	83
Energy	kj	1017		0	1424	2665	346
Protein (N x 5.95)	g	26.59		0	37.23	69.67	9.04
Total lipid (fat)	g	14.38		0	20.13	37.68	4.89
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	0.93		0	1.30	2.44	0.32
Sugars, total	g						
Minerals:							
Calcium	mg	33		0	46	86	11
Iron	mg	2.19		0	3.07	5.74	0.74
Magnesium	mg	22		0	31	58	7
Phosphorus	mg	189		0	265	495	64
Potassium	mg	260		0	364	681	88
Sodium	mg	73		0	102	191	25
Zinc	mg	3.92		0	5.49	10.27	1.33
Copper	mg	0.142		0	0.199	0.372	0.048
Manganese	mg	0.023		0	0.032	0.060	0.008
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.054		0	0.076	0.141	0.018
Riboflavin	mg	0.224		0	0.314	0.587	0.076
Niacin	mg	3.446		0	4.824	9.029	1.172
Pantothenic acid	mg	1.073		0	1.502	2.811	0.365
Vitamin B-6	mg	0.300		0	0.420	0.786	0.102
Folate	µg	8		0	11	21	3
Vitamin B-12	µg	0.34		0	0.48	0.89	0.12
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.587		0	0.822	1.538	0.200
Lipids:							
Saturated, total	g	4.180		0	5.852	10.952	1.421
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.026	0.003
14:0	g	0.100		0	0.140	0.262	0.034
15.0	g						
16:0	g	2.640		0	3.696	6.917	0.898
17:0	g						
18:0	g	1.000		0	1.400	2.620	0.340
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.000	0	7.000	13.100	1.700
14:1	g					
16:1	g	0.830	0	1.162	2.175	0.282
18:1	g	4.050	0	5.670	10.611	1.377
20:1	g	0.020	0	0.028	0.052	0.007
22.1	g	0.010	0	0.014	0.026	0.003
Polyunsaturated, total	g	3.700	0	5.180	9.694	1.258
18:2	g	3.180	0	4.452	8.332	1.081
18:3	g	0.190	0	0.266	0.498	0.065
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.230	0	0.322	0.603	0.078
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.030	0	0.042	0.079	0.010
22:6	g	0.040	0	0.056	0.105	0.014
Cholesterol	mg	91	0	127	238	31
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.288	0	0.403	0.755	0.098
Threonine	g	1.145	0	1.603	3.000	0.389
Isoleucine	g	1.297	0	1.816	3.398	0.441
Leucine	g	2.028	0	2.839	5.313	0.690
Lysine	g	2.356	0	3.298	6.173	0.801
Methionine	g	0.731	0	1.023	1.915	0.249
Cystine	g	0.304	0	0.426	0.796	0.103
Phenylalanine	g	1.029	0	1.441	2.696	0.350
Tyrosine	g	0.978	0	1.369	2.562	0.333
Valine	g	1.365	0	1.911	3.576	0.464
Arginine	g	1.887	0	2.642	4.944	0.642
Histidine	g	0.778	0	1.089	2.038	0.265
Alanine	g	1.729	0	2.421	4.530	0.588
Aspartic acid	g	2.549	0	3.569	6.678	0.867
Glutamic acid	g	4.171	0	5.839	10.928	1.418
Glycine	g	1.794	0	2.512	4.700	0.610
Proline	g	1.329	0	1.861	3.482	0.452
Serine	g	1.166	0	1.632	3.055	0.396
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: 1/2 back, bone removed
Measure 3: from 1 lb ready-to-cook turkey

NDB No. 05191 Turkey, all classes, breast, meat and skin, raw

Refuse: 10% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 146g	Measure 2* 1132g	Measure 3*
Proximates:							
Water	g	70.05		0	102.27	792.97	
Energy	kcal	157		0	229	1777	
Energy	kj	657		0	959	7437	
Protein (N x 5.95)	g	21.89		0	31.96	247.79	
Total lipid (fat)	g	7.02		0	10.25	79.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	1.33	10.30	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	19	147	
Iron	mg	1.20		0	1.75	13.58	
Magnesium	mg	24		0	35	272	
Phosphorus	mg	186		0	272	2106	
Potassium	mg	275		0	402	3113	
Sodium	mg	59		0	86	668	
Zinc	mg	1.57		0	2.29	17.77	
Copper	mg	0.074		0	0.108	0.838	
Manganese	mg	0.018		0	0.026	0.204	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.058		0	0.085	0.657	
Riboflavin	mg	0.115		0	0.168	1.302	
Niacin	mg	5.200		0	7.592	58.864	
Pantothenic acid	mg	0.621		0	0.907	7.030	
Vitamin B-6	mg	0.480		0	0.701	5.434	
Folate	µg	7		0	10	79	
Vitamin B-12	µg	0.42		0	0.61	4.75	
Vitamin A	IU	6		0	9	68	
Vitamin A, RE	µg	2		0	3	23	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.910		0	2.789	21.621	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.015	0.113	
14:0	g	0.050		0	0.073	0.566	
15.0	g						
16:0	g	1.270		0	1.854	14.376	
17:0	g						
18:0	g	0.410		0	0.599	4.641	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.660	0	3.884	30.111
14:1	g				
16:1	g	0.450	0	0.657	5.094
18:1	g	2.150	0	3.139	24.338
20:1	g	0.010	0	0.015	0.113
22.1	g	0.010	0	0.015	0.113
Polyunsaturated, total	g	1.660	0	2.424	18.791
18:2	g	1.410	0	2.059	15.961
18:3	g	0.090	0	0.131	1.019
18:4	g				
20:4	g	0.090	0	0.131	1.019
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.015	0.113
22:6	g	0.010	0	0.015	0.113
Cholesterol	mg	65	0	95	736
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.242	0	0.353	2.739
Threonine	g	0.957	0	1.397	10.833
Isoleucine	g	1.099	0	1.605	12.441
Leucine	g	1.704	0	2.488	19.289
Lysine	g	1.996	0	2.914	22.595
Methionine	g	0.616	0	0.899	6.973
Cystine	g	0.240	0	0.350	2.717
Phenylalanine	g	0.857	0	1.251	9.701
Tyrosine	g	0.832	0	1.215	9.418
Valine	g	1.141	0	1.666	12.916
Arginine	g	1.541	0	2.250	17.444
Histidine	g	0.660	0	0.964	7.471
Alanine	g	1.392	0	2.032	15.757
Aspartic acid	g	2.111	0	3.082	23.897
Glutamic acid	g	3.497	0	5.106	39.586
Glycine	g	1.299	0	1.897	14.705
Proline	g	1.011	0	1.476	11.445
Serine	g	0.966	0	1.410	10.935
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone removed

NDB No. 05192 Turkey, all classes, breast, meat and skin, cooked, roasted

Refuse: 8% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 112g	Measure 2* 864g	Measure 3*
Proximates:							
Water	g	63.22		0	70.81	546.22	
Energy	kcal	189		0	212	1633	
Energy	kj	791		0	886	6834	
Protein (N x 5.95)	g	28.71		0	32.16	248.05	
Total lipid (fat)	g	7.41		0	8.30	64.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03		0	1.15	8.90	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	24	181	
Iron	mg	1.40		0	1.57	12.10	
Magnesium	mg	27		0	30	233	
Phosphorus	mg	210		0	235	1814	
Potassium	mg	288		0	323	2488	
Sodium	mg	63		0	71	544	
Zinc	mg	2.03		0	2.27	17.54	
Copper	mg	0.047		0	0.053	0.406	
Manganese	mg	0.020		0	0.022	0.173	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.057		0	0.064	0.492	
Riboflavin	mg	0.131		0	0.147	1.132	
Niacin	mg	6.365		0	7.129	54.994	
Pantothenic acid	mg	0.634		0	0.710	5.478	
Vitamin B-6	mg	0.480		0	0.538	4.147	
Folate	µg	6		0	7	52	
Vitamin B-12	µg	0.36		0	0.40	3.11	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.100		0	2.352	18.144	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.011	0.086	
14:0	g	0.050		0	0.056	0.432	
15.0	g						
16:0	g	1.280		0	1.434	11.059	
17:0	g						
18:0	g	0.500		0	0.560	4.320	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.450	0	2.744	21.168
14:1	g				
16:1	g	0.400	0	0.448	3.456
18:1	g	1.980	0	2.218	17.107
20:1	g	0.010	0	0.011	0.086
22.1	g	0.010	0	0.011	0.086
Polyunsaturated, total	g	1.800	0	2.016	15.552
18:2	g	1.450	0	1.624	12.528
18:3	g	0.080	0	0.090	0.691
18:4	g				
20:4	g	0.160	0	0.179	1.382
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.034	0.259
22:6	g	0.030	0	0.034	0.259
Cholesterol	mg	74	0	83	639
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.318	0	0.356	2.748
Threonine	g	1.257	0	1.408	10.860
Isoleucine	g	1.447	0	1.621	12.502
Leucine	g	2.240	0	2.509	19.354
Lysine	g	2.626	0	2.941	22.689
Methionine	g	0.811	0	0.908	7.007
Cystine	g	0.313	0	0.351	2.704
Phenylalanine	g	1.126	0	1.261	9.729
Tyrosine	g	1.096	0	1.228	9.469
Valine	g	1.500	0	1.680	12.960
Arginine	g	2.020	0	2.262	17.453
Histidine	g	0.868	0	0.972	7.500
Alanine	g	1.822	0	2.041	15.742
Aspartic acid	g	2.771	0	3.104	23.941
Glutamic acid	g	4.597	0	5.149	39.718
Glycine	g	1.677	0	1.878	14.489
Proline	g	1.313	0	1.471	11.344
Serine	g	1.268	0	1.420	10.956
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone removed

NDB No. 05193 Turkey, all classes, leg, meat and skin, raw

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 816g	Measure 3*
Proximates:							
Water	g	72.69		0	76.32	593.15	
Energy	kcal	144		0	151	1175	
Energy	kj	602		0	632	4912	
Protein (N x 5.95)	g	19.54		0	20.52	159.45	
Total lipid (fat)	g	6.72		0	7.06	54.84	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	0.93	7.26	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	18	139	
Iron	mg	1.72		0	1.81	14.04	
Magnesium	mg	21		0	22	171	
Phosphorus	mg	177		0	186	1444	
Potassium	mg	273		0	287	2228	
Sodium	mg	74		0	78	604	
Zinc	mg	3.09		0	3.24	25.21	
Copper	mg	0.142		0	0.149	1.159	
Manganese	mg	0.022		0	0.023	0.180	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.077		0	0.081	0.628	
Riboflavin	mg	0.211		0	0.222	1.722	
Niacin	mg	2.947		0	3.094	24.048	
Pantothenic acid	mg	1.090		0	1.145	8.894	
Vitamin B-6	mg	0.340		0	0.357	2.774	
Folate	µg	10		0	11	82	
Vitamin B-12	µg	0.39		0	0.41	3.18	
Vitamin A	IU	3		0	3	24	
Vitamin A, RE	µg	1		0	1	8	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.060		0	2.163	16.810	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.011	0.082	
14:0	g	0.050		0	0.053	0.408	
15.0	g						
16:0	g	1.220		0	1.281	9.955	
17:0	g						
18:0	g	0.540		0	0.567	4.406	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.060	0	2.163	16.810
14:1	g				
16:1	g	0.330	0	0.347	2.693
18:1	g	1.680	0	1.764	13.709
20:1	g	0.020	0	0.021	0.163
22.1	g	0.010	0	0.011	0.082
Polyunsaturated, total	g	1.830	0	1.922	14.933
18:2	g	1.540	0	1.617	12.566
18:3	g	0.080	0	0.084	0.653
18:4	g				
20:4	g	0.150	0	0.158	1.224
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.021	0.163
22:6	g	0.030	0	0.032	0.245
Cholesterol	mg	71	0	75	579
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.219	0	0.230	1.787
Threonine	g	0.861	0	0.904	7.026
Isoleucine	g	0.998	0	1.048	8.144
Leucine	g	1.537	0	1.614	12.542
Lysine	g	1.809	0	1.899	14.761
Methionine	g	0.557	0	0.585	4.545
Cystine	g	0.209	0	0.219	1.705
Phenylalanine	g	0.769	0	0.807	6.275
Tyrosine	g	0.757	0	0.795	6.177
Valine	g	1.028	0	1.079	8.388
Arginine	g	1.370	0	1.439	11.179
Histidine	g	0.598	0	0.628	4.880
Alanine	g	1.228	0	1.289	10.020
Aspartic acid	g	1.890	0	1.985	15.422
Glutamic acid	g	3.152	0	3.310	25.720
Glycine	g	1.070	0	1.124	8.731
Proline	g	0.861	0	0.904	7.026
Serine	g	0.866	0	0.909	7.067
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone removed

NDB No. 05194 Turkey, all classes, leg, meat and skin, cooked, roasted

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2* 546g	Measure 3*
Proximates:							
Water	g	61.19		0	43.44	334.10	
Energy	kcal	208		0	148	1136	
Energy	kj	870		0	618	4750	
Protein (N x 5.95)	g	27.87		0	19.79	152.17	
Total lipid (fat)	g	9.82		0	6.97	53.62	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	0.70	5.41	
Sugars, total	g						
Minerals:							
Calcium	mg	32		0	23	175	
Iron	mg	2.30		0	1.63	12.56	
Magnesium	mg	23		0	16	126	
Phosphorus	mg	199		0	141	1087	
Potassium	mg	280		0	199	1529	
Sodium	mg	77		0	55	420	
Zinc	mg	4.27		0	3.03	23.31	
Copper	mg	0.154		0	0.109	0.841	
Manganese	mg	0.023		0	0.016	0.126	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060		0	0.043	0.328	
Riboflavin	mg	0.241		0	0.171	1.316	
Niacin	mg	3.561		0	2.528	19.443	
Pantothenic acid	mg	1.205		0	0.856	6.579	
Vitamin B-6	mg	0.330		0	0.234	1.802	
Folate	µg	9		0	6	49	
Vitamin B-12	µg	0.36		0	0.26	1.97	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.619		0	0.439	3.380	
Lipids:							
Saturated, total	g	3.060		0	2.173	16.708	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.007	0.055	
14:0	g	0.070		0	0.050	0.382	
15.0	g						
16:0	g	1.770		0	1.257	9.664	
17:0	g						
18:0	g	0.820		0	0.582	4.477	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.870	0	2.038	15.670
14:1	g				
16:1	g	0.460	0	0.327	2.512
18:1	g	2.340	0	1.661	12.776
20:1	g	0.030	0	0.021	0.164
22.1	g	0.020	0	0.014	0.109
Polyunsaturated, total	g	2.720	0	1.931	14.851
18:2	g	2.270	0	1.612	12.394
18:3	g	0.110	0	0.078	0.601
18:4	g	0.000	0	0.000	0.000
20:4	g	0.240	0	0.170	1.310
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.021	0.164
22:6	g	0.050	0	0.036	0.273
Cholesterol	mg	85	0	60	464
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.311	0	0.221	1.698
Threonine	g	1.225	0	0.870	6.689
Isoleucine	g	1.417	0	1.006	7.737
Leucine	g	2.187	0	1.553	11.941
Lysine	g	2.571	0	1.825	14.038
Methionine	g	0.793	0	0.563	4.330
Cystine	g	0.300	0	0.213	1.638
Phenylalanine	g	1.096	0	0.778	5.984
Tyrosine	g	1.074	0	0.763	5.864
Valine	g	1.463	0	1.039	7.988
Arginine	g	1.956	0	1.389	10.680
Histidine	g	0.850	0	0.604	4.641
Alanine	g	1.756	0	1.247	9.588
Aspartic acid	g	2.695	0	1.913	14.715
Glutamic acid	g	4.486	0	3.185	24.494
Glycine	g	1.559	0	1.107	8.512
Proline	g	1.242	0	0.882	6.781
Serine	g	1.233	0	0.875	6.732
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone removed

NDB No. 05195 Turkey, all classes, wing, meat and skin, raw

Refuse: 33% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 33g	Measure 2* 256g	Measure 3*
Proximates:							
Water	g	66.49		0	21.94	170.21	
Energy	kcal	197		0	65	504	
Energy	kj	824		0	272	2109	
Protein (N x 5.95)	g	20.22		0	6.67	51.76	
Total lipid (fat)	g	12.32		0	4.07	31.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		0	0.27	2.07	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	5	36	
Iron	mg	1.26		0	0.42	3.23	
Magnesium	mg	21		0	7	54	
Phosphorus	mg	165		0	54	422	
Potassium	mg	240		0	79	614	
Sodium	mg	55		0	18	141	
Zinc	mg	1.54		0	0.51	3.94	
Copper	mg	0.077		0	0.025	0.197	
Manganese	mg	0.017		0	0.006	0.044	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.017	0.128	
Riboflavin	mg	0.110		0	0.036	0.282	
Niacin	mg	4.425		0	1.460	11.328	
Pantothenic acid	mg	0.554		0	0.183	1.418	
Vitamin B-6	mg	0.410		0	0.135	1.050	
Folate	µg	7		0	2	18	
Vitamin B-12	µg	0.39		0	0.13	1.00	
Vitamin A	IU	11		0	4	28	
Vitamin A, RE	µg	3		0	1	8	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.280		0	1.082	8.397	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.026	
14:0	g	0.090		0	0.030	0.230	
15.0	g						
16:0	g	2.270		0	0.749	5.811	
17:0	g						
18:0	g	0.670		0	0.221	1.715	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.970	0	1.640	12.723
14:1	g				
16:1	g	0.850	0	0.281	2.176
18:1	g	4.010	0	1.323	10.266
20:1	g	0.010	0	0.003	0.026
22.1	g	0.010	0	0.003	0.026
Polyunsaturated, total	g	2.860	0	0.944	7.322
18:2	g	2.520	0	0.832	6.451
18:3	g	0.180	0	0.059	0.461
18:4	g				
20:4	g	0.090	0	0.030	0.230
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.003	0.026
22:6	g	0.010	0	0.003	0.026
Cholesterol	mg	70	0	23	179
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.217	0	0.072	0.556
Threonine	g	0.866	0	0.286	2.217
Isoleucine	g	0.975	0	0.322	2.496
Leucine	g	1.531	0	0.505	3.919
Lysine	g	1.773	0	0.585	4.539
Methionine	g	0.551	0	0.182	1.411
Cystine	g	0.234	0	0.077	0.599
Phenylalanine	g	0.780	0	0.257	1.997
Tyrosine	g	0.734	0	0.242	1.879
Valine	g	1.031	0	0.340	2.639
Arginine	g	1.438	0	0.475	3.681
Histidine	g	0.585	0	0.193	1.498
Alanine	g	1.325	0	0.437	3.392
Aspartic acid	g	1.934	0	0.638	4.951
Glutamic acid	g	3.150	0	1.040	8.064
Glycine	g	1.425	0	0.470	3.648
Proline	g	1.039	0	0.343	2.660
Serine	g	0.885	0	0.292	2.266
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone removed

NDB No. 05196 Turkey, all classes, wing, meat and skin, cooked, roasted

Refuse: 34% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 24g	Measure 2* 186g	Measure 3*
Proximates:							
Water	g	59.49		0	14.28	110.65	
Energy	kcal	229		0	55	426	
Energy	kj	958		0	230	1782	
Protein (N x 5.95)	g	27.38		0	6.57	50.93	
Total lipid (fat)	g	12.43		0	2.98	23.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	0.23	1.80	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	6	45	
Iron	mg	1.46		0	0.35	2.72	
Magnesium	mg	25		0	6	47	
Phosphorus	mg	197		0	47	366	
Potassium	mg	266		0	64	495	
Sodium	mg	61		0	15	113	
Zinc	mg	2.10		0	0.50	3.91	
Copper	mg	0.056		0	0.013	0.104	
Manganese	mg	0.020		0	0.005	0.037	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050		0	0.012	0.093	
Riboflavin	mg	0.134		0	0.032	0.249	
Niacin	mg	5.732		0	1.376	10.662	
Pantothenic acid	mg	0.584		0	0.140	1.086	
Vitamin B-6	mg	0.420		0	0.101	0.781	
Folate	µg	6		0	1	11	
Vitamin B-12	µg	0.34		0	0.08	0.63	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.168		0	0.040	0.312	
Lipids:							
Saturated, total	g	3.390		0	0.814	6.305	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.002	0.019	
14:0	g	0.090		0	0.022	0.167	
15.0	g						
16:0	g	2.230		0	0.535	4.148	
17:0	g						
18:0	g	0.740		0	0.178	1.376	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.660	0	1.118	8.668
14:1	g				
16:1	g	0.790	0	0.190	1.469
18:1	g	3.760	0	0.902	6.994
20:1	g	0.010	0	0.002	0.019
22.1	g	0.010	0	0.002	0.019
Polyunsaturated, total	g	2.940	0	0.706	5.468
18:2	g	2.490	0	0.598	4.631
18:3	g	0.160	0	0.038	0.298
18:4	g	0.000	0	0.000	0.000
20:4	g	0.160	0	0.038	0.298
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.005	0.037
22:6	g	0.030	0	0.007	0.056
Cholesterol	mg	81	0	19	151
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.071	0.549
Threonine	g	1.175	0	0.282	2.186
Isoleucine	g	1.327	0	0.318	2.468
Leucine	g	2.080	0	0.499	3.869
Lysine	g	2.412	0	0.579	4.486
Methionine	g	0.749	0	0.180	1.393
Cystine	g	0.315	0	0.076	0.586
Phenylalanine	g	1.058	0	0.254	1.968
Tyrosine	g	1.000	0	0.240	1.860
Valine	g	1.401	0	0.336	2.606
Arginine	g	1.946	0	0.467	3.620
Histidine	g	0.796	0	0.191	1.481
Alanine	g	1.789	0	0.429	3.328
Aspartic acid	g	2.622	0	0.629	4.877
Glutamic acid	g	4.279	0	1.027	7.959
Glycine	g	1.894	0	0.455	3.523
Proline	g	1.391	0	0.334	2.587
Serine	g	1.199	0	0.288	2.230
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone removed

NDB No. 05197 Turkey, fryer-roasters, meat and skin and giblets and neck, raw

Refuse: 25% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 2410g	Measure 2*	Measure 3*
Proximates:							
Water	g	72.90		0	1756.89		
Energy	kcal	133		0	3205		
Energy	kj	556		0	13400		
Protein (N x 5.95)	g	22.15		0	533.82		
Total lipid (fat)	g	4.25		0	102.42		
Carbohydrate, by difference	g	0.05		0	1.21		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.92		0	22.17		
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	313		
Iron	mg	1.75		0	42.17		
Magnesium	mg	22		0	530		
Phosphorus	mg	175		0	4218		
Potassium	mg	246		0	5929		
Sodium	mg	61		0	1470		
Zinc	mg	2.09		0	50.37		
Copper	mg	0.152		0	3.663		
Manganese	mg	0.030		0	0.723		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0	4.8		
Thiamin	mg	0.043		0	1.036		
Riboflavin	mg	0.215		0	5.181		
Niacin	mg	4.085		0	98.449		
Pantothenic acid	mg	1.030		0	24.823		
Vitamin B-6	mg	0.420		0	10.122		
Folate	µg	26		0	627		
Vitamin B-12	µg	1.85		0	44.59		
Vitamin A	IU	395		0	9520		
Vitamin A, RE	µg	118		0	2844		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.220		0	29.402		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.030		0	0.723		
15.0	g						
16:0	g	0.770		0	18.557		
17:0	g						
18:0	g	0.290		0	6.989		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.470	0	35.427
14:1	g			
16:1	g	0.250	0	6.025
18:1	g	1.190	0	28.679
20:1	g	0.010	0	0.241
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.070	0	25.787
18:2	g	0.910	0	21.931
18:3	g	0.050	0	1.205
18:4	g			
20:4	g	0.080	0	1.928
20:5	g	0.000	0	0.000
22:5	g	0.010	0	0.241
22:6	g	0.010	0	0.241
Cholesterol	mg	92	0	2217
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.245	0	5.905
Threonine	g	0.970	0	23.377
Isoleucine	g	1.112	0	26.799
Leucine	g	1.726	0	41.597
Lysine	g	1.999	0	48.176
Methionine	g	0.620	0	14.942
Cystine	g	0.246	0	5.929
Phenylalanine	g	0.873	0	21.039
Tyrosine	g	0.836	0	20.148
Valine	g	1.156	0	27.860
Arginine	g	1.556	0	37.500
Histidine	g	0.660	0	15.906
Alanine	g	1.394	0	33.595
Aspartic acid	g	2.132	0	51.381
Glutamic acid	g	3.528	0	85.025
Glycine	g	1.313	0	31.643
Proline	g	1.030	0	24.823
Serine	g	0.977	0	23.546
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 turkey

NDB No. 05198 Turkey, fryer-roasters, meat and skin and giblets and neck, cooked, roasted

Refuse: 25% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 251g	Measure 2* 1772g	Measure 3*
Proximates:							
Water	g	65.95		0	165.53	1168.63	
Energy	kcal	171		0	429	3030	
Energy	kj	715		0	1795	12670	
Protein (N x 5.95)	g	28.08		0	70.48	497.58	
Total lipid (fat)	g	5.64		0	14.16	99.94	
Carbohydrate, by difference	g	0.04		0	0.10	0.71	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	2.43	17.19	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	58	408	
Iron	mg	2.22		0	5.57	39.34	
Magnesium	mg	24		0	60	425	
Phosphorus	mg	196		0	492	3473	
Potassium	mg	242		0	607	4288	
Sodium	mg	65		0	163	1152	
Zinc	mg	3.09		0	7.76	54.75	
Copper	mg	0.161		0	0.404	2.853	
Manganese	mg	0.031		0	0.078	0.549	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.3	1.8	
Thiamin	mg	0.042		0	0.105	0.744	
Riboflavin	mg	0.216		0	0.542	3.828	
Niacin	mg	4.780		0	11.998	84.702	
Pantothenic acid	mg	0.999		0	2.507	17.702	
Vitamin B-6	mg	0.400		0	1.004	7.088	
Folate	µg	21		0	53	372	
Vitamin B-12	µg	1.32		0	3.31	23.39	
Vitamin A	IU	224		0	562	3969	
Vitamin A, RE	µg	67		0	168	1187	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.640		0	4.116	29.061	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.025	0.177	
14:0	g	0.040		0	0.100	0.709	
15.0	g						
16:0	g	1.020		0	2.560	18.074	
17:0	g						
18:0	g	0.400		0	1.004	7.088	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.890	0	4.744	33.491
14:1	g				
16:1	g	0.310	0	0.778	5.493
18:1	g	1.530	0	3.840	27.112
20:1	g	0.010	0	0.025	0.177
22.1	g	0.010	0	0.025	0.177
Polyunsaturated, total	g	1.440	0	3.614	25.517
18:2	g	1.210	0	3.037	21.441
18:3	g	0.070	0	0.176	1.240
18:4	g				
20:4	g	0.110	0	0.276	1.949
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.025	0.177
22:6	g	0.020	0	0.050	0.354
Cholesterol	mg	118	0	296	2091
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.309	0	0.776	5.475
Threonine	g	1.225	0	3.075	21.707
Isoleucine	g	1.401	0	3.517	24.826
Leucine	g	2.176	0	5.462	38.559
Lysine	g	2.520	0	6.325	44.654
Methionine	g	0.782	0	1.963	13.857
Cystine	g	0.313	0	0.786	5.546
Phenylalanine	g	1.104	0	2.771	19.563
Tyrosine	g	1.053	0	2.643	18.659
Valine	g	1.459	0	3.662	25.853
Arginine	g	1.977	0	4.962	35.032
Histidine	g	0.831	0	2.086	14.725
Alanine	g	1.776	0	4.458	31.471
Aspartic acid	g	2.701	0	6.780	47.862
Glutamic acid	g	4.460	0	11.195	79.031
Glycine	g	1.713	0	4.300	30.354
Proline	g	1.327	0	3.331	23.514
Serine	g	1.237	0	3.105	21.920
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 turkey

NDB No. 05199 Turkey, fryer-roasters, meat and skin, raw

Refuse: 25% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 310g	Measure 2* 1093g	Measure 3*
Proximates:							
Water	g	72.74	0.279	28	225.49	795.05	
Energy	kcal	134		0	415	1465	
Energy	kj	561		0	1739	6132	
Protein (N x 5.95)	g	22.37	0.166	28	69.35	244.50	
Total lipid (fat)	g	4.25	0.219	28	13.18	46.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.021	8	2.79	9.84	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.279	6	40	142	
Iron	mg	1.42	0.065	6	4.40	15.52	
Magnesium	mg	22	0.126	6	68	240	
Phosphorus	mg	173	2.951	6	536	1891	
Potassium	mg	243	2.837	6	753	2656	
Sodium	mg	58	0.821	6	180	634	
Zinc	mg	1.97	0.200	2	6.11	21.53	
Copper	mg	0.139	0.006	2	0.431	1.519	
Manganese	mg	0.021	0.002	2	0.065	0.230	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.041	0.003	6	0.127	0.448	
Riboflavin	mg	0.151	0.005	6	0.468	1.650	
Niacin	mg	4.039	0.125	6	12.521	44.146	
Pantothenic acid	mg	0.865		0	2.681	9.454	
Vitamin B-6	mg	0.430		0	1.333	4.700	
Folate	µg	9		0	28	98	
Vitamin B-12	µg	0.42		0	1.30	4.59	
Vitamin A	IU	4	0.949	2	12	44	
Vitamin A, RE	µg	1	0.284	2	3	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.210		0	3.751	13.225	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.093	0.328	
15.0	g						
16:0	g	0.780		0	2.418	8.525	
17:0	g						
18:0	g	0.280		0	0.868	3.060	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.520		0	4.712	16.614
14:1	g					
16:1	g	0.260		0	0.806	2.842
18:1	g	1.230		0	3.813	13.444
20:1	g	0.010		0	0.031	0.109
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.060		0	3.286	11.586
18:2	g	0.920		0	2.852	10.056
18:3	g	0.060		0	0.186	0.656
18:4	g					
20:4	g	0.060		0	0.186	0.656
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.031	0.109
22:6	g	0.010		0	0.031	0.109
Cholesterol	mg	81	1.446	6	251	885
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.247		0	0.766	2.700
Threonine	g	0.977		0	3.029	10.679
Isoleucine	g	1.122		0	3.478	12.263
Leucine	g	1.739		0	5.391	19.007
Lysine	g	2.036		0	6.312	22.253
Methionine	g	0.629		0	1.950	6.875
Cystine	g	0.246		0	0.763	2.689
Phenylalanine	g	0.875		0	2.712	9.564
Tyrosine	g	0.849		0	2.632	9.280
Valine	g	1.165		0	3.612	12.733
Arginine	g	1.576		0	4.886	17.226
Histidine	g	0.673		0	2.086	7.356
Alanine	g	1.425		0	4.418	15.575
Aspartic acid	g	2.156		0	6.684	23.565
Glutamic acid	g	3.569		0	11.064	39.009
Glycine	g	1.339		0	4.151	14.635
Proline	g	1.039		0	3.221	11.356
Serine	g	0.987		0	3.060	10.788
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05200 Turkey, fryer-roasters, meat and skin, cooked, roasted

Refuse: 25% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 229g	Measure 2* 808g	Measure 3*
Proximates:							
Water	g	65.76	0.262	6	150.59	531.34	
Energy	kcal	172		0	394	1390	
Energy	kj	720		0	1649	5818	
Protein (N x 5.95)	g	28.26	0.329	6	64.72	228.34	
Total lipid (fat)	g	5.72	0.302	6	13.10	46.22	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99	0.013	6	2.27	8.00	
Sugars, total	g						
Minerals:							
Calcium	mg	22	1.163	6	50	178	
Iron	mg	1.95	0.175	6	4.47	15.76	
Magnesium	mg	25	0.147	6	57	202	
Phosphorus	mg	198	3.208	6	453	1600	
Potassium	mg	250	1.760	6	573	2020	
Sodium	mg	66	2.561	6	151	533	
Zinc	mg	2.89	0.089	2	6.62	23.35	
Copper	mg	0.146	0.036	2	0.334	1.180	
Manganese	mg	0.024	0.003	2	0.055	0.194	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.043	0.003	6	0.098	0.347	
Riboflavin	mg	0.183	0.010	6	0.419	1.479	
Niacin	mg	4.922	0.096	6	11.271	39.770	
Pantothenic acid	mg	0.903		0	2.068	7.296	
Vitamin B-6	mg	0.420		0	0.962	3.394	
Folate	µg	7		0	16	57	
Vitamin B-12	µg	0.37		0	0.85	2.99	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg	0.354		0	0.811	2.860	
Lipids:							
Saturated, total	g	1.650		0	3.778	13.332	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.023	0.081	
14:0	g	0.040		0	0.092	0.323	
15.0	g						
16:0	g	1.040		0	2.382	8.403	
17:0	g						
18:0	g	0.400		0	0.916	3.232	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.960		0	4.488	15.837
14:1	g					
16:1	g	0.330		0	0.756	2.666
18:1	g	1.590		0	3.641	12.847
20:1	g	0.010		0	0.023	0.081
22.1	g	0.010		0	0.023	0.081
Polyunsaturated, total	g	1.450		0	3.321	11.716
18:2	g	1.230		0	2.817	9.938
18:3	g	0.070		0	0.160	0.566
18:4	g	0.000		0	0.000	0.000
20:4	g	0.100		0	0.229	0.808
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.023	0.081
22:6	g	0.020		0	0.046	0.162
Cholesterol	mg	105	5.847	6	240	848
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.311		0	0.712	2.513
Threonine	g	1.230		0	2.817	9.938
Isoleucine	g	1.408		0	3.224	11.377
Leucine	g	2.186		0	5.006	17.663
Lysine	g	2.555		0	5.851	20.644
Methionine	g	0.790		0	1.809	6.383
Cystine	g	0.313		0	0.717	2.529
Phenylalanine	g	1.103		0	2.526	8.912
Tyrosine	g	1.064		0	2.437	8.597
Valine	g	1.467		0	3.359	11.853
Arginine	g	1.995		0	4.569	16.120
Histidine	g	0.844		0	1.933	6.820
Alanine	g	1.810		0	4.145	14.625
Aspartic acid	g	2.721		0	6.231	21.986
Glutamic acid	g	4.491		0	10.284	36.287
Glycine	g	1.746		0	3.998	14.108
Proline	g	1.337		0	3.062	10.803
Serine	g	1.245		0	2.851	10.060
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05201 Turkey, fryer-roasters, meat only, raw

Refuse: 34% 25% bone, 9% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 272g	Measure 2* 990g	Measure 3*
Proximates:							
Water	g	75.42	0.105	6	205.14	746.66	
Energy	kcal	110		0	299	1089	
Energy	kj	460		0	1251	4554	
Protein (N x 5.95)	g	22.32	0.031	6	60.71	220.97	
Total lipid (fat)	g	1.58	0.073	6	4.30	15.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93	0.004	6	2.53	9.21	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.300	6	33	119	
Iron	mg	1.44	0.071	6	3.92	14.26	
Magnesium	mg	24	0.132	6	65	238	
Phosphorus	mg	184	3.276	6	500	1822	
Potassium	mg	260	3.180	6	707	2574	
Sodium	mg	61	0.968	6	166	604	
Zinc	mg	2.03	0.230	2	5.52	20.10	
Copper	mg	0.140	0.000	2	0.381	1.386	
Manganese	mg	0.022	0.002	2	0.060	0.218	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.044	0.004	6	0.120	0.436	
Riboflavin	mg	0.159	0.005	6	0.432	1.574	
Niacin	mg	4.357	0.124	6	11.851	43.134	
Pantothenic acid	mg	0.939		0	2.554	9.296	
Vitamin B-6	mg	0.470		0	1.278	4.653	
Folate	µg	9		0	24	89	
Vitamin B-12	µg	0.44		0	1.20	4.36	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.530		0	1.442	5.247	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.010		0	0.027	0.099	
15.0	g						
16:0	g	0.270		0	0.734	2.673	
17:0	g						
18:0	g	0.160		0	0.435	1.584	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.350		0	0.952	3.465
14:1	g					
16:1	g	0.050		0	0.136	0.495
18:1	g	0.290		0	0.789	2.871
20:1	g	0.010		0	0.027	0.099
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.470		0	1.278	4.653
18:2	g	0.370		0	1.006	3.663
18:3	g	0.010		0	0.027	0.099
18:4	g					
20:4	g	0.060		0	0.163	0.594
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.027	0.099
22:6	g	0.010		0	0.027	0.099
Cholesterol	mg	73	1.826	6	199	723
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.254		0	0.691	2.515
Threonine	g	0.993		0	2.701	9.831
Isoleucine	g	1.161		0	3.158	11.494
Leucine	g	1.778		0	4.836	17.602
Lysine	g	2.103		0	5.720	20.820
Methionine	g	0.646		0	1.757	6.395
Cystine	g	0.232		0	0.631	2.297
Phenylalanine	g	0.886		0	2.410	8.771
Tyrosine	g	0.882		0	2.399	8.732
Valine	g	1.186		0	3.226	11.741
Arginine	g	1.557		0	4.235	15.414
Histidine	g	0.696		0	1.893	6.890
Alanine	g	1.382		0	3.759	13.682
Aspartic acid	g	2.168		0	5.897	21.463
Glutamic acid	g	3.642		0	9.906	36.056
Glycine	g	1.107		0	3.011	10.959
Proline	g	0.928		0	2.524	9.187
Serine	g	0.993		0	2.701	9.831
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05202 Turkey, fryer-roasters, meat only, cooked, roasted

Refuse: 36% 25% bone, 11% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 195g	Measure 3*
Proximates:							
Water	g	67.57	0.233	6	94.60	131.76	
Energy	kcal	150		0	210	293	
Energy	kj	628		0	879	1225	
Protein (N x 5.95)	g	29.56	0.265	6	41.38	57.64	
Total lipid (fat)	g	2.63	0.174	6	3.68	5.13	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04	0.015	6	1.46	2.03	
Sugars, total	g						
Minerals:							
Calcium	mg	20	1.264	6	28	39	
Iron	mg	1.96	0.176	6	2.74	3.82	
Magnesium	mg	26	0.165	6	36	51	
Phosphorus	mg	207	3.465	6	290	404	
Potassium	mg	263	2.129	6	368	513	
Sodium	mg	67	2.362	6	94	131	
Zinc	mg	3.04	0.087	2	4.26	5.93	
Copper	mg	0.150	0.036	2	0.210	0.293	
Manganese	mg	0.025	0.004	2	0.035	0.049	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.046	0.003	6	0.064	0.090	
Riboflavin	mg	0.188	0.010	6	0.263	0.367	
Niacin	mg	5.326	0.096	6	7.456	10.386	
Pantothenic acid	mg	1.012		0	1.417	1.973	
Vitamin B-6	mg	0.480		0	0.672	0.936	
Folate	µg	8		0	11	16	
Vitamin B-12	µg	0.39		0	0.55	0.76	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.870		0	1.218	1.697	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.020	
14:0	g	0.020		0	0.028	0.039	
15.0	g						
16:0	g	0.450		0	0.630	0.878	
17:0	g						
18:0	g	0.260		0	0.364	0.507	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.560		0	0.784	1.092
14:1	g					
16:1	g	0.080		0	0.112	0.156
18:1	g	0.470		0	0.658	0.916
20:1	g	0.010		0	0.014	0.020
22.1	g	0.010		0	0.014	0.020
Polyunsaturated, total	g	0.770		0	1.078	1.502
18:2	g	0.600		0	0.840	1.170
18:3	g	0.020		0	0.028	0.039
18:4	g					
20:4	g	0.100		0	0.140	0.195
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.028	0.039
22:6	g	0.020		0	0.028	0.039
Cholesterol	mg	98	5.793	6	137	191
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.336		0	0.470	0.655
Threonine	g	1.315		0	1.841	2.564
Isoleucine	g	1.537		0	2.152	2.997
Leucine	g	2.355		0	3.297	4.592
Lysine	g	2.785		0	3.899	5.431
Methionine	g	0.856		0	1.198	1.669
Cystine	g	0.307		0	0.430	0.599
Phenylalanine	g	1.173		0	1.642	2.287
Tyrosine	g	1.168		0	1.635	2.278
Valine	g	1.570		0	2.198	3.062
Arginine	g	2.062		0	2.887	4.021
Histidine	g	0.922		0	1.291	1.798
Alanine	g	1.830		0	2.562	3.569
Aspartic acid	g	2.871		0	4.019	5.598
Glutamic acid	g	4.824		0	6.754	9.407
Glycine	g	1.466		0	2.052	2.859
Proline	g	1.230		0	1.722	2.398
Serine	g	1.315		0	1.841	2.564
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05203 Turkey, fryer-roasters, skin only, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 38g	Measure 2* 133g	Measure 3*
Proximates:							
Water	g	59.86	1.160	6	22.75	79.61	
Energy	kcal	283		0	108	376	
Energy	kj	1184		0	450	1575	
Protein (N x 5.95)	g	16.60	0.347	6	6.31	22.08	
Total lipid (fat)	g	23.54	1.654	6	8.95	31.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.48	0.011	6	0.18	0.64	
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.347	6	7	25	
Iron	mg	1.29	0.087	6	0.49	1.72	
Magnesium	mg	10	0.206	6	4	13	
Phosphorus	mg	97	1.978	6	37	129	
Potassium	mg	121	4.966	6	46	161	
Sodium	mg	35	1.811	6	13	47	
Zinc	mg	1.60	0.000	2	0.61	2.13	
Copper	mg	0.134	0.043	2	0.051	0.178	
Manganese	mg	0.015	0.002	2	0.006	0.020	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.021	0.001	6	0.008	0.028	
Riboflavin	mg	0.093	0.005	6	0.035	0.124	
Niacin	mg	1.765	0.207	6	0.671	2.347	
Pantothenic acid	mg	0.329		0	0.125	0.438	
Vitamin B-6	mg	0.090		0	0.034	0.120	
Folate	µg	5		0	2	7	
Vitamin B-12	µg	0.31		0	0.12	0.41	
Vitamin A	IU	33	6.500	2	13	44	
Vitamin A, RE	µg	10	1.950	2	4	13	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.140		0	2.333	8.166	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.180	0.011	14	0.068	0.239	
15.0	g						
16:0	g	4.430	0.229	14	1.683	5.892	
17:0	g						
18:0	g	1.170	0.067	14	0.445	1.556	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.030		0	3.811	13.340
14:1	g					
16:1	g	1.740	0.108	14	0.661	2.314
18:1	g	8.080	0.402	14	3.070	10.746
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.390		0	2.048	7.169
18:2	g	4.870	0.255	14	1.851	6.477
18:3	g	0.360	0.028	11	0.137	0.479
18:4	g					
20:4	g	0.060	0.007	10	0.023	0.080
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	139	6.763	6	53	185
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.133		0	0.051	0.177
Threonine	g	0.592		0	0.225	0.787
Isoleucine	g	0.534		0	0.203	0.710
Leucine	g	0.974		0	0.370	1.295
Lysine	g	0.990		0	0.376	1.317
Methionine	g	0.332		0	0.126	0.442
Cystine	g	0.276		0	0.105	0.367
Phenylalanine	g	0.560		0	0.213	0.745
Tyrosine	g	0.377		0	0.143	0.501
Valine	g	0.698		0	0.265	0.928
Arginine	g	1.280		0	0.486	1.702
Histidine	g	0.319		0	0.121	0.424
Alanine	g	1.346		0	0.511	1.790
Aspartic acid	g	1.484		0	0.564	1.974
Glutamic acid	g	2.063		0	0.784	2.744
Glycine	g	2.647		0	1.006	3.521
Proline	g	1.548		0	0.588	2.059
Serine	g	0.674		0	0.256	0.896
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, skin only

NDB No. 05204 Turkey, fryer-roasters, skin only, cooked, roasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 34g	Measure 2* 121g	Measure 3*
Proximates:							
Water	g	55.46	0.808	6	18.86	67.11	
Energy	kcal	299		0	102	362	
Energy	kj	1251		0	425	1514	
Protein (N x 5.95)	g	20.94	0.634	6	7.12	25.34	
Total lipid (fat)	g	23.28	1.095	6	7.92	28.17	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.73	0.022	6	0.25	0.88	
Sugars, total	g						
Minerals:							
Calcium	mg	35	5.152	6	12	42	
Iron	mg	1.86	0.182	6	0.63	2.25	
Magnesium	mg	17	0.292	6	6	21	
Phosphorus	mg	150	3.621	6	51	182	
Potassium	mg	181	2.454	6	62	219	
Sodium	mg	61	3.776	6	21	74	
Zinc	mg	2.05	0.117	2	0.70	2.48	
Copper	mg	0.129	0.034	2	0.044	0.156	
Manganese	mg	0.020	0.001	2	0.007	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.025	0.001	6	0.009	0.030	
Riboflavin	mg	0.159	0.010	6	0.054	0.192	
Niacin	mg	2.634	0.145	6	0.896	3.187	
Pantothenic acid	mg	0.278		0	0.095	0.336	
Vitamin B-6	mg	0.070		0	0.024	0.085	
Folate	µg	4		0	1	5	
Vitamin B-12	µg	0.22		0	0.07	0.27	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	6.070		0	2.064	7.345	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.180		0	0.061	0.218	
15.0	g						
16:0	g	4.380		0	1.489	5.300	
17:0	g						
18:0	g	1.160		0	0.394	1.404	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.920		0	3.373	12.003
14:1	g					
16:1	g	1.720		0	0.585	2.081
18:1	g	7.990		0	2.717	9.668
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	5.330		0	1.812	6.449
18:2	g	4.820		0	1.639	5.832
18:3	g	0.360		0	0.122	0.436
18:4	g					
20:4	g	0.060		0	0.020	0.073
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	144	9.459	6	49	174
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.167		0	0.057	0.202
Threonine	g	0.747		0	0.254	0.904
Isoleucine	g	0.673		0	0.229	0.814
Leucine	g	1.229		0	0.418	1.487
Lysine	g	1.250		0	0.425	1.512
Methionine	g	0.419		0	0.142	0.507
Cystine	g	0.348		0	0.118	0.421
Phenylalanine	g	0.707		0	0.240	0.855
Tyrosine	g	0.476		0	0.162	0.576
Valine	g	0.881		0	0.300	1.066
Arginine	g	1.615		0	0.549	1.954
Histidine	g	0.402		0	0.137	0.486
Alanine	g	1.698		0	0.577	2.055
Aspartic acid	g	1.873		0	0.637	2.266
Glutamic acid	g	2.603		0	0.885	3.150
Glycine	g	3.340		0	1.136	4.041
Proline	g	1.953		0	0.664	2.363
Serine	g	0.851		0	0.289	1.030
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, skin only

NDB No. 05205 Turkey, fryer-roasters, light meat, meat and skin, raw

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 159g	Measure 2* 561g	Measure 3*
Proximates:							
Water	g	72.49	0.250	6	115.26	406.67	
Energy	kcal	133		0	211	746	
Energy	kj	556		0	884	3119	
Protein (N x 5.95)	g	23.09	0.077	6	36.71	129.53	
Total lipid (fat)	g	3.81	0.294	6	6.06	21.37	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.006	6	1.43	5.05	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.274	6	19	67	
Iron	mg	1.23	0.107	6	1.96	6.90	
Magnesium	mg	24	0.222	6	38	135	
Phosphorus	mg	182	4.881	6	289	1021	
Potassium	mg	253	1.967	6	402	1419	
Sodium	mg	50	0.754	6	80	281	
Zinc	mg	1.42	0.144	2	2.26	7.97	
Copper	mg	0.120	0.014	2	0.191	0.673	
Manganese	mg	0.019	0.000	2	0.030	0.107	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.036	0.004	6	0.057	0.202	
Riboflavin	mg	0.115	0.005	6	0.183	0.645	
Niacin	mg	5.178	0.136	6	8.233	29.049	
Pantothenic acid	mg	0.651		0	1.035	3.652	
Vitamin B-6	mg	0.500		0	0.795	2.805	
Folate	µg	8		0	13	45	
Vitamin B-12	µg	0.44		0	0.70	2.47	
Vitamin A	IU	5	0.975	2	8	28	
Vitamin A, RE	µg	1	0.293	2	2	6	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.020		0	1.622	5.722	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.048	0.168	
15.0	g						
16:0	g	0.700		0	1.113	3.927	
17:0	g						
18:0	g	0.210		0	0.334	1.178	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.520		0	2.417	8.527
14:1	g					
16:1	g	0.260		0	0.413	1.459
18:1	g	1.220		0	1.940	6.844
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.890		0	1.415	4.993
18:2	g	0.780		0	1.240	4.376
18:3	g	0.050		0	0.080	0.281
18:4	g					
20:4	g	0.030		0	0.048	0.168
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	76	0.827	6	121	426
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.254		0	0.404	1.425
Threonine	g	1.006		0	1.600	5.644
Isoleucine	g	1.153		0	1.833	6.468
Leucine	g	1.790		0	2.846	10.042
Lysine	g	2.094		0	3.329	11.747
Methionine	g	0.647		0	1.029	3.630
Cystine	g	0.255		0	0.405	1.431
Phenylalanine	g	0.902		0	1.434	5.060
Tyrosine	g	0.872		0	1.386	4.892
Valine	g	1.200		0	1.908	6.732
Arginine	g	1.628		0	2.589	9.133
Histidine	g	0.692		0	1.100	3.882
Alanine	g	1.475		0	2.345	8.275
Aspartic acid	g	2.224		0	3.536	12.477
Glutamic acid	g	3.675		0	5.843	20.617
Glycine	g	1.407		0	2.237	7.893
Proline	g	1.083		0	1.722	6.076
Serine	g	1.018		0	1.619	5.711
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05206 Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 123g	Measure 2* 433g	Measure 3*
Proximates:							
Water	g	66.54	0.303	6	81.84	288.12	
Energy	kcal	164		0	202	710	
Energy	kj	686		0	844	2970	
Protein (N x 5.95)	g	28.77	0.330	6	35.39	124.57	
Total lipid (fat)	g	4.58	0.251	6	5.63	19.83	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04	0.013	6	1.28	4.50	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.946	6	22	78	
Iron	mg	1.61	0.217	6	1.98	6.97	
Magnesium	mg	26	0.243	6	32	113	
Phosphorus	mg	205	3.184	6	252	888	
Potassium	mg	262	2.282	6	322	1134	
Sodium	mg	57	2.269	6	70	247	
Zinc	mg	2.08	0.136	2	2.56	9.01	
Copper	mg	0.092	0.028	2	0.113	0.398	
Manganese	mg	0.024	0.005	2	0.030	0.104	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.038	0.002	6	0.047	0.165	
Riboflavin	mg	0.139	0.006	6	0.171	0.602	
Niacin	mg	6.275	0.152	6	7.718	27.171	
Pantothenic acid	mg	0.648		0	0.797	2.806	
Vitamin B-6	mg	0.490		0	0.603	2.122	
Folate	µg	6		0	7	26	
Vitamin B-12	µg	0.36		0	0.44	1.56	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.250		0	1.538	5.412	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.030		0	0.037	0.130	
15.0	g						
16:0	g	0.820		0	1.009	3.551	
17:0	g						
18:0	g	0.280		0	0.344	1.212	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.700		0	2.091	7.361
14:1	g					
16:1	g	0.290		0	0.357	1.256
18:1	g	1.370		0	1.685	5.932
20:1	g	0.010		0	0.012	0.043
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.090		0	1.341	4.720
18:2	g	0.920		0	1.132	3.984
18:3	g	0.060		0	0.074	0.260
18:4	g					
20:4	g	0.060		0	0.074	0.260
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.012	0.043
22:6	g	0.010		0	0.012	0.043
Cholesterol	mg	95	5.564	6	117	411
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.316		0	0.389	1.368
Threonine	g	1.251		0	1.539	5.417
Isoleucine	g	1.432		0	1.761	6.201
Leucine	g	2.224		0	2.736	9.630
Lysine	g	2.599		0	3.197	11.254
Methionine	g	0.804		0	0.989	3.481
Cystine	g	0.319		0	0.392	1.381
Phenylalanine	g	1.122		0	1.380	4.858
Tyrosine	g	1.083		0	1.332	4.689
Valine	g	1.492		0	1.835	6.460
Arginine	g	2.030		0	2.497	8.790
Histidine	g	0.859		0	1.057	3.719
Alanine	g	1.843		0	2.267	7.980
Aspartic acid	g	2.769		0	3.406	11.990
Glutamic acid	g	4.569		0	5.620	19.784
Glycine	g	1.781		0	2.191	7.712
Proline	g	1.363		0	1.676	5.902
Serine	g	1.267		0	1.558	5.486
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05207 Turkey, fryer-roasters, dark meat, meat and skin, raw

Refuse: 30% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 151g	Measure 2* 532g	Measure 3*
Proximates:							
Water	g	74.56	0.273	6	112.59	396.66	
Energy	kcal	129		0	195	686	
Energy	kj	540		0	815	2873	
Protein (N x 5.95)	g	20.06	0.045	6	30.29	106.72	
Total lipid (fat)	g	4.79	0.320	6	7.23	25.48	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.84	0.002	6	1.27	4.47	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.407	6	21	74	
Iron	mg	1.62	0.044	6	2.45	8.62	
Magnesium	mg	20	0.047	6	30	106	
Phosphorus	mg	163	1.349	6	246	867	
Potassium	mg	232	4.009	6	350	1234	
Sodium	mg	66	1.096	6	100	351	
Zinc	mg	2.55	0.258	2	3.85	13.57	
Copper	mg	0.160	0.026	2	0.242	0.851	
Manganese	mg	0.023	0.004	2	0.035	0.122	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.046	0.004	6	0.069	0.245	
Riboflavin	mg	0.189	0.006	6	0.285	1.005	
Niacin	mg	2.838	0.122	6	4.285	15.098	
Pantothenic acid	mg	1.090		0	1.646	5.799	
Vitamin B-6	mg	0.340		0	0.513	1.809	
Folate	µg	10		0	15	53	
Vitamin B-12	µg	0.40		0	0.60	2.13	
Vitamin A	IU	3	0.921	2	5	16	
Vitamin A, RE	µg	1	0.276	2	2	5	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.430		0	2.159	7.608	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.015	0.053	
14:0	g	0.030		0	0.045	0.160	
15.0	g						
16:0	g	0.870		0	1.314	4.628	
17:0	g						
18:0	g	0.360		0	0.544	1.915	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.550		0	2.341	8.246
14:1	g					
16:1	g	0.250		0	0.378	1.330
18:1	g	1.260		0	1.903	6.703
20:1	g	0.010		0	0.015	0.053
22.1	g	0.010		0	0.015	0.053
Polyunsaturated, total	g	1.270		0	1.918	6.756
18:2	g	1.080		0	1.631	5.746
18:3	g	0.060		0	0.091	0.319
18:4	g					
20:4	g	0.090		0	0.136	0.479
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.015	0.053
22:6	g	0.020		0	0.030	0.106
Cholesterol	mg	87	2.221	6	131	463
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.222		0	0.335	1.181
Threonine	g	0.878		0	1.326	4.671
Isoleucine	g	1.011		0	1.527	5.379
Leucine	g	1.564		0	2.362	8.320
Lysine	g	1.834		0	2.769	9.757
Methionine	g	0.566		0	0.855	3.011
Cystine	g	0.219		0	0.331	1.165
Phenylalanine	g	0.786		0	1.187	4.182
Tyrosine	g	0.765		0	1.155	4.070
Valine	g	1.048		0	1.582	5.575
Arginine	g	1.412		0	2.132	7.512
Histidine	g	0.606		0	0.915	3.224
Alanine	g	1.274		0	1.924	6.778
Aspartic acid	g	1.936		0	2.923	10.300
Glutamic acid	g	3.211		0	4.849	17.083
Glycine	g	1.175		0	1.774	6.251
Proline	g	0.919		0	1.388	4.889
Serine	g	0.886		0	1.338	4.714
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05208 Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted

Refuse: 31% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 106g	Measure 2* 374g	Measure 3*
Proximates:							
Water	g	64.82	0.287	6	68.71	242.43	
Energy	kcal	182		0	193	681	
Energy	kj	761		0	807	2846	
Protein (N x 5.95)	g	27.69	0.367	6	29.35	103.56	
Total lipid (fat)	g	7.06	0.385	6	7.48	26.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94	0.018	6	1.00	3.52	
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.390	6	29	101	
Iron	mg	2.33	0.175	6	2.47	8.71	
Magnesium	mg	23	0.131	6	24	86	
Phosphorus	mg	190	3.600	6	201	711	
Potassium	mg	237	1.653	6	251	886	
Sodium	mg	76	2.999	6	81	284	
Zinc	mg	3.83	0.063	2	4.06	14.32	
Copper	mg	0.209	0.044	2	0.222	0.782	
Manganese	mg	0.024	0.002	2	0.025	0.090	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.048	0.004	6	0.051	0.180	
Riboflavin	mg	0.235	0.015	6	0.249	0.879	
Niacin	mg	3.350	0.083	6	3.551	12.529	
Pantothenic acid	mg	1.199		0	1.271	4.484	
Vitamin B-6	mg	0.330		0	0.350	1.234	
Folate	µg	9		0	10	34	
Vitamin B-12	µg	0.37		0	0.39	1.38	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.120		0	2.247	7.929	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.011	0.037	
14:0	g	0.050		0	0.053	0.187	
15.0	g						
16:0	g	1.290		0	1.367	4.825	
17:0	g						
18:0	g	0.540		0	0.572	2.020	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.270		0	2.406	8.490
14:1	g					
16:1	g	0.370		0	0.392	1.384
18:1	g	1.850		0	1.961	6.919
20:1	g	0.010		0	0.011	0.037
22.1	g	0.010		0	0.011	0.037
Polyunsaturated, total	g	1.880		0	1.993	7.031
18:2	g	1.590		0	1.685	5.947
18:3	g	0.090		0	0.095	0.337
18:4	g					
20:4	g	0.140		0	0.148	0.524
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.021	0.075
22:6	g	0.030		0	0.032	0.112
Cholesterol	mg	117	6.123	6	124	438
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.304		0	0.322	1.137
Threonine	g	1.205		0	1.277	4.507
Isoleucine	g	1.380		0	1.463	5.161
Leucine	g	2.143		0	2.272	8.015
Lysine	g	2.505		0	2.655	9.369
Methionine	g	0.775		0	0.822	2.899
Cystine	g	0.307		0	0.325	1.148
Phenylalanine	g	1.081		0	1.146	4.043
Tyrosine	g	1.043		0	1.106	3.901
Valine	g	1.437		0	1.523	5.374
Arginine	g	1.954		0	2.071	7.308
Histidine	g	0.828		0	0.878	3.097
Alanine	g	1.772		0	1.878	6.627
Aspartic acid	g	2.666		0	2.826	9.971
Glutamic acid	g	4.401		0	4.665	16.460
Glycine	g	1.705		0	1.807	6.377
Proline	g	1.308		0	1.386	4.892
Serine	g	1.220		0	1.293	4.563
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05209 Turkey, fryer-roasters, light meat, meat only, raw

Refuse: 31% 19% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 481g	Measure 3*
Proximates:							
Water	g	74.61	0.095	6	101.47	358.87	
Energy	kcal	108		0	147	519	
Energy	kj	452		0	615	2174	
Protein (N x 5.95)	g	24.18	0.054	6	32.88	116.31	
Total lipid (fat)	g	0.49	0.079	6	0.67	2.36	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98	0.008	6	1.33	4.71	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.280	6	14	48	
Iron	mg	1.22	0.120	6	1.66	5.87	
Magnesium	mg	26	0.259	6	35	125	
Phosphorus	mg	196	5.530	6	267	943	
Potassium	mg	276	2.199	6	375	1328	
Sodium	mg	52	0.960	6	71	250	
Zinc	mg	1.39	0.168	2	1.89	6.69	
Copper	mg	0.118	0.024	2	0.160	0.568	
Manganese	mg	0.020	0.001	2	0.027	0.096	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.039	0.004	6	0.053	0.188	
Riboflavin	mg	0.119	0.006	6	0.162	0.572	
Niacin	mg	5.751	0.139	6	7.821	27.662	
Pantothenic acid	mg	0.705		0	0.959	3.391	
Vitamin B-6	mg	0.570		0	0.775	2.742	
Folate	µg	8		0	11	38	
Vitamin B-12	µg	0.46		0	0.63	2.21	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.160		0	0.218	0.770	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000	0.000	10	0.000	0.000	
14:0	g	0.000	0.000	12	0.000	0.000	
15.0	g						
16:0	g	0.070	0.009	12	0.095	0.337	
17:0	g						
18:0	g	0.050	0.005	12	0.068	0.241	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.090		0	0.122	0.433
14:1	g					
16:1	g	0.010	0.002	12	0.014	0.048
18:1	g	0.070	0.009	12	0.095	0.337
20:1	g	0.000	0.000	10	0.000	0.000
22.1	g	0.000	0.000	10	0.000	0.000
Polyunsaturated, total	g	0.130		0	0.177	0.625
18:2	g	0.090	0.011	12	0.122	0.433
18:3	g	0.000	0.000	12	0.000	0.000
18:4	g					
20:4	g	0.030	0.004	11	0.041	0.144
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000	0.000	10	0.000	0.000
22:6	g	0.010	0.002	10	0.014	0.048
Cholesterol	mg	66	1.375	6	90	317
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.275		0	0.374	1.323
Threonine	g	1.076		0	1.463	5.176
Isoleucine	g	1.257		0	1.710	6.046
Leucine	g	1.927		0	2.621	9.269
Lysine	g	2.279		0	3.099	10.962
Methionine	g	0.700		0	0.952	3.367
Cystine	g	0.251		0	0.341	1.207
Phenylalanine	g	0.960		0	1.306	4.618
Tyrosine	g	0.956		0	1.300	4.598
Valine	g	1.285		0	1.748	6.181
Arginine	g	1.687		0	2.294	8.114
Histidine	g	0.754		0	1.025	3.627
Alanine	g	1.497		0	2.036	7.201
Aspartic acid	g	2.348		0	3.193	11.294
Glutamic acid	g	3.946		0	5.367	18.980
Glycine	g	1.199		0	1.631	5.767
Proline	g	1.006		0	1.368	4.839
Serine	g	1.076		0	1.463	5.176
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05210 Turkey, fryer-roasters, light meat, meat only, cooked, roasted

Refuse: 31% 19% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 104g	Measure 3*
Proximates:							
Water	g	68.56	0.288	6	95.98	71.30	
Energy	kcal	140		0	196	146	
Energy	kj	586		0	820	609	
Protein (N x 5.95)	g	30.19	0.290	6	42.27	31.40	
Total lipid (fat)	g	1.18	0.109	6	1.65	1.23	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.09	0.015	6	1.53	1.13	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.985	6	21	16	
Iron	mg	1.57	0.229	6	2.20	1.63	
Magnesium	mg	28	0.250	6	39	29	
Phosphorus	mg	216	3.376	6	302	225	
Potassium	mg	277	2.641	6	388	288	
Sodium	mg	56	2.144	6	78	58	
Zinc	mg	2.08	0.139	2	2.91	2.16	
Copper	mg	0.086	0.027	2	0.120	0.089	
Manganese	mg	0.025	0.005	2	0.035	0.026	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.041	0.002	6	0.057	0.043	
Riboflavin	mg	0.136	0.006	6	0.190	0.141	
Niacin	mg	6.936	0.155	6	9.710	7.213	
Pantothenic acid	mg	0.715		0	1.001	0.744	
Vitamin B-6	mg	0.570		0	0.798	0.593	
Folate	µg	6		0	8	6	
Vitamin B-12	µg	0.39		0	0.55	0.41	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.380		0	0.532	0.395	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.010	
14:0	g	0.010		0	0.014	0.010	
15.0	g						
16:0	g	0.170		0	0.238	0.177	
17:0	g						
18:0	g	0.120		0	0.168	0.125	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.210		0	0.294	0.218
14:1	g					
16:1	g	0.030		0	0.042	0.031
18:1	g	0.170		0	0.238	0.177
20:1	g	0.010		0	0.014	0.010
22.1	g	0.010		0	0.014	0.010
Polyunsaturated, total	g	0.310		0	0.434	0.322
18:2	g	0.210		0	0.294	0.218
18:3	g	0.010		0	0.014	0.010
18:4	g					
20:4	g	0.060		0	0.084	0.062
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.014	0.010
22:6	g	0.010		0	0.014	0.010
Cholesterol	mg	86	5.560	6	120	89
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.343		0	0.480	0.357
Threonine	g	1.343		0	1.880	1.397
Isoleucine	g	1.570		0	2.198	1.633
Leucine	g	2.405		0	3.367	2.501
Lysine	g	2.845		0	3.983	2.959
Methionine	g	0.874		0	1.224	0.909
Cystine	g	0.314		0	0.440	0.327
Phenylalanine	g	1.198		0	1.677	1.246
Tyrosine	g	1.193		0	1.670	1.241
Valine	g	1.604		0	2.246	1.668
Arginine	g	2.106		0	2.948	2.190
Histidine	g	0.942		0	1.319	0.980
Alanine	g	1.869		0	2.617	1.944
Aspartic acid	g	2.932		0	4.105	3.049
Glutamic acid	g	4.927		0	6.898	5.124
Glycine	g	1.497		0	2.096	1.557
Proline	g	1.256		0	1.758	1.306
Serine	g	1.343		0	1.880	1.397
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05211 Turkey, fryer-roasters, dark meat, meat only, raw

Refuse: 37% 30% bone, 7% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 479g	Measure 3*
Proximates:							
Water	g	76.22	0.118	6	103.66	365.09	
Energy	kcal	111		0	151	532	
Energy	kj	464		0	631	2223	
Protein (N x 5.95)	g	20.46	0.064	6	27.83	98.00	
Total lipid (fat)	g	2.67	0.100	6	3.63	12.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88	0.002	6	1.20	4.22	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.444	6	18	62	
Iron	mg	1.66	0.049	6	2.26	7.95	
Magnesium	mg	22	0.053	6	30	105	
Phosphorus	mg	171	1.657	6	233	819	
Potassium	mg	244	4.597	6	332	1169	
Sodium	mg	69	1.144	6	94	331	
Zinc	mg	2.66	0.296	2	3.62	12.74	
Copper	mg	0.162	0.025	2	0.220	0.776	
Manganese	mg	0.024	0.005	2	0.033	0.115	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.049	0.004	6	0.067	0.235	
Riboflavin	mg	0.200	0.006	6	0.272	0.958	
Niacin	mg	2.957	0.118	6	4.022	14.164	
Pantothenic acid	mg	1.173		0	1.595	5.619	
Vitamin B-6	mg	0.370		0	0.503	1.772	
Folate	µg	11		0	15	53	
Vitamin B-12	µg	0.41		0	0.56	1.96	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.900		0	1.224	4.311	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.001	6	0.014	0.048	
14:0	g	0.020	0.003	8	0.027	0.096	
15.0	g						
16:0	g	0.470	0.037	8	0.639	2.251	
17:0	g						
18:0	g	0.270	0.019	8	0.367	1.293	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.610		0	0.830	2.922
14:1	g					
16:1	g	0.090	0.020	8	0.122	0.431
18:1	g	0.500	0.041	8	0.680	2.395
20:1	g	0.010	0.001	7	0.014	0.048
22.1	g	0.010	0.001	7	0.014	0.048
Polyunsaturated, total	g	0.800		0	1.088	3.832
18:2	g	0.650	0.050	8	0.884	3.114
18:3	g	0.020	0.007	8	0.027	0.096
18:4	g					
20:4	g	0.090	0.015	8	0.122	0.431
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010	0.003	7	0.014	0.048
22:6	g	0.020	0.011	7	0.027	0.096
Cholesterol	mg	81	2.500	6	110	388
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.232		0	0.316	1.111
Threonine	g	0.910		0	1.238	4.359
Isoleucine	g	1.064		0	1.447	5.097
Leucine	g	1.630		0	2.217	7.808
Lysine	g	1.928		0	2.622	9.235
Methionine	g	0.592		0	0.805	2.836
Cystine	g	0.213		0	0.290	1.020
Phenylalanine	g	0.812		0	1.104	3.889
Tyrosine	g	0.808		0	1.099	3.870
Valine	g	1.087		0	1.478	5.207
Arginine	g	1.427		0	1.941	6.835
Histidine	g	0.638		0	0.868	3.056
Alanine	g	1.267		0	1.723	6.069
Aspartic acid	g	1.987		0	2.702	9.518
Glutamic acid	g	3.338		0	4.540	15.989
Glycine	g	1.015		0	1.380	4.862
Proline	g	0.851		0	1.157	4.076
Serine	g	0.910		0	1.238	4.359
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05212 Turkey, fryer-roasters, dark meat, meat only, cooked, roasted

Refuse: 41% 31% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 91g	Measure 3*
Proximates:							
Water	g	66.39	0.256	6	92.95	60.41	
Energy	kcal	162		0	227	147	
Energy	kj	678		0	949	617	
Protein (N x 5.95)	g	28.84	0.304	6	40.38	26.24	
Total lipid (fat)	g	4.31	0.263	6	6.03	3.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98	0.020	6	1.37	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.611	6	36	24	
Iron	mg	2.41	0.181	6	3.37	2.19	
Magnesium	mg	24	0.180	6	34	22	
Phosphorus	mg	196	3.964	6	274	178	
Potassium	mg	246	1.897	6	344	224	
Sodium	mg	79	2.835	6	111	72	
Zinc	mg	4.13	0.063	2	5.78	3.76	
Copper	mg	0.223	0.045	2	0.312	0.203	
Manganese	mg	0.025	0.002	2	0.035	0.023	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.051	0.004	6	0.071	0.046	
Riboflavin	mg	0.248	0.016	6	0.347	0.226	
Niacin	mg	3.471	0.086	6	4.859	3.159	
Pantothenic acid	mg	1.353		0	1.894	1.231	
Vitamin B-6	mg	0.380		0	0.532	0.346	
Folate	µg	10		0	14	9	
Vitamin B-12	µg	0.39		0	0.55	0.35	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.450		0	2.030	1.319	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.009	
14:0	g	0.030		0	0.042	0.027	
15.0	g						
16:0	g	0.760		0	1.064	0.692	
17:0	g						
18:0	g	0.430		0	0.602	0.391	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.980		0	1.372	0.892
14:1	g					
16:1	g	0.140		0	0.196	0.127
18:1	g	0.810		0	1.134	0.737
20:1	g	0.020		0	0.028	0.018
22.1	g	0.010		0	0.014	0.009
Polyunsaturated, total	g	1.290		0	1.806	1.174
18:2	g	1.050		0	1.470	0.956
18:3	g	0.040		0	0.056	0.036
18:4	g					
20:4	g	0.150		0	0.210	0.137
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.028	0.018
22:6	g	0.030		0	0.042	0.027
Cholesterol	mg	112	6.024	6	157	102
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.328		0	0.459	0.298
Threonine	g	1.283		0	1.796	1.168
Isoleucine	g	1.500		0	2.100	1.365
Leucine	g	2.298		0	3.217	2.091
Lysine	g	2.718		0	3.805	2.473
Methionine	g	0.835		0	1.169	0.760
Cystine	g	0.300		0	0.420	0.273
Phenylalanine	g	1.145		0	1.603	1.042
Tyrosine	g	1.140		0	1.596	1.037
Valine	g	1.532		0	2.145	1.394
Arginine	g	2.012		0	2.817	1.831
Histidine	g	0.900		0	1.260	0.819
Alanine	g	1.786		0	2.500	1.625
Aspartic acid	g	2.801		0	3.921	2.549
Glutamic acid	g	4.707		0	6.590	4.283
Glycine	g	1.431		0	2.003	1.302
Proline	g	1.200		0	1.680	1.092
Serine	g	1.283		0	1.796	1.168
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05213 Turkey, fryer-roasters, back, meat and skin, raw

Refuse: 41% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 183g	Measure 2* 52g	Measure 3*
Proximates:							
Water	g	72.47	0.606	6	132.62	37.68	
Energy	kcal	151		0	276	79	
Energy	kj	632		0	1157	329	
Protein (N x 5.95)	g	19.89	0.162	6	36.40	10.34	
Total lipid (fat)	g	7.27	0.771	6	13.30	3.78	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.76	0.006	6	1.39	0.40	
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.613	6	35	10	
Iron	mg	1.40	0.097	6	2.56	0.73	
Magnesium	mg	19	0.231	6	35	10	
Phosphorus	mg	155	1.456	6	284	81	
Potassium	mg	204	2.318	6	373	106	
Sodium	mg	60	1.354	6	110	31	
Zinc	mg	1.92	0.599	2	3.51	1.00	
Copper	mg	0.137	0.042	2	0.251	0.071	
Manganese	mg	0.018	0.000	2	0.033	0.009	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.042	0.004	6	0.077	0.022	
Riboflavin	mg	0.161	0.009	6	0.295	0.084	
Niacin	mg	3.257	0.170	6	5.960	1.694	
Pantothenic acid	mg	1.032		0	1.889	0.537	
Vitamin B-6	mg	0.320		0	0.586	0.166	
Folate	µg	10		0	18	5	
Vitamin B-12	µg	0.39		0	0.71	0.20	
Vitamin A	IU	6	2.174	2	11	3	
Vitamin A, RE	µg	2	0.653	2	4	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.120		0	3.880	1.102	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.018	0.005	
14:0	g	0.050		0	0.092	0.026	
15.0	g						
16:0	g	1.330		0	2.434	0.692	
17:0	g						
18:0	g	0.510		0	0.933	0.265	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.500		0	4.575	1.300
14:1	g					
16:1	g	0.420		0	0.769	0.218
18:1	g	2.030		0	3.715	1.056
20:1	g	0.010		0	0.018	0.005
22.1	g	0.010		0	0.018	0.005
Polyunsaturated, total	g	1.880		0	3.440	0.978
18:2	g	1.610		0	2.946	0.837
18:3	g	0.090		0	0.165	0.047
18:4	g					
20:4	g	0.120		0	0.220	0.062
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.037	0.010
22:6	g	0.020		0	0.037	0.010
Cholesterol	mg	86	2.938	6	157	45
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.216		0	0.395	0.112
Threonine	g	0.859		0	1.572	0.447
Isoleucine	g	0.977		0	1.788	0.508
Leucine	g	1.524		0	2.789	0.792
Lysine	g	1.774		0	3.246	0.922
Methionine	g	0.550		0	1.006	0.286
Cystine	g	0.225		0	0.412	0.117
Phenylalanine	g	0.772		0	1.413	0.401
Tyrosine	g	0.737		0	1.349	0.383
Valine	g	1.025		0	1.876	0.533
Arginine	g	1.409		0	2.578	0.733
Histidine	g	0.586		0	1.072	0.305
Alanine	g	1.288		0	2.357	0.670
Aspartic acid	g	1.910		0	3.495	0.993
Glutamic acid	g	3.134		0	5.735	1.630
Glycine	g	1.306		0	2.390	0.679
Proline	g	0.978		0	1.790	0.509
Serine	g	0.874		0	1.599	0.454
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 back, bone removed
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05214 Turkey, fryer-roasters, back, meat and skin, cooked, roasted

Refuse: 41% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2* 37g	Measure 3*
Proximates:							
Water	g	63.27	0.396	6	82.25	23.41	
Energy	kcal	204		0	265	75	
Energy	kj	854		0	1110	316	
Protein (N x 5.95)	g	26.15	0.514	6	33.99	9.68	
Total lipid (fat)	g	10.24	0.726	6	13.31	3.79	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85	0.017	6	1.10	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	36	1.447	6	47	13	
Iron	mg	1.85	0.167	6	2.40	0.68	
Magnesium	mg	20	0.274	6	26	7	
Phosphorus	mg	170	3.973	6	221	63	
Potassium	mg	208	2.865	6	270	77	
Sodium	mg	70	2.926	6	91	26	
Zinc	mg	3.34	0.109	2	4.34	1.24	
Copper	mg	0.166	0.040	2	0.216	0.061	
Manganese	mg	0.023	0.004	2	0.030	0.009	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040	0.003	6	0.052	0.015	
Riboflavin	mg	0.193	0.012	6	0.251	0.071	
Niacin	mg	3.517	0.100	6	4.572	1.301	
Pantothenic acid	mg	1.127		0	1.465	0.417	
Vitamin B-6	mg	0.310		0	0.403	0.115	
Folate	µg	9		0	12	3	
Vitamin B-12	µg	0.36		0	0.47	0.13	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.990		0	3.887	1.106	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.013	0.004	
14:0	g	0.070		0	0.091	0.026	
15.0	g						
16:0	g	1.880		0	2.444	0.696	
17:0	g						
18:0	g	0.720		0	0.936	0.266	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.530		0	4.589	1.306
14:1	g					
16:1	g	0.590		0	0.767	0.218
18:1	g	2.860		0	3.718	1.058
20:1	g	0.020		0	0.026	0.007
22.1	g	0.010		0	0.013	0.004
Polyunsaturated, total	g	2.640		0	3.432	0.977
18:2	g	2.270		0	2.951	0.840
18:3	g	0.130		0	0.169	0.048
18:4	g					
20:4	g	0.170		0	0.221	0.063
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.026	0.007
22:6	g	0.030		0	0.039	0.011
Cholesterol	mg	108	4.974	6	140	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.279		0	0.363	0.103
Threonine	g	1.116		0	1.451	0.413
Isoleucine	g	1.253		0	1.629	0.464
Leucine	g	1.971		0	2.562	0.729
Lysine	g	2.278		0	2.961	0.843
Methionine	g	0.709		0	0.922	0.262
Cystine	g	0.306		0	0.398	0.113
Phenylalanine	g	1.006		0	1.308	0.372
Tyrosine	g	0.943		0	1.226	0.349
Valine	g	1.330		0	1.729	0.492
Arginine	g	1.864		0	2.423	0.690
Histidine	g	0.751		0	0.976	0.278
Alanine	g	1.723		0	2.240	0.638
Aspartic acid	g	2.498		0	3.247	0.924
Glutamic acid	g	4.058		0	5.275	1.501
Glycine	g	1.890		0	2.457	0.699
Proline	g	1.367		0	1.777	0.506
Serine	g	1.142		0	1.485	0.423
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 back, bone removed
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05215 Turkey, fryer-roasters, back, meat only, raw

Refuse: 51% 41% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 43g	Measure 2* 150g	Measure 3*
Proximates:							
Water	g	75.37	0.309	6	32.41	113.06	
Energy	kcal	120		0	52	180	
Energy	kj	502		0	216	753	
Protein (N x 5.95)	g	20.66	0.108	6	8.88	30.99	
Total lipid (fat)	g	3.51	0.292	6	1.51	5.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.83	0.004	6	0.36	1.25	
Sugars, total	g						
Minerals:							
Calcium	mg	19	0.768	6	8	29	
Iron	mg	1.44	0.128	6	0.62	2.16	
Magnesium	mg	21	0.124	6	9	32	
Phosphorus	mg	168	2.786	6	72	252	
Potassium	mg	222	3.485	6	95	333	
Sodium	mg	65	1.230	6	28	98	
Zinc	mg	2.02	0.750	2	0.87	3.03	
Copper	mg	0.134	0.062	2	0.058	0.201	
Manganese	mg	0.019	0.001	2	0.008	0.029	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.047	0.005	6	0.020	0.070	
Riboflavin	mg	0.176	0.009	6	0.076	0.264	
Niacin	mg	3.594	0.184	6	1.545	5.391	
Pantothenic acid	mg	1.182		0	0.508	1.773	
Vitamin B-6	mg	0.370		0	0.159	0.555	
Folate	µg	11		0	5	17	
Vitamin B-12	µg	0.41		0	0.18	0.61	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.180		0	0.507	1.770	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.002	6	0.004	0.015	
14:0	g	0.020	0.005	8	0.009	0.030	
15.0	g						
16:0	g	0.620	0.063	8	0.267	0.930	
17:0	g						
18:0	g	0.350	0.034	8	0.151	0.525	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.800		0	0.344	1.200
14:1	g					
16:1	g	0.120	0.028	8	0.052	0.180
18:1	g	0.660	0.069	8	0.284	0.990
20:1	g	0.010	0.002	7	0.004	0.015
22.1	g	0.010	0.002	7	0.004	0.015
Polyunsaturated, total	g	1.050		0	0.452	1.575
18:2	g	0.850	0.086	8	0.366	1.275
18:3	g	0.030	0.010	8	0.013	0.045
18:4	g					
20:4	g	0.120	0.021	8	0.052	0.180
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020	0.004	7	0.009	0.030
22:6	g	0.030	0.015	7	0.013	0.045
Cholesterol	mg	74	3.423	6	32	111
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.235		0	0.101	0.353
Threonine	g	0.919		0	0.395	1.378
Isoleucine	g	1.074		0	0.462	1.611
Leucine	g	1.646		0	0.708	2.469
Lysine	g	1.947		0	0.837	2.921
Methionine	g	0.598		0	0.257	0.897
Cystine	g	0.215		0	0.092	0.323
Phenylalanine	g	0.820		0	0.353	1.230
Tyrosine	g	0.816		0	0.351	1.224
Valine	g	1.097		0	0.472	1.645
Arginine	g	1.441		0	0.620	2.162
Histidine	g	0.644		0	0.277	0.966
Alanine	g	1.279		0	0.550	1.918
Aspartic acid	g	2.006		0	0.863	3.009
Glutamic acid	g	3.371		0	1.450	5.056
Glycine	g	1.025		0	0.441	1.538
Proline	g	0.859		0	0.369	1.288
Serine	g	0.919		0	0.395	1.378
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 back, bone and skin removed

NDB No. 05216 Turkey, fryer-roasters, back, meat only, cooked, roasted

Refuse: 56% 41% bone, 15% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2* 99g	Measure 3*
Proximates:							
Water	g	66.01	0.462	6	17.82	65.35	
Energy	kcal	170		0	46	168	
Energy	kj	711		0	192	704	
Protein (N x 5.95)	g	28.02	0.496	6	7.57	27.74	
Total lipid (fat)	g	5.64	0.513	6	1.52	5.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.015	6	0.24	0.89	
Sugars, total	g						
Minerals:							
Calcium	mg	36	0.800	6	10	36	
Iron	mg	1.85	0.167	6	0.50	1.83	
Magnesium	mg	22	0.295	6	6	22	
Phosphorus	mg	177	4.282	6	48	175	
Potassium	mg	217	2.994	6	59	215	
Sodium	mg	73	2.555	6	20	72	
Zinc	mg	3.80	0.136	2	1.03	3.76	
Copper	mg	0.179	0.041	2	0.048	0.177	
Manganese	mg	0.025	0.005	2	0.007	0.025	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.045	0.004	6	0.012	0.045	
Riboflavin	mg	0.205	0.013	6	0.055	0.203	
Niacin	mg	3.829	0.113	6	1.034	3.791	
Pantothenic acid	mg	1.422		0	0.384	1.408	
Vitamin B-6	mg	0.400		0	0.108	0.396	
Folate	µg	10		0	3	10	
Vitamin B-12	µg	0.41		0	0.11	0.41	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.890		0	0.510	1.871	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.010	
14:0	g	0.040		0	0.011	0.040	
15.0	g						
16:0	g	1.000		0	0.270	0.990	
17:0	g						
18:0	g	0.570		0	0.154	0.564	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.280		0	0.346	1.267
14:1	g					
16:1	g	0.190		0	0.051	0.188
18:1	g	1.060		0	0.286	1.049
20:1	g	0.020		0	0.005	0.020
22.1	g	0.010		0	0.003	0.010
Polyunsaturated, total	g	1.690		0	0.456	1.673
18:2	g	1.370		0	0.370	1.356
18:3	g	0.050		0	0.014	0.050
18:4	g					
20:4	g	0.200		0	0.054	0.198
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.008	0.030
22:6	g	0.040		0	0.011	0.040
Cholesterol	mg	95	4.152	6	26	94
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.318		0	0.086	0.315
Threonine	g	1.246		0	0.336	1.234
Isoleucine	g	1.457		0	0.393	1.442
Leucine	g	2.232		0	0.603	2.210
Lysine	g	2.640		0	0.713	2.614
Methionine	g	0.811		0	0.219	0.803
Cystine	g	0.291		0	0.079	0.288
Phenylalanine	g	1.112		0	0.300	1.101
Tyrosine	g	1.107		0	0.299	1.096
Valine	g	1.488		0	0.402	1.473
Arginine	g	1.954		0	0.528	1.934
Histidine	g	0.874		0	0.236	0.865
Alanine	g	1.735		0	0.468	1.718
Aspartic acid	g	2.721		0	0.735	2.694
Glutamic acid	g	4.572		0	1.234	4.526
Glycine	g	1.389		0	0.375	1.375
Proline	g	1.165		0	0.315	1.153
Serine	g	1.246		0	0.336	1.234
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 back, bone and skin removed

NDB No. 05217 Turkey, fryer-roasters, breast, meat and skin, raw

Refuse: 12% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 123g	Measure 2* 433g	Measure 3*
Proximates:							
Water	g	72.88	0.199	6	89.64	315.57	
Energy	kcal	125		0	154	541	
Energy	kj	523		0	643	2265	
Protein (N x 5.95)	g	23.76	0.070	6	29.22	102.88	
Total lipid (fat)	g	2.65	0.201	6	3.26	11.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97	0.007	6	1.19	4.20	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.292	6	14	48	
Iron	mg	1.19	0.118	6	1.46	5.15	
Magnesium	mg	26	0.276	6	32	113	
Phosphorus	mg	195	5.771	6	240	844	
Potassium	mg	276	2.204	6	339	1195	
Sodium	mg	48	0.757	6	59	208	
Zinc	mg	1.28	0.038	2	1.57	5.54	
Copper	mg	0.117	0.007	2	0.144	0.507	
Manganese	mg	0.020	0.001	2	0.025	0.087	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.039	0.004	6	0.048	0.169	
Riboflavin	mg	0.116	0.006	6	0.143	0.502	
Niacin	mg	5.809	0.136	6	7.145	25.153	
Pantothenic acid	mg	0.679		0	0.835	2.940	
Vitamin B-6	mg	0.530		0	0.652	2.295	
Folate	µg	8		0	10	35	
Vitamin B-12	µg	0.46		0	0.57	1.99	
Vitamin A	IU	3	0.674	2	4	13	
Vitamin A, RE	µg	1	0.202	2	1	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.720		0	0.886	3.118	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.025	0.087	
15.0	g						
16:0	g	0.480		0	0.590	2.078	
17:0	g						
18:0	g	0.160		0	0.197	0.693	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.000		0	1.230	4.330
14:1	g					
16:1	g	0.170		0	0.209	0.736
18:1	g	0.800		0	0.984	3.464
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.630		0	0.775	2.728
18:2	g	0.530		0	0.652	2.295
18:3	g	0.040		0	0.049	0.173
18:4	g					
20:4	g	0.030		0	0.037	0.130
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.012	0.043
22:6	g	0.010		0	0.012	0.043
Cholesterol	mg	70	1.473	6	86	303
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.264		0	0.325	1.143
Threonine	g	1.042		0	1.282	4.512
Isoleucine	g	1.203		0	1.480	5.209
Leucine	g	1.859		0	2.287	8.049
Lysine	g	2.182		0	2.684	9.448
Methionine	g	0.673		0	0.828	2.914
Cystine	g	0.257		0	0.316	1.113
Phenylalanine	g	0.933		0	1.148	4.040
Tyrosine	g	0.911		0	1.121	3.945
Valine	g	1.244		0	1.530	5.387
Arginine	g	1.669		0	2.053	7.227
Histidine	g	0.722		0	0.888	3.126
Alanine	g	1.502		0	1.847	6.504
Aspartic acid	g	2.295		0	2.823	9.937
Glutamic acid	g	3.813		0	4.690	16.510
Glycine	g	1.359		0	1.672	5.884
Proline	g	1.073		0	1.320	4.646
Serine	g	1.050		0	1.292	4.547
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone removed

NDB No. 05218 Turkey, fryer-roasters, breast, meat and skin, cooked, roasted

Refuse: 11% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 98g	Measure 2* 344g	Measure 3*
Proximates:							
Water	g	67.63	0.272	6	66.28	232.65	
Energy	kcal	153		0	150	526	
Energy	kj	640		0	627	2202	
Protein (N x 5.95)	g	29.07	0.287	6	28.49	100.00	
Total lipid (fat)	g	3.20	0.191	6	3.14	11.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.014	6	1.08	3.78	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.965	6	15	52	
Iron	mg	1.57	0.228	6	1.54	5.40	
Magnesium	mg	28	0.259	6	27	96	
Phosphorus	mg	216	3.665	6	212	743	
Potassium	mg	279	2.831	6	273	960	
Sodium	mg	53	1.956	6	52	182	
Zinc	mg	1.77	0.144	2	1.73	6.09	
Copper	mg	0.076	0.024	2	0.074	0.261	
Manganese	mg	0.024	0.004	2	0.024	0.083	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.041	0.002	6	0.040	0.141	
Riboflavin	mg	0.135	0.006	6	0.132	0.464	
Niacin	mg	6.962	0.170	6	6.823	23.949	
Pantothenic acid	mg	0.661		0	0.648	2.274	
Vitamin B-6	mg	0.510		0	0.500	1.754	
Folate	µg	6		0	6	21	
Vitamin B-12	µg	0.37		0	0.36	1.27	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.870		0	0.853	2.993	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.020		0	0.020	0.069	
15.0	g						
16:0	g	0.580		0	0.568	1.995	
17:0	g						
18:0	g	0.190		0	0.186	0.654	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.200		0	1.176	4.128
14:1	g					
16:1	g	0.200		0	0.196	0.688
18:1	g	0.970		0	0.951	3.337
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.760		0	0.745	2.614
18:2	g	0.640		0	0.627	2.202
18:3	g	0.040		0	0.039	0.138
18:4	g					
20:4	g	0.040		0	0.039	0.138
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.010	0.034
22:6	g	0.010		0	0.010	0.034
Cholesterol	mg	90	6.407	6	88	310
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.322		0	0.316	1.108
Threonine	g	1.273		0	1.248	4.379
Isoleucine	g	1.466		0	1.437	5.043
Leucine	g	2.268		0	2.223	7.802
Lysine	g	2.660		0	2.607	9.150
Methionine	g	0.821		0	0.805	2.824
Cystine	g	0.317		0	0.311	1.090
Phenylalanine	g	1.140		0	1.117	3.922
Tyrosine	g	1.110		0	1.088	3.818
Valine	g	1.519		0	1.489	5.225
Arginine	g	2.044		0	2.003	7.031
Histidine	g	0.879		0	0.861	3.024
Alanine	g	1.844		0	1.807	6.343
Aspartic acid	g	2.805		0	2.749	9.649
Glutamic acid	g	4.654		0	4.561	16.010
Glycine	g	1.693		0	1.659	5.824
Proline	g	1.327		0	1.300	4.565
Serine	g	1.284		0	1.258	4.417
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone removed

NDB No. 05219 Turkey, fryer-roasters, breast, meat only, raw

Refuse: 21% 12% bone, 9% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 111g	Measure 2* 390g	Measure 3*
Proximates:							
Water	g	74.12	0.177	14	82.27	289.07	
Energy	kcal	111		0	123	433	
Energy	kj	464		0	515	1810	
Protein (N x 5.95)	g	24.60	0.148	10	27.31	95.94	
Total lipid (fat)	g	0.65	0.101	12	0.72	2.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02	0.009	6	1.13	3.98	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.291	6	11	39	
Iron	mg	1.17	0.127	6	1.30	4.56	
Magnesium	mg	28	0.298	6	31	109	
Phosphorus	mg	206	6.211	6	229	803	
Potassium	mg	293	2.322	6	325	1143	
Sodium	mg	49	0.879	6	54	191	
Zinc	mg	1.24	0.042	2	1.38	4.84	
Copper	mg	0.116	0.013	2	0.129	0.452	
Manganese	mg	0.021	0.001	2	0.023	0.082	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.041	0.004	6	0.046	0.160	
Riboflavin	mg	0.118	0.006	6	0.131	0.460	
Niacin	mg	6.255	0.140	6	6.943	24.394	
Pantothenic acid	mg	0.717		0	0.796	2.796	
Vitamin B-6	mg	0.580		0	0.644	2.262	
Folate	µg	8		0	9	31	
Vitamin B-12	µg	0.47		0	0.52	1.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.080		0	0.089	0.312	
Lipids:							
Saturated, total	g	0.210		0	0.233	0.819	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000	0.001	10	0.000	0.000	
14:0	g	0.000	0.000	12	0.000	0.000	
15.0	g						
16:0	g	0.090	0.016	12	0.100	0.351	
17:0	g						
18:0	g	0.060	0.010	12	0.067	0.234	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.110		0	0.122	0.429
14:1	g					
16:1	g	0.010	0.003	12	0.011	0.039
18:1	g	0.090	0.016	12	0.100	0.351
20:1	g	0.000	0.000	10	0.000	0.000
22.1	g	0.000	0.000	10	0.000	0.000
Polyunsaturated, total	g	0.170		0	0.189	0.663
18:2	g	0.110	0.019	12	0.122	0.429
18:3	g	0.000	0.001	12	0.000	0.000
18:4	g					
20:4	g	0.030	0.007	11	0.033	0.117
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010	0.001	10	0.011	0.039
22:6	g	0.010	0.003	10	0.011	0.039
Cholesterol	mg	62	1.904	6	69	242
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.279		0	0.310	1.088
Threonine	g	1.094		0	1.214	4.267
Isoleucine	g	1.279		0	1.420	4.988
Leucine	g	1.960		0	2.176	7.644
Lysine	g	2.318		0	2.573	9.040
Methionine	g	0.712		0	0.790	2.777
Cystine	g	0.256		0	0.284	0.998
Phenylalanine	g	0.976		0	1.083	3.806
Tyrosine	g	0.972		0	1.079	3.791
Valine	g	1.307		0	1.451	5.097
Arginine	g	1.716		0	1.905	6.692
Histidine	g	0.768		0	0.852	2.995
Alanine	g	1.523		0	1.691	5.940
Aspartic acid	g	2.389		0	2.652	9.317
Glutamic acid	g	4.015		0	4.457	15.658
Glycine	g	1.220		0	1.354	4.758
Proline	g	1.023		0	1.136	3.990
Serine	g	1.094		0	1.214	4.267
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone and skin removed

NDB No. 05220 Turkey, fryer-roasters, breast, meat only, cooked, roasted

Refuse: 21% 11% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 87g	Measure 2* 306g	Measure 3*
Proximates:							
Water	g	68.40	0.419	6	59.51	209.30	
Energy	kcal	135		0	117	413	
Energy	kj	565		0	492	1729	
Protein (N x 5.95)	g	30.06	0.263	6	26.15	91.98	
Total lipid (fat)	g	0.74	0.069	6	0.64	2.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.14	0.015	6	0.99	3.49	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.751	6	10	37	
Iron	mg	1.53	0.238	6	1.33	4.68	
Magnesium	mg	29	0.259	6	25	89	
Phosphorus	mg	224	3.651	6	195	685	
Potassium	mg	292	3.085	6	254	894	
Sodium	mg	52	1.902	6	45	159	
Zinc	mg	1.74	0.147	2	1.51	5.32	
Copper	mg	0.070	0.023	2	0.061	0.214	
Manganese	mg	0.024	0.005	2	0.021	0.073	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.043	0.002	6	0.037	0.132	
Riboflavin	mg	0.131	0.005	6	0.114	0.401	
Niacin	mg	7.493	0.168	6	6.519	22.929	
Pantothenic acid	mg	0.708		0	0.616	2.166	
Vitamin B-6	mg	0.560		0	0.487	1.714	
Folate	µg	6		0	5	18	
Vitamin B-12	µg	0.39		0	0.34	1.19	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.090		0	0.078	0.275	
Lipids:							
Saturated, total	g	0.240		0	0.209	0.734	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.000		0	0.000	0.000	
15.0	g						
16:0	g	0.110		0	0.096	0.337	
17:0	g						
18:0	g	0.070		0	0.061	0.214	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.130		0	0.113	0.398
14:1	g					
16:1	g	0.020		0	0.017	0.061
18:1	g	0.110		0	0.096	0.337
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.200		0	0.174	0.612
18:2	g	0.130		0	0.113	0.398
18:3	g	0.000		0	0.000	0.000
18:4	g	0.000		0	0.000	0.000
20:4	g	0.040		0	0.035	0.122
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.009	0.031
22:6	g	0.010		0	0.009	0.031
Cholesterol	mg	83	6.552	6	72	254
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.342		0	0.298	1.047
Threonine	g	1.337		0	1.163	4.091
Isoleucine	g	1.563		0	1.360	4.783
Leucine	g	2.395		0	2.084	7.329
Lysine	g	2.833		0	2.465	8.669
Methionine	g	0.871		0	0.758	2.665
Cystine	g	0.313		0	0.272	0.958
Phenylalanine	g	1.193		0	1.038	3.651
Tyrosine	g	1.188		0	1.034	3.635
Valine	g	1.597		0	1.389	4.887
Arginine	g	2.097		0	1.824	6.417
Histidine	g	0.938		0	0.816	2.870
Alanine	g	1.861		0	1.619	5.695
Aspartic acid	g	2.920		0	2.540	8.935
Glutamic acid	g	4.906		0	4.268	15.012
Glycine	g	1.491		0	1.297	4.562
Proline	g	1.251		0	1.088	3.828
Serine	g	1.337		0	1.163	4.091
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone and skin removed

NDB No. 05221 Turkey, fryer-roasters, leg, meat and skin, raw

Refuse: 23% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 99g	Measure 2* 349g	Measure 3*
Proximates:							
Water	g	75.61	0.187	6	74.85	263.88	
Energy	kcal	118		0	117	412	
Energy	kj	494		0	489	1724	
Protein (N x 5.95)	g	20.13	0.089	6	19.93	70.25	
Total lipid (fat)	g	3.57	0.165	6	3.53	12.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88	0.001	6	0.87	3.07	
Sugars, total	g						
Minerals:							
Calcium	mg	11	0.596	6	11	38	
Iron	mg	1.74	0.076	6	1.72	6.07	
Magnesium	mg	21	0.059	6	21	73	
Phosphorus	mg	168	1.367	6	166	586	
Potassium	mg	246	4.363	6	244	859	
Sodium	mg	69	1.232	6	68	241	
Zinc	mg	2.90	0.042	2	2.87	10.12	
Copper	mg	0.167	0.060	2	0.165	0.583	
Manganese	mg	0.026	0.007	2	0.026	0.091	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.048	0.004	6	0.048	0.168	
Riboflavin	mg	0.203	0.006	6	0.201	0.708	
Niacin	mg	2.621	0.113	6	2.595	9.147	
Pantothenic acid	mg	1.120		0	1.109	3.909	
Vitamin B-6	mg	0.350		0	0.347	1.221	
Folate	µg	10		0	10	35	
Vitamin B-12	µg	0.40		0	0.40	1.40	
Vitamin A	IU	2	0.460	2	2	7	
Vitamin A, RE	µg	1	0.139	2	1	3	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.100		0	1.089	3.839	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.010	0.035	
14:0	g	0.020		0	0.020	0.070	
15.0	g						
16:0	g	0.650		0	0.644	2.268	
17:0	g						
18:0	g	0.290		0	0.287	1.012	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.080		0	1.069	3.769
14:1	g					
16:1	g	0.170		0	0.168	0.593
18:1	g	0.880		0	0.871	3.071
20:1	g	0.010		0	0.010	0.035
22.1	g	0.010		0	0.010	0.035
Polyunsaturated, total	g	0.970		0	0.960	3.385
18:2	g	0.820		0	0.812	2.862
18:3	g	0.040		0	0.040	0.140
18:4	g					
20:4	g	0.080		0	0.079	0.279
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.010	0.035
22:6	g	0.020		0	0.020	0.070
Cholesterol	mg	87	2.286	6	86	304
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.225		0	0.223	0.785
Threonine	g	0.887		0	0.878	3.096
Isoleucine	g	1.027		0	1.017	3.584
Leucine	g	1.584		0	1.568	5.528
Lysine	g	1.864		0	1.845	6.505
Methionine	g	0.574		0	0.568	2.003
Cystine	g	0.215		0	0.213	0.750
Phenylalanine	g	0.793		0	0.785	2.768
Tyrosine	g	0.779		0	0.771	2.719
Valine	g	1.059		0	1.048	3.696
Arginine	g	1.412		0	1.398	4.928
Histidine	g	0.616		0	0.610	2.150
Alanine	g	1.265		0	1.252	4.415
Aspartic acid	g	1.948		0	1.929	6.799
Glutamic acid	g	3.248		0	3.216	11.336
Glycine	g	1.106		0	1.095	3.860
Proline	g	0.888		0	0.879	3.099
Serine	g	0.892		0	0.883	3.113
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone removed

NDB No. 05222 Turkey, fryer-roasters, leg, meat and skin, cooked, roasted

Refuse: 25% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 70g	Measure 2* 245g	Measure 3*
Proximates:							
Water	g	65.62	0.329	6	45.93	160.77	
Energy	kcal	170		0	119	417	
Energy	kj	711		0	498	1742	
Protein (N x 5.95)	g	28.49	0.410	6	19.94	69.80	
Total lipid (fat)	g	5.41	0.274	6	3.79	13.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99	0.026	6	0.69	2.43	
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.885	6	16	56	
Iron	mg	2.59	0.191	6	1.81	6.35	
Magnesium	mg	24	0.165	6	17	59	
Phosphorus	mg	200	4.114	6	140	490	
Potassium	mg	252	1.749	6	176	617	
Sodium	mg	80	3.261	6	56	196	
Zinc	mg	4.09	0.020	2	2.86	10.02	
Copper	mg	0.233	0.048	2	0.163	0.571	
Manganese	mg	0.025	0.000	2	0.018	0.061	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.052	0.004	6	0.036	0.127	
Riboflavin	mg	0.257	0.017	6	0.180	0.630	
Niacin	mg	3.262	0.078	6	2.283	7.992	
Pantothenic acid	mg	1.237		0	0.866	3.031	
Vitamin B-6	mg	0.340		0	0.238	0.833	
Folate	µg	9		0	6	22	
Vitamin B-12	µg	0.37		0	0.26	0.91	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.670		0	1.169	4.091	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.007	0.025	
14:0	g	0.040		0	0.028	0.098	
15.0	g						
16:0	g	0.980		0	0.686	2.401	
17:0	g						
18:0	g	0.440		0	0.308	1.078	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.610		0	1.127	3.945
14:1	g					
16:1	g	0.260		0	0.182	0.637
18:1	g	1.320		0	0.924	3.234
20:1	g	0.010		0	0.007	0.025
22.1	g	0.010		0	0.007	0.025
Polyunsaturated, total	g	1.480		0	1.036	3.626
18:2	g	1.240		0	0.868	3.038
18:3	g	0.060		0	0.042	0.147
18:4	g					
20:4	g	0.130		0	0.091	0.319
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.014	0.049
22:6	g	0.030		0	0.021	0.074
Cholesterol	mg	70	1.473	6	49	172
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.318		0	0.223	0.779
Threonine	g	1.252		0	0.876	3.067
Isoleucine	g	1.447		0	1.013	3.545
Leucine	g	2.234		0	1.564	5.473
Lysine	g	2.625		0	1.837	6.431
Methionine	g	0.809		0	0.566	1.982
Cystine	g	0.307		0	0.215	0.752
Phenylalanine	g	1.120		0	0.784	2.744
Tyrosine	g	1.097		0	0.768	2.688
Valine	g	1.494		0	1.046	3.660
Arginine	g	2.001		0	1.401	4.902
Histidine	g	0.868		0	0.608	2.127
Alanine	g	1.798		0	1.259	4.405
Aspartic acid	g	2.754		0	1.928	6.747
Glutamic acid	g	4.582		0	3.207	11.226
Glycine	g	1.606		0	1.124	3.935
Proline	g	1.276		0	0.893	3.126
Serine	g	1.261		0	0.883	3.089
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone removed

NDB No. 05223 Turkey, fryer-roasters, leg, meat only, raw

Refuse: 28% 23% bone, 5% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 93g	Measure 2* 329g	Measure 3*
Proximates:							
Water	g	76.62	0.112	7	71.26	252.08	
Energy	kcal	108		0	100	355	
Energy	kj	452		0	420	1487	
Protein (N x 5.95)	g	20.35	0.108	6	18.93	66.95	
Total lipid (fat)	g	2.37	0.191	8	2.20	7.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.001	6	0.84	2.96	
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.629	6	9	33	
Iron	mg	1.77	0.078	6	1.65	5.82	
Magnesium	mg	22	0.072	6	20	72	
Phosphorus	mg	172	1.406	6	160	566	
Potassium	mg	254	4.553	6	236	836	
Sodium	mg	71	1.339	6	66	234	
Zinc	mg	2.98	0.048	2	2.77	9.80	
Copper	mg	0.143	0.012	75	0.133	0.470	
Manganese	mg	0.027	0.007	2	0.025	0.089	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.050	0.004	6	0.047	0.164	
Riboflavin	mg	0.210	0.006	6	0.195	0.691	
Niacin	mg	2.675	0.110	6	2.488	8.801	
Pantothenic acid	mg	1.169		0	1.087	3.846	
Vitamin B-6	mg	0.370		0	0.344	1.217	
Folate	µg	11		0	10	36	
Vitamin B-12	µg	0.41		0	0.38	1.35	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.800		0	0.744	2.632	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.001	6	0.009	0.033	
14:0	g	0.020	0.003	8	0.019	0.066	
15.0	g						
16:0	g	0.420	0.046	8	0.391	1.382	
17:0	g						
18:0	g	0.240	0.025	8	0.223	0.790	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.540		0	0.502	1.777
14:1	g					
16:1	g	0.080	0.019	8	0.074	0.263
18:1	g	0.440	0.049	8	0.409	1.448
20:1	g	0.010	0.001	7	0.009	0.033
22.1	g	0.010	0.001	7	0.009	0.033
Polyunsaturated, total	g	0.710		0	0.660	2.336
18:2	g	0.570	0.062	8	0.530	1.875
18:3	g	0.020	0.007	8	0.019	0.066
18:4	g					
20:4	g	0.080	0.015	8	0.074	0.263
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010	0.003	7	0.009	0.033
22:6	g	0.020	0.010	7	0.019	0.066
Cholesterol	mg	84	2.454	6	78	276
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.231		0	0.215	0.760
Threonine	g	0.905		0	0.842	2.977
Isoleucine	g	1.058		0	0.984	3.481
Leucine	g	1.621		0	1.508	5.333
Lysine	g	1.918		0	1.784	6.310
Methionine	g	0.589		0	0.548	1.938
Cystine	g	0.212		0	0.197	0.697
Phenylalanine	g	0.807		0	0.751	2.655
Tyrosine	g	0.804		0	0.748	2.645
Valine	g	1.081		0	1.005	3.556
Arginine	g	1.420		0	1.321	4.672
Histidine	g	0.635		0	0.591	2.089
Alanine	g	1.260		0	1.172	4.145
Aspartic acid	g	1.976		0	1.838	6.501
Glutamic acid	g	3.321		0	3.089	10.926
Glycine	g	1.009		0	0.938	3.320
Proline	g	0.847		0	0.788	2.787
Serine	g	0.905		0	0.842	2.977
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone and skin removed

NDB No. 05224 Turkey, fryer-roasters, leg, meat only, cooked, roasted

Refuse: 31% 25% bone, 6% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 64g	Measure 2* 224g	Measure 3*
Proximates:							
Water	g	66.54	0.337	6	42.59	149.05	
Energy	kcal	159		0	102	356	
Energy	kj	665		0	426	1490	
Protein (N x 5.95)	g	29.19	0.369	6	18.68	65.39	
Total lipid (fat)	g	3.77	0.199	6	2.41	8.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02	0.028	6	0.65	2.28	
Sugars, total	g						
Minerals:							
Calcium	mg	22	2.153	6	14	49	
Iron	mg	2.66	0.196	6	1.70	5.96	
Magnesium	mg	25	0.193	6	16	56	
Phosphorus	mg	204	4.514	6	131	457	
Potassium	mg	258	2.048	6	165	578	
Sodium	mg	81	3.205	6	52	181	
Zinc	mg	4.28	0.020	2	2.74	9.59	
Copper	mg	0.242	0.049	2	0.155	0.542	
Manganese	mg	0.026	0.000	2	0.017	0.058	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.054	0.004	6	0.035	0.121	
Riboflavin	mg	0.266	0.018	6	0.170	0.596	
Niacin	mg	3.319	0.079	6	2.124	7.435	
Pantothenic acid	mg	1.324		0	0.847	2.966	
Vitamin B-6	mg	0.370		0	0.237	0.829	
Folate	µg	10		0	6	22	
Vitamin B-12	µg	0.38		0	0.24	0.85	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.270		0	0.813	2.845	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.006	0.022	
14:0	g	0.020		0	0.013	0.045	
15.0	g						
16:0	g	0.670		0	0.429	1.501	
17:0	g						
18:0	g	0.380		0	0.243	0.851	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.860		0	0.550	1.926
14:1	g					
16:1	g	0.130		0	0.083	0.291
18:1	g	0.710		0	0.454	1.590
20:1	g	0.010		0	0.006	0.022
22.1	g	0.010		0	0.006	0.022
Polyunsaturated, total	g	1.130		0	0.723	2.531
18:2	g	0.920		0	0.589	2.061
18:3	g	0.030		0	0.019	0.067
18:4	g					
20:4	g	0.130		0	0.083	0.291
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.013	0.045
22:6	g	0.030		0	0.019	0.067
Cholesterol	mg	119	7.529	6	76	267
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.332		0	0.212	0.744
Threonine	g	1.298		0	0.831	2.908
Isoleucine	g	1.518		0	0.972	3.400
Leucine	g	2.326		0	1.489	5.210
Lysine	g	2.751		0	1.761	6.162
Methionine	g	0.845		0	0.541	1.893
Cystine	g	0.304		0	0.195	0.681
Phenylalanine	g	1.158		0	0.741	2.594
Tyrosine	g	1.153		0	0.738	2.583
Valine	g	1.550		0	0.992	3.472
Arginine	g	2.036		0	1.303	4.561
Histidine	g	0.911		0	0.583	2.041
Alanine	g	1.807		0	1.156	4.048
Aspartic acid	g	2.835		0	1.814	6.350
Glutamic acid	g	4.763		0	3.048	10.669
Glycine	g	1.448		0	0.927	3.244
Proline	g	1.214		0	0.777	2.719
Serine	g	1.298		0	0.831	2.908
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone and skin removed

NDB No. 05225 Turkey, fryer-roasters, wing, meat and skin, raw

Refuse: 37% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 36g	Measure 2* 128g	Measure 3*
Proximates:							
Water	g	71.19	0.440	6	25.63	91.12	
Energy	kcal	159		0	57	204	
Energy	kj	665		0	239	851	
Protein (N x 5.95)	g	20.85	0.140	6	7.51	26.69	
Total lipid (fat)	g	7.72	0.626	6	2.78	9.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.68	0.005	6	0.24	0.87	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.272	6	5	18	
Iron	mg	1.39	0.092	6	0.50	1.78	
Magnesium	mg	17	0.133	6	6	22	
Phosphorus	mg	138	2.365	6	50	177	
Potassium	mg	178	2.721	6	64	228	
Sodium	mg	56	1.148	6	20	72	
Zinc	mg	1.91	0.502	2	0.69	2.44	
Copper	mg	0.129	0.037	2	0.046	0.165	
Manganese	mg	0.016	0.000	2	0.006	0.020	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.025	0.002	6	0.009	0.032	
Riboflavin	mg	0.112	0.007	6	0.040	0.143	
Niacin	mg	3.044	0.166	6	1.096	3.896	
Pantothenic acid	mg	0.557		0	0.201	0.713	
Vitamin B-6	mg	0.400		0	0.144	0.512	
Folate	µg	7		0	3	9	
Vitamin B-12	µg	0.40		0	0.14	0.51	
Vitamin A	IU	10	1.985	2	4	13	
Vitamin A, RE	µg	3	0.595	2	1	4	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.060		0	0.742	2.637	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.060		0	0.022	0.077	
15.0	g						
16:0	g	1.420		0	0.511	1.818	
17:0	g						
18:0	g	0.420		0	0.151	0.538	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.090		0	1.112	3.955
14:1	g					
16:1	g	0.530		0	0.191	0.678
18:1	g	2.490		0	0.896	3.187
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	1.800		0	0.648	2.304
18:2	g	1.570		0	0.565	2.010
18:3	g	0.110		0	0.040	0.141
18:4	g					
20:4	g	0.060		0	0.022	0.077
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.004	0.013
22:6	g	0.010		0	0.004	0.013
Cholesterol	mg	98	1.823	6	35	125
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.220		0	0.079	0.282
Threonine	g	0.884		0	0.318	1.132
Isoleucine	g	0.987		0	0.355	1.263
Leucine	g	1.559		0	0.561	1.996
Lysine	g	1.796		0	0.647	2.299
Methionine	g	0.560		0	0.202	0.717
Cystine	g	0.247		0	0.089	0.316
Phenylalanine	g	0.798		0	0.287	1.021
Tyrosine	g	0.742		0	0.267	0.950
Valine	g	1.053		0	0.379	1.348
Arginine	g	1.490		0	0.536	1.907
Histidine	g	0.592		0	0.213	0.758
Alanine	g	1.384		0	0.498	1.772
Aspartic acid	g	1.987		0	0.715	2.543
Glutamic acid	g	3.212		0	1.156	4.111
Glycine	g	1.570		0	0.565	2.010
Proline	g	1.119		0	0.403	1.432
Serine	g	0.908		0	0.327	1.162
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone removed

NDB No. 05226 Turkey, fryer-roasters, wing, meat and skin, cooked, roasted

Refuse: 39% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 25g	Measure 2* 90g	Measure 3*
Proximates:							
Water	g	62.30	0.789	6	15.57	56.07	
Energy	kcal	207		0	52	186	
Energy	kj	866		0	217	779	
Protein (N x 5.95)	g	27.65	0.566	6	6.91	24.89	
Total lipid (fat)	g	9.87	0.594	6	2.47	8.88	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81	0.015	6	0.20	0.73	
Sugars, total	g						
Minerals:							
Calcium	mg	29	2.008	6	7	26	
Iron	mg	1.81	0.194	6	0.45	1.63	
Magnesium	mg	20	0.286	6	5	18	
Phosphorus	mg	166	3.016	6	42	149	
Potassium	mg	196	2.982	6	49	176	
Sodium	mg	73	3.862	6	18	66	
Zinc	mg	3.25	0.135	2	0.81	2.92	
Copper	mg	0.154	0.041	2	0.039	0.139	
Manganese	mg	0.024	0.006	2	0.006	0.022	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.028	0.001	6	0.007	0.025	
Riboflavin	mg	0.159	0.012	6	0.040	0.143	
Niacin	mg	3.640	0.110	6	0.910	3.276	
Pantothenic acid	mg	0.596		0	0.149	0.536	
Vitamin B-6	mg	0.420		0	0.105	0.378	
Folate	µg	6		0	2	5	
Vitamin B-12	µg	0.35		0	0.09	0.31	
Vitamin A	IU	0	0.000	2	0	0	
Vitamin A, RE	µg	0	0.000	2	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.710		0	0.678	2.439	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.009	
14:0	g	0.070		0	0.018	0.063	
15.0	g						
16:0	g	1.760		0	0.440	1.584	
17:0	g						
18:0	g	0.600		0	0.150	0.540	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.620		0	0.905	3.258
14:1	g					
16:1	g	0.610		0	0.153	0.549
18:1	g	2.920		0	0.730	2.628
20:1	g	0.010		0	0.003	0.009
22.1	g	0.010		0	0.003	0.009
Polyunsaturated, total	g	2.350		0	0.588	2.115
18:2	g	1.970		0	0.493	1.773
18:3	g	0.130		0	0.033	0.117
18:4	g					
20:4	g	0.140		0	0.035	0.126
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.005	0.018
22:6	g	0.020		0	0.005	0.018
Cholesterol	mg	115	2.832	6	29	104
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.291		0	0.073	0.262
Threonine	g	1.170		0	0.293	1.053
Isoleucine	g	1.303		0	0.326	1.173
Leucine	g	2.061		0	0.515	1.855
Lysine	g	2.371		0	0.593	2.134
Methionine	g	0.740		0	0.185	0.666
Cystine	g	0.330		0	0.083	0.297
Phenylalanine	g	1.057		0	0.264	0.951
Tyrosine	g	0.979		0	0.245	0.881
Valine	g	1.394		0	0.348	1.255
Arginine	g	1.979		0	0.495	1.781
Histidine	g	0.781		0	0.195	0.703
Alanine	g	1.842		0	0.461	1.658
Aspartic acid	g	2.633		0	0.658	2.370
Glutamic acid	g	4.249		0	1.062	3.824
Glycine	g	2.118		0	0.530	1.906
Proline	g	1.501		0	0.375	1.351
Serine	g	1.204		0	0.301	1.084
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone removed

NDB No. 05227 Turkey, fryer-roasters, wing, meat only, raw

Refuse: 56% 37% bone, 19% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 26g	Measure 2* 90g	Measure 3*
Proximates:							
Water	g	75.82	0.144	8	19.71	68.24	
Energy	kcal	106		0	28	95	
Energy	kj	444		0	115	400	
Protein (N x 5.95)	g	22.49	0.106	8	5.85	20.24	
Total lipid (fat)	g	1.12	0.147	8	0.29	1.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.77	0.009	6	0.20	0.69	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.369	6	3	11	
Iron	mg	1.43	0.128	6	0.37	1.29	
Magnesium	mg	21	0.165	6	5	19	
Phosphorus	mg	156	3.442	6	41	140	
Potassium	mg	201	2.567	6	52	181	
Sodium	mg	65	1.812	6	17	59	
Zinc	mg	2.04	0.712	2	0.53	1.84	
Copper	mg	0.126	0.071	2	0.033	0.113	
Manganese	mg	0.017	0.000	2	0.004	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.027	0.002	6	0.007	0.024	
Riboflavin	mg	0.120	0.009	6	0.031	0.108	
Niacin	mg	3.574	0.160	6	0.929	3.217	
Pantothenic acid	mg	0.651		0	0.169	0.586	
Vitamin B-6	mg	0.530		0	0.138	0.477	
Folate	µg	7		0	2	6	
Vitamin B-12	µg	0.43		0	0.11	0.39	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.360		0	0.094	0.324	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.001	10	0.003	0.009	
14:0	g	0.010	0.001	12	0.003	0.009	
15.0	g						
16:0	g	0.160	0.020	12	0.042	0.144	
17:0	g						
18:0	g	0.110	0.012	12	0.029	0.099	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.200		0	0.052	0.180
14:1	g					
16:1	g	0.030	0.005	12	0.008	0.027
18:1	g	0.160	0.019	12	0.042	0.144
20:1	g	0.010	0.001	10	0.003	0.009
22.1	g	0.010	0.001	10	0.003	0.009
Polyunsaturated, total	g	0.300		0	0.078	0.270
18:2	g	0.200	0.024	12	0.052	0.180
18:3	g	0.010	0.002	12	0.003	0.009
18:4	g					
20:4	g	0.060	0.009	11	0.016	0.054
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010	0.002	10	0.003	0.009
22:6	g	0.010	0.004	10	0.003	0.009
Cholesterol	mg	81	3.060	6	21	73
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.255		0	0.066	0.230
Threonine	g	1.000		0	0.260	0.900
Isoleucine	g	1.169		0	0.304	1.052
Leucine	g	1.792		0	0.466	1.613
Lysine	g	2.119		0	0.551	1.907
Methionine	g	0.651		0	0.169	0.586
Cystine	g	0.234		0	0.061	0.211
Phenylalanine	g	0.892		0	0.232	0.803
Tyrosine	g	0.889		0	0.231	0.800
Valine	g	1.195		0	0.311	1.076
Arginine	g	1.569		0	0.408	1.412
Histidine	g	0.702		0	0.183	0.632
Alanine	g	1.392		0	0.362	1.253
Aspartic acid	g	2.184		0	0.568	1.966
Glutamic acid	g	3.670		0	0.954	3.303
Glycine	g	1.115		0	0.290	1.003
Proline	g	0.935		0	0.243	0.842
Serine	g	1.000		0	0.260	0.900
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone and skin removed

NDB No. 05228 Turkey, fryer-roasters, wing, meat only, cooked, roasted

Refuse: 59% 39% bone, 20% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 17g	Measure 2* 60g	Measure 3*
Proximates:							
Water	g	65.60	0.868	6	11.15	39.36	
Energy	kcal	163		0	28	98	
Energy	kj	682		0	116	409	
Protein (N x 5.95)	g	30.85	0.544	6	5.24	18.51	
Total lipid (fat)	g	3.44	0.377	6	0.58	2.06	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.85	0.015	6	0.14	0.51	
Sugars, total	g						
Minerals:							
Calcium	mg	26	3.921	6	4	16	
Iron	mg	1.78	0.207	6	0.30	1.07	
Magnesium	mg	22	0.391	6	4	13	
Phosphorus	mg	174	4.752	6	30	104	
Potassium	mg	204	3.748	6	35	122	
Sodium	mg	78	3.974	6	13	47	
Zinc	mg	3.83	0.158	2	0.65	2.30	
Copper	mg	0.166	0.044	2	0.028	0.100	
Manganese	mg	0.027	0.008	2	0.005	0.016	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.030	0.002	6	0.005	0.018	
Riboflavin	mg	0.159	0.013	6	0.027	0.095	
Niacin	mg	4.122	0.130	6	0.701	2.473	
Pantothenic acid	mg	0.748		0	0.127	0.449	
Vitamin B-6	mg	0.590		0	0.100	0.354	
Folate	µg	7		0	1	4	
Vitamin B-12	µg	0.41		0	0.07	0.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.086		0	0.015	0.052	
Lipids:							
Saturated, total	g	1.100		0	0.187	0.660	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.003	0.012	
14:0	g	0.020		0	0.003	0.012	
15.0	g						
16:0	g	0.500		0	0.085	0.300	
17:0	g						
18:0	g	0.340		0	0.058	0.204	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.600		0	0.102	0.360
14:1	g					
16:1	g	0.080		0	0.014	0.048
18:1	g	0.500		0	0.085	0.300
20:1	g	0.020		0	0.003	0.012
22.1	g	0.020		0	0.003	0.012
Polyunsaturated, total	g	0.920		0	0.156	0.552
18:2	g	0.610		0	0.104	0.366
18:3	g	0.020		0	0.003	0.012
18:4	g	0.000		0	0.000	0.000
20:4	g	0.180		0	0.031	0.108
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.005	0.018
22:6	g	0.040		0	0.007	0.024
Cholesterol	mg	102	3.124	6	17	61
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.350		0	0.059	0.210
Threonine	g	1.372		0	0.233	0.823
Isoleucine	g	1.604		0	0.273	0.962
Leucine	g	2.458		0	0.418	1.475
Lysine	g	2.907		0	0.494	1.744
Methionine	g	0.893		0	0.152	0.536
Cystine	g	0.321		0	0.055	0.193
Phenylalanine	g	1.224		0	0.208	0.734
Tyrosine	g	1.219		0	0.207	0.731
Valine	g	1.639		0	0.279	0.983
Arginine	g	2.152		0	0.366	1.291
Histidine	g	0.963		0	0.164	0.578
Alanine	g	1.910		0	0.325	1.146
Aspartic acid	g	2.996		0	0.509	1.798
Glutamic acid	g	5.035		0	0.856	3.021
Glycine	g	1.530		0	0.260	0.918
Proline	g	1.283		0	0.218	0.770
Serine	g	1.372		0	0.233	0.823
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone and skin removed

NDB No. 05229 Turkey, young hen, meat and skin and giblets and neck, raw

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 4457g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.74		0	3108.31		
Energy	kcal	166		0	7399		
Energy	kj	695		0	30976		
Protein (N x 5.95)	g	20.15		0	898.09		
Total lipid (fat)	g	8.78		0	391.32		
Carbohydrate, by difference	g	0.11		0	4.90		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.90		0	40.11		
Sugars, total	g						
Minerals:							
Calcium	mg	16		0	713		
Iron	mg	1.89		0	84.24		
Magnesium	mg	22		0	981		
Phosphorus	mg	178		0	7933		
Potassium	mg	267		0	11900		
Sodium	mg	63		0	2808		
Zinc	mg	2.23		0	99.39		
Copper	mg	0.119		0	5.304		
Manganese	mg	0.029		0	1.293		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0	8.9		
Thiamin	mg	0.061		0	2.719		
Riboflavin	mg	0.208		0	9.271		
Niacin	mg	3.956		0	176.319		
Pantothenic acid	mg	0.958		0	42.698		
Vitamin B-6	mg	0.400		0	17.828		
Folate	µg	24		0	1070		
Vitamin B-12	µg	1.70		0	75.77		
Vitamin A	IU	400		0	17828		
Vitamin A, RE	µg	119		0	5304		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.490		0	110.979		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.446		
14:0	g	0.060		0	2.674		
15.0	g						
16:0	g	1.600		0	71.312		
17:0	g						
18:0	g	0.580		0	25.851		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.130	0	139.504
14:1	g			
16:1	g	0.520	0	23.176
18:1	g	2.530	0	112.762
20:1	g	0.010	0	0.446
22.1	g	0.010	0	0.446
Polyunsaturated, total	g	2.180	0	97.163
18:2	g	1.860	0	82.900
18:3	g	0.110	0	4.903
18:4	g			
20:4	g	0.140	0	6.240
20:5	g	0.000	0	0.000
22:5	g	0.020	0	0.891
22:6	g	0.020	0	0.891
Cholesterol	mg	73	0	3254
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.223	0	9.939
Threonine	g	0.882	0	39.311
Isoleucine	g	1.013	0	45.149
Leucine	g	1.570	0	69.975
Lysine	g	1.820	0	81.117
Methionine	g	0.565	0	25.182
Cystine	g	0.223	0	9.939
Phenylalanine	g	0.795	0	35.433
Tyrosine	g	0.762	0	33.962
Valine	g	1.052	0	46.888
Arginine	g	1.415	0	63.067
Histidine	g	0.601	0	26.787
Alanine	g	1.268	0	56.515
Aspartic acid	g	1.941	0	86.510
Glutamic acid	g	3.212	0	143.159
Glycine	g	1.192	0	53.127
Proline	g	0.935	0	41.673
Serine	g	0.889	0	39.623
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 turkey

NDB No. 05230 Turkey, young hen, meat and skin and giblets and neck, cooked, roasted

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 263g	Measure 2* 3300g	Measure 3*
Proximates:							
Water	g	61.34		0	161.32	2024.22	
Energy	kcal	215		0	565	7095	
Energy	kj	900		0	2367	29700	
Protein (N x 5.95)	g	28.00		0	73.64	924.00	
Total lipid (fat)	g	10.55		0	27.75	348.15	
Carbohydrate, by difference	g	0.07		0	0.18	2.31	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	2.60	32.67	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	68	858	
Iron	mg	1.97		0	5.18	65.01	
Magnesium	mg	24		0	63	792	
Phosphorus	mg	199		0	523	6567	
Potassium	mg	272		0	715	8976	
Sodium	mg	63		0	166	2079	
Zinc	mg	3.05		0	8.02	100.65	
Copper	mg	0.101		0	0.266	3.333	
Manganese	mg	0.028		0	0.074	0.924	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.3	3.3	
Thiamin	mg	0.052		0	0.137	1.716	
Riboflavin	mg	0.197		0	0.518	6.501	
Niacin	mg	5.147		0	13.537	169.851	
Pantothenic acid	mg	0.931		0	2.449	30.723	
Vitamin B-6	mg	0.390		0	1.026	12.870	
Folate	µg	20		0	53	660	
Vitamin B-12	µg	1.28		0	3.37	42.24	
Vitamin A	IU	185		0	487	6105	
Vitamin A, RE	µg	55		0	145	1815	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.100		0	8.153	102.300	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.026	0.330	
14:0	g	0.070		0	0.184	2.310	
15.0	g						
16:0	g	1.870		0	4.918	61.710	
17:0	g						
18:0	g	0.780		0	2.051	25.740	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.390	0	8.916	111.870
14:1	g				
16:1	g	0.550	0	1.447	18.150
18:1	g	2.750	0	7.232	90.750
20:1	g	0.020	0	0.053	0.660
22.1	g	0.010	0	0.026	0.330
Polyunsaturated, total	g	2.700	0	7.101	89.100
18:2	g	2.230	0	5.865	73.590
18:3	g	0.120	0	0.316	3.960
18:4	g				
20:4	g	0.230	0	0.605	7.590
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.079	0.990
22:6	g	0.040	0	0.105	1.320
Cholesterol	mg	94	0	247	3102
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.311	0	0.818	10.263
Threonine	g	1.227	0	3.227	40.491
Isoleucine	g	1.409	0	3.706	46.497
Leucine	g	2.184	0	5.744	72.072
Lysine	g	2.537	0	6.672	83.721
Methionine	g	0.786	0	2.067	25.938
Cystine	g	0.308	0	0.810	10.164
Phenylalanine	g	1.104	0	2.904	36.432
Tyrosine	g	1.061	0	2.790	35.013
Valine	g	1.463	0	3.848	48.279
Arginine	g	1.966	0	5.171	64.878
Histidine	g	0.838	0	2.204	27.654
Alanine	g	1.763	0	4.637	58.179
Aspartic acid	g	2.698	0	7.096	89.034
Glutamic acid	g	4.469	0	11.753	147.477
Glycine	g	1.643	0	4.321	54.219
Proline	g	1.292	0	3.398	42.636
Serine	g	1.236	0	3.251	40.788
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 turkey

NDB No. 05231 Turkey, young hen, meat and skin, raw

Refuse: 22% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 327g	Measure 2* 2052g	Measure 3*
Proximates:							
Water	g	69.50	0.490	15	227.26	1426.14	
Energy	kcal	168		0	549	3447	
Energy	kj	703		0	2299	14426	
Protein (N x 5.95)	g	20.18	0.164	15	65.99	414.09	
Total lipid (fat)	g	9.09	0.574	15	29.72	186.53	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88	0.003	15	2.88	18.06	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.590	15	49	308	
Iron	mg	1.60	0.073	15	5.23	32.83	
Magnesium	mg	22	0.141	15	72	451	
Phosphorus	mg	175	2.127	15	572	3591	
Potassium	mg	263	4.477	15	860	5397	
Sodium	mg	61	1.363	15	199	1252	
Zinc	mg	2.14	0.046	3	7.00	43.91	
Copper	mg	0.109	0.012	3	0.356	2.237	
Manganese	mg	0.022	0.001	3	0.072	0.451	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.001	15	0.196	1.231	
Riboflavin	mg	0.158	0.007	15	0.517	3.242	
Niacin	mg	3.849	0.084	15	12.586	78.981	
Pantothenic acid	mg	0.804		0	2.629	16.498	
Vitamin B-6	mg	0.410		0	1.341	8.413	
Folate	µg	8		0	26	164	
Vitamin B-12	µg	0.40		0	1.31	8.21	
Vitamin A	IU	4	1.446	3	13	82	
Vitamin A, RE	µg	1	0.434	3	3	21	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.560		0	8.371	52.531	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.033	0.205	
14:0	g	0.070		0	0.229	1.436	
15.0	g						
16:0	g	1.660		0	5.428	34.063	
17:0	g						
18:0	g	0.590		0	1.929	12.107	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.300		0	10.791	67.716
14:1	g					
16:1	g	0.550		0	1.799	11.286
18:1	g	2.670		0	8.731	54.788
20:1	g	0.010		0	0.033	0.205
22.1	g	0.010		0	0.033	0.205
Polyunsaturated, total	g	2.250		0	7.357	46.170
18:2	g	1.930		0	6.311	39.604
18:3	g	0.120		0	0.392	2.462
18:4	g					
20:4	g	0.130		0	0.425	2.668
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.065	0.410
22:6	g	0.020		0	0.065	0.410
Cholesterol	mg	63	1.954	15	206	1293
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.223		0	0.729	4.576
Threonine	g	0.881		0	2.881	18.078
Isoleucine	g	1.013		0	3.313	20.787
Leucine	g	1.569		0	5.131	32.196
Lysine	g	1.838		0	6.010	37.716
Methionine	g	0.568		0	1.857	11.655
Cystine	g	0.221		0	0.723	4.535
Phenylalanine	g	0.790		0	2.583	16.211
Tyrosine	g	0.767		0	2.508	15.739
Valine	g	1.052		0	3.440	21.587
Arginine	g	1.421		0	4.647	29.159
Histidine	g	0.608		0	1.988	12.476
Alanine	g	1.285		0	4.202	26.368
Aspartic acid	g	1.946		0	6.363	39.932
Glutamic acid	g	3.222		0	10.536	66.115
Glycine	g	1.204		0	3.937	24.706
Proline	g	0.935		0	3.057	19.186
Serine	g	0.891		0	2.914	18.283
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05232 Turkey, young hen, meat and skin, cooked, roasted

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 243g	Measure 2* 1524g	Measure 3*
Proximates:							
Water	g	61.04	0.412	15	148.33	930.25	
Energy	kcal	218		0	530	3322	
Energy	kj	912		0	2216	13899	
Protein (N x 5.95)	g	28.09	0.363	15	68.26	428.09	
Total lipid (fat)	g	10.88	0.565	15	26.44	165.81	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02	0.010	15	2.48	15.54	
Sugars, total	g						
Minerals:							
Calcium	mg	26	1.241	15	63	396	
Iron	mg	1.78	0.050	15	4.33	27.13	
Magnesium	mg	25	0.209	15	61	381	
Phosphorus	mg	203	2.576	15	493	3094	
Potassium	mg	282	4.012	15	685	4298	
Sodium	mg	64	1.112	15	156	975	
Zinc	mg	2.90	0.134	3	7.05	44.20	
Copper	mg	0.086	0.004	3	0.209	1.311	
Manganese	mg	0.022	0.002	3	0.053	0.335	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.053	0.002	15	0.129	0.808	
Riboflavin	mg	0.170	0.006	15	0.413	2.591	
Niacin	mg	5.307	0.133	15	12.896	80.879	
Pantothenic acid	mg	0.831		0	2.019	12.664	
Vitamin B-6	mg	0.400		0	0.972	6.096	
Folate	µg	7		0	17	107	
Vitamin B-12	µg	0.34		0	0.83	5.18	
Vitamin A	IU	0	0.000	3	0	0	
Vitamin A, RE	µg	0	0.000	3	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.180		0	7.727	48.463	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.049	0.305	
14:0	g	0.080		0	0.194	1.219	
15.0	g						
16:0	g	1.930		0	4.690	29.413	
17:0	g						
18:0	g	0.790		0	1.920	12.040	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.540		0	8.602	53.950
14:1	g					
16:1	g	0.580		0	1.409	8.839
18:1	g	2.870		0	6.974	43.739
20:1	g	0.020		0	0.049	0.305
22.1	g	0.020		0	0.049	0.305
Polyunsaturated, total	g	2.780		0	6.755	42.367
18:2	g	2.300		0	5.589	35.052
18:3	g	0.130		0	0.316	1.981
18:4	g					
20:4	g	0.230		0	0.559	3.505
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.073	0.457
22:6	g	0.040		0	0.097	0.610
Cholesterol	mg	78	2.374	15	190	1189
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.311		0	0.756	4.740
Threonine	g	1.228		0	2.984	18.715
Isoleucine	g	1.412		0	3.431	21.519
Leucine	g	2.187		0	5.314	33.330
Lysine	g	2.562		0	6.226	39.045
Methionine	g	0.791		0	1.922	12.055
Cystine	g	0.307		0	0.746	4.679
Phenylalanine	g	1.100		0	2.673	16.764
Tyrosine	g	1.069		0	2.598	16.292
Valine	g	1.465		0	3.560	22.327
Arginine	g	1.977		0	4.804	30.129
Histidine	g	0.847		0	2.058	12.908
Alanine	g	1.786		0	4.340	27.219
Aspartic acid	g	2.709		0	6.583	41.285
Glutamic acid	g	4.489		0	10.908	68.412
Glycine	g	1.662		0	4.039	25.329
Proline	g	1.295		0	3.147	19.736
Serine	g	1.240		0	3.013	18.898
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05233 Turkey, young hen, meat only, raw

Refuse: 34% 22% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 276g	Measure 2* 1731g	Measure 3*
Proximates:							
Water	g	73.77	0.212	15	203.61	1276.96	
Energy	kcal	122		0	337	2112	
Energy	kj	510		0	1408	8828	
Protein (N x 5.95)	g	21.76	0.085	15	60.06	376.67	
Total lipid (fat)	g	3.18	0.156	15	8.78	55.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97	0.006	15	2.68	16.79	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.688	15	41	260	
Iron	mg	1.62	0.079	15	4.47	28.04	
Magnesium	mg	25	0.271	15	69	433	
Phosphorus	mg	193	2.392	15	533	3341	
Potassium	mg	293	6.813	15	809	5072	
Sodium	mg	66	1.278	15	182	1142	
Zinc	mg	2.30	0.035	3	6.35	39.81	
Copper	mg	0.115	0.009	3	0.317	1.991	
Manganese	mg	0.023	0.001	3	0.063	0.398	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.068	0.001	15	0.188	1.177	
Riboflavin	mg	0.172	0.007	15	0.475	2.977	
Niacin	mg	4.307	0.100	15	11.887	74.554	
Pantothenic acid	mg	0.909		0	2.509	15.735	
Vitamin B-6	mg	0.470		0	1.297	8.136	
Folate	µg	9		0	25	156	
Vitamin B-12	µg	0.43		0	1.19	7.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.050		0	2.898	18.176	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.028	0.173	
14:0	g	0.020		0	0.055	0.346	
15.0	g						
16:0	g	0.540		0	1.490	9.347	
17:0	g						
18:0	g	0.320		0	0.883	5.539	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.680		0	1.877	11.771
14:1	g					
16:1	g	0.100		0	0.276	1.731
18:1	g	0.560		0	1.546	9.694
20:1	g	0.010		0	0.028	0.173
22.1	g	0.010		0	0.028	0.173
Polyunsaturated, total	g	0.920		0	2.539	15.925
18:2	g	0.710		0	1.960	12.290
18:3	g	0.020		0	0.055	0.346
18:4	g					
20:4	g	0.130		0	0.359	2.250
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.055	0.346
22:6	g	0.030		0	0.083	0.519
Cholesterol	mg	60	1.978	15	166	1039
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.247		0	0.682	4.276
Threonine	g	0.968		0	2.672	16.756
Isoleucine	g	1.132		0	3.124	19.595
Leucine	g	1.734		0	4.786	30.016
Lysine	g	2.051		0	5.661	35.503
Methionine	g	0.630		0	1.739	10.905
Cystine	g	0.226		0	0.624	3.912
Phenylalanine	g	0.864		0	2.385	14.956
Tyrosine	g	0.860		0	2.374	14.887
Valine	g	1.156		0	3.191	20.010
Arginine	g	1.518		0	4.190	26.277
Histidine	g	0.679		0	1.874	11.753
Alanine	g	1.348		0	3.720	23.334
Aspartic acid	g	2.114		0	5.835	36.593
Glutamic acid	g	3.552		0	9.804	61.485
Glycine	g	1.079		0	2.978	18.677
Proline	g	0.905		0	2.498	15.666
Serine	g	0.968		0	2.672	16.756
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05234 Turkey, young hen, meat only, cooked, roasted

Refuse: 30% 20% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 212g	Measure 3*
Proximates:							
Water	g	64.43	0.181	15	90.20	136.59	
Energy	kcal	175		0	245	371	
Energy	kj	732		0	1025	1552	
Protein (N x 5.95)	g	29.25	0.285	15	40.95	62.01	
Total lipid (fat)	g	5.51	0.277	15	7.71	11.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.07	0.008	15	1.50	2.27	
Sugars, total	g						
Minerals:							
Calcium	mg	25	1.261	15	35	53	
Iron	mg	1.76	0.045	15	2.46	3.73	
Magnesium	mg	26	0.215	15	36	55	
Phosphorus	mg	212	2.128	15	297	449	
Potassium	mg	299	4.778	15	419	634	
Sodium	mg	67	1.066	15	94	142	
Zinc	mg	3.03	0.099	3	4.24	6.42	
Copper	mg	0.087	0.003	3	0.122	0.184	
Manganese	mg	0.022	0.002	3	0.031	0.047	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.058	0.002	15	0.081	0.123	
Riboflavin	mg	0.175	0.006	15	0.245	0.371	
Niacin	mg	5.647	0.139	15	7.906	11.972	
Pantothenic acid	mg	0.909		0	1.273	1.927	
Vitamin B-6	mg	0.440		0	0.616	0.933	
Folate	µg	7		0	10	15	
Vitamin B-12	µg	0.36		0	0.50	0.76	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.820		0	2.548	3.858	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.028	0.042	
14:0	g	0.030		0	0.042	0.064	
15.0	g						
16:0	g	0.910		0	1.274	1.929	
17:0	g						
18:0	g	0.550		0	0.770	1.166	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.140		0	1.596	2.417
14:1	g					
16:1	g	0.160		0	0.224	0.339
18:1	g	0.940		0	1.316	1.993
20:1	g	0.020		0	0.028	0.042
22.1	g	0.020		0	0.028	0.042
Polyunsaturated, total	g	1.580		0	2.212	3.350
18:2	g	1.200		0	1.680	2.544
18:3	g	0.040		0	0.056	0.085
18:4	g					
20:4	g	0.230		0	0.322	0.488
20:5	g	0.000		0	0.000	0.000
22:5	g	0.040		0	0.056	0.085
22:6	g	0.050		0	0.070	0.106
Cholesterol	mg	73	2.302	15	102	155
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.332		0	0.465	0.704
Threonine	g	1.301		0	1.821	2.758
Isoleucine	g	1.521		0	2.129	3.225
Leucine	g	2.331		0	3.263	4.942
Lysine	g	2.757		0	3.860	5.845
Methionine	g	0.847		0	1.186	1.796
Cystine	g	0.304		0	0.426	0.644
Phenylalanine	g	1.161		0	1.625	2.461
Tyrosine	g	1.156		0	1.618	2.451
Valine	g	1.554		0	2.176	3.294
Arginine	g	2.040		0	2.856	4.325
Histidine	g	0.913		0	1.278	1.936
Alanine	g	1.811		0	2.535	3.839
Aspartic acid	g	2.841		0	3.977	6.023
Glutamic acid	g	4.774		0	6.684	10.121
Glycine	g	1.451		0	2.031	3.076
Proline	g	1.217		0	1.704	2.580
Serine	g	1.301		0	1.821	2.758
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05235 Turkey, young hen, skin only, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 51g	Measure 2* 321g	Measure 3*
Proximates:							
Water	g	46.80	1.079	16	23.87	150.23	
Energy	kcal	417		0	213	1339	
Energy	kj	1745		0	890	5601	
Protein (N x 5.95)	g	11.79	0.472	16	6.01	37.85	
Total lipid (fat)	g	40.62	1.420	16	20.72	130.39	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.40	0.014	15	0.20	1.28	
Sugars, total	g						
Minerals:							
Calcium	mg	19	1.245	15	10	61	
Iron	mg	1.52	0.084	15	0.78	4.88	
Magnesium	mg	8	0.219	15	4	26	
Phosphorus	mg	81	3.334	15	41	260	
Potassium	mg	107	4.495	15	55	343	
Sodium	mg	32	1.085	15	16	103	
Zinc	mg	1.26	0.059	3	0.64	4.04	
Copper	mg	0.080	0.026	3	0.041	0.257	
Manganese	mg	0.015	0.002	3	0.008	0.048	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.019	0.001	15	0.010	0.061	
Riboflavin	mg	0.083	0.007	15	0.042	0.266	
Niacin	mg	1.368	0.110	15	0.698	4.391	
Pantothenic acid	mg	0.235		0	0.120	0.754	
Vitamin B-6	mg	0.060		0	0.031	0.193	
Folate	µg	4		0	2	13	
Vitamin B-12	µg	0.22		0	0.11	0.71	
Vitamin A	IU	27	6.110	3	14	87	
Vitamin A, RE	µg	8	1.833	3	4	26	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	10.600		0	5.406	34.026	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.310	0.017	14	0.158	0.995	
15.0	g						
16:0	g	7.650	0.338	14	3.902	24.556	
17:0	g						
18:0	g	2.020	0.102	14	1.030	6.484	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	17.310		0	8.828	55.565
14:1	g					
16:1	g	3.000	0.168	14	1.530	9.630
18:1	g	13.940	0.583	14	7.109	44.747
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	9.300		0	4.743	29.853
18:2	g	8.410	0.378	14	4.289	26.996
18:3	g	0.620	0.044	11	0.316	1.990
18:4	g					
20:4	g	0.110	0.012	10	0.056	0.353
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	81	2.656	15	41	260
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.094		0	0.048	0.302
Threonine	g	0.421		0	0.215	1.351
Isoleucine	g	0.379		0	0.193	1.217
Leucine	g	0.693		0	0.353	2.225
Lysine	g	0.704		0	0.359	2.260
Methionine	g	0.236		0	0.120	0.758
Cystine	g	0.196		0	0.100	0.629
Phenylalanine	g	0.398		0	0.203	1.278
Tyrosine	g	0.268		0	0.137	0.860
Valine	g	0.496		0	0.253	1.592
Arginine	g	0.910		0	0.464	2.921
Histidine	g	0.226		0	0.115	0.725
Alanine	g	0.957		0	0.488	3.072
Aspartic acid	g	1.055		0	0.538	3.387
Glutamic acid	g	1.466		0	0.748	4.706
Glycine	g	1.881		0	0.959	6.038
Proline	g	1.100		0	0.561	3.531
Serine	g	0.479		0	0.244	1.538
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, skin only

NDB No. 05236 Turkey, young hen, skin only, cooked, roasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 31g	Measure 2* 196g	Measure 3*
Proximates:							
Water	g	35.53	0.696	15	11.01	69.64	
Energy	kcal	482		0	149	945	
Energy	kj	2017		0	625	3953	
Protein (N x 5.95)	g	19.03	0.687	15	5.90	37.30	
Total lipid (fat)	g	44.45	1.083	15	13.78	87.12	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.63	0.016	15	0.20	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	32	1.505	15	10	63	
Iron	mg	1.82	0.074	15	0.56	3.57	
Magnesium	mg	15	0.340	15	5	29	
Phosphorus	mg	133	4.293	15	41	261	
Potassium	mg	155	3.528	15	48	304	
Sodium	mg	44	1.207	15	14	86	
Zinc	mg	2.06	0.336	3	0.64	4.04	
Copper	mg	0.078	0.012	3	0.024	0.153	
Manganese	mg	0.022	0.003	3	0.007	0.043	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.021	0.002	15	0.007	0.041	
Riboflavin	mg	0.133	0.007	15	0.041	0.261	
Niacin	mg	2.801	0.115	15	0.868	5.490	
Pantothenic acid	mg	0.297		0	0.092	0.582	
Vitamin B-6	mg	0.070		0	0.022	0.137	
Folate	µg	4		0	1	8	
Vitamin B-12	µg	0.24		0	0.07	0.47	
Vitamin A	IU	0	0.000	3	0	0	
Vitamin A, RE	µg	0	0.000	3	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	11.590		0	3.593	22.716	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.340		0	0.105	0.666	
15.0	g						
16:0	g	8.370		0	2.595	16.405	
17:0	g						
18:0	g	2.210		0	0.685	4.332	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	18.940		0	5.871	37.122
14:1	g					
16:1	g	3.280		0	1.017	6.429
18:1	g	15.250		0	4.728	29.890
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	10.180		0	3.156	19.953
18:2	g	9.200		0	2.852	18.032
18:3	g	0.690		0	0.214	1.352
18:4	g					
20:4	g	0.120		0	0.037	0.235
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	106	2.712	15	33	208
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.152		0	0.047	0.298
Threonine	g	0.679		0	0.210	1.331
Isoleucine	g	0.612		0	0.190	1.200
Leucine	g	1.118		0	0.347	2.191
Lysine	g	1.136		0	0.352	2.227
Methionine	g	0.381		0	0.118	0.747
Cystine	g	0.317		0	0.098	0.621
Phenylalanine	g	0.642		0	0.199	1.258
Tyrosine	g	0.432		0	0.134	0.847
Valine	g	0.801		0	0.248	1.570
Arginine	g	1.468		0	0.455	2.877
Histidine	g	0.365		0	0.113	0.715
Alanine	g	1.544		0	0.479	3.026
Aspartic acid	g	1.702		0	0.528	3.336
Glutamic acid	g	2.366		0	0.733	4.637
Glycine	g	3.036		0	0.941	5.951
Proline	g	1.775		0	0.550	3.479
Serine	g	0.773		0	0.240	1.515
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, skin only

NDB No. 05237 Turkey, young hen, light meat, meat and skin, raw

Refuse: 16% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 175g	Measure 2* 1099g	Measure 3*
Proximates:							
Water	g	69.13	0.418	15	120.98	759.74	
Energy	kcal	165		0	289	1813	
Energy	kj	690		0	1208	7583	
Protein (N x 5.95)	g	21.51	0.169	15	37.64	236.39	
Total lipid (fat)	g	8.10	0.477	15	14.18	89.02	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.003	15	1.57	9.89	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.599	15	23	143	
Iron	mg	1.41	0.105	15	2.47	15.50	
Magnesium	mg	24	0.215	15	42	264	
Phosphorus	mg	180	2.973	15	315	1978	
Potassium	mg	267	5.493	15	467	2934	
Sodium	mg	55	1.374	15	96	604	
Zinc	mg	1.54	0.044	3	2.69	16.92	
Copper	mg	0.081	0.011	3	0.142	0.890	
Manganese	mg	0.021	0.002	3	0.037	0.231	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.053	0.002	15	0.093	0.582	
Riboflavin	mg	0.123	0.009	15	0.215	1.352	
Niacin	mg	4.938	0.129	15	8.642	54.269	
Pantothenic acid	mg	0.616		0	1.078	6.770	
Vitamin B-6	mg	0.480		0	0.840	5.275	
Folate	µg	7		0	12	77	
Vitamin B-12	µg	0.42		0	0.74	4.62	
Vitamin A	IU	5	1.307	3	9	55	
Vitamin A, RE	µg	1	0.392	3	2	11	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.190		0	3.833	24.068	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.018	0.110	
14:0	g	0.060		0	0.105	0.659	
15.0	g						
16:0	g	1.460		0	2.555	16.045	
17:0	g						
18:0	g	0.470		0	0.823	5.165	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.100		0	5.425	34.069
14:1	g					
16:1	g	0.530		0	0.928	5.825
18:1	g	2.500		0	4.375	27.475
20:1	g	0.010		0	0.018	0.110
22.1	g	0.010		0	0.018	0.110
Polyunsaturated, total	g	1.910		0	3.342	20.991
18:2	g	1.630		0	2.853	17.914
18:3	g	0.110		0	0.193	1.209
18:4	g					
20:4	g	0.090		0	0.158	0.989
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.018	0.110
22:6	g	0.020		0	0.035	0.220
Cholesterol	mg	62	2.115	15	109	681
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.238		0	0.417	2.616
Threonine	g	0.940		0	1.645	10.331
Isoleucine	g	1.080		0	1.890	11.869
Leucine	g	1.674		0	2.930	18.397
Lysine	g	1.961		0	3.432	21.551
Methionine	g	0.606		0	1.061	6.660
Cystine	g	0.236		0	0.413	2.594
Phenylalanine	g	0.842		0	1.474	9.254
Tyrosine	g	0.818		0	1.431	8.990
Valine	g	1.121		0	1.962	12.320
Arginine	g	1.514		0	2.649	16.639
Histidine	g	0.648		0	1.134	7.122
Alanine	g	1.368		0	2.394	15.034
Aspartic acid	g	2.074		0	3.629	22.793
Glutamic acid	g	3.435		0	6.011	37.751
Glycine	g	1.277		0	2.235	14.034
Proline	g	0.993		0	1.738	10.913
Serine	g	0.949		0	1.661	10.430
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05238 Turkey, young hen, light meat, meat and skin, cooked, roasted

Refuse: 14% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 137g	Measure 2* 859g	Measure 3*
Proximates:							
Water	g	62.14	0.391	15	85.13	533.78	
Energy	kcal	207		0	284	1778	
Energy	kj	866		0	1186	7439	
Protein (N x 5.95)	g	28.64	0.351	15	39.24	246.02	
Total lipid (fat)	g	9.40	0.519	15	12.88	80.75	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.013	15	1.44	9.02	
Sugars, total	g						
Minerals:							
Calcium	mg	23	1.315	15	32	198	
Iron	mg	1.39	0.051	15	1.90	11.94	
Magnesium	mg	26	0.243	15	36	223	
Phosphorus	mg	208	2.703	15	285	1787	
Potassium	mg	286	4.754	15	392	2457	
Sodium	mg	58	1.290	15	79	498	
Zinc	mg	1.98	0.136	3	2.71	17.01	
Copper	mg	0.044	0.003	3	0.060	0.378	
Manganese	mg	0.021	0.002	3	0.029	0.180	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.052	0.002	15	0.071	0.447	
Riboflavin	mg	0.129	0.005	15	0.177	1.108	
Niacin	mg	6.583	0.164	15	9.019	56.548	
Pantothenic acid	mg	0.610		0	0.836	5.240	
Vitamin B-6	mg	0.460		0	0.630	3.951	
Folate	µg	6		0	8	52	
Vitamin B-12	µg	0.34		0	0.47	2.92	
Vitamin A	IU	0	0.000	3	0	0	
Vitamin A, RE	µg	0	0.000	3	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.650		0	3.631	22.764	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.027	0.172	
14:0	g	0.070		0	0.096	0.601	
15.0	g						
16:0	g	1.620		0	2.219	13.916	
17:0	g						
18:0	g	0.630		0	0.863	5.412	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.150		0	4.316	27.058
14:1	g					
16:1	g	0.520		0	0.712	4.467
18:1	g	2.550		0	3.493	21.904
20:1	g	0.020		0	0.027	0.172
22.1	g	0.020		0	0.027	0.172
Polyunsaturated, total	g	2.280		0	3.124	19.585
18:2	g	1.840		0	2.521	15.806
18:3	g	0.110		0	0.151	0.945
18:4	g					
20:4	g	0.200		0	0.274	1.718
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.041	0.258
22:6	g	0.040		0	0.055	0.344
Cholesterol	mg	74	2.097	15	101	636
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.317		0	0.434	2.723
Threonine	g	1.252		0	1.715	10.755
Isoleucine	g	1.441		0	1.974	12.378
Leucine	g	2.231		0	3.056	19.164
Lysine	g	2.614		0	3.581	22.454
Methionine	g	0.807		0	1.106	6.932
Cystine	g	0.313		0	0.429	2.689
Phenylalanine	g	1.122		0	1.537	9.638
Tyrosine	g	1.091		0	1.495	9.372
Valine	g	1.494		0	2.047	12.833
Arginine	g	2.016		0	2.762	17.317
Histidine	g	0.864		0	1.184	7.422
Alanine	g	1.821		0	2.495	15.642
Aspartic acid	g	2.763		0	3.785	23.734
Glutamic acid	g	4.579		0	6.273	39.334
Glycine	g	1.692		0	2.318	14.534
Proline	g	1.319		0	1.807	11.330
Serine	g	1.265		0	1.733	10.866
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05239 Turkey, young hen, dark meat, meat and skin, raw

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 152g	Measure 2* 953g	Measure 3*
Proximates:							
Water	g	69.92	0.580	15	106.28	666.34	
Energy	kcal	172		0	261	1639	
Energy	kj	720		0	1094	6862	
Protein (N x 5.95)	g	18.65	0.204	15	28.35	177.73	
Total lipid (fat)	g	10.25	0.711	15	15.58	97.68	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87	0.005	15	1.32	8.29	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.964	15	27	172	
Iron	mg	1.83	0.087	15	2.78	17.44	
Magnesium	mg	20	0.105	15	30	191	
Phosphorus	mg	170	1.866	15	258	1620	
Potassium	mg	259	3.707	15	394	2468	
Sodium	mg	67	1.075	15	102	639	
Zinc	mg	2.83	0.038	3	4.30	26.97	
Copper	mg	0.141	0.014	3	0.214	1.344	
Manganese	mg	0.023	0.001	3	0.035	0.219	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.068	0.001	15	0.103	0.648	
Riboflavin	mg	0.199	0.007	15	0.302	1.896	
Niacin	mg	2.599	0.055	15	3.950	24.768	
Pantothenic acid	mg	1.020		0	1.550	9.721	
Vitamin B-6	mg	0.320		0	0.486	3.050	
Folate	µg	10		0	15	95	
Vitamin B-12	µg	0.38		0	0.58	3.62	
Vitamin A	IU	4	1.607	3	6	38	
Vitamin A, RE	µg	1	0.482	3	2	10	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.990		0	4.545	28.495	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.015	0.095	
14:0	g	0.070		0	0.106	0.667	
15.0	g						
16:0	g	1.880		0	2.858	17.916	
17:0	g						
18:0	g	0.720		0	1.094	6.862	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.530		0	5.366	33.641
14:1	g					
16:1	g	0.590		0	0.897	5.623
18:1	g	2.870		0	4.362	27.351
20:1	g	0.020		0	0.030	0.191
22.1	g	0.010		0	0.015	0.095
Polyunsaturated, total	g	2.640		0	4.013	25.159
18:2	g	2.270		0	3.450	21.633
18:3	g	0.130		0	0.198	1.239
18:4	g					
20:4	g	0.170		0	0.258	1.620
20:5	g					
22:5	g	0.020		0	0.030	0.191
22:6	g	0.030		0	0.046	0.286
Cholesterol	mg	65	2.028	15	99	619
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.206		0	0.313	1.963
Threonine	g	0.814		0	1.237	7.757
Isoleucine	g	0.936		0	1.423	8.920
Leucine	g	1.450		0	2.204	13.818
Lysine	g	1.698		0	2.581	16.182
Methionine	g	0.525		0	0.798	5.003
Cystine	g	0.205		0	0.312	1.954
Phenylalanine	g	0.730		0	1.110	6.957
Tyrosine	g	0.708		0	1.076	6.747
Valine	g	0.972		0	1.477	9.263
Arginine	g	1.314		0	1.997	12.522
Histidine	g	0.561		0	0.853	5.346
Alanine	g	1.188		0	1.806	11.322
Aspartic acid	g	1.798		0	2.733	17.135
Glutamic acid	g	2.976		0	4.524	28.361
Glycine	g	1.115		0	1.695	10.626
Proline	g	0.865		0	1.315	8.243
Serine	g	0.823		0	1.251	7.843
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05240 Turkey, young hen, dark meat, meat and skin, cooked, roasted

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 106g	Measure 2* 665g	Measure 3*
Proximates:							
Water	g	59.61	0.448	15	63.19	396.41	
Energy	kcal	232		0	246	1543	
Energy	kj	971		0	1029	6457	
Protein (N x 5.95)	g	27.37	0.399	15	29.01	182.01	
Total lipid (fat)	g	12.78	0.645	15	13.55	84.99	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98	0.009	15	1.04	6.52	
Sugars, total	g						
Minerals:							
Calcium	mg	31	1.352	15	33	206	
Iron	mg	2.28	0.085	15	2.42	15.16	
Magnesium	mg	23	0.210	15	24	153	
Phosphorus	mg	196	2.995	15	208	1303	
Potassium	mg	276	3.241	15	293	1835	
Sodium	mg	72	1.032	15	76	479	
Zinc	mg	4.10	0.118	3	4.35	27.26	
Copper	mg	0.139	0.005	3	0.147	0.924	
Manganese	mg	0.023	0.002	3	0.024	0.153	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.055	0.002	15	0.058	0.366	
Riboflavin	mg	0.223	0.007	15	0.236	1.483	
Niacin	mg	3.659	0.097	15	3.879	24.332	
Pantothenic acid	mg	1.117		0	1.184	7.428	
Vitamin B-6	mg	0.310		0	0.329	2.062	
Folate	µg	8		0	8	53	
Vitamin B-12	µg	0.34		0	0.36	2.26	
Vitamin A	IU	0	0.000	3	0	0	
Vitamin A, RE	µg	0	0.000	3	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.860		0	4.092	25.669	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.021	0.133	
14:0	g	0.090		0	0.095	0.598	
15.0	g						
16:0	g	2.330		0	2.470	15.495	
17:0	g						
18:0	g	0.990		0	1.049	6.583	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.060		0	4.304	26.999
14:1	g					
16:1	g	0.660		0	0.700	4.389
18:1	g	3.300		0	3.498	21.945
20:1	g	0.030		0	0.032	0.200
22.1	g	0.020		0	0.021	0.133
Polyunsaturated, total	g	3.420		0	3.625	22.743
18:2	g	2.890		0	3.063	19.219
18:3	g	0.150		0	0.159	0.998
18:4	g					
20:4	g	0.260		0	0.276	1.729
20:5	g	0.000		0	0.000	0.000
22:5	g	0.040		0	0.042	0.266
22:6	g	0.050		0	0.053	0.333
Cholesterol	mg	84	3.021	15	89	559
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.303		0	0.321	2.015
Threonine	g	1.196		0	1.268	7.953
Isoleucine	g	1.375		0	1.458	9.144
Leucine	g	2.130		0	2.258	14.164
Lysine	g	2.495		0	2.645	16.592
Methionine	g	0.771		0	0.817	5.127
Cystine	g	0.300		0	0.318	1.995
Phenylalanine	g	1.072		0	1.136	7.129
Tyrosine	g	1.041		0	1.103	6.923
Valine	g	1.427		0	1.513	9.490
Arginine	g	1.927		0	2.043	12.815
Histidine	g	0.825		0	0.874	5.486
Alanine	g	1.741		0	1.845	11.578
Aspartic acid	g	2.639		0	2.797	17.549
Glutamic acid	g	4.372		0	4.634	29.074
Glycine	g	1.624		0	1.721	10.800
Proline	g	1.264		0	1.340	8.406
Serine	g	1.208		0	1.280	8.033
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05241 Turkey, young hen, light meat, meat only, raw

Refuse: 30% 16% bone, 14% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 147g	Measure 2* 919g	Measure 3*
Proximates:							
Water	g	73.57	0.190	16	108.15	676.11	
Energy	kcal	116		0	171	1066	
Energy	kj	485		0	713	4457	
Protein (N x 5.95)	g	23.64	0.247	16	34.75	217.25	
Total lipid (fat)	g	1.66	0.140	16	2.44	15.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.006	16	1.47	9.19	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.735	15	18	110	
Iron	mg	1.38	0.115	15	2.03	12.68	
Magnesium	mg	27	0.332	15	40	248	
Phosphorus	mg	199	3.398	15	293	1829	
Potassium	mg	299	7.740	15	440	2748	
Sodium	mg	60	1.519	15	88	551	
Zinc	mg	1.59	0.044	3	2.34	14.61	
Copper	mg	0.082	0.009	3	0.121	0.754	
Manganese	mg	0.022	0.002	3	0.032	0.202	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.060	0.002	15	0.088	0.551	
Riboflavin	mg	0.131	0.010	15	0.193	1.204	
Niacin	mg	5.631	0.148	15	8.278	51.749	
Pantothenic acid	mg	0.690		0	1.014	6.341	
Vitamin B-6	mg	0.560		0	0.823	5.146	
Folate	µg	8		0	12	74	
Vitamin B-12	µg	0.45		0	0.66	4.14	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.530		0	0.779	4.871	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.002	10	0.015	0.092	
14:0	g	0.010	0.001	12	0.015	0.092	
15.0	g						
16:0	g	0.240	0.028	12	0.353	2.206	
17:0	g						
18:0	g	0.160	0.016	12	0.235	1.470	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.290		0	0.426	2.665
14:1	g					
16:1	g	0.040	0.007	12	0.059	0.368
18:1	g	0.240	0.027	12	0.353	2.206
20:1	g	0.010	0.001	10	0.015	0.092
22.1	g	0.010	0.002	10	0.015	0.092
Polyunsaturated, total	g	0.440		0	0.647	4.044
18:2	g	0.290	0.033	12	0.426	2.665
18:3	g	0.010	0.003	12	0.015	0.092
18:4	g					
20:4	g	0.090	0.012	11	0.132	0.827
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020	0.002	10	0.029	0.184
22:6	g	0.020	0.006	10	0.029	0.184
Cholesterol	mg	58	2.203	15	85	533
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.269		0	0.395	2.472
Threonine	g	1.052		0	1.546	9.668
Isoleucine	g	1.229		0	1.807	11.295
Leucine	g	1.884		0	2.769	17.314
Lysine	g	2.228		0	3.275	20.475
Methionine	g	0.685		0	1.007	6.295
Cystine	g	0.246		0	0.362	2.261
Phenylalanine	g	0.938		0	1.379	8.620
Tyrosine	g	0.934		0	1.373	8.583
Valine	g	1.256		0	1.846	11.543
Arginine	g	1.649		0	2.424	15.154
Histidine	g	0.738		0	1.085	6.782
Alanine	g	1.464		0	2.152	13.454
Aspartic acid	g	2.296		0	3.375	21.100
Glutamic acid	g	3.859		0	5.673	35.464
Glycine	g	1.173		0	1.724	10.780
Proline	g	0.984		0	1.446	9.043
Serine	g	1.052		0	1.546	9.668
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05242 Turkey, young hen, light meat, meat only, cooked, roasted

Refuse: 25% 14% bone, 11% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 119g	Measure 3*
Proximates:							
Water	g	65.74	0.173	15	92.04	78.23	
Energy	kcal	161		0	225	192	
Energy	kj	674		0	944	802	
Protein (N x 5.95)	g	29.89	0.287	15	41.85	35.57	
Total lipid (fat)	g	3.74	0.270	15	5.24	4.45	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.10	0.013	15	1.54	1.31	
Sugars, total	g						
Minerals:							
Calcium	mg	21	1.344	15	29	25	
Iron	mg	1.31	0.044	15	1.83	1.56	
Magnesium	mg	28	0.248	15	39	33	
Phosphorus	mg	218	2.381	15	305	259	
Potassium	mg	304	5.571	15	426	362	
Sodium	mg	60	1.267	15	84	71	
Zinc	mg	1.96	0.107	3	2.74	2.33	
Copper	mg	0.039	0.002	3	0.055	0.046	
Manganese	mg	0.020	0.002	3	0.028	0.024	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.057	0.002	15	0.080	0.068	
Riboflavin	mg	0.127	0.005	15	0.178	0.151	
Niacin	mg	7.114	0.174	15	9.960	8.466	
Pantothenic acid	mg	0.656		0	0.918	0.781	
Vitamin B-6	mg	0.520		0	0.728	0.619	
Folate	µg	6		0	8	7	
Vitamin B-12	µg	0.36		0	0.50	0.43	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		3	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.190		0	1.666	1.416	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.028	0.024	
14:0	g	0.020		0	0.028	0.024	
15.0	g						
16:0	g	0.540		0	0.756	0.643	
17:0	g						
18:0	g	0.360		0	0.504	0.428	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.660		0	0.924	0.785
14:1	g					
16:1	g	0.080		0	0.112	0.095
18:1	g	0.540		0	0.756	0.643
20:1	g	0.020		0	0.028	0.024
22.1	g	0.020		0	0.028	0.024
Polyunsaturated, total	g	1.000		0	1.400	1.190
18:2	g	0.660		0	0.924	0.785
18:3	g	0.020		0	0.028	0.024
18:4	g					
20:4	g	0.200		0	0.280	0.238
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.042	0.036
22:6	g	0.040		0	0.056	0.048
Cholesterol	mg	68	1.999	15	95	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.340		0	0.476	0.405
Threonine	g	1.330		0	1.862	1.583
Isoleucine	g	1.554		0	2.176	1.849
Leucine	g	2.382		0	3.335	2.835
Lysine	g	2.817		0	3.944	3.352
Methionine	g	0.866		0	1.212	1.031
Cystine	g	0.311		0	0.435	0.370
Phenylalanine	g	1.186		0	1.660	1.411
Tyrosine	g	1.181		0	1.653	1.405
Valine	g	1.588		0	2.223	1.890
Arginine	g	2.085		0	2.919	2.481
Histidine	g	0.933		0	1.306	1.110
Alanine	g	1.851		0	2.591	2.203
Aspartic acid	g	2.903		0	4.064	3.455
Glutamic acid	g	4.879		0	6.831	5.806
Glycine	g	1.483		0	2.076	1.765
Proline	g	1.244		0	1.742	1.480
Serine	g	1.330		0	1.862	1.583
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05243 Turkey, young hen, dark meat, meat only, raw

Refuse: 38% 27% bone, 11% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 130g	Measure 2* 812g	Measure 3*
Proximates:							
Water	g	74.03	0.229	16	96.24	601.12	
Energy	kcal	130		0	169	1056	
Energy	kj	544		0	707	4417	
Protein (N x 5.95)	g	20.07	0.215	16	26.09	162.97	
Total lipid (fat)	g	4.88	0.220	16	6.34	39.63	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.95	0.007	15	1.24	7.71	
Sugars, total	g						
Minerals:							
Calcium	mg	18	1.105	15	23	146	
Iron	mg	1.90	0.103	15	2.47	15.43	
Magnesium	mg	23	0.211	15	30	187	
Phosphorus	mg	185	1.896	15	241	1502	
Potassium	mg	287	5.982	15	373	2330	
Sodium	mg	74	1.231	15	96	601	
Zinc	mg	3.10	0.018	3	4.03	25.17	
Copper	mg	0.152	0.012	3	0.198	1.234	
Manganese	mg	0.024	0.001	3	0.031	0.195	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.076	0.001	15	0.099	0.617	
Riboflavin	mg	0.219	0.007	15	0.285	1.778	
Niacin	mg	2.817	0.072	15	3.662	22.874	
Pantothenic acid	mg	1.156		0	1.503	9.387	
Vitamin B-6	mg	0.360		0	0.468	2.923	
Folate	µg	11		0	14	89	
Vitamin B-12	µg	0.40		0	0.52	3.25	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.640		0	2.132	13.317	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.003	6	0.013	0.081	
14:0	g	0.030	0.006	8	0.039	0.244	
15.0	g						
16:0	g	0.860	0.083	8	1.118	6.983	
17:0	g						
18:0	g	0.490	0.045	8	0.637	3.979	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.110		0	1.443	9.013
14:1	g					
16:1	g	0.160	0.038	8	0.208	1.299
18:1	g	0.920	0.091	8	1.196	7.470
20:1	g	0.020	0.003	7	0.026	0.162
22.1	g	0.010	0.003	7	0.013	0.081
Polyunsaturated, total	g	1.460		0	1.898	11.855
18:2	g	1.180	0.113	8	1.534	9.582
18:3	g	0.040	0.014	8	0.052	0.325
18:4	g					
20:4	g	0.170	0.029	8	0.221	1.380
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030	0.006	7	0.039	0.244
22:6	g	0.040	0.021	7	0.052	0.325
Cholesterol	mg	62	2.089	15	81	503
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.228		0	0.296	1.851
Threonine	g	0.893		0	1.161	7.251
Isoleucine	g	1.044		0	1.357	8.477
Leucine	g	1.599		0	2.079	12.984
Lysine	g	1.891		0	2.458	15.355
Methionine	g	0.581		0	0.755	4.718
Cystine	g	0.209		0	0.272	1.697
Phenylalanine	g	0.796		0	1.035	6.464
Tyrosine	g	0.793		0	1.031	6.439
Valine	g	1.066		0	1.386	8.656
Arginine	g	1.400		0	1.820	11.368
Histidine	g	0.626		0	0.814	5.083
Alanine	g	1.243		0	1.616	10.093
Aspartic acid	g	1.949		0	2.534	15.826
Glutamic acid	g	3.275		0	4.258	26.593
Glycine	g	0.995		0	1.293	8.079
Proline	g	0.835		0	1.085	6.780
Serine	g	0.893		0	1.161	7.251
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05244 Turkey, young hen, dark meat, meat only, cooked, roasted

Refuse: 36% 27% bone, 9% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 93g	Measure 3*
Proximates:							
Water	g	62.74	0.213	15	87.84	58.35	
Energy	kcal	192		0	269	179	
Energy	kj	803		0	1124	747	
Protein (N x 5.95)	g	28.42	0.314	15	39.79	26.43	
Total lipid (fat)	g	7.79	0.336	15	10.91	7.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.02	0.007	15	1.43	0.95	
Sugars, total	g						
Minerals:							
Calcium	mg	30	1.435	15	42	28	
Iron	mg	2.33	0.089	15	3.26	2.17	
Magnesium	mg	25	0.217	15	35	23	
Phosphorus	mg	204	2.663	15	286	190	
Potassium	mg	292	3.851	15	409	272	
Sodium	mg	75	1.035	15	105	70	
Zinc	mg	4.39	0.060	3	6.15	4.08	
Copper	mg	0.148	0.005	3	0.207	0.138	
Manganese	mg	0.024	0.002	3	0.034	0.022	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.059	0.003	15	0.083	0.055	
Riboflavin	mg	0.235	0.007	15	0.329	0.219	
Niacin	mg	3.760	0.100	15	5.264	3.497	
Pantothenic acid	mg	1.236		0	1.730	1.149	
Vitamin B-6	mg	0.340		0	0.476	0.316	
Folate	µg	9		0	13	8	
Vitamin B-12	µg	0.36		0	0.50	0.33	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.610		0	3.654	2.427	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.028	0.019	
14:0	g	0.050		0	0.070	0.047	
15.0	g						
16:0	g	1.380		0	1.932	1.283	
17:0	g						
18:0	g	0.780		0	1.092	0.725	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.770		0	2.478	1.646
14:1	g					
16:1	g	0.260		0	0.364	0.242
18:1	g	1.460		0	2.044	1.358
20:1	g	0.030		0	0.042	0.028
22.1	g	0.020		0	0.028	0.019
Polyunsaturated, total	g	2.330		0	3.262	2.167
18:2	g	1.890		0	2.646	1.758
18:3	g	0.070		0	0.098	0.065
18:4	g					
20:4	g	0.280		0	0.392	0.260
20:5	g	0.000		0	0.000	0.000
22:5	g	0.040		0	0.056	0.037
22:6	g	0.060		0	0.084	0.056
Cholesterol	mg	80	3.061	15	112	74
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.323		0	0.452	0.300
Threonine	g	1.264		0	1.770	1.176
Isoleucine	g	1.478		0	2.069	1.375
Leucine	g	2.265		0	3.171	2.106
Lysine	g	2.679		0	3.751	2.491
Methionine	g	0.823		0	1.152	0.765
Cystine	g	0.296		0	0.414	0.275
Phenylalanine	g	1.128		0	1.579	1.049
Tyrosine	g	1.123		0	1.572	1.044
Valine	g	1.510		0	2.114	1.404
Arginine	g	1.983		0	2.776	1.844
Histidine	g	0.887		0	1.242	0.825
Alanine	g	1.760		0	2.464	1.637
Aspartic acid	g	2.761		0	3.865	2.568
Glutamic acid	g	4.639		0	6.495	4.314
Glycine	g	1.410		0	1.974	1.311
Proline	g	1.182		0	1.655	1.099
Serine	g	1.264		0	1.770	1.176
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05245 Turkey, young hen, back, meat and skin, raw

Refuse: 43% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 298g	Measure 2* 47g	Measure 3*
Proximates:							
Water	g	65.61		0	195.52	30.84	
Energy	kcal	218		0	650	102	
Energy	kj	912		0	2718	429	
Protein (N x 5.95)	g	17.51		0	52.18	8.23	
Total lipid (fat)	g	15.93		0	47.47	7.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.78		0	2.32	0.37	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	54	8	
Iron	mg	1.78		0	5.30	0.84	
Magnesium	mg	18		0	54	8	
Phosphorus	mg	153		0	456	72	
Potassium	mg	231		0	688	109	
Sodium	mg	61		0	182	29	
Zinc	mg	2.53		0	7.54	1.19	
Copper	mg	0.130		0	0.387	0.061	
Manganese	mg	0.021		0	0.063	0.010	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.058		0	0.173	0.027	
Riboflavin	mg	0.177		0	0.527	0.083	
Niacin	mg	2.369		0	7.060	1.113	
Pantothenic acid	mg	0.871		0	2.596	0.409	
Vitamin B-6	mg	0.270		0	0.805	0.127	
Folate	µg	9		0	27	4	
Vitamin B-12	µg	0.35		0	1.04	0.16	
Vitamin A	IU	8		0	24	4	
Vitamin A, RE	µg	3		0	9	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.410		0	13.142	2.073	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.030	0.005	
14:0	g	0.120		0	0.358	0.056	
15.0	g						
16:0	g	2.960		0	8.821	1.391	
17:0	g						
18:0	g	0.960		0	2.861	0.451	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.120	0	18.238	2.876
14:1	g				
16:1	g	1.040	0	3.099	0.489
18:1	g	4.940	0	14.721	2.322
20:1	g	0.010	0	0.030	0.005
22.1	g	0.010	0	0.030	0.005
Polyunsaturated, total	g	3.890	0	11.592	1.828
18:2	g	3.420	0	10.192	1.607
18:3	g	0.220	0	0.656	0.103
18:4	g				
20:4	g	0.150	0	0.447	0.070
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.060	0.009
22:6	g	0.030	0	0.089	0.014
Cholesterol	mg	68	0	203	32
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.187	0	0.557	0.088
Threonine	g	0.747	0	2.226	0.351
Isoleucine	g	0.838	0	2.497	0.394
Leucine	g	1.319	0	3.931	0.620
Lysine	g	1.524	0	4.542	0.716
Methionine	g	0.474	0	1.413	0.223
Cystine	g	0.205	0	0.611	0.096
Phenylalanine	g	0.673	0	2.006	0.316
Tyrosine	g	0.631	0	1.880	0.297
Valine	g	0.890	0	2.652	0.418
Arginine	g	1.249	0	3.722	0.587
Histidine	g	0.502	0	1.496	0.236
Alanine	g	1.155	0	3.442	0.543
Aspartic acid	g	1.673	0	4.986	0.786
Glutamic acid	g	2.716	0	8.094	1.277
Glycine	g	1.269	0	3.782	0.596
Proline	g	0.917	0	2.733	0.431
Serine	g	0.765	0	2.280	0.360
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 back, bone removed
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05246 Turkey, young hen, back, meat and skin, cooked, roasted

Refuse: 41% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 217g	Measure 2* 35g	Measure 3*
Proximates:							
Water	g	56.91		0	123.49	19.92	
Energy	kcal	254		0	551	89	
Energy	kj	1063		0	2307	372	
Protein (N x 5.95)	g	26.41		0	57.31	9.24	
Total lipid (fat)	g	15.64		0	33.94	5.47	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	2.04	0.33	
Sugars, total	g						
Minerals:							
Calcium	mg	31		0	67	11	
Iron	mg	2.22		0	4.82	0.78	
Magnesium	mg	23		0	50	8	
Phosphorus	mg	189		0	410	66	
Potassium	mg	263		0	571	92	
Sodium	mg	69		0	150	24	
Zinc	mg	3.89		0	8.44	1.36	
Copper	mg	0.133		0	0.289	0.047	
Manganese	mg	0.023		0	0.050	0.008	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.051		0	0.111	0.018	
Riboflavin	mg	0.213		0	0.462	0.075	
Niacin	mg	3.554		0	7.712	1.244	
Pantothenic acid	mg	1.035		0	2.246	0.362	
Vitamin B-6	mg	0.290		0	0.629	0.101	
Folate	µg	8		0	17	3	
Vitamin B-12	µg	0.33		0	0.72	0.12	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.540		0	9.852	1.589	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.022	0.004	
14:0	g	0.110		0	0.239	0.039	
15.0	g						
16:0	g	2.880		0	6.250	1.008	
17:0	g						
18:0	g	1.090		0	2.365	0.382	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.450	0	11.827	1.908
14:1	g				
16:1	g	0.910	0	1.975	0.319
18:1	g	4.420	0	9.591	1.547
20:1	g	0.020	0	0.043	0.007
22.1	g	0.010	0	0.022	0.004
Polyunsaturated, total	g	4.010	0	8.702	1.404
18:2	g	3.460	0	7.508	1.211
18:3	g	0.200	0	0.434	0.070
18:4	g				
20:4	g	0.240	0	0.521	0.084
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.065	0.011
22:6	g	0.050	0	0.109	0.018
Cholesterol	mg	85	0	184	30
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.286	0	0.621	0.100
Threonine	g	1.139	0	2.472	0.399
Isoleucine	g	1.292	0	2.804	0.452
Leucine	g	2.019	0	4.381	0.707
Lysine	g	2.348	0	5.095	0.822
Methionine	g	0.728	0	1.580	0.255
Cystine	g	0.301	0	0.653	0.105
Phenylalanine	g	1.024	0	2.222	0.358
Tyrosine	g	0.975	0	2.116	0.341
Valine	g	1.358	0	2.947	0.475
Arginine	g	1.873	0	4.064	0.656
Histidine	g	0.775	0	1.682	0.271
Alanine	g	1.714	0	3.719	0.600
Aspartic acid	g	2.534	0	5.499	0.887
Glutamic acid	g	4.152	0	9.010	1.453
Glycine	g	1.758	0	3.815	0.615
Proline	g	1.309	0	2.841	0.458
Serine	g	1.159	0	2.515	0.406
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 back, bone removed
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05247 Turkey, young hen, breast, meat and skin, raw

Refuse: 11% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 139g	Measure 2* 874g	Measure 3*
Proximates:							
Water	g	69.00		0	95.91	603.06	
Energy	kcal	167		0	232	1460	
Energy	kj	699		0	972	6109	
Protein (N x 5.95)	g	21.62		0	30.05	188.96	
Total lipid (fat)	g	8.30		0	11.54	72.54	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	1.24	7.78	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	18	114	
Iron	mg	1.41		0	1.96	12.32	
Magnesium	mg	24		0	33	210	
Phosphorus	mg	179		0	249	1564	
Potassium	mg	266		0	370	2325	
Sodium	mg	55		0	76	481	
Zinc	mg	1.54		0	2.14	13.46	
Copper	mg	0.082		0	0.114	0.717	
Manganese	mg	0.021		0	0.029	0.184	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.053		0	0.074	0.463	
Riboflavin	mg	0.123		0	0.171	1.075	
Niacin	mg	4.904		0	6.817	42.861	
Pantothenic acid	mg	0.612		0	0.851	5.349	
Vitamin B-6	mg	0.480		0	0.667	4.195	
Folate	µg	7		0	10	61	
Vitamin B-12	µg	0.41		0	0.57	3.58	
Vitamin A	IU	5		0	7	44	
Vitamin A, RE	µg	1		0	1	9	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.250		0	3.127	19.665	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.087	
14:0	g	0.060		0	0.083	0.524	
15.0	g						
16:0	g	1.500		0	2.085	13.110	
17:0	g						
18:0	g	0.480		0	0.667	4.195	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.190	0	4.434	27.881
14:1	g				
16:1	g	0.540	0	0.751	4.720
18:1	g	2.580	0	3.586	22.549
20:1	g	0.010	0	0.014	0.087
22.1	g	0.010	0	0.014	0.087
Polyunsaturated, total	g	1.950	0	2.711	17.043
18:2	g	1.680	0	2.335	14.683
18:3	g	0.110	0	0.153	0.961
18:4	g				
20:4	g	0.090	0	0.125	0.787
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.014	0.087
22:6	g	0.010	0	0.014	0.087
Cholesterol	mg	62	0	86	542
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.239	0	0.332	2.089
Threonine	g	0.944	0	1.312	8.251
Isoleucine	g	1.084	0	1.507	9.474
Leucine	g	1.681	0	2.337	14.692
Lysine	g	1.968	0	2.736	17.200
Methionine	g	0.608	0	0.845	5.314
Cystine	g	0.237	0	0.329	2.071
Phenylalanine	g	0.846	0	1.176	7.394
Tyrosine	g	0.820	0	1.140	7.167
Valine	g	1.126	0	1.565	9.841
Arginine	g	1.523	0	2.117	13.311
Histidine	g	0.651	0	0.905	5.690
Alanine	g	1.378	0	1.915	12.044
Aspartic acid	g	2.084	0	2.897	18.214
Glutamic acid	g	3.451	0	4.797	30.162
Glycine	g	1.294	0	1.799	11.310
Proline	g	1.004	0	1.396	8.775
Serine	g	0.954	0	1.326	8.338
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone removed

NDB No. 05248 Turkey, young hen, breast, meat and skin, cooked, roasted

Refuse: 8% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 109g	Measure 2* 686g	Measure 3*
Proximates:							
Water	g	62.69		0	68.33	430.05	
Energy	kcal	194		0	211	1331	
Energy	kj	812		0	885	5570	
Protein (N x 5.95)	g	28.80		0	31.39	197.57	
Total lipid (fat)	g	7.86		0	8.57	53.92	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.06		0	1.16	7.27	
Sugars, total	g						
Minerals:							
Calcium	mg	22		0	24	151	
Iron	mg	1.36		0	1.48	9.33	
Magnesium	mg	26		0	28	178	
Phosphorus	mg	210		0	229	1441	
Potassium	mg	289		0	315	1983	
Sodium	mg	58		0	63	398	
Zinc	mg	1.97		0	2.15	13.51	
Copper	mg	0.043		0	0.047	0.295	
Manganese	mg	0.021		0	0.023	0.144	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.053		0	0.058	0.364	
Riboflavin	mg	0.128		0	0.140	0.878	
Niacin	mg	6.678		0	7.279	45.811	
Pantothenic acid	mg	0.620		0	0.676	4.253	
Vitamin B-6	mg	0.470		0	0.512	3.224	
Folate	µg	6		0	7	41	
Vitamin B-12	µg	0.35		0	0.38	2.40	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.250		0	2.453	15.435	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.022	0.137	
14:0	g	0.050		0	0.055	0.343	
15.0	g						
16:0	g	1.340		0	1.461	9.192	
17:0	g						
18:0	g	0.550		0	0.600	3.773	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.500	0	2.725	17.150
14:1	g				
16:1	g	0.410	0	0.447	2.813
18:1	g	2.030	0	2.213	13.926
20:1	g	0.020	0	0.022	0.137
22.1	g	0.010	0	0.011	0.069
Polyunsaturated, total	g	1.930	0	2.104	13.240
18:2	g	1.520	0	1.657	10.427
18:3	g	0.080	0	0.087	0.549
18:4	g				
20:4	g	0.190	0	0.207	1.303
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.033	0.206
22:6	g	0.040	0	0.044	0.274
Cholesterol	mg	72	0	78	494
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.321	0	0.350	2.202
Threonine	g	1.264	0	1.378	8.671
Isoleucine	g	1.459	0	1.590	10.009
Leucine	g	2.254	0	2.457	15.462
Lysine	g	2.647	0	2.885	18.158
Methionine	g	0.817	0	0.891	5.605
Cystine	g	0.312	0	0.340	2.140
Phenylalanine	g	1.131	0	1.233	7.759
Tyrosine	g	1.105	0	1.204	7.580
Valine	g	1.508	0	1.644	10.345
Arginine	g	2.023	0	2.205	13.878
Histidine	g	0.876	0	0.955	6.009
Alanine	g	1.820	0	1.984	12.485
Aspartic acid	g	2.782	0	3.032	19.085
Glutamic acid	g	4.625	0	5.041	31.727
Glycine	g	1.640	0	1.788	11.250
Proline	g	1.298	0	1.415	8.904
Serine	g	1.274	0	1.389	8.740
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone removed

NDB No. 05249 Turkey, young hen, leg, meat and skin, raw

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 105g	Measure 2* 656g	Measure 3*
Proximates:							
Water	g	72.04		0	75.64	472.58	
Energy	kcal	151		0	159	991	
Energy	kj	632		0	664	4146	
Protein (N x 5.95)	g	19.46		0	20.43	127.66	
Total lipid (fat)	g	7.50		0	7.88	49.20	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	0.96	5.97	
Sugars, total	g						
Minerals:							
Calcium	mg	18		0	19	118	
Iron	mg	1.87		0	1.96	12.27	
Magnesium	mg	22		0	23	144	
Phosphorus	mg	178		0	187	1168	
Potassium	mg	273		0	287	1791	
Sodium	mg	70		0	74	459	
Zinc	mg	2.96		0	3.11	19.42	
Copper	mg	0.147		0	0.154	0.964	
Manganese	mg	0.023		0	0.024	0.151	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.072		0	0.076	0.472	
Riboflavin	mg	0.209		0	0.219	1.371	
Niacin	mg	2.711		0	2.847	17.784	
Pantothenic acid	mg	1.089		0	1.143	7.144	
Vitamin B-6	mg	0.340		0	0.357	2.230	
Folate	µg	10		0	11	66	
Vitamin B-12	µg	0.39		0	0.41	2.56	
Vitamin A	IU	2		0	2	13	
Vitamin A, RE	µg	1		0	1	7	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.290		0	2.405	15.022	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.011	0.066	
14:0	g	0.050		0	0.053	0.328	
15.0	g						
16:0	g	1.360		0	1.428	8.922	
17:0	g						
18:0	g	0.600		0	0.630	3.936	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.290	0	2.405	15.022
14:1	g				
16:1	g	0.370	0	0.389	2.427
18:1	g	1.870	0	1.964	12.267
20:1	g	0.020	0	0.021	0.131
22.1	g	0.010	0	0.011	0.066
Polyunsaturated, total	g	2.040	0	2.142	13.382
18:2	g	1.710	0	1.795	11.218
18:3	g	0.090	0	0.094	0.590
18:4	g				
20:4	g	0.170	0	0.179	1.115
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.021	0.131
22:6	g	0.040	0	0.042	0.262
Cholesterol	mg	63	0	66	413
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.218	0	0.229	1.430
Threonine	g	0.858	0	0.901	5.628
Isoleucine	g	0.995	0	1.045	6.527
Leucine	g	1.533	0	1.610	10.056
Lysine	g	1.804	0	1.894	11.834
Methionine	g	0.556	0	0.584	3.647
Cystine	g	0.208	0	0.218	1.364
Phenylalanine	g	0.767	0	0.805	5.032
Tyrosine	g	0.755	0	0.793	4.953
Valine	g	1.024	0	1.075	6.717
Arginine	g	1.364	0	1.432	8.948
Histidine	g	0.597	0	0.627	3.916
Alanine	g	1.222	0	1.283	8.016
Aspartic acid	g	1.884	0	1.978	12.359
Glutamic acid	g	3.143	0	3.300	20.618
Glycine	g	1.060	0	1.113	6.954
Proline	g	0.854	0	0.897	5.602
Serine	g	0.863	0	0.906	5.661
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone removed

NDB No. 05250 Turkey, young hen, leg, meat and skin, cooked, roasted

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 71g	Measure 2* 448g	Measure 3*
Proximates:							
Water	g	60.73		0	43.12	272.07	
Energy	kcal	213		0	151	954	
Energy	kj	891		0	633	3992	
Protein (N x 5.95)	g	27.73		0	19.69	124.23	
Total lipid (fat)	g	10.50		0	7.46	47.04	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	0.70	4.44	
Sugars, total	g						
Minerals:							
Calcium	mg	30		0	21	134	
Iron	mg	2.29		0	1.63	10.26	
Magnesium	mg	24		0	17	108	
Phosphorus	mg	198		0	141	887	
Potassium	mg	282		0	200	1263	
Sodium	mg	73		0	52	327	
Zinc	mg	4.22		0	3.00	18.91	
Copper	mg	0.143		0	0.102	0.641	
Manganese	mg	0.024		0	0.017	0.108	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.056		0	0.040	0.251	
Riboflavin	mg	0.227		0	0.161	1.017	
Niacin	mg	3.689		0	2.619	16.527	
Pantothenic acid	mg	1.166		0	0.828	5.224	
Vitamin B-6	mg	0.320		0	0.227	1.434	
Folate	µg	9		0	6	40	
Vitamin B-12	µg	0.35		0	0.25	1.57	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.280		0	2.329	14.694	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.014	0.090	
14:0	g	0.070		0	0.050	0.314	
15.0	g						
16:0	g	1.900		0	1.349	8.512	
17:0	g						
18:0	g	0.890		0	0.632	3.987	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.040	0	2.158	13.619
14:1	g				
16:1	g	0.480	0	0.341	2.150
18:1	g	2.480	0	1.761	11.110
20:1	g	0.030	0	0.021	0.134
22.1	g	0.020	0	0.014	0.090
Polyunsaturated, total	g	2.910	0	2.066	13.037
18:2	g	2.430	0	1.725	10.886
18:3	g	0.120	0	0.085	0.538
18:4	g				
20:4	g	0.260	0	0.185	1.165
20:5	g	0.000	0	0.000	0.000
22:5	g	0.040	0	0.028	0.179
22:6	g	0.060	0	0.043	0.269
Cholesterol	mg	82	0	58	367
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.310	0	0.220	1.389
Threonine	g	1.221	0	0.867	5.470
Isoleucine	g	1.414	0	1.004	6.335
Leucine	g	2.180	0	1.548	9.766
Lysine	g	2.565	0	1.821	11.491
Methionine	g	0.790	0	0.561	3.539
Cystine	g	0.298	0	0.212	1.335
Phenylalanine	g	1.092	0	0.775	4.892
Tyrosine	g	1.072	0	0.761	4.803
Valine	g	1.457	0	1.034	6.527
Arginine	g	1.945	0	1.381	8.714
Histidine	g	0.848	0	0.602	3.799
Alanine	g	1.744	0	1.238	7.813
Aspartic acid	g	2.683	0	1.905	12.020
Glutamic acid	g	4.471	0	3.174	20.030
Glycine	g	1.530	0	1.086	6.854
Proline	g	1.226	0	0.870	5.492
Serine	g	1.228	0	0.872	5.501
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone removed

NDB No. 05251 Turkey, young hen, wing, meat and skin, raw

Refuse: 31% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 36g	Measure 2* 224g	Measure 3*
Proximates:							
Water	g	65.18		0	23.46	146.00	
Energy	kcal	210		0	76	470	
Energy	kj	879		0	316	1969	
Protein (N x 5.95)	g	19.93		0	7.17	44.64	
Total lipid (fat)	g	13.87		0	4.99	31.07	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.81		0	0.29	1.81	
Sugars, total	g						
Minerals:							
Calcium	mg	14		0	5	31	
Iron	mg	1.43		0	0.51	3.20	
Magnesium	mg	21		0	8	47	
Phosphorus	mg	162		0	58	363	
Potassium	mg	238		0	86	533	
Sodium	mg	51		0	18	114	
Zinc	mg	1.49		0	0.54	3.34	
Copper	mg	0.081		0	0.029	0.181	
Manganese	mg	0.020		0	0.007	0.045	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.047		0	0.017	0.105	
Riboflavin	mg	0.116		0	0.042	0.260	
Niacin	mg	4.295		0	1.546	9.621	
Pantothenic acid	mg	0.547		0	0.197	1.225	
Vitamin B-6	mg	0.400		0	0.144	0.896	
Folate	µg	7		0	3	16	
Vitamin B-12	µg	0.38		0	0.14	0.85	
Vitamin A	IU	8		0	3	18	
Vitamin A, RE	µg	3		0	1	7	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.680		0	1.325	8.243	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.004	0.022	
14:0	g	0.100		0	0.036	0.224	
15.0	g						
16:0	g	2.560		0	0.922	5.734	
17:0	g						
18:0	g	0.740		0	0.266	1.658	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.620	0	2.023	12.589
14:1	g				
16:1	g	0.970	0	0.349	2.173
18:1	g	4.530	0	1.631	10.147
20:1	g	0.010	0	0.004	0.022
22.1	g	0.010	0	0.004	0.022
Polyunsaturated, total	g	3.220	0	1.159	7.213
18:2	g	2.840	0	1.022	6.362
18:3	g	0.200	0	0.072	0.448
18:4	g				
20:4	g	0.100	0	0.036	0.224
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.004	0.022
22:6	g	0.010	0	0.004	0.022
Cholesterol	mg	65	0	23	146
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.214	0	0.077	0.479
Threonine	g	0.854	0	0.307	1.913
Isoleucine	g	0.963	0	0.347	2.157
Leucine	g	1.511	0	0.544	3.385
Lysine	g	1.750	0	0.630	3.920
Methionine	g	0.544	0	0.196	1.219
Cystine	g	0.230	0	0.083	0.515
Phenylalanine	g	0.769	0	0.277	1.723
Tyrosine	g	0.725	0	0.261	1.624
Valine	g	1.018	0	0.366	2.280
Arginine	g	1.417	0	0.510	3.174
Histidine	g	0.578	0	0.208	1.295
Alanine	g	1.305	0	0.470	2.923
Aspartic acid	g	1.907	0	0.687	4.272
Glutamic acid	g	3.109	0	1.119	6.964
Glycine	g	1.395	0	0.502	3.125
Proline	g	1.020	0	0.367	2.285
Serine	g	0.872	0	0.314	1.953
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone removed

NDB No. 05252 Turkey, young hen, wing, meat and skin, cooked, roasted

Refuse: 31% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 174g	Measure 3*
Proximates:							
Water	g	58.53		0	16.39	101.84	
Energy	kcal	238		0	67	414	
Energy	kj	996		0	279	1733	
Protein (N x 5.95)	g	27.30		0	7.64	47.50	
Total lipid (fat)	g	13.46		0	3.77	23.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99		0	0.28	1.72	
Sugars, total	g						
Minerals:							
Calcium	mg	24		0	7	42	
Iron	mg	1.43		0	0.40	2.49	
Magnesium	mg	25		0	7	44	
Phosphorus	mg	198		0	55	345	
Potassium	mg	268		0	75	466	
Sodium	mg	56		0	16	97	
Zinc	mg	1.99		0	0.56	3.46	
Copper	mg	0.049		0	0.014	0.085	
Manganese	mg	0.021		0	0.006	0.037	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.048		0	0.013	0.084	
Riboflavin	mg	0.128		0	0.036	0.223	
Niacin	mg	6.084		0	1.704	10.586	
Pantothenic acid	mg	0.570		0	0.160	0.992	
Vitamin B-6	mg	0.410		0	0.115	0.713	
Folate	µg	5		0	1	9	
Vitamin B-12	µg	0.33		0	0.09	0.57	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.680		0	1.030	6.403	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.017	
14:0	g	0.100		0	0.028	0.174	
15.0	g						
16:0	g	2.410		0	0.675	4.193	
17:0	g						
18:0	g	0.810		0	0.227	1.409	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.020	0	1.406	8.735
14:1	g				
16:1	g	0.850	0	0.238	1.479
18:1	g	4.050	0	1.134	7.047
20:1	g	0.010	0	0.003	0.017
22.1	g	0.010	0	0.003	0.017
Polyunsaturated, total	g	3.190	0	0.893	5.551
18:2	g	2.700	0	0.756	4.698
18:3	g	0.180	0	0.050	0.313
18:4	g				
20:4	g	0.180	0	0.050	0.313
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.008	0.052
22:6	g	0.030	0	0.008	0.052
Cholesterol	mg	77	0	22	134
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.083	0.513
Threonine	g	1.175	0	0.329	2.045
Isoleucine	g	1.329	0	0.372	2.312
Leucine	g	2.080	0	0.582	3.619
Lysine	g	2.416	0	0.676	4.204
Methionine	g	0.750	0	0.210	1.305
Cystine	g	0.312	0	0.087	0.543
Phenylalanine	g	1.056	0	0.296	1.837
Tyrosine	g	1.002	0	0.281	1.743
Valine	g	1.400	0	0.392	2.436
Arginine	g	1.938	0	0.543	3.372
Histidine	g	0.797	0	0.223	1.387
Alanine	g	1.778	0	0.498	3.094
Aspartic acid	g	2.616	0	0.732	4.552
Glutamic acid	g	4.279	0	1.198	7.445
Glycine	g	1.854	0	0.519	3.226
Proline	g	1.371	0	0.384	2.386
Serine	g	1.197	0	0.335	2.083
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone removed

NDB No. 05253 Turkey, young tom, meat and skin and giblets and neck, raw

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 8399g	Measure 2*	Measure 3*
Proximates:							
Water	g	71.14		0	5975.05		
Energy	kcal	152		0	12766		
Energy	kj	636		0	53418		
Protein (N x 5.95)	g	20.39		0	1712.56		
Total lipid (fat)	g	7.21		0	605.57		
Carbohydrate, by difference	g	0.08		0	6.72		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.89		0	74.75		
Sugars, total	g						
Minerals:							
Calcium	mg	15		0	1260		
Iron	mg	1.50		0	125.98		
Magnesium	mg	22		0	1848		
Phosphorus	mg	182		0	15286		
Potassium	mg	274		0	23013		
Sodium	mg	70		0	5879		
Zinc	mg	2.39		0	200.74		
Copper	mg	0.106		0	8.903		
Manganese	mg	0.022		0	1.848		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.2		0	16.8		
Thiamin	mg	0.071		0	5.963		
Riboflavin	mg	0.193		0	16.210		
Niacin	mg	4.334		0	364.013		
Pantothenic acid	mg	0.943		0	79.203		
Vitamin B-6	mg	0.410		0	34.436		
Folate	µg	22		0	1848		
Vitamin B-12	µg	1.55		0	130.18		
Vitamin A	IU	289		0	24273		
Vitamin A, RE	µg	86		0	7223		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.050		0	172.179		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.840		
14:0	g	0.050		0	4.200		
15.0	g						
16:0	g	1.310		0	110.027		
17:0	g						
18:0	g	0.480		0	40.315		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.550	0	214.174
14:1	g			
16:1	g	0.430	0	36.116
18:1	g	2.060	0	173.019
20:1	g	0.010	0	0.840
22.1	g	0.010	0	0.840
Polyunsaturated, total	g	1.790	0	150.342
18:2	g	1.520	0	127.665
18:3	g	0.090	0	7.559
18:4	g			
20:4	g	0.120	0	10.079
20:5	g	0.000	0	0.000
22:5	g	0.010	0	0.840
22:6	g	0.020	0	1.680
Cholesterol	mg	81	0	6803
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.226	0	18.982
Threonine	g	0.891	0	74.835
Isoleucine	g	1.023	0	85.922
Leucine	g	1.588	0	133.376
Lysine	g	1.842	0	154.710
Methionine	g	0.570	0	47.874
Cystine	g	0.226	0	18.982
Phenylalanine	g	0.803	0	67.444
Tyrosine	g	0.770	0	64.672
Valine	g	1.064	0	89.365
Arginine	g	1.434	0	120.442
Histidine	g	0.608	0	51.066
Alanine	g	1.290	0	108.347
Aspartic acid	g	1.964	0	164.956
Glutamic acid	g	3.244	0	272.464
Glycine	g	1.221	0	102.552
Proline	g	0.952	0	79.958
Serine	g	0.899	0	75.507
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 turkey

NDB No. 05254 Turkey, young tom, meat and skin and giblets and neck, cooked, roasted

Refuse: 21% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 258g	Measure 2* 5957g	Measure 3*
Proximates:							
Water	g	62.18		0	160.42	3704.06	
Energy	kcal	199		0	513	11854	
Energy	kj	833		0	2149	49622	
Protein (N x 5.95)	g	27.97		0	72.16	1666.17	
Total lipid (fat)	g	8.81		0	22.73	524.81	
Carbohydrate, by difference	g	0.10		0	0.26	5.96	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97		0	2.50	57.78	
Sugars, total	g						
Minerals:							
Calcium	mg	26		0	67	1549	
Iron	mg	2.00		0	5.16	119.14	
Magnesium	mg	24		0	62	1430	
Phosphorus	mg	201		0	519	11974	
Potassium	mg	276		0	712	16441	
Sodium	mg	72		0	186	4289	
Zinc	mg	3.24		0	8.36	193.01	
Copper	mg	0.105		0	0.271	6.255	
Manganese	mg	0.026		0	0.067	1.549	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.1		0	0.3	6.0	
Thiamin	mg	0.061		0	0.157	3.634	
Riboflavin	mg	0.211		0	0.544	12.569	
Niacin	mg	4.759		0	12.278	283.494	
Pantothenic acid	mg	0.972		0	2.508	57.902	
Vitamin B-6	mg	0.410		0	1.058	24.424	
Folate	µg	20		0	52	1191	
Vitamin B-12	µg	1.27		0	3.28	75.65	
Vitamin A	IU	285		0	735	16977	
Vitamin A, RE	µg	85		0	219	5063	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.580		0	6.656	153.691	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.026	0.596	
14:0	g	0.060		0	0.155	3.574	
15.0	g						
16:0	g	1.570		0	4.051	93.525	
17:0	g						
18:0	g	0.640		0	1.651	38.125	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.860	0	7.379	170.370
14:1	g				
16:1	g	0.470	0	1.213	27.998
18:1	g	2.320	0	5.986	138.202
20:1	g	0.020	0	0.052	1.191
22.1	g	0.010	0	0.026	0.596
Polyunsaturated, total	g	2.260	0	5.831	134.628
18:2	g	1.870	0	4.825	111.396
18:3	g	0.100	0	0.258	5.957
18:4	g				
20:4	g	0.190	0	0.490	11.318
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.077	1.787
22:6	g	0.030	0	0.077	1.787
Cholesterol	mg	96	0	248	5719
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.310	0	0.800	18.467
Threonine	g	1.223	0	3.155	72.854
Isoleucine	g	1.404	0	3.622	83.636
Leucine	g	2.177	0	5.617	129.684
Lysine	g	2.530	0	6.527	150.712
Methionine	g	0.784	0	2.023	46.703
Cystine	g	0.309	0	0.797	18.407
Phenylalanine	g	1.101	0	2.841	65.587
Tyrosine	g	1.057	0	2.727	62.965
Valine	g	1.459	0	3.764	86.913
Arginine	g	1.967	0	5.075	117.174
Histidine	g	0.836	0	2.157	49.801
Alanine	g	1.770	0	4.567	105.439
Aspartic acid	g	2.694	0	6.951	160.482
Glutamic acid	g	4.454	0	11.491	265.325
Glycine	g	1.670	0	4.309	99.482
Proline	g	1.303	0	3.362	77.620
Serine	g	1.233	0	3.181	73.450
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 turkey

NDB No. 05255 Turkey, young tom, meat and skin, raw

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 338g	Measure 2* 3895g	Measure 3*
Proximates:							
Water	g	70.96	0.279	20	239.84	2763.89	
Energy	kcal	154		0	521	5998	
Energy	kj	644		0	2177	25084	
Protein (N x 5.95)	g	20.45	0.138	20	69.12	796.53	
Total lipid (fat)	g	7.43	0.391	20	25.11	289.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.88	0.003	20	2.97	34.28	
Sugars, total	g						
Minerals:							
Calcium	mg	15	0.349	20	51	584	
Iron	mg	1.28	0.064	20	4.33	49.86	
Magnesium	mg	22	0.232	20	74	857	
Phosphorus	mg	180	1.539	20	608	7011	
Potassium	mg	271	6.797	20	916	10555	
Sodium	mg	68	1.988	20	230	2649	
Zinc	mg	2.28	0.054	4	7.71	88.81	
Copper	mg	0.095	0.004	4	0.321	3.700	
Manganese	mg	0.017	0.000	4	0.057	0.662	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.003	20	0.237	2.727	
Riboflavin	mg	0.152	0.004	20	0.514	5.920	
Niacin	mg	4.295	0.140	20	14.517	167.290	
Pantothenic acid	mg	0.805		0	2.721	31.355	
Vitamin B-6	mg	0.410		0	1.386	15.969	
Folate	µg	8		0	27	312	
Vitamin B-12	µg	0.40		0	1.35	15.58	
Vitamin A	IU	7	1.401	4	24	273	
Vitamin A, RE	µg	2	0.420	4	7	78	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.100		0	7.098	81.795	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.034	0.390	
14:0	g	0.050		0	0.169	1.948	
15.0	g						
16:0	g	1.350		0	4.563	52.583	
17:0	g						
18:0	g	0.480		0	1.622	18.696	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.680		0	9.058	104.386
14:1	g					
16:1	g	0.450		0	1.521	17.527
18:1	g	2.160		0	7.301	84.132
20:1	g	0.010		0	0.034	0.390
22.1	g	0.010		0	0.034	0.390
Polyunsaturated, total	g	1.840		0	6.219	71.668
18:2	g	1.570		0	5.307	61.152
18:3	g	0.100		0	0.338	3.895
18:4	g					
20:4	g	0.110		0	0.372	4.284
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.034	0.390
22:6	g	0.020		0	0.068	0.779
Cholesterol	mg	72	1.350	20	243	2804
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.226		0	0.764	8.803
Threonine	g	0.892		0	3.015	34.743
Isoleucine	g	1.024		0	3.461	39.885
Leucine	g	1.588		0	5.367	61.853
Lysine	g	1.858		0	6.280	72.369
Methionine	g	0.574		0	1.940	22.357
Cystine	g	0.225		0	0.761	8.764
Phenylalanine	g	0.800		0	2.704	31.160
Tyrosine	g	0.775		0	2.619	30.186
Valine	g	1.064		0	3.596	41.443
Arginine	g	1.442		0	4.874	56.166
Histidine	g	0.614		0	2.075	23.915
Alanine	g	1.305		0	4.411	50.830
Aspartic acid	g	1.971		0	6.662	76.770
Glutamic acid	g	3.260		0	11.019	126.977
Glycine	g	1.236		0	4.178	48.142
Proline	g	0.955		0	3.228	37.197
Serine	g	0.902		0	3.049	35.133
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05256 Turkey, young tom, meat and skin, cooked, roasted

Refuse: 20% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 239g	Measure 2* 2750g	Measure 3*
Proximates:							
Water	g	61.92	0.398	20	147.99	1702.80	
Energy	kcal	202		0	483	5555	
Energy	kj	845		0	2020	23238	
Protein (N x 5.95)	g	28.09	0.185	20	67.14	772.48	
Total lipid (fat)	g	9.06	0.400	20	21.65	249.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.99	0.010	20	2.37	27.23	
Sugars, total	g						
Minerals:							
Calcium	mg	27	1.056	20	65	743	
Iron	mg	1.78	0.082	20	4.25	48.95	
Magnesium	mg	25	0.279	20	60	688	
Phosphorus	mg	203	1.877	20	485	5583	
Potassium	mg	282	6.264	20	674	7755	
Sodium	mg	72	1.703	20	172	1980	
Zinc	mg	3.02	0.108	4	7.22	83.05	
Copper	mg	0.094	0.010	4	0.225	2.585	
Manganese	mg	0.020	0.001	4	0.048	0.550	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.062	0.001	20	0.148	1.705	
Riboflavin	mg	0.183	0.003	20	0.437	5.032	
Niacin	mg	4.900	0.123	20	11.711	134.750	
Pantothenic acid	mg	0.879		0	2.101	24.172	
Vitamin B-6	mg	0.420		0	1.004	11.550	
Folate	µg	7		0	17	193	
Vitamin B-12	µg	0.36		0	0.86	9.90	
Vitamin A	IU	0	0.000	4	0	0	
Vitamin A, RE	µg	0	0.000	4	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.640		0	6.310	72.600	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.024	0.275	
14:0	g	0.060		0	0.143	1.650	
15.0	g						
16:0	g	1.610		0	3.848	44.275	
17:0	g						
18:0	g	0.650		0	1.553	17.875	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.980		0	7.122	81.950
14:1	g					
16:1	g	0.490		0	1.171	13.475
18:1	g	2.420		0	5.784	66.550
20:1	g	0.020		0	0.048	0.550
22.1	g	0.010		0	0.024	0.275
Polyunsaturated, total	g	2.310		0	5.521	63.525
18:2	g	1.920		0	4.589	52.800
18:3	g	0.110		0	0.263	3.025
18:4	g					
20:4	g	0.180		0	0.430	4.950
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.072	0.825
22:6	g	0.040		0	0.096	1.100
Cholesterol	mg	82	2.336	20	196	2255
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.310		0	0.741	8.525
Threonine	g	1.226		0	2.930	33.715
Isoleucine	g	1.407		0	3.363	38.693
Leucine	g	2.181		0	5.213	59.977
Lysine	g	2.553		0	6.102	70.207
Methionine	g	0.789		0	1.886	21.698
Cystine	g	0.309		0	0.739	8.498
Phenylalanine	g	1.099		0	2.627	30.223
Tyrosine	g	1.064		0	2.543	29.260
Valine	g	1.462		0	3.494	40.205
Arginine	g	1.980		0	4.732	54.450
Histidine	g	0.844		0	2.017	23.210
Alanine	g	1.792		0	4.283	49.280
Aspartic acid	g	2.707		0	6.470	74.442
Glutamic acid	g	4.478		0	10.702	123.145
Glycine	g	1.694		0	4.049	46.585
Proline	g	1.310		0	3.131	36.025
Serine	g	1.239		0	2.961	34.073
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05257 Turkey, young tom, meat only, raw

Refuse: 31% 19% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 286g	Measure 2* 3302g	Measure 3*
Proximates:							
Water	g	74.38	0.110	20	212.73	2456.03	
Energy	kcal	117		0	335	3863	
Energy	kj	490		0	1401	16180	
Protein (N x 5.95)	g	21.72	0.086	20	62.12	717.19	
Total lipid (fat)	g	2.70	0.112	20	7.72	89.15	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97	0.004	20	2.77	32.03	
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.380	20	40	462	
Iron	mg	1.30	0.070	20	3.72	42.93	
Magnesium	mg	24	0.221	20	69	792	
Phosphorus	mg	198	1.928	20	566	6538	
Potassium	mg	302	8.201	20	864	9972	
Sodium	mg	73	2.200	20	209	2410	
Zinc	mg	2.46	0.035	4	7.04	81.23	
Copper	mg	0.100	0.004	4	0.286	3.302	
Manganese	mg	0.019	0.000	4	0.054	0.627	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.079	0.003	20	0.226	2.609	
Riboflavin	mg	0.165	0.004	20	0.472	5.448	
Niacin	mg	4.768	0.156	20	13.636	157.439	
Pantothenic acid	mg	0.902		0	2.580	29.784	
Vitamin B-6	mg	0.470		0	1.344	15.519	
Folate	µg	9		0	26	297	
Vitamin B-12	µg	0.43		0	1.23	14.20	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.890		0	2.545	29.388	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.029	0.330	
14:0	g	0.020		0	0.057	0.660	
15.0	g						
16:0	g	0.450		0	1.287	14.859	
17:0	g						
18:0	g	0.270		0	0.772	8.915	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.570		0	1.630	18.821
14:1	g					
16:1	g	0.080		0	0.229	2.642
18:1	g	0.470		0	1.344	15.519
20:1	g	0.010		0	0.029	0.330
22.1	g	0.010		0	0.029	0.330
Polyunsaturated, total	g	0.780		0	2.231	25.756
18:2	g	0.600		0	1.716	19.812
18:3	g	0.020		0	0.057	0.660
18:4	g					
20:4	g	0.110		0	0.315	3.632
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.057	0.660
22:6	g	0.020		0	0.057	0.660
Cholesterol	mg	68	1.387	20	194	2245
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.247		0	0.706	8.156
Threonine	g	0.966		0	2.763	31.897
Isoleucine	g	1.129		0	3.229	37.280
Leucine	g	1.731		0	4.951	57.158
Lysine	g	2.047		0	5.854	67.592
Methionine	g	0.629		0	1.799	20.770
Cystine	g	0.226		0	0.646	7.463
Phenylalanine	g	0.862		0	2.465	28.463
Tyrosine	g	0.858		0	2.454	28.331
Valine	g	1.154		0	3.300	38.105
Arginine	g	1.515		0	4.333	50.025
Histidine	g	0.678		0	1.939	22.388
Alanine	g	1.345		0	3.847	44.412
Aspartic acid	g	2.109		0	6.032	69.639
Glutamic acid	g	3.544		0	10.136	117.023
Glycine	g	1.077		0	3.080	35.563
Proline	g	0.903		0	2.583	29.817
Serine	g	0.966		0	2.763	31.897
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05258 Turkey, young tom, meat only, cooked, roasted

Refuse: 31% 20% bone, 11% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 206g	Measure 3*
Proximates:							
Water	g	65.05	0.339	20	91.07	134.00	
Energy	kcal	168		0	235	346	
Energy	kj	703		0	984	1448	
Protein (N x 5.95)	g	29.36	0.206	20	41.10	60.48	
Total lipid (fat)	g	4.68	0.215	20	6.55	9.64	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.03	0.008	20	1.44	2.12	
Sugars, total	g						
Minerals:							
Calcium	mg	25	1.057	20	35	52	
Iron	mg	1.78	0.088	20	2.49	3.67	
Magnesium	mg	26	0.290	20	36	54	
Phosphorus	mg	214	1.611	20	300	441	
Potassium	mg	301	6.395	20	421	620	
Sodium	mg	74	1.670	20	104	152	
Zinc	mg	3.17	0.131	4	4.44	6.53	
Copper	mg	0.095	0.010	4	0.133	0.196	
Manganese	mg	0.020	0.001	4	0.028	0.041	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.068	0.002	20	0.095	0.140	
Riboflavin	mg	0.188	0.003	20	0.263	0.387	
Niacin	mg	5.265	0.127	20	7.371	10.846	
Pantothenic acid	mg	0.968		0	1.355	1.994	
Vitamin B-6	mg	0.470		0	0.658	0.968	
Folate	µg	8		0	11	16	
Vitamin B-12	µg	0.38		0	0.53	0.78	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.540		0	2.156	3.172	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.021	
14:0	g	0.030		0	0.042	0.062	
15.0	g						
16:0	g	0.780		0	1.092	1.607	
17:0	g						
18:0	g	0.460		0	0.644	0.948	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.980		0	1.372	2.019
14:1	g					
16:1	g	0.140		0	0.196	0.288
18:1	g	0.810		0	1.134	1.669
20:1	g	0.020		0	0.028	0.041
22.1	g	0.010		0	0.014	0.021
Polyunsaturated, total	g	1.350		0	1.890	2.781
18:2	g	1.030		0	1.442	2.122
18:3	g	0.030		0	0.042	0.062
18:4	g					
20:4	g	0.190		0	0.266	0.391
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.042	0.062
22:6	g	0.040		0	0.056	0.082
Cholesterol	mg	77	2.179	20	108	159
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.333		0	0.466	0.686
Threonine	g	1.306		0	1.828	2.690
Isoleucine	g	1.527		0	2.138	3.146
Leucine	g	2.339		0	3.275	4.818
Lysine	g	2.767		0	3.874	5.700
Methionine	g	0.850		0	1.190	1.751
Cystine	g	0.305		0	0.427	0.628
Phenylalanine	g	1.165		0	1.631	2.400
Tyrosine	g	1.160		0	1.624	2.390
Valine	g	1.559		0	2.183	3.212
Arginine	g	2.048		0	2.867	4.219
Histidine	g	0.916		0	1.282	1.887
Alanine	g	1.818		0	2.545	3.745
Aspartic acid	g	2.851		0	3.991	5.873
Glutamic acid	g	4.791		0	6.707	9.869
Glycine	g	1.456		0	2.038	2.999
Proline	g	1.221		0	1.709	2.515
Serine	g	1.306		0	1.828	2.690
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05259 Turkey, young tom, skin only, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 51g	Measure 2* 592g	Measure 3*
Proximates:							
Water	g	51.25	1.069	21	26.14	303.40	
Energy	kcal	368		0	188	2179	
Energy	kj	1540		0	785	9117	
Protein (N x 5.95)	g	13.24	0.363	22	6.75	78.38	
Total lipid (fat)	g	34.56	1.478	21	17.63	204.60	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.39	0.008	20	0.20	2.31	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.569	20	9	107	
Iron	mg	1.20	0.077	20	0.61	7.10	
Magnesium	mg	8	0.170	20	4	47	
Phosphorus	mg	82	2.239	20	42	485	
Potassium	mg	96	4.949	20	49	568	
Sodium	mg	40	1.973	20	20	237	
Zinc	mg	1.26	0.087	4	0.64	7.46	
Copper	mg	0.068	0.007	4	0.035	0.403	
Manganese	mg	0.009	0.001	4	0.005	0.053	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.019	0.001	20	0.010	0.112	
Riboflavin	mg	0.079	0.003	20	0.040	0.468	
Niacin	mg	1.568	0.078	20	0.800	9.283	
Pantothenic acid	mg	0.263		0	0.134	1.557	
Vitamin B-6	mg	0.070		0	0.036	0.414	
Folate	µg	4		0	2	24	
Vitamin B-12	µg	0.25		0	0.13	1.48	
Vitamin A	IU	49	6.976	4	25	290	
Vitamin A, RE	µg	15	2.093	4	8	89	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.020		0	4.600	53.398	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.270	0.017	14	0.138	1.598	
15.0	g						
16:0	g	6.510	0.374	14	3.320	38.539	
17:0	g						
18:0	g	1.720	0.107	14	0.877	10.182	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	14.730		0	7.512	87.202
14:1	g					
16:1	g	2.550	0.171	14	1.300	15.096
18:1	g	11.860	0.660	14	6.049	70.211
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	7.920		0	4.039	46.886
18:2	g	7.160	0.416	14	3.652	42.387
18:3	g	0.530	0.044	11	0.270	3.138
18:4	g					
20:4	g	0.090	0.011	10	0.046	0.533
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	95	3.414	20	48	562
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.106		0	0.054	0.628
Threonine	g	0.472		0	0.241	2.794
Isoleucine	g	0.426		0	0.217	2.522
Leucine	g	0.777		0	0.396	4.600
Lysine	g	0.790		0	0.403	4.677
Methionine	g	0.265		0	0.135	1.569
Cystine	g	0.220		0	0.112	1.302
Phenylalanine	g	0.447		0	0.228	2.646
Tyrosine	g	0.301		0	0.154	1.782
Valine	g	0.557		0	0.284	3.297
Arginine	g	1.021		0	0.521	6.044
Histidine	g	0.254		0	0.130	1.504
Alanine	g	1.074		0	0.548	6.358
Aspartic acid	g	1.184		0	0.604	7.009
Glutamic acid	g	1.646		0	0.839	9.744
Glycine	g	2.112		0	1.077	12.503
Proline	g	1.235		0	0.630	7.311
Serine	g	0.538		0	0.274	3.185
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, skin only

NDB No. 05260 Turkey, young tom, skin only, cooked, roasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 32g	Measure 2* 374g	Measure 3*
Proximates:							
Water	g	41.54	0.670	20	13.29	155.36	
Energy	kcal	422		0	135	1578	
Energy	kj	1766		0	565	6605	
Protein (N x 5.95)	g	20.14	0.493	20	6.44	75.32	
Total lipid (fat)	g	37.25	1.038	20	11.92	139.31	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.67	0.022	20	0.21	2.51	
Sugars, total	g						
Minerals:							
Calcium	mg	37	1.916	20	12	138	
Iron	mg	1.76	0.093	20	0.56	6.58	
Magnesium	mg	17	0.459	20	5	64	
Phosphorus	mg	140	5.111	20	45	524	
Potassium	mg	161	8.480	20	52	602	
Sodium	mg	60	2.685	20	19	224	
Zinc	mg	2.08	0.161	4	0.67	7.78	
Copper	mg	0.087	0.006	4	0.028	0.325	
Manganese	mg	0.021	0.001	4	0.007	0.079	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.022	0.001	20	0.007	0.082	
Riboflavin	mg	0.155	0.005	20	0.050	0.580	
Niacin	mg	2.534	0.092	20	0.811	9.477	
Pantothenic acid	mg	0.316		0	0.101	1.182	
Vitamin B-6	mg	0.080		0	0.026	0.299	
Folate	µg	4		0	1	15	
Vitamin B-12	µg	0.25		0	0.08	0.94	
Vitamin A	IU	0	0.000	4	0	0	
Vitamin A, RE	µg	0	0.000	4	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	9.720		0	3.110	36.353	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		0	0.000	0.000	
14:0	g	0.290		0	0.093	1.085	
15.0	g						
16:0	g	7.010		0	2.243	26.217	
17:0	g						
18:0	g	1.850		0	0.592	6.919	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	15.870		0	5.078	59.354
14:1	g					
16:1	g	2.750		0	0.880	10.285
18:1	g	12.780		0	4.090	47.797
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	8.530		0	2.730	31.902
18:2	g	7.710		0	2.467	28.835
18:3	g	0.570		0	0.182	2.132
18:4	g					
20:4	g	0.100		0	0.032	0.374
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	117	5.349	20	37	438
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.161		0	0.052	0.602
Threonine	g	0.719		0	0.230	2.689
Isoleucine	g	0.648		0	0.207	2.424
Leucine	g	1.182		0	0.378	4.421
Lysine	g	1.202		0	0.385	4.495
Methionine	g	0.403		0	0.129	1.507
Cystine	g	0.335		0	0.107	1.253
Phenylalanine	g	0.680		0	0.218	2.543
Tyrosine	g	0.458		0	0.147	1.713
Valine	g	0.847		0	0.271	3.168
Arginine	g	1.553		0	0.497	5.808
Histidine	g	0.387		0	0.124	1.447
Alanine	g	1.634		0	0.523	6.111
Aspartic acid	g	1.801		0	0.576	6.736
Glutamic acid	g	2.503		0	0.801	9.361
Glycine	g	3.212		0	1.028	12.013
Proline	g	1.878		0	0.601	7.024
Serine	g	0.818		0	0.262	3.059
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, skin only

NDB No. 05261 Turkey, young tom, light meat, meat and skin, raw

Refuse: 14% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 185g	Measure 2* 2137g	Measure 3*
Proximates:							
Water	g	70.20	0.261	20	129.87	1500.17	
Energy	kcal	156		0	289	3334	
Energy	kj	653		0	1208	13955	
Protein (N x 5.95)	g	21.63	0.198	20	40.02	462.23	
Total lipid (fat)	g	7.04	0.424	20	13.02	150.44	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90	0.005	20	1.67	19.23	
Sugars, total	g						
Minerals:							
Calcium	mg	13	0.296	20	24	278	
Iron	mg	1.04	0.074	20	1.92	22.22	
Magnesium	mg	24	0.266	20	44	513	
Phosphorus	mg	188	1.833	20	348	4018	
Potassium	mg	277	7.263	20	512	5919	
Sodium	mg	63	2.276	20	117	1346	
Zinc	mg	1.60	0.067	4	2.96	34.19	
Copper	mg	0.065	0.004	4	0.120	1.389	
Manganese	mg	0.016	0.001	4	0.030	0.342	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.061	0.003	20	0.113	1.304	
Riboflavin	mg	0.108	0.003	20	0.200	2.308	
Niacin	mg	5.302	0.165	20	9.809	113.304	
Pantothenic acid	mg	0.612		0	1.132	13.078	
Vitamin B-6	mg	0.470		0	0.870	10.044	
Folate	µg	7		0	13	150	
Vitamin B-12	µg	0.42		0	0.78	8.98	
Vitamin A	IU	8	1.438	4	15	171	
Vitamin A, RE	µg	2	0.431	4	4	43	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.910		0	3.533	40.817	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.019	0.214	
14:0	g	0.050		0	0.093	1.069	
15.0	g						
16:0	g	1.270		0	2.350	27.140	
17:0	g						
18:0	g	0.410		0	0.759	8.762	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.680		0	4.958	57.272
14:1	g					
16:1	g	0.450		0	0.833	9.617
18:1	g	2.160		0	3.996	46.159
20:1	g	0.010		0	0.019	0.214
22.1	g	0.010		0	0.019	0.214
Polyunsaturated, total	g	1.660		0	3.071	35.474
18:2	g	1.420		0	2.627	30.345
18:3	g	0.090		0	0.166	1.923
18:4	g					
20:4	g	0.080		0	0.148	1.710
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010		0	0.019	0.214
22:6	g	0.010		0	0.019	0.214
Cholesterol	mg	67	1.256	20	124	1432
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.238		0	0.440	5.086
Threonine	g	0.942		0	1.743	20.131
Isoleucine	g	1.080		0	1.998	23.080
Leucine	g	1.676		0	3.101	35.816
Lysine	g	1.960		0	3.626	41.885
Methionine	g	0.606		0	1.121	12.950
Cystine	g	0.239		0	0.442	5.107
Phenylalanine	g	0.845		0	1.563	18.058
Tyrosine	g	0.817		0	1.511	17.459
Valine	g	1.124		0	2.079	24.020
Arginine	g	1.526		0	2.823	32.611
Histidine	g	0.648		0	1.199	13.848
Alanine	g	1.383		0	2.559	29.555
Aspartic acid	g	2.083		0	3.854	44.514
Glutamic acid	g	3.442		0	6.368	73.556
Glycine	g	1.322		0	2.446	28.251
Proline	g	1.017		0	1.881	21.733
Serine	g	0.953		0	1.763	20.366
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05262 Turkey, young tom, light meat, meat and skin, cooked, roasted

Refuse: 14% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 136g	Measure 2* 1566g	Measure 3*
Proximates:							
Water	g	63.13	0.396	20	85.86	988.62	
Energy	kcal	191		0	260	2991	
Energy	kj	799		0	1087	12512	
Protein (N x 5.95)	g	28.48	0.198	20	38.73	446.00	
Total lipid (fat)	g	7.70	0.393	20	10.47	120.58	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.010	20	1.36	15.66	
Sugars, total	g						
Minerals:							
Calcium	mg	21	0.888	20	29	329	
Iron	mg	1.41	0.102	20	1.92	22.08	
Magnesium	mg	27	0.371	20	37	423	
Phosphorus	mg	209	2.365	20	284	3273	
Potassium	mg	287	7.903	20	390	4494	
Sodium	mg	67	2.209	20	91	1049	
Zinc	mg	2.10	0.085	4	2.86	32.89	
Copper	mg	0.048	0.004	4	0.065	0.752	
Manganese	mg	0.019	0.001	4	0.026	0.298	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.061	0.002	20	0.083	0.955	
Riboflavin	mg	0.134	0.002	20	0.182	2.098	
Niacin	mg	6.024	0.177	20	8.193	94.336	
Pantothenic acid	mg	0.639		0	0.869	10.007	
Vitamin B-6	mg	0.480		0	0.653	7.517	
Folate	µg	6		0	8	94	
Vitamin B-12	µg	0.36		0	0.49	5.64	
Vitamin A	IU	0	0.000	4	0	0	
Vitamin A, RE	µg	0	0.000	4	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.150		0	2.924	33.669	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.157	
14:0	g	0.050		0	0.068	0.783	
15.0	g						
16:0	g	1.340		0	1.822	20.984	
17:0	g						
18:0	g	0.500		0	0.680	7.830	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.660		0	3.618	41.656
14:1	g					
16:1	g	0.440		0	0.598	6.890
18:1	g	2.150		0	2.924	33.669
20:1	g	0.010		0	0.014	0.157
22.1	g	0.010		0	0.014	0.157
Polyunsaturated, total	g	1.860		0	2.530	29.128
18:2	g	1.520		0	2.067	23.803
18:3	g	0.090		0	0.122	1.409
18:4	g					
20:4	g	0.140		0	0.190	2.192
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.027	0.313
22:6	g	0.030		0	0.041	0.470
Cholesterol	mg	75	2.287	20	102	1175
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.314		0	0.427	4.917
Threonine	g	1.242		0	1.689	19.450
Isoleucine	g	1.424		0	1.937	22.300
Leucine	g	2.209		0	3.004	34.593
Lysine	g	2.585		0	3.516	40.481
Methionine	g	0.799		0	1.087	12.512
Cystine	g	0.314		0	0.427	4.917
Phenylalanine	g	1.113		0	1.514	17.430
Tyrosine	g	1.077		0	1.465	16.866
Valine	g	1.481		0	2.014	23.192
Arginine	g	2.008		0	2.731	31.445
Histidine	g	0.854		0	1.161	13.374
Alanine	g	1.819		0	2.474	28.486
Aspartic acid	g	2.744		0	3.732	42.971
Glutamic acid	g	4.537		0	6.170	71.049
Glycine	g	1.727		0	2.349	27.045
Proline	g	1.333		0	1.813	20.875
Serine	g	1.256		0	1.708	19.669
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05263 Turkey, young tom, dark meat, meat and skin, raw

Refuse: 24% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 152g	Measure 2* 1758g	Measure 3*
Proximates:							
Water	g	71.88	0.306	20	109.26	1263.65	
Energy	kcal	152		0	231	2672	
Energy	kj	636		0	967	11181	
Protein (N x 5.95)	g	19.05	0.105	20	28.96	334.90	
Total lipid (fat)	g	7.89	0.373	20	11.99	138.71	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.86	0.003	20	1.31	15.12	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.726	20	26	299	
Iron	mg	1.57	0.060	20	2.39	27.60	
Magnesium	mg	20	0.356	20	30	352	
Phosphorus	mg	172	1.903	20	261	3024	
Potassium	mg	265	6.549	20	403	4659	
Sodium	mg	75	1.728	20	114	1319	
Zinc	mg	3.11	0.035	4	4.73	54.67	
Copper	mg	0.131	0.005	4	0.199	2.303	
Manganese	mg	0.019	0.000	4	0.029	0.334	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.080	0.003	20	0.122	1.406	
Riboflavin	mg	0.205	0.005	20	0.312	3.604	
Niacin	mg	3.087	0.127	20	4.692	54.269	
Pantothenic acid	mg	1.039		0	1.579	18.266	
Vitamin B-6	mg	0.330		0	0.502	5.801	
Folate	µg	10		0	15	176	
Vitamin B-12	µg	0.38		0	0.58	6.68	
Vitamin A	IU	6	1.389	4	9	105	
Vitamin A, RE	µg	2	0.417	4	3	35	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.320		0	3.526	40.786	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.015	0.176	
14:0	g	0.060		0	0.091	1.055	
15.0	g						
16:0	g	1.450		0	2.204	25.491	
17:0	g						
18:0	g	0.570		0	0.866	10.021	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.660		0	4.043	46.763
14:1	g					
16:1	g	0.440		0	0.669	7.735
18:1	g	2.160		0	3.283	37.973
20:1	g	0.010		0	0.015	0.176
22.1	g	0.010		0	0.015	0.176
Polyunsaturated, total	g	2.060		0	3.131	36.215
18:2	g	1.760		0	2.675	30.941
18:3	g	0.100		0	0.152	1.758
18:4	g					
20:4	g	0.140		0	0.213	2.461
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020		0	0.030	0.352
22:6	g	0.030		0	0.046	0.527
Cholesterol	mg	77	1.604	20	117	1354
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.211		0	0.321	3.709
Threonine	g	0.832		0	1.265	14.627
Isoleucine	g	0.957		0	1.455	16.824
Leucine	g	1.482		0	2.253	26.054
Lysine	g	1.736		0	2.639	30.519
Methionine	g	0.536		0	0.815	9.423
Cystine	g	0.209		0	0.318	3.674
Phenylalanine	g	0.746		0	1.134	13.115
Tyrosine	g	0.724		0	1.100	12.728
Valine	g	0.993		0	1.509	17.457
Arginine	g	1.341		0	2.038	23.575
Histidine	g	0.574		0	0.872	10.091
Alanine	g	1.212		0	1.842	21.307
Aspartic acid	g	1.837		0	2.792	32.294
Glutamic acid	g	3.042		0	4.624	53.478
Glycine	g	1.130		0	1.718	19.865
Proline	g	0.880		0	1.338	15.470
Serine	g	0.841		0	1.278	14.785
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05264 Turkey, young tom, dark meat, meat and skin, cooked, roasted

Refuse: 27% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 103g	Measure 2* 1184g	Measure 3*
Proximates:							
Water	g	60.33	0.453	20	62.14	714.31	
Energy	kcal	216		0	222	2557	
Energy	kj	904		0	931	10703	
Protein (N x 5.95)	g	27.58	0.187	20	28.41	326.55	
Total lipid (fat)	g	10.85	0.455	20	11.18	128.46	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.97	0.012	20	1.00	11.48	
Sugars, total	g						
Minerals:							
Calcium	mg	35	2.302	20	36	414	
Iron	mg	2.26	0.082	20	2.33	26.76	
Magnesium	mg	23	0.372	20	24	272	
Phosphorus	mg	197	2.174	20	203	2332	
Potassium	mg	276	5.006	20	284	3268	
Sodium	mg	80	1.200	20	82	947	
Zinc	mg	4.25	0.234	4	4.38	50.32	
Copper	mg	0.154	0.019	4	0.159	1.823	
Manganese	mg	0.022	0.001	4	0.023	0.260	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.062	0.001	20	0.064	0.734	
Riboflavin	mg	0.247	0.005	20	0.254	2.924	
Niacin	mg	3.429	0.087	20	3.532	40.599	
Pantothenic acid	mg	1.196		0	1.232	14.161	
Vitamin B-6	mg	0.330		0	0.340	3.907	
Folate	µg	9		0	9	107	
Vitamin B-12	µg	0.37		0	0.38	4.38	
Vitamin A	IU	0	0.000	4	0	0	
Vitamin A, RE	µg	0	0.000	4	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.280		0	3.378	38.835	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.010	0.118	
14:0	g	0.080		0	0.082	0.947	
15.0	g						
16:0	g	1.970		0	2.029	23.325	
17:0	g						
18:0	g	0.850		0	0.876	10.064	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.410		0	3.512	40.374
14:1	g					
16:1	g	0.550		0	0.567	6.512
18:1	g	2.770		0	2.853	32.797
20:1	g	0.020		0	0.021	0.237
22.1	g	0.010		0	0.010	0.118
Polyunsaturated, total	g	2.910		0	2.997	34.454
18:2	g	2.460		0	2.534	29.126
18:3	g	0.130		0	0.134	1.539
18:4	g					
20:4	g	0.230		0	0.237	2.723
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.031	0.355
22:6	g	0.050		0	0.052	0.592
Cholesterol	mg	91	2.905	20	94	1077
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.305		0	0.314	3.611
Threonine	g	1.204		0	1.240	14.255
Isoleucine	g	1.383		0	1.424	16.375
Leucine	g	2.144		0	2.208	25.385
Lysine	g	2.510		0	2.585	29.718
Methionine	g	0.776		0	0.799	9.188
Cystine	g	0.303		0	0.312	3.588
Phenylalanine	g	1.079		0	1.111	12.775
Tyrosine	g	1.047		0	1.078	12.396
Valine	g	1.437		0	1.480	17.014
Arginine	g	1.943		0	2.001	23.005
Histidine	g	0.830		0	0.855	9.827
Alanine	g	1.757		0	1.810	20.803
Aspartic acid	g	2.659		0	2.739	31.483
Glutamic acid	g	4.401		0	4.533	52.108
Glycine	g	1.651		0	1.701	19.548
Proline	g	1.280		0	1.318	15.155
Serine	g	1.217		0	1.254	14.409
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone removed

NDB No. 05265 Turkey, young tom, light meat, meat only, raw

Refuse: 29% 14% bone, 15% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 154g	Measure 2* 1771g	Measure 3*
Proximates:							
Water	g	73.96	0.110	21	113.90	1309.83	
Energy	kcal	114		0	176	2019	
Energy	kj	477		0	735	8448	
Protein (N x 5.95)	g	23.43	0.165	21	36.08	414.95	
Total lipid (fat)	g	1.57	0.093	21	2.42	27.80	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00	0.005	20	1.54	17.71	
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.321	20	18	213	
Iron	mg	1.01	0.085	20	1.56	17.89	
Magnesium	mg	27	0.290	20	42	478	
Phosphorus	mg	209	2.339	20	322	3701	
Potassium	mg	314	8.364	20	484	5561	
Sodium	mg	67	2.541	20	103	1187	
Zinc	mg	1.67	0.060	4	2.57	29.58	
Copper	mg	0.064	0.004	4	0.099	1.133	
Manganese	mg	0.017	0.001	4	0.026	0.301	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.070	0.004	20	0.108	1.240	
Riboflavin	mg	0.114	0.004	20	0.176	2.019	
Niacin	mg	6.036	0.176	20	9.295	106.898	
Pantothenic acid	mg	0.684		0	1.053	12.114	
Vitamin B-6	mg	0.550		0	0.847	9.741	
Folate	µg	8		0	12	142	
Vitamin B-12	µg	0.45		0	0.69	7.97	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.500		0	0.770	8.855	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.002	10	0.015	0.177	
14:0	g	0.010	0.001	12	0.015	0.177	
15.0	g						
16:0	g	0.230	0.023	12	0.354	4.073	
17:0	g						
18:0	g	0.150	0.013	12	0.231	2.656	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.280		0	0.431	4.959
14:1	g					
16:1	g	0.040	0.006	12	0.062	0.708
18:1	g	0.230	0.021	12	0.354	4.073
20:1	g	0.010	0.001	10	0.015	0.177
22.1	g	0.010	0.001	10	0.015	0.177
Polyunsaturated, total	g	0.420		0	0.647	7.438
18:2	g	0.280	0.027	12	0.431	4.959
18:3	g	0.010	0.002	12	0.015	0.177
18:4	g					
20:4	g	0.080	0.010	11	0.123	1.417
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010	0.002	10	0.015	0.177
22:6	g	0.020	0.006	10	0.031	0.354
Cholesterol	mg	62	1.363	20	95	1098
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.266		0	0.410	4.711
Threonine	g	1.042		0	1.605	18.454
Isoleucine	g	1.218		0	1.876	21.571
Leucine	g	1.867		0	2.875	33.065
Lysine	g	2.208		0	3.400	39.104
Methionine	g	0.678		0	1.044	12.007
Cystine	g	0.244		0	0.376	4.321
Phenylalanine	g	0.930		0	1.432	16.470
Tyrosine	g	0.926		0	1.426	16.399
Valine	g	1.244		0	1.916	22.031
Arginine	g	1.634		0	2.516	28.938
Histidine	g	0.731		0	1.126	12.946
Alanine	g	1.450		0	2.233	25.679
Aspartic acid	g	2.275		0	3.503	40.290
Glutamic acid	g	3.823		0	5.887	67.705
Glycine	g	1.162		0	1.789	20.579
Proline	g	0.974		0	1.500	17.250
Serine	g	1.042		0	1.605	18.454
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05266 Turkey, young tom, light meat, meat only, cooked, roasted

Refuse: 26% 14% bone, 12% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 117g	Measure 3*
Proximates:							
Water	g	66.56	0.299	20	93.18	77.88	
Energy	kcal	154		0	216	180	
Energy	kj	644		0	902	753	
Protein (N x 5.95)	g	29.88	0.243	20	41.83	34.96	
Total lipid (fat)	g	2.92	0.161	20	4.09	3.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.05	0.007	20	1.47	1.23	
Sugars, total	g						
Minerals:							
Calcium	mg	18	0.915	20	25	21	
Iron	mg	1.36	0.115	20	1.90	1.59	
Magnesium	mg	28	0.426	20	39	33	
Phosphorus	mg	220	2.393	20	308	257	
Potassium	mg	308	8.238	20	431	360	
Sodium	mg	68	2.268	20	95	80	
Zinc	mg	2.10	0.082	4	2.94	2.46	
Copper	mg	0.042	0.003	4	0.059	0.049	
Manganese	mg	0.019	0.001	4	0.027	0.022	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.067	0.002	20	0.094	0.078	
Riboflavin	mg	0.131	0.003	20	0.183	0.153	
Niacin	mg	6.575	0.176	20	9.205	7.693	
Pantothenic acid	mg	0.693		0	0.970	0.811	
Vitamin B-6	mg	0.550		0	0.770	0.644	
Folate	µg	6		0	8	7	
Vitamin B-12	µg	0.38		0	0.53	0.44	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.930		0	1.302	1.088	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.014	0.012	
14:0	g	0.020		0	0.028	0.023	
15.0	g						
16:0	g	0.420		0	0.588	0.491	
17:0	g						
18:0	g	0.280		0	0.392	0.328	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.510		0	0.714	0.597
14:1	g					
16:1	g	0.070		0	0.098	0.082
18:1	g	0.420		0	0.588	0.491
20:1	g	0.010		0	0.014	0.012
22.1	g	0.010		0	0.014	0.012
Polyunsaturated, total	g	0.780		0	1.092	0.913
18:2	g	0.510		0	0.714	0.597
18:3	g	0.010		0	0.014	0.012
18:4	g					
20:4	g	0.150		0	0.210	0.176
20:5	g	0.000		0	0.000	0.000
22:5	g	0.030		0	0.042	0.035
22:6	g	0.030		0	0.042	0.035
Cholesterol	mg	69	2.169	20	97	81
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.339		0	0.475	0.397
Threonine	g	1.329		0	1.861	1.555
Isoleucine	g	1.554		0	2.176	1.818
Leucine	g	2.381		0	3.333	2.786
Lysine	g	2.816		0	3.942	3.295
Methionine	g	0.865		0	1.211	1.012
Cystine	g	0.311		0	0.435	0.364
Phenylalanine	g	1.186		0	1.660	1.388
Tyrosine	g	1.181		0	1.653	1.382
Valine	g	1.587		0	2.222	1.857
Arginine	g	2.085		0	2.919	2.439
Histidine	g	0.932		0	1.305	1.090
Alanine	g	1.850		0	2.590	2.165
Aspartic acid	g	2.902		0	4.063	3.395
Glutamic acid	g	4.877		0	6.828	5.706
Glycine	g	1.482		0	2.075	1.734
Proline	g	1.243		0	1.740	1.454
Serine	g	1.329		0	1.861	1.555
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05267 Turkey, young tom, dark meat, meat only, raw

Refuse: 34% 24% bone, 10% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 133g	Measure 2* 1532g	Measure 3*
Proximates:							
Water	g	74.70	0.193	22	99.35	1144.40	
Energy	kcal	123		0	164	1884	
Energy	kj	515		0	685	7890	
Protein (N x 5.95)	g	20.04	0.140	22	26.65	307.01	
Total lipid (fat)	g	4.11	0.151	22	5.47	62.97	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.93	0.005	20	1.24	14.25	
Sugars, total	g						
Minerals:							
Calcium	mg	17	0.824	20	23	260	
Iron	mg	1.62	0.063	20	2.15	24.82	
Magnesium	mg	21	0.374	20	28	322	
Phosphorus	mg	185	2.243	20	246	2834	
Potassium	mg	290	8.127	20	386	4443	
Sodium	mg	80	1.904	20	106	1226	
Zinc	mg	3.38	0.027	4	4.50	51.78	
Copper	mg	0.141	0.006	4	0.188	2.160	
Manganese	mg	0.021	0.001	4	0.028	0.322	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.089	0.003	20	0.118	1.363	
Riboflavin	mg	0.224	0.006	20	0.298	3.432	
Niacin	mg	3.313	0.144	20	4.406	50.755	
Pantothenic acid	mg	1.153		0	1.533	17.664	
Vitamin B-6	mg	0.360		0	0.479	5.515	
Folate	µg	11		0	15	169	
Vitamin B-12	µg	0.40		0	0.53	6.13	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.380		0	1.835	21.142	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010	0.003	6	0.013	0.153	
14:0	g	0.030	0.005	8	0.040	0.460	
15.0	g						
16:0	g	0.730	0.069	8	0.971	11.184	
17:0	g						
18:0	g	0.410	0.036	8	0.545	6.281	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.930		0	1.237	14.248
14:1	g					
16:1	g	0.140	0.032	8	0.186	2.145
18:1	g	0.770	0.075	8	1.024	11.796
20:1	g	0.020	0.002	7	0.027	0.306
22.1	g	0.010	0.003	7	0.013	0.153
Polyunsaturated, total	g	1.230		0	1.636	18.844
18:2	g	1.000	0.093	8	1.330	15.320
18:3	g	0.040	0.012	8	0.053	0.613
18:4	g					
20:4	g	0.150	0.024	8	0.200	2.298
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020	0.005	7	0.027	0.306
22:6	g	0.030	0.017	7	0.040	0.460
Cholesterol	mg	75	1.626	20	100	1149
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.228		0	0.303	3.493
Threonine	g	0.892		0	1.186	13.665
Isoleucine	g	1.042		0	1.386	15.963
Leucine	g	1.597		0	2.124	24.466
Lysine	g	1.889		0	2.512	28.939
Methionine	g	0.580		0	0.771	8.886
Cystine	g	0.208		0	0.277	3.187
Phenylalanine	g	0.795		0	1.057	12.179
Tyrosine	g	0.792		0	1.053	12.133
Valine	g	1.065		0	1.416	16.316
Arginine	g	1.398		0	1.859	21.417
Histidine	g	0.625		0	0.831	9.575
Alanine	g	1.241		0	1.651	19.012
Aspartic acid	g	1.947		0	2.590	29.828
Glutamic acid	g	3.271		0	4.350	50.112
Glycine	g	0.994		0	1.322	15.228
Proline	g	0.834		0	1.109	12.777
Serine	g	0.892		0	1.186	13.665
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 turkey, bone and skin removed

NDB No. 05268 Turkey, young tom, dark meat, meat only, cooked, roasted

Refuse: 36% 27% bone, 9% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 140g	Measure 2* 90g	Measure 3*
Proximates:							
Water	g	63.07	0.428	20	88.30	56.76	
Energy	kcal	185		0	259	167	
Energy	kj	774		0	1084	697	
Protein (N x 5.95)	g	28.68	0.188	20	40.15	25.81	
Total lipid (fat)	g	6.98	0.330	20	9.77	6.28	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.01	0.012	20	1.41	0.91	
Sugars, total	g						
Minerals:							
Calcium	mg	35	2.526	20	49	32	
Iron	mg	2.33	0.088	20	3.26	2.10	
Magnesium	mg	23	0.391	20	32	21	
Phosphorus	mg	205	1.921	20	287	185	
Potassium	mg	293	4.959	20	410	264	
Sodium	mg	82	1.056	20	115	74	
Zinc	mg	4.56	0.271	4	6.38	4.10	
Copper	mg	0.164	0.021	4	0.230	0.148	
Manganese	mg	0.022	0.001	4	0.031	0.020	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.068	0.001	20	0.095	0.061	
Riboflavin	mg	0.261	0.006	20	0.365	0.235	
Niacin	mg	3.563	0.097	20	4.988	3.207	
Pantothenic acid	mg	1.325		0	1.855	1.192	
Vitamin B-6	mg	0.370		0	0.518	0.333	
Folate	µg	10		0	14	9	
Vitamin B-12	µg	0.38		0	0.53	0.34	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.340		0	3.276	2.106	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.020		0	0.028	0.018	
14:0	g	0.040		0	0.056	0.036	
15.0	g						
16:0	g	1.240		0	1.736	1.116	
17:0	g						
18:0	g	0.700		0	0.980	0.630	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.580		0	2.212	1.422
14:1	g					
16:1	g	0.230		0	0.322	0.207
18:1	g	1.310		0	1.834	1.179
20:1	g	0.030		0	0.042	0.027
22.1	g	0.020		0	0.028	0.018
Polyunsaturated, total	g	2.090		0	2.926	1.881
18:2	g	1.690		0	2.366	1.521
18:3	g	0.060		0	0.084	0.054
18:4	g					
20:4	g	0.250		0	0.350	0.225
20:5	g	0.000		0	0.000	0.000
22:5	g	0.040		0	0.056	0.036
22:6	g	0.050		0	0.070	0.045
Cholesterol	mg	88	2.824	20	123	79
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.326		0	0.456	0.293
Threonine	g	1.276		0	1.786	1.148
Isoleucine	g	1.491		0	2.087	1.342
Leucine	g	2.285		0	3.199	2.057
Lysine	g	2.703		0	3.784	2.433
Methionine	g	0.831		0	1.163	0.748
Cystine	g	0.298		0	0.417	0.268
Phenylalanine	g	1.138		0	1.593	1.024
Tyrosine	g	1.133		0	1.586	1.020
Valine	g	1.524		0	2.134	1.372
Arginine	g	2.001		0	2.801	1.801
Histidine	g	0.895		0	1.253	0.806
Alanine	g	1.776		0	2.486	1.598
Aspartic acid	g	2.786		0	3.900	2.507
Glutamic acid	g	4.681		0	6.553	4.213
Glycine	g	1.423		0	1.992	1.281
Proline	g	1.193		0	1.670	1.074
Serine	g	1.276		0	1.786	1.148
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05269 Turkey, young tom, back, meat and skin, raw

Refuse: 38% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 524g	Measure 2* 45g	Measure 3*
Proximates:							
Water	g	69.29		0	363.08	31.18	
Energy	kcal	179		0	938	81	
Energy	kj	749		0	3925	337	
Protein (N x 5.95)	g	18.47		0	96.78	8.31	
Total lipid (fat)	g	11.14		0	58.37	5.01	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.80		0	4.19	0.36	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	89	8	
Iron	mg	1.53		0	8.02	0.69	
Magnesium	mg	18		0	94	8	
Phosphorus	mg	161		0	844	72	
Potassium	mg	245		0	1284	110	
Sodium	mg	71		0	372	32	
Zinc	mg	2.89		0	15.14	1.30	
Copper	mg	0.124		0	0.650	0.056	
Manganese	mg	0.018		0	0.094	0.008	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.073		0	0.383	0.033	
Riboflavin	mg	0.191		0	1.001	0.086	
Niacin	mg	2.910		0	15.248	1.310	
Pantothenic acid	mg	0.948		0	4.968	0.427	
Vitamin B-6	mg	0.300		0	1.572	0.135	
Folate	µg	9		0	47	4	
Vitamin B-12	µg	0.37		0	1.94	0.17	
Vitamin A	IU	11		0	58	5	
Vitamin A, RE	µg	3		0	16	1	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.140		0	16.454	1.413	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.052	0.005	
14:0	g	0.080		0	0.419	0.036	
15.0	g						
16:0	g	2.060		0	10.794	0.927	
17:0	g						
18:0	g	0.710		0	3.720	0.320	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.120	0	21.589	1.854
14:1	g				
16:1	g	0.690	0	3.616	0.311
18:1	g	3.330	0	17.449	1.498
20:1	g	0.010	0	0.052	0.005
22.1	g	0.010	0	0.052	0.005
Polyunsaturated, total	g	2.780	0	14.567	1.251
18:2	g	2.420	0	12.681	1.089
18:3	g	0.150	0	0.786	0.068
18:4	g				
20:4	g	0.130	0	0.681	0.059
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.105	0.009
22:6	g	0.030	0	0.157	0.013
Cholesterol	mg	79	0	414	36
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.200	0	1.048	0.090
Threonine	g	0.795	0	4.166	0.358
Isoleucine	g	0.900	0	4.716	0.405
Leucine	g	1.408	0	7.378	0.634
Lysine	g	1.635	0	8.567	0.736
Methionine	g	0.507	0	2.657	0.228
Cystine	g	0.211	0	1.106	0.095
Phenylalanine	g	0.715	0	3.747	0.322
Tyrosine	g	0.679	0	3.558	0.306
Valine	g	0.948	0	4.968	0.427
Arginine	g	1.311	0	6.870	0.590
Histidine	g	0.539	0	2.824	0.243
Alanine	g	1.202	0	6.298	0.541
Aspartic acid	g	1.771	0	9.280	0.797
Glutamic acid	g	2.896	0	15.175	1.303
Glycine	g	1.252	0	6.560	0.563
Proline	g	0.927	0	4.857	0.417
Serine	g	0.810	0	4.244	0.365
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 back, bone removed
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05270 Turkey, young tom, back, meat and skin, cooked, roasted

Refuse: 40% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 380g	Measure 2* 33g	Measure 3*
Proximates:							
Water	g	58.33		0	221.65	19.25	
Energy	kcal	238		0	904	79	
Energy	kj	996		0	3785	329	
Protein (N x 5.95)	g	26.80		0	101.84	8.84	
Total lipid (fat)	g	13.65		0	51.87	4.50	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.94		0	3.57	0.31	
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	133	12	
Iron	mg	2.21		0	8.40	0.73	
Magnesium	mg	22		0	84	7	
Phosphorus	mg	191		0	726	63	
Potassium	mg	264		0	1003	87	
Sodium	mg	77		0	293	25	
Zinc	mg	4.01		0	15.24	1.32	
Copper	mg	0.147		0	0.559	0.049	
Manganese	mg	0.022		0	0.084	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.058		0	0.220	0.019	
Riboflavin	mg	0.238		0	0.904	0.079	
Niacin	mg	3.336		0	12.677	1.101	
Pantothenic acid	mg	1.103		0	4.191	0.364	
Vitamin B-6	mg	0.310		0	1.178	0.102	
Folate	µg	8		0	30	3	
Vitamin B-12	µg	0.35		0	1.33	0.12	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.970		0	15.086	1.310	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.038	0.003	
14:0	g	0.100		0	0.380	0.033	
15.0	g						
16:0	g	2.510		0	9.538	0.828	
17:0	g						
18:0	g	0.950		0	3.610	0.314	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.730	0	17.974	1.561
14:1	g				
16:1	g	0.790	0	3.002	0.261
18:1	g	3.840	0	14.592	1.267
20:1	g	0.020	0	0.076	0.007
22.1	g	0.010	0	0.038	0.003
Polyunsaturated, total	g	3.510	0	13.338	1.158
18:2	g	3.020	0	11.476	0.997
18:3	g	0.180	0	0.684	0.059
18:4	g				
20:4	g	0.220	0	0.836	0.073
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.114	0.010
22:6	g	0.040	0	0.152	0.013
Cholesterol	mg	94	0	357	31
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.290	0	1.102	0.096
Threonine	g	1.153	0	4.381	0.380
Isoleucine	g	1.305	0	4.959	0.431
Leucine	g	2.042	0	7.760	0.674
Lysine	g	2.372	0	9.014	0.783
Methionine	g	0.737	0	2.801	0.243
Cystine	g	0.306	0	1.163	0.101
Phenylalanine	g	1.037	0	3.941	0.342
Tyrosine	g	0.984	0	3.739	0.325
Valine	g	1.375	0	5.225	0.454
Arginine	g	1.902	0	7.228	0.628
Histidine	g	0.783	0	2.975	0.258
Alanine	g	1.745	0	6.631	0.576
Aspartic acid	g	2.569	0	9.762	0.848
Glutamic acid	g	4.201	0	15.964	1.386
Glycine	g	1.817	0	6.905	0.600
Proline	g	1.344	0	5.107	0.444
Serine	g	1.175	0	4.465	0.388
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 back, bone removed
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05271 Turkey, young tom, breast, meat and skin, raw

Refuse: 9% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 155g	Measure 2* 1789g	Measure 3*
Proximates:							
Water	g	70.68		0	109.55	1264.47	
Energy	kcal	151		0	234	2701	
Energy	kj	632		0	980	11306	
Protein (N x 5.95)	g	21.96		0	34.04	392.86	
Total lipid (fat)	g	6.34		0	9.83	113.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.91		0	1.41	16.28	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	20	233	
Iron	mg	1.04		0	1.61	18.61	
Magnesium	mg	24		0	37	429	
Phosphorus	mg	191		0	296	3417	
Potassium	mg	282		0	437	5045	
Sodium	mg	63		0	98	1127	
Zinc	mg	1.61		0	2.50	28.80	
Copper	mg	0.065		0	0.101	1.163	
Manganese	mg	0.016		0	0.025	0.286	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.063		0	0.098	1.127	
Riboflavin	mg	0.109		0	0.169	1.950	
Niacin	mg	5.391		0	8.356	96.445	
Pantothenic acid	mg	0.623		0	0.966	11.145	
Vitamin B-6	mg	0.480		0	0.744	8.587	
Folate	µg	7		0	11	125	
Vitamin B-12	µg	0.42		0	0.65	7.51	
Vitamin A	IU	7		0	11	125	
Vitamin A, RE	µg	2		0	3	36	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.730		0	2.681	30.950	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.016	0.179	
14:0	g	0.050		0	0.078	0.895	
15.0	g						
16:0	g	1.130		0	1.751	20.216	
17:0	g						
18:0	g	0.380		0	0.589	6.798	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.360	0	3.658	42.220
14:1	g				
16:1	g	0.400	0	0.620	7.156
18:1	g	1.910	0	2.961	34.170
20:1	g	0.010	0	0.016	0.179
22.1	g	0.010	0	0.016	0.179
Polyunsaturated, total	g	1.500	0	2.325	26.835
18:2	g	1.270	0	1.968	22.720
18:3	g	0.080	0	0.124	1.431
18:4	g				
20:4	g	0.090	0	0.139	1.610
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.016	0.179
22:6	g	0.010	0	0.016	0.179
Cholesterol	mg	67	0	104	1199
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.243	0	0.377	4.347
Threonine	g	0.960	0	1.488	17.174
Isoleucine	g	1.104	0	1.711	19.751
Leucine	g	1.710	0	2.651	30.592
Lysine	g	2.003	0	3.105	35.834
Methionine	g	0.618	0	0.958	11.056
Cystine	g	0.241	0	0.374	4.311
Phenylalanine	g	0.860	0	1.333	15.385
Tyrosine	g	0.836	0	1.296	14.956
Valine	g	1.145	0	1.775	20.484
Arginine	g	1.545	0	2.395	27.640
Histidine	g	0.662	0	1.026	11.843
Alanine	g	1.396	0	2.164	24.974
Aspartic acid	g	2.117	0	3.281	37.873
Glutamic acid	g	3.509	0	5.439	62.776
Glycine	g	1.299	0	2.013	23.239
Proline	g	1.012	0	1.569	18.105
Serine	g	0.969	0	1.502	17.335
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone removed

NDB No. 05272 Turkey, young tom, breast, meat and skin, cooked, roasted

Refuse: 8% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 115g	Measure 2* 1329g	Measure 3*
Proximates:							
Water	g	63.30		0	72.80	841.26	
Energy	kcal	189		0	217	2512	
Energy	kj	791		0	910	10512	
Protein (N x 5.95)	g	28.61		0	32.90	380.23	
Total lipid (fat)	g	7.39		0	8.50	98.21	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.00		0	1.15	13.29	
Sugars, total	g						
Minerals:							
Calcium	mg	21		0	24	279	
Iron	mg	1.41		0	1.62	18.74	
Magnesium	mg	27		0	31	359	
Phosphorus	mg	210		0	242	2791	
Potassium	mg	289		0	332	3841	
Sodium	mg	67		0	77	890	
Zinc	mg	2.10		0	2.42	27.91	
Copper	mg	0.048		0	0.055	0.638	
Manganese	mg	0.019		0	0.022	0.253	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.061		0	0.070	0.811	
Riboflavin	mg	0.134		0	0.154	1.781	
Niacin	mg	6.048		0	6.955	80.378	
Pantothenic acid	mg	0.644		0	0.741	8.559	
Vitamin B-6	mg	0.490		0	0.564	6.512	
Folate	µg	6		0	7	80	
Vitamin B-12	µg	0.36		0	0.41	4.78	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.080		0	2.392	27.643	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.012	0.133	
14:0	g	0.050		0	0.058	0.665	
15.0	g						
16:0	g	1.280		0	1.472	17.011	
17:0	g						
18:0	g	0.490		0	0.564	6.512	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.510	0	2.886	33.358
14:1	g				
16:1	g	0.420	0	0.483	5.582
18:1	g	2.030	0	2.334	26.979
20:1	g	0.010	0	0.012	0.133
22.1	g	0.010	0	0.012	0.133
Polyunsaturated, total	g	1.790	0	2.059	23.789
18:2	g	1.450	0	1.668	19.270
18:3	g	0.090	0	0.104	1.196
18:4	g				
20:4	g	0.150	0	0.173	1.994
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.023	0.266
22:6	g	0.030	0	0.034	0.399
Cholesterol	mg	75	0	86	997
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.316	0	0.363	4.200
Threonine	g	1.249	0	1.436	16.599
Isoleucine	g	1.436	0	1.651	19.084
Leucine	g	2.225	0	2.559	29.570
Lysine	g	2.606	0	2.997	34.634
Methionine	g	0.805	0	0.926	10.698
Cystine	g	0.314	0	0.361	4.173
Phenylalanine	g	1.120	0	1.288	14.885
Tyrosine	g	1.087	0	1.250	14.446
Valine	g	1.491	0	1.715	19.815
Arginine	g	2.016	0	2.318	26.793
Histidine	g	0.861	0	0.990	11.443
Alanine	g	1.822	0	2.095	24.214
Aspartic acid	g	2.758	0	3.172	36.654
Glutamic acid	g	4.567	0	5.252	60.695
Glycine	g	1.708	0	1.964	22.699
Proline	g	1.326	0	1.525	17.623
Serine	g	1.262	0	1.451	16.772
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1/2 breast, bone removed

NDB No. 05273 Turkey, young tom, leg, meat and skin, raw

Refuse: 17% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 107g	Measure 2* 1234g	Measure 3*
Proximates:							
Water	g	72.98		0	78.09	900.57	
Energy	kcal	141		0	151	1740	
Energy	kj	590		0	631	7281	
Protein (N x 5.95)	g	19.54		0	20.91	241.12	
Total lipid (fat)	g	6.34		0	6.78	78.24	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.89		0	0.95	10.98	
Sugars, total	g						
Minerals:							
Calcium	mg	17		0	18	210	
Iron	mg	1.59		0	1.70	19.62	
Magnesium	mg	20		0	21	247	
Phosphorus	mg	177		0	189	2184	
Potassium	mg	275		0	294	3394	
Sodium	mg	77		0	82	950	
Zinc	mg	3.22		0	3.45	39.73	
Copper	mg	0.136		0	0.146	1.678	
Manganese	mg	0.020		0	0.021	0.247	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.084		0	0.090	1.037	
Riboflavin	mg	0.213		0	0.228	2.628	
Niacin	mg	3.185		0	3.408	39.303	
Pantothenic acid	mg	1.088		0	1.164	13.426	
Vitamin B-6	mg	0.340		0	0.364	4.196	
Folate	µg	10		0	11	123	
Vitamin B-12	µg	0.39		0	0.42	4.81	
Vitamin A	IU	4		0	4	49	
Vitamin A, RE	µg	1		0	1	12	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.940		0	2.076	23.940	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.011	0.123	
14:0	g	0.040		0	0.043	0.494	
15.0	g						
16:0	g	1.150		0	1.230	14.191	
17:0	g						
18:0	g	0.510		0	0.546	6.293	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.940	0	2.076	23.940
14:1	g				
16:1	g	0.310	0	0.332	3.825
18:1	g	1.580	0	1.691	19.497
20:1	g	0.020	0	0.021	0.247
22.1	g	0.010	0	0.011	0.123
Polyunsaturated, total	g	1.720	0	1.840	21.225
18:2	g	1.450	0	1.552	17.893
18:3	g	0.070	0	0.075	0.864
18:4	g				
20:4	g	0.140	0	0.150	1.728
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.021	0.247
22:6	g	0.030	0	0.032	0.370
Cholesterol	mg	76	0	81	938
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.219	0	0.234	2.702
Threonine	g	0.861	0	0.921	10.625
Isoleucine	g	0.997	0	1.067	12.303
Leucine	g	1.537	0	1.645	18.967
Lysine	g	1.809	0	1.936	22.323
Methionine	g	0.557	0	0.596	6.873
Cystine	g	0.209	0	0.224	2.579
Phenylalanine	g	0.770	0	0.824	9.502
Tyrosine	g	0.756	0	0.809	9.329
Valine	g	1.028	0	1.100	12.686
Arginine	g	1.370	0	1.466	16.906
Histidine	g	0.598	0	0.640	7.379
Alanine	g	1.229	0	1.315	15.166
Aspartic acid	g	1.891	0	2.023	23.335
Glutamic acid	g	3.152	0	3.373	38.896
Glycine	g	1.076	0	1.151	13.278
Proline	g	0.863	0	0.923	10.649
Serine	g	0.866	0	0.927	10.686
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 leg, bone removed

NDB No. 05274 Turkey, young tom, leg, meat and skin, cooked, roasted

Refuse: 19% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 805g	Measure 2* 70g	Measure 3*
Proximates:							
Water	g	61.18		0	492.50	42.83	
Energy	kcal	206		0	1658	144	
Energy	kj	862		0	6939	603	
Protein (N x 5.95)	g	27.93		0	224.84	19.55	
Total lipid (fat)	g	9.63		0	77.52	6.74	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.98		0	7.89	0.69	
Sugars, total	g						
Minerals:							
Calcium	mg	35		0	282	25	
Iron	mg	2.28		0	18.35	1.60	
Magnesium	mg	23		0	185	16	
Phosphorus	mg	200		0	1610	140	
Potassium	mg	281		0	2262	197	
Sodium	mg	80		0	644	56	
Zinc	mg	4.34		0	34.94	3.04	
Copper	mg	0.157		0	1.264	0.110	
Manganese	mg	0.022		0	0.177	0.015	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.064		0	0.515	0.045	
Riboflavin	mg	0.252		0	2.029	0.176	
Niacin	mg	3.473		0	27.958	2.431	
Pantothenic acid	mg	1.237		0	9.958	0.866	
Vitamin B-6	mg	0.340		0	2.737	0.238	
Folate	µg	9		0	72	6	
Vitamin B-12	µg	0.37		0	2.98	0.26	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.990		0	24.070	2.093	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.081	0.007	
14:0	g	0.070		0	0.564	0.049	
15.0	g						
16:0	g	1.740		0	14.007	1.218	
17:0	g						
18:0	g	0.800		0	6.440	0.560	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.830	0	22.782	1.981
14:1	g				
16:1	g	0.450	0	3.623	0.315
18:1	g	2.310	0	18.596	1.617
20:1	g	0.030	0	0.242	0.021
22.1	g	0.020	0	0.161	0.014
Polyunsaturated, total	g	2.660	0	21.413	1.862
18:2	g	2.220	0	17.871	1.554
18:3	g	0.110	0	0.886	0.077
18:4	g				
20:4	g	0.230	0	1.852	0.161
20:5	g	0.000	0	0.000	0.000
22:5	g	0.030	0	0.242	0.021
22:6	g	0.050	0	0.403	0.035
Cholesterol	mg	90	0	725	63
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.312	0	2.512	0.218
Threonine	g	1.227	0	9.877	0.859
Isoleucine	g	1.417	0	11.407	0.992
Leucine	g	2.188	0	17.613	1.532
Lysine	g	2.572	0	20.705	1.800
Methionine	g	0.794	0	6.392	0.556
Cystine	g	0.301	0	2.423	0.211
Phenylalanine	g	1.098	0	8.839	0.769
Tyrosine	g	1.074	0	8.646	0.752
Valine	g	1.465	0	11.793	1.026
Arginine	g	1.962	0	15.794	1.373
Histidine	g	0.851	0	6.851	0.596
Alanine	g	1.764	0	14.200	1.235
Aspartic acid	g	2.700	0	21.735	1.890
Glutamic acid	g	4.490	0	36.145	3.143
Glycine	g	1.580	0	12.719	1.106
Proline	g	1.253	0	10.087	0.877
Serine	g	1.236	0	9.950	0.865
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leg (yield after cooking, bone removed)
Measure 2: from 1 lb ready-to-cook turkey

NDB No. 05275 Turkey, young tom, wing, meat and skin, raw

Refuse: 34% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 30g	Measure 2* 348g	Measure 3*
Proximates:							
Water	g	67.32		0	20.20	234.27	
Energy	kcal	188		0	56	654	
Energy	kj	787		0	236	2739	
Protein (N x 5.95)	g	20.45		0	6.13	71.17	
Total lipid (fat)	g	11.22		0	3.37	39.05	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.82		0	0.25	2.85	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	4	45	
Iron	mg	1.07		0	0.32	3.72	
Magnesium	mg	21		0	6	73	
Phosphorus	mg	172		0	52	599	
Potassium	mg	250		0	75	870	
Sodium	mg	60		0	18	209	
Zinc	mg	1.55		0	0.47	5.39	
Copper	mg	0.065		0	0.020	0.226	
Manganese	mg	0.015		0	0.004	0.052	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.055		0	0.017	0.191	
Riboflavin	mg	0.104		0	0.031	0.362	
Niacin	mg	4.730		0	1.419	16.460	
Pantothenic acid	mg	0.561		0	0.168	1.952	
Vitamin B-6	mg	0.410		0	0.123	1.427	
Folate	µg	7		0	2	24	
Vitamin B-12	µg	0.39		0	0.12	1.36	
Vitamin A	IU	14		0	4	49	
Vitamin A, RE	µg	4		0	1	14	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.990		0	0.897	10.405	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.035	
14:0	g	0.080		0	0.024	0.278	
15.0	g						
16:0	g	2.060		0	0.618	7.169	
17:0	g						
18:0	g	0.610		0	0.183	2.123	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.500	0	1.350	15.660
14:1	g				
16:1	g	0.770	0	0.231	2.680
18:1	g	3.630	0	1.089	12.632
20:1	g	0.010	0	0.003	0.035
22.1	g	0.010	0	0.003	0.035
Polyunsaturated, total	g	2.610	0	0.783	9.083
18:2	g	2.290	0	0.687	7.969
18:3	g	0.160	0	0.048	0.557
18:4	g				
20:4	g	0.090	0	0.027	0.313
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.003	0.035
22:6	g	0.010	0	0.003	0.035
Cholesterol	mg	72	0	22	251
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.219	0	0.066	0.762
Threonine	g	0.875	0	0.263	3.045
Isoleucine	g	0.986	0	0.296	3.431
Leucine	g	1.548	0	0.464	5.387
Lysine	g	1.794	0	0.538	6.243
Methionine	g	0.557	0	0.167	1.938
Cystine	g	0.237	0	0.071	0.825
Phenylalanine	g	0.789	0	0.237	2.746
Tyrosine	g	0.743	0	0.223	2.586
Valine	g	1.043	0	0.313	3.630
Arginine	g	1.455	0	0.437	5.063
Histidine	g	0.592	0	0.178	2.060
Alanine	g	1.340	0	0.402	4.663
Aspartic acid	g	1.956	0	0.587	6.807
Glutamic acid	g	3.187	0	0.956	11.091
Glycine	g	1.440	0	0.432	5.011
Proline	g	1.050	0	0.315	3.654
Serine	g	0.895	0	0.269	3.115
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone removed

NDB No. 05276 Turkey, young tom, wing, meat and skin, cooked, roasted

Refuse: 37% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2* 237g	Measure 3*
Proximates:							
Water	g	60.31		0	12.67	142.93	
Energy	kcal	221		0	46	524	
Energy	kj	925		0	194	2192	
Protein (N x 5.95)	g	27.45		0	5.76	65.06	
Total lipid (fat)	g	11.50		0	2.42	27.25	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.96		0	0.20	2.28	
Sugars, total	g						
Minerals:							
Calcium	mg	23		0	5	55	
Iron	mg	1.46		0	0.31	3.46	
Magnesium	mg	25		0	5	59	
Phosphorus	mg	200		0	42	474	
Potassium	mg	271		0	57	642	
Sodium	mg	66		0	14	156	
Zinc	mg	2.10		0	0.44	4.98	
Copper	mg	0.053		0	0.011	0.126	
Manganese	mg	0.020		0	0.004	0.047	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.056		0	0.012	0.133	
Riboflavin	mg	0.137		0	0.029	0.325	
Niacin	mg	5.565		0	1.169	13.189	
Pantothenic acid	mg	0.599		0	0.126	1.420	
Vitamin B-6	mg	0.430		0	0.090	1.019	
Folate	µg	6		0	1	14	
Vitamin B-12	µg	0.35		0	0.07	0.83	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	3.130		0	0.657	7.418	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.002	0.024	
14:0	g	0.080		0	0.017	0.190	
15.0	g						
16:0	g	2.070		0	0.435	4.906	
17:0	g						
18:0	g	0.680		0	0.143	1.612	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.350	0	0.914	10.309
14:1	g				
16:1	g	0.740	0	0.155	1.754
18:1	g	3.510	0	0.737	8.319
20:1	g	0.010	0	0.002	0.024
22.1	g	0.010	0	0.002	0.024
Polyunsaturated, total	g	2.720	0	0.571	6.446
18:2	g	2.310	0	0.485	5.475
18:3	g	0.150	0	0.032	0.356
18:4	g				
20:4	g	0.140	0	0.029	0.332
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.004	0.047
22:6	g	0.020	0	0.004	0.047
Cholesterol	mg	81	0	17	192
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.295	0	0.062	0.699
Threonine	g	1.177	0	0.247	2.789
Isoleucine	g	1.328	0	0.279	3.147
Leucine	g	2.081	0	0.437	4.932
Lysine	g	2.413	0	0.507	5.719
Methionine	g	0.750	0	0.158	1.778
Cystine	g	0.317	0	0.067	0.751
Phenylalanine	g	1.060	0	0.223	2.512
Tyrosine	g	1.000	0	0.210	2.370
Valine	g	1.402	0	0.294	3.323
Arginine	g	1.952	0	0.410	4.626
Histidine	g	0.796	0	0.167	1.887
Alanine	g	1.796	0	0.377	4.257
Aspartic acid	g	2.627	0	0.552	6.226
Glutamic acid	g	4.284	0	0.900	10.153
Glycine	g	1.915	0	0.402	4.539
Proline	g	1.402	0	0.294	3.323
Serine	g	1.201	0	0.252	2.846
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook turkey
Measure 2: 1 wing, bone removed

NDB No. 05277 Chicken, canned, meat only, with broth

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 142g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.65	0.572	13	97.48		
Energy	kcal	165		0	234		
Energy	kj	690		0	980		
Protein (N x 5.95)	g	21.77	0.517	13	30.91		
Total lipid (fat)	g	7.95	0.322	13	11.29		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.81	0.034	13	2.57		
Sugars, total	g						
Minerals:							
Calcium	mg	14	1.612	11	20		
Iron	mg	1.58	0.116	11	2.24		
Magnesium	mg	12		1	17		
Phosphorus	mg	111		0	158		
Potassium	mg	138	13.793	12	196		
Sodium	mg	503	46.664	4	714		
Zinc	mg	1.41		0	2.00		
Copper	mg	0.046		0	0.065		
Manganese	mg	0.015		0	0.021		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0	0.000	6	2.8		
Thiamin	mg	0.015	0.003	12	0.021		
Riboflavin	mg	0.129	0.008	15	0.183		
Niacin	mg	6.329	0.257	14	8.987		
Pantothenic acid	mg	0.850		1	1.207		
Vitamin B-6	mg	0.350	0.070	2	0.497		
Folate	µg	4		0	6		
Vitamin B-12	µg	0.29	0.088	7	0.41		
Vitamin A	IU	117		0	166		
Vitamin A, RE	µg	34		0	48		
Vitamin E, α-TE	mg	0.212		0	0.301		
Lipids:							
Saturated, total	g	2.200		0	3.124		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.014		
14:0	g	0.060		0	0.085		
15.0	g						
16:0	g	1.620		0	2.300		
17:0	g						
18:0	g	0.440		0	0.625		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.150	0	4.473
14:1	g			
16:1	g	0.440	0	0.625
18:1	g	2.590	0	3.678
20:1	g	0.080	0	0.114
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	1.750	0	2.485
18:2	g	1.510	0	2.144
18:3	g	0.070	0	0.099
18:4	g	0.000	0	0.000
20:4	g	0.070	0	0.099
20:5	g	0.010	0	0.014
22:5	g	0.010	0	0.014
22:6	g	0.020	0	0.028
Cholesterol	mg	62	0	88
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.243	0	0.345
Threonine	g	0.895	0	1.271
Isoleucine	g	1.085	0	1.541
Leucine	g	1.578	0	2.241
Lysine	g	1.764	0	2.505
Methionine	g	0.574	0	0.815
Cystine	g	0.297	0	0.422
Phenylalanine	g	0.842	0	1.196
Tyrosine	g	0.699	0	0.993
Valine	g	1.052	0	1.494
Arginine	g	1.355	0	1.924
Histidine	g	0.636	0	0.903
Alanine	g	1.258	0	1.786
Aspartic acid	g	1.926	0	2.735
Glutamic acid	g	3.173	0	4.506
Glycine	g	1.389	0	1.972
Proline	g	1.040	0	1.477
Serine	g	0.762	0	1.082
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 can (5 oz)

NDB No. 05282 Pate de foie gras, canned (goose liver pate), smoked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 13g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	37.04	2.599	15	4.82	10.50	
Energy	kcal	462		0	60	131	
Energy	kj	1933		0	251	548	
Protein (N x 5.95)	g	11.40	0.778	15	1.48	3.23	
Total lipid (fat)	g	43.84	2.666	14	5.70	12.43	
Carbohydrate, by difference	g	4.67		0	0.61	1.32	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.05	0.258	15	0.40	0.86	
Sugars, total	g						
Minerals:							
Calcium	mg	70		0	9	20	
Iron	mg	5.50		0	0.72	1.56	
Magnesium	mg	13		0	2	4	
Phosphorus	mg	200		0	26	57	
Potassium	mg	138		0	18	39	
Sodium	mg	697		0	91	198	
Zinc	mg	0.92		0	0.12	0.26	
Copper	mg	0.400		0	0.052	0.113	
Manganese	mg	0.120		0	0.016	0.034	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		0	0.3	0.6	
Thiamin	mg	0.088	0.007	5	0.011	0.025	
Riboflavin	mg	0.299	0.005	5	0.039	0.085	
Niacin	mg	2.510	0.056	5	0.326	0.712	
Pantothenic acid	mg	1.200		0	0.156	0.340	
Vitamin B-6	mg	0.060		0	0.008	0.017	
Folate	µg	60		0	8	17	
Vitamin B-12	µg	9.40	0.110	2	1.22	2.66	
Vitamin A	IU	3333		0	433	945	
Vitamin A, RE	µg	1000		0	130	284	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	14.450		0	1.878	4.097	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.004	0.009	
14:0	g	0.290		0	0.038	0.082	
15.0	g						
16:0	g	9.450		0	1.228	2.679	
17:0	g						
18:0	g	4.580		0	0.595	1.298	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	25.610	0	3.329	7.260
14:1	g				
16:1	g	1.400	0	0.182	0.397
18:1	g	24.040	0	3.125	6.815
20:1	g	0.130	0	0.017	0.037
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.840	0	0.109	0.238
18:2	g	0.570	0	0.074	0.162
18:3	g	0.010	0	0.001	0.003
18:4	g				
20:4	g	0.250	0	0.033	0.071
20:5	g	0.000	0	0.000	0.000
22:5	g	0.000	0	0.000	0.000
22:6	g	0.000	0	0.000	0.000
Cholesterol	mg	150	1	20	43
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.161	0	0.021	0.046
Threonine	g	0.507	0	0.066	0.144
Isoleucine	g	0.606	0	0.079	0.172
Leucine	g	1.029	0	0.134	0.292
Lysine	g	0.863	0	0.112	0.245
Methionine	g	0.270	0	0.035	0.077
Cystine	g	0.153	0	0.020	0.043
Phenylalanine	g	0.567	0	0.074	0.161
Tyrosine	g	0.401	0	0.052	0.114
Valine	g	0.719	0	0.093	0.204
Arginine	g	0.699	0	0.091	0.198
Histidine	g	0.303	0	0.039	0.086
Alanine	g	0.662	0	0.086	0.188
Aspartic acid	g	1.083	0	0.141	0.307
Glutamic acid	g	1.477	0	0.192	0.419
Glycine	g	0.662	0	0.086	0.188
Proline	g	0.565	0	0.073	0.160
Serine	g	0.491	0	0.064	0.139
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 tablespoon
Measure 2: 1 oz

NDB No. 05284 Turkey, canned, meat only, with broth

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 142g	Measure 3* 125g
Proximates:							
Water	g	66.07	0.912	9	89.19	93.82	82.59
Energy	kcal	163		0	220	231	204
Energy	kj	682		0	921	968	853
Protein (N x 5.95)	g	23.68	0.570	9	31.97	33.63	29.60
Total lipid (fat)	g	6.86	0.242	9	9.26	9.74	8.57
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.92	0.032	9	2.59	2.73	2.40
Sugars, total	g						
Minerals:							
Calcium	mg	12	0.572	9	16	17	15
Iron	mg	1.86	0.247	9	2.51	2.64	2.33
Magnesium	mg	20		0	27	28	25
Phosphorus	mg	162		0	219	230	203
Potassium	mg	224		0	302	318	280
Sodium	mg	467	45.619	5	630	663	584
Zinc	mg	2.37		0	3.20	3.37	2.96
Copper	mg	0.074		0	0.100	0.105	0.093
Manganese	mg	0.017		0	0.023	0.024	0.021
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0	0.000	6	2.7	2.8	2.5
Thiamin	mg	0.014	0.002	9	0.019	0.020	0.018
Riboflavin	mg	0.171	0.006	9	0.231	0.243	0.214
Niacin	mg	6.622	0.326	9	8.940	9.403	8.277
Pantothenic acid	mg	0.686		0	0.926	0.974	0.858
Vitamin B-6	mg	0.330		0	0.446	0.469	0.413
Folate	µg	6		0	8	9	8
Vitamin B-12	µg	0.28		0	0.38	0.40	0.35
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.271		0	0.366	0.385	0.339
Lipids:							
Saturated, total	g	2.000		0	2.700	2.840	2.500
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.010		0	0.014	0.014	0.013
14:0	g	0.050		0	0.068	0.071	0.063
15.0	g						
16:0	g	1.220		0	1.647	1.732	1.525
17:0	g						
18:0	g	0.490		0	0.662	0.696	0.613
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.260	0	3.051	3.209	2.825
14:1	g					
16:1	g	0.370	0	0.500	0.525	0.463
18:1	g	1.830	0	2.470	2.599	2.288
20:1	g	0.010	0	0.014	0.014	0.013
22.1	g	0.010	0	0.014	0.014	0.013
Polyunsaturated, total	g	1.750	0	2.362	2.485	2.188
18:2	g	1.460	0	1.971	2.073	1.825
18:3	g	0.080	0	0.108	0.114	0.100
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.140	0	0.189	0.199	0.175
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.020	0	0.027	0.028	0.025
22:6	g	0.030	0	0.041	0.043	0.038
Cholesterol	mg	66	0	89	94	83
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.261	0	0.352	0.371	0.326
Threonine	g	1.029	0	1.389	1.461	1.286
Isoleucine	g	1.183	0	1.597	1.680	1.479
Leucine	g	1.833	0	2.475	2.603	2.291
Lysine	g	2.143	0	2.893	3.043	2.679
Methionine	g	0.661	0	0.892	0.939	0.826
Cystine	g	0.266	0	0.359	0.378	0.333
Phenylalanine	g	0.922	0	1.245	1.309	1.153
Tyrosine	g	0.895	0	1.208	1.271	1.119
Valine	g	1.228	0	1.658	1.744	1.535
Arginine	g	1.663	0	2.245	2.361	2.079
Histidine	g	0.708	0	0.956	1.005	0.885
Alanine	g	1.503	0	2.029	2.134	1.879
Aspartic acid	g	2.270	0	3.064	3.223	2.837
Glutamic acid	g	3.765	0	5.083	5.346	4.706
Glycine	g	1.422	0	1.920	2.019	1.778
Proline	g	1.096	0	1.480	1.556	1.370
Serine	g	1.040	0	1.404	1.477	1.300
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, drained
Measure 2: 1 can (5 oz)
Measure 3: 1 can (5 oz) yields

NDB No. 05285 Turkey, diced, light and dark meat, seasoned

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 227g	Measure 3*
Proximates:							
Water	g	71.70	0.080	6	20.33	162.76	
Energy	kcal	138		0	39	313	
Energy	kj	577		0	164	1310	
Protein (N x 5.95)	g	18.70	0.209	6	5.30	42.45	
Total lipid (fat)	g	6.00	0.193	6	1.70	13.62	
Carbohydrate, by difference	g	1.00		0	0.28	2.27	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	2.60	0.209	6	0.74	5.90	
Sugars, total	g						
Minerals:							
Calcium	mg	1	0.000	6	0	2	
Iron	mg	1.80	0.177	6	0.51	4.09	
Magnesium	mg	17		0	5	39	
Phosphorus	mg	240	16.109	6	68	545	
Potassium	mg	310	9.665	6	88	704	
Sodium	mg	850	61.237	6	241	1930	
Zinc	mg	2.02		0	0.57	4.59	
Copper	mg	0.063		0	0.018	0.143	
Manganese	mg	0.013		0	0.004	0.030	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040	0.005	6	0.011	0.091	
Riboflavin	mg	0.110	0.010	6	0.031	0.250	
Niacin	mg	4.800	0.161	6	1.361	10.896	
Pantothenic acid	mg	0.589		0	0.167	1.337	
Vitamin B-6	mg	0.280		0	0.079	0.636	
Folate	µg	5		0	1	11	
Vitamin B-12	µg	0.24		0	0.07	0.54	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.750		0	0.496	3.973	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.003	0.023	
14:0	g	0.040		0	0.011	0.091	
15.0	g						
16:0	g	1.070		0	0.303	2.429	
17:0	g						
18:0	g	0.430		0	0.122	0.976	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.980	0	0.561	4.495
14:1	g				
16:1	g	0.320	0	0.091	0.726
18:1	g	1.600	0	0.454	3.632
20:1	g	0.010	0	0.003	0.023
22.1	g	0.010	0	0.003	0.023
Polyunsaturated, total	g	1.530	0	0.434	3.473
18:2	g	1.270	0	0.360	2.883
18:3	g	0.070	0	0.020	0.159
18:4	g				
20:4	g	0.120	0	0.034	0.272
20:5	g	0.000	0	0.000	0.000
22:5	g	0.020	0	0.006	0.045
22:6	g	0.020	0	0.006	0.045
Cholesterol	mg	55	0	16	125
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.206	0	0.058	0.468
Threonine	g	0.813	0	0.230	1.846
Isoleucine	g	0.934	0	0.265	2.120
Leucine	g	1.447	0	0.410	3.285
Lysine	g	1.693	0	0.480	3.843
Methionine	g	0.522	0	0.148	1.185
Cystine	g	0.210	0	0.060	0.477
Phenylalanine	g	0.729	0	0.207	1.655
Tyrosine	g	0.707	0	0.200	1.605
Valine	g	0.970	0	0.275	2.202
Arginine	g	1.313	0	0.372	2.981
Histidine	g	0.559	0	0.158	1.269
Alanine	g	1.187	0	0.337	2.694
Aspartic acid	g	1.793	0	0.508	4.070
Glutamic acid	g	2.974	0	0.843	6.751
Glycine	g	1.123	0	0.318	2.549
Proline	g	0.866	0	0.246	1.966
Serine	g	0.821	0	0.233	1.864
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1/2 lb

NDB No. 05286 Turkey and gravy, frozen

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 240g	Measure 2* 142g	Measure 3*
Proximates:							
Water	g	85.07	0.217	4	204.17	120.80	
Energy	kcal	67		0	161	95	
Energy	kj	280		0	672	398	
Protein (N x 5.95)	g	5.88	0.188	4	14.11	8.35	
Total lipid (fat)	g	2.63	0.682	4	6.31	3.73	
Carbohydrate, by difference	g	4.61		0	11.06	6.55	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.81	0.125	4	4.34	2.57	
Sugars, total	g						
Minerals:							
Calcium	mg	14	2.465	4	34	20	
Iron	mg	0.93	0.097	4	2.23	1.32	
Magnesium	mg	8	0.614	4	19	11	
Phosphorus	mg	81	7.503	4	194	115	
Potassium	mg	61		0	146	87	
Sodium	mg	554	54.648	4	1330	787	
Zinc	mg	0.70	0.054	4	1.68	0.99	
Copper	mg	0.022		0	0.053	0.031	
Manganese	mg	0.005		0	0.012	0.007	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.024	0.003	4	0.058	0.034	
Riboflavin	mg	0.127	0.012	4	0.305	0.180	
Niacin	mg	1.799	0.122	4	4.318	2.555	
Pantothenic acid	mg	0.213		0	0.511	0.302	
Vitamin B-6	mg	0.100	0.002	4	0.240	0.142	
Folate	µg	4		0	10	6	
Vitamin B-12	µg	0.24		0	0.58	0.34	
Vitamin A	IU	42	12.846	4	101	60	
Vitamin A, RE	µg	13		0	31	18	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.850		0	2.040	1.207	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000	0.000	4	0.000	0.000	
14:0	g	0.030	0.009	4	0.072	0.043	
15.0	g						
16:0	g	0.540	0.143	4	1.296	0.767	
17:0	g						
18:0	g	0.270	0.080	4	0.648	0.383	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.970		0	2.328	1.377
14:1	g					
16:1	g	0.110	0.030	4	0.264	0.156
18:1	g	0.860	0.229	4	2.064	1.221
20:1	g	0.000		0	0.000	0.000
22.1	g	0.000		0	0.000	0.000
Polyunsaturated, total	g	0.470		0	1.128	0.667
18:2	g	0.440	0.121	4	1.056	0.625
18:3	g	0.030	0.012	4	0.072	0.043
18:4	g					
20:4	g	0.000		0	0.000	0.000
20:5	g	0.000		0	0.000	0.000
22:5	g	0.000		0	0.000	0.000
22:6	g	0.000		0	0.000	0.000
Cholesterol	mg	18		0	43	26
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.067		0	0.161	0.095
Threonine	g	0.262		0	0.629	0.372
Isoleucine	g	0.306		0	0.734	0.435
Leucine	g	0.469		0	1.126	0.666
Lysine	g	0.554		0	1.330	0.787
Methionine	g	0.170		0	0.408	0.241
Cystine	g	0.061		0	0.146	0.087
Phenylalanine	g	0.233		0	0.559	0.331
Tyrosine	g	0.232		0	0.557	0.329
Valine	g	0.312		0	0.749	0.443
Arginine	g	0.410		0	0.984	0.582
Histidine	g	0.183		0	0.439	0.260
Alanine	g	0.364		0	0.874	0.517
Aspartic acid	g	0.571		0	1.370	0.811
Glutamic acid	g	0.960		0	2.304	1.363
Glycine	g	0.292		0	0.701	0.415
Proline	g	0.245		0	0.588	0.348
Serine	g	0.262		0	0.629	0.372
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup

Measure 2: 1 package, (net weight, 5 oz)

NDB No. 05292 Turkey patties, breaded, battered, fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 42g	Measure 3* 64g
Proximates:							
Water	g	49.70	0.527	17	13.92	20.87	31.81
Energy	kcal	283		0	79	119	181
Energy	kj	1184		0	332	497	758
Protein (N x 5.95)	g	14.00	0.121	17	3.92	5.88	8.96
Total lipid (fat)	g	18.00	0.196	17	5.04	7.56	11.52
Carbohydrate, by difference	g	15.70		0	4.40	6.59	10.05
Fiber, total dietary	g	0.5		0	0.1	0.2	0.3
Ash	g	2.60	0.068	17	0.73	1.09	1.66
Sugars, total	g						
Minerals:							
Calcium	mg	14	0.473	17	4	6	9
Iron	mg	2.20	0.149	17	0.62	0.92	1.41
Magnesium	mg	15		0	4	6	10
Phosphorus	mg	270	6.219	17	76	113	173
Potassium	mg	275	6.083	17	77	116	176
Sodium	mg	800	40.503	17	224	336	512
Zinc	mg	1.44		0	0.40	0.60	0.92
Copper	mg	0.070		0	0.020	0.029	0.045
Manganese	mg	0.077		0	0.022	0.032	0.049
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.100	0.003	17	0.028	0.042	0.064
Riboflavin	mg	0.190	0.012	17	0.053	0.080	0.122
Niacin	mg	2.300	0.095	17	0.644	0.966	1.472
Pantothenic acid	mg	0.520		0	0.146	0.218	0.333
Vitamin B-6	mg	0.200		0	0.056	0.084	0.128
Folate	µg	28		0	8	12	18
Vitamin B-12	µg	0.22		0	0.06	0.09	0.14
Vitamin A	IU	37		0	10	16	24
Vitamin A, RE	µg	11		0	3	5	7
Vitamin E, α-TE	mg	2.391		0	0.669	1.004	1.530
Lipids:							
Saturated, total	g	4.690		0	1.313	1.970	3.002
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.000		0	0.000	0.000	0.000
14:0	g	0.070		0	0.020	0.029	0.045
15.0	g						
16:0	g	2.650		0	0.742	1.113	1.696
17:0	g						
18:0	g	1.850		0	0.518	0.777	1.184
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.470	0	2.092	3.137	4.781
14:1	g					
16:1	g	0.080	0	0.022	0.034	0.051
18:1	g	7.380	0	2.066	3.100	4.723
20:1	g	0.000	0	0.000	0.000	0.000
22.1	g	0.000	0	0.000	0.000	0.000
Polyunsaturated, total	g	4.710	0	1.319	1.978	3.014
18:2	g	4.310	0	1.207	1.810	2.758
18:3	g	0.260	0	0.073	0.109	0.166
18:4	g	0.000	0	0.000	0.000	0.000
20:4	g	0.090	0	0.025	0.038	0.058
20:5	g	0.000	0	0.000	0.000	0.000
22:5	g	0.000	0	0.000	0.000	0.000
22:6	g	0.000	0	0.000	0.000	0.000
Cholesterol	mg	62	0	17	26	40
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.167	0	0.047	0.070	0.107
Threonine	g	0.598	0	0.167	0.251	0.383
Isoleucine	g	0.716	0	0.200	0.301	0.458
Leucine	g	1.116	0	0.312	0.469	0.714
Lysine	g	1.161	0	0.325	0.488	0.743
Methionine	g	0.382	0	0.107	0.160	0.244
Cystine	g	0.174	0	0.049	0.073	0.111
Phenylalanine	g	0.592	0	0.166	0.249	0.379
Tyrosine	g	0.541	0	0.151	0.227	0.346
Valine	g	0.740	0	0.207	0.311	0.474
Arginine	g	0.913	0	0.256	0.383	0.584
Histidine	g	0.416	0	0.116	0.175	0.266
Alanine	g	0.800	0	0.224	0.336	0.512
Aspartic acid	g	1.244	0	0.348	0.522	0.796
Glutamic acid	g	2.754	0	0.771	1.157	1.763
Glycine	g	0.660	0	0.185	0.277	0.422
Proline	g	0.772	0	0.216	0.324	0.494
Serine	g	0.665	0	0.186	0.279	0.426
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 medium slice (approx 3" x 2" x 1/4")
Measure 2: 1 thick slice (approx 3" x 2" x 3/8")
Measure 3: 1 patty, (2.25 oz)

NDB No. 05293 Turkey breast, pre-basted, meat and skin, cooked, roasted

Refuse: 8% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 864g	Measure 2*	Measure 3*
Proximates:							
Water	g	70.91	0.774	7	612.66		
Energy	kcal	126		0	1089		
Energy	kj	527		0	4553		
Protein (N x 5.95)	g	22.16	0.670	18	191.46		
Total lipid (fat)	g	3.46	0.370	18	29.89		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.06	0.117	5	17.80		
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.774	16	78		
Iron	mg	0.66	0.069	19	5.70		
Magnesium	mg	21	1.749	5	181		
Phosphorus	mg	214	11.968	5	1849		
Potassium	mg	248	14.347	17	2143		
Sodium	mg	397	33.514	19	3430		
Zinc	mg	1.53	0.118	5	13.22		
Copper	mg	0.041	0.005	5	0.354		
Manganese	mg	0.015		0	0.130		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.053	0.003	17	0.458		
Riboflavin	mg	0.133	0.006	17	1.149		
Niacin	mg	9.067	1.020	3	78.339		
Pantothenic acid	mg	0.489		0	4.225		
Vitamin B-6	mg	0.320	0.134	2	2.765		
Folate	µg	5		0	43		
Vitamin B-12	µg	0.32	0.079	2	2.76		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.980		0	8.467		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.086		
14:0	g	0.020		0	0.173		
15.0	g						
16:0	g	0.590		0	5.098		
17:0	g						
18:0	g	0.240		0	2.074		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.140		0	9.850
14:1	g				
16:1	g	0.190		0	1.642
18:1	g	0.920		0	7.949
20:1	g	0.010		0	0.086
22.1	g	0.010		0	0.086
Polyunsaturated, total	g	0.840		0	7.258
18:2	g	0.680		0	5.875
18:3	g	0.040		0	0.346
18:4	g				
20:4	g	0.080		0	0.691
20:5	g	0.000		0	0.000
22:5	g	0.010		0	0.086
22:6	g	0.010		0	0.086
Cholesterol	mg	42	1.312	13	363
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.246		0	2.125
Threonine	g	0.967		0	8.355
Isoleucine	g	1.116		0	9.642
Leucine	g	1.725		0	14.904
Lysine	g	2.022		0	17.470
Methionine	g	0.623		0	5.383
Cystine	g	0.245		0	2.117
Phenylalanine	g	0.867		0	7.491
Tyrosine	g	0.845		0	7.301
Valine	g	1.155		0	9.979
Arginine	g	1.554		0	13.427
Histidine	g	0.668		0	5.772
Alanine	g	1.401		0	12.105
Aspartic acid	g	2.130		0	18.403
Glutamic acid	g	3.542		0	30.603
Glycine	g	1.287		0	11.120
Proline	g	1.007		0	8.700
Serine	g	0.976		0	8.433
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1/2 breast, bone removed

NDB No. 05294 Turkey thigh, pre-basted, meat and skin, cooked, roasted

Refuse: 13% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 314g	Measure 2*	Measure 3*
Proximates:							
Water	g	70.60		0	221.68		
Energy	kcal	157		0	493		
Energy	kj	657		0	2063		
Protein (N x 5.95)	g	18.80	1.087	7	59.03		
Total lipid (fat)	g	8.54	0.996	7	26.82		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	2.06		0	6.47		
Sugars, total	g						
Minerals:							
Calcium	mg	8	1.720	7	25		
Iron	mg	1.51	0.069	7	4.74		
Magnesium	mg	17		1	53		
Phosphorus	mg	171		1	537		
Potassium	mg	241	12.253	7	757		
Sodium	mg	437	51.562	7	1372		
Zinc	mg	4.12		1	12.94		
Copper	mg	0.139		1	0.436		
Manganese	mg	0.015		0	0.047		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.083	0.004	6	0.261		
Riboflavin	mg	0.255	0.018	6	0.801		
Niacin	mg	2.409		0	7.564		
Pantothenic acid	mg	0.812		0	2.550		
Vitamin B-6	mg	0.230		0	0.722		
Folate	µg	6		0	19		
Vitamin B-12	µg	0.24		0	0.75		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.650		0	8.321		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.010		0	0.031		
14:0	g	0.060		0	0.188		
15.0	g						
16:0	g	1.550		0	4.867		
17:0	g						
18:0	g	0.710		0	2.229		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.530		0	7.944
14:1	g				
16:1	g	0.400		0	1.256
18:1	g	2.060		0	6.468
20:1	g	0.020		0	0.063
22.1	g	0.010		0	0.031
Polyunsaturated, total	g	2.350		0	7.379
18:2	g	1.970		0	6.186
18:3	g	0.100		0	0.314
18:4	g				
20:4	g	0.210		0	0.659
20:5	g	0.000		0	0.000
22:5	g	0.030		0	0.094
22:6	g	0.040		0	0.126
Cholesterol	mg	62	5.653	6	195
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.210		0	0.659
Threonine	g	0.824		0	2.587
Isoleucine	g	0.954		0	2.996
Leucine	g	1.471		0	4.619
Lysine	g	1.727		0	5.423
Methionine	g	0.532		0	1.670
Cystine	g	0.205		0	0.644
Phenylalanine	g	0.737		0	2.314
Tyrosine	g	0.722		0	2.267
Valine	g	0.984		0	3.090
Arginine	g	1.317		0	4.135
Histidine	g	0.571		0	1.793
Alanine	g	1.183		0	3.715
Aspartic acid	g	1.811		0	5.687
Glutamic acid	g	3.019		0	9.480
Glycine	g	1.057		0	3.319
Proline	g	0.838		0	2.631
Serine	g	0.830		0	2.606
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 thigh, bone removed

NDB No. 05295 Turkey roast, boneless, frozen, seasoned, light and dark meat, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 1134g	Measure 2* 284g	Measure 3*
Proximates:							
Water	g	70.40	0.435	6	798.34	199.94	
Energy	kcal	120		0	1361	341	
Energy	kj	502		0	5693	1426	
Protein (N x 5.95)	g	17.60	0.258	6	199.58	49.98	
Total lipid (fat)	g	2.20	0.258	6	24.95	6.25	
Carbohydrate, by difference	g	6.40		0	72.58	18.18	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	3.40	0.129	6	38.56	9.66	
Sugars, total	g						
Minerals:							
Calcium	mg	1		1	11	3	
Iron	mg	2.10	0.097	6	23.81	5.96	
Magnesium	mg	20		0	227	57	
Phosphorus	mg	158		0	1792	449	
Potassium	mg	360	4.832	6	4082	1022	
Sodium	mg	678	77.630	18	7689	1926	
Zinc	mg	1.91		0	21.66	5.42	
Copper	mg	0.088		0	0.998	0.250	
Manganese	mg	0.017		0	0.193	0.048	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.040	0.003	6	0.454	0.114	
Riboflavin	mg	0.120	0.005	6	1.361	0.341	
Niacin	mg	4.400	0.129	6	49.896	12.496	
Pantothenic acid	mg	0.733		0	8.312	2.082	
Vitamin B-6	mg	0.380		0	4.309	1.079	
Folate	µg	7		0	79	20	
Vitamin B-12	µg	0.35		0	3.97	0.99	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.730		0	8.278	2.073	
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.113	0.028	
14:0	g	0.010		0	0.113	0.028	
15.0	g						
16:0	g	0.370		0	4.196	1.051	
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.470	0	5.330	1.335
14:1	g				
16:1	g	0.070	0	0.794	0.199
18:1	g	0.380	0	4.309	1.079
20:1	g	0.010	0	0.113	0.028
22.1	g	0.010	0	0.113	0.028
Polyunsaturated, total	g	0.640	0	7.258	1.818
18:2	g	0.490	0	5.557	1.392
18:3	g	0.020	0	0.227	0.057
18:4	g				
20:4	g	0.090	0	1.021	0.256
20:5	g	0.000	0	0.000	0.000
22:5	g	0.010	0	0.113	0.028
22:6	g	0.020	0	0.227	0.057
Cholesterol	mg	53	0	601	151
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.200	0	2.268	0.568
Threonine	g	0.782	0	8.868	2.221
Isoleucine	g	0.915	0	10.376	2.599
Leucine	g	1.402	0	15.899	3.982
Lysine	g	1.657	0	18.790	4.706
Methionine	g	0.509	0	5.772	1.446
Cystine	g	0.183	0	2.075	0.520
Phenylalanine	g	0.698	0	7.915	1.982
Tyrosine	g	0.695	0	7.881	1.974
Valine	g	0.934	0	10.592	2.653
Arginine	g	1.227	0	13.914	3.485
Histidine	g	0.549	0	6.226	1.559
Alanine	g	1.089	0	12.349	3.093
Aspartic acid	g	1.708	0	19.369	4.851
Glutamic acid	g	2.870	0	32.546	8.151
Glycine	g	0.872	0	9.888	2.476
Proline	g	0.731	0	8.290	2.076
Serine	g	0.782	0	8.868	2.221
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 box, (net weight, 2.5 lb)
Measure 2: 1/4 box, (net weight, 0.625 lb)

NDB No. 05296 Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 135g	Measure 2* 782g	Measure 3* 196g
Proximates:							
Water	g	67.84	0.798	7	91.58	530.51	132.97
Energy	kcal	155		0	209	1212	304
Energy	kj	649		0	876	5075	1272
Protein (N x 5.95)	g	21.32	1.043	11	28.78	166.72	41.79
Total lipid (fat)	g	5.78	0.331	11	7.80	45.20	11.33
Carbohydrate, by difference	g	3.07		0	4.14	24.01	6.02
Fiber, total dietary	g	0.0		0	0.0	0.0	0.0
Ash	g	1.99	0.244	7	2.69	15.56	3.90
Sugars, total	g						
Minerals:							
Calcium	mg	5	1.847	10	7	39	10
Iron	mg	1.63	0.178	11	2.20	12.75	3.19
Magnesium	mg	22	2.000	2	30	172	43
Phosphorus	mg	244	19.030	7	329	1908	478
Potassium	mg	298	19.779	11	402	2330	584
Sodium	mg	680	82.007	11	918	5318	1333
Zinc	mg	2.54	0.035	2	3.43	19.86	4.98
Copper	mg	0.060	0.000	2	0.081	0.469	0.118
Manganese	mg	0.015		0	0.020	0.117	0.029
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	0.0
Thiamin	mg	0.047	0.005	11	0.063	0.368	0.092
Riboflavin	mg	0.163	0.008	11	0.220	1.275	0.319
Niacin	mg	6.271	1.296	7	8.466	49.039	12.291
Pantothenic acid	mg	0.806		1	1.088	6.303	1.580
Vitamin B-6	mg	0.270	0.085	2	0.365	2.111	0.529
Folate	µg	5		0	7	39	10
Vitamin B-12	µg	1.52	1.279	2	2.05	11.89	2.98
Vitamin A	IU	0		0	0	0	0
Vitamin A, RE	µg	0		0	0	0	0
Vitamin E, α-TE	mg	0.383		0	0.517	2.995	0.751
Lipids:							
Saturated, total	g	1.900		0	2.565	14.858	3.724
4:0	g	0.000		0	0.000	0.000	0.000
6.0	g	0.000		0	0.000	0.000	0.000
8:0	g	0.000		0	0.000	0.000	0.000
10:0	g	0.000		0	0.000	0.000	0.000
12:0	g	0.020		0	0.027	0.156	0.039
14:0	g	0.040		0	0.054	0.313	0.078
15.0	g						
16:0	g	0.960		0	1.296	7.507	1.882
17:0	g						
18:0	g	0.570		0	0.769	4.457	1.117
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.200		0	1.620	9.384	2.352
14:1	g						
16:1	g	0.170		0	0.230	1.329	0.333
18:1	g	0.990		0	1.337	7.742	1.940
20:1	g	0.020		0	0.027	0.156	0.039
22.1	g	0.020		0	0.027	0.156	0.039
Polyunsaturated, total	g	1.660		0	2.241	12.981	3.254
18:2	g	1.260		0	1.701	9.853	2.470
18:3	g	0.040		0	0.054	0.313	0.078
18:4	g	0.000		0	0.000	0.000	0.000
20:4	g	0.240		0	0.324	1.877	0.470
20:5	g	0.000		0	0.000	0.000	0.000
22:5	g	0.040		0	0.054	0.313	0.078
22:6	g	0.050		0	0.068	0.391	0.098
Cholesterol	mg	53	4.689	4	72	414	104
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.242		0	0.327	1.892	0.474
Threonine	g	0.948		0	1.280	7.413	1.858
Isoleucine	g	1.109		0	1.497	8.672	2.174
Leucine	g	1.698		0	2.292	13.278	3.328
Lysine	g	2.009		0	2.712	15.710	3.938
Methionine	g	0.617		0	0.833	4.825	1.209
Cystine	g	0.222		0	0.300	1.736	0.435
Phenylalanine	g	0.846		0	1.142	6.616	1.658
Tyrosine	g	0.843		0	1.138	6.592	1.652
Valine	g	1.132		0	1.528	8.852	2.219
Arginine	g	1.487		0	2.007	11.628	2.915
Histidine	g	0.665		0	0.898	5.200	1.303
Alanine	g	1.320		0	1.782	10.322	2.587
Aspartic acid	g	2.070		0	2.794	16.187	4.057
Glutamic acid	g	3.479		0	4.697	27.206	6.819
Glycine	g	1.057		0	1.427	8.266	2.072
Proline	g	0.887		0	1.197	6.936	1.739
Serine	g	0.948		0	1.280	7.413	1.858
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: 1 box, (net weight, 1.72 lb)
Measure 3: 1/4 box, (net weight, 0.43 lb)

NDB No. 05300 Turkey sticks, breaded, battered, fried

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 64g	Measure 2*	Measure 3*
Proximates:							
Water	g	49.40	0.333	11	31.62		
Energy	kcal	279		0	179		
Energy	kj	1167		0	747		
Protein (N x 5.95)	g	14.20	0.172	11	9.09		
Total lipid (fat)	g	16.90	0.304	11	10.82		
Carbohydrate, by difference	g	17.00		0	10.88		
Fiber, total dietary	g						
Ash	g	2.50	0.057	11	1.60		
Sugars, total	g						
Minerals:							
Calcium	mg	14	1.140	11	9		
Iron	mg	2.20	0.181	11	1.41		
Magnesium	mg	15		0	10		
Phosphorus	mg	234	22.807	11	150		
Potassium	mg	260	6.652	11	166		
Sodium	mg	838	28.509	11	536		
Zinc	mg	1.46		0	0.93		
Copper	mg	0.073		0	0.047		
Manganese	mg	0.083		0	0.053		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.100	0.005	11	0.064		
Riboflavin	mg	0.180	0.012	11	0.115		
Niacin	mg	2.100	0.171	11	1.344		
Pantothenic acid	mg	0.533		0	0.341		
Vitamin B-6	mg	0.200		0	0.128		
Folate	µg	29		0	19		
Vitamin B-12	µg	0.23		0	0.15		
Vitamin A	IU	40		0	26		
Vitamin A, RE	µg	12		0	8		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.380		0	2.803		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.060		0	0.038		
15.0	g						
16:0	g	2.480		0	1.587		
17:0	g						
18:0	g	1.720		0	1.101		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.920	0	4.429
14:1	g			
16:1	g	0.080	0	0.051
18:1	g	6.830	0	4.371
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	4.390	0	2.810
18:2	g	4.010	0	2.566
18:3	g	0.240	0	0.154
18:4	g			
20:4	g	0.090	0	0.058
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	64	0	41
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.170	0	0.109
Threonine	g	0.606	0	0.388
Isoleucine	g	0.726	0	0.465
Leucine	g	1.134	0	0.726
Lysine	g	1.168	0	0.748
Methionine	g	0.387	0	0.248
Cystine	g	0.178	0	0.114
Phenylalanine	g	0.604	0	0.387
Tyrosine	g	0.549	0	0.351
Valine	g	0.751	0	0.481
Arginine	g	0.923	0	0.591
Histidine	g	0.421	0	0.269
Alanine	g	0.808	0	0.517
Aspartic acid	g	1.256	0	0.804
Glutamic acid	g	2.831	0	1.812
Glycine	g	0.668	0	0.428
Proline	g	0.798	0	0.511
Serine	g	0.679	0	0.435
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 stick (2.25 oz)

NDB No. 05301 Poultry, mechanically deboned, from backs and necks with skin, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.66		35	142.24		
Energy	kcal	272		0	617		
Energy	kj	1138		0	2583		
Protein (N x 5.95)	g	11.39		33	25.86		
Total lipid (fat)	g	24.73		39	56.14		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.96		23	2.18		
Sugars, total	g						
Minerals:							
Calcium	mg	138		19	313		
Iron	mg	1.57		9	3.56		
Magnesium	mg	12		3	27		
Phosphorus	mg	132		3	300		
Potassium	mg	104		3	236		
Sodium	mg	40		3	91		
Zinc	mg	1.29		9	2.93		
Copper	mg	0.065		3	0.148		
Manganese	mg	0.019		3	0.043		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5		0	3.4		
Thiamin	mg	0.050		0	0.114		
Riboflavin	mg	0.129		0	0.293		
Niacin	mg	4.630		0	10.510		
Pantothenic acid	mg	0.824		0	1.870		
Vitamin B-6	mg	0.190		0	0.431		
Folate	µg	6		0	14		
Vitamin B-12	µg	0.25		0	0.57		
Vitamin A	IU	245		0	556		
Vitamin A, RE	µg	70		0	159		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	7.450		0	16.912		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.260		7	0.590		
15.0	g						
16:0	g	5.270		7	11.963		
17:0	g						
18:0	g	1.820		7	4.131		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	10.440	0	23.699
14:1	g			
16:1	g	0.550	7	1.249
18:1	g	9.870	7	22.405
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	4.960	0	11.259
18:2	g	4.480	7	10.170
18:3	g	0.340	7	0.772
18:4	g			
20:4	g	0.100	3	0.227
20:5	g	0.020	3	0.045
22:5	g	0.000	3	0.000
22:6	g	0.020	3	0.045
Cholesterol	mg	130	0	295
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.091	0	0.207
Threonine	g	0.509	0	1.155
Isoleucine	g	0.403	0	0.915
Leucine	g	0.903	0	2.050
Lysine	g	0.965	0	2.191
Methionine	g	0.303	0	0.688
Cystine	g	0.115	0	0.261
Phenylalanine	g	0.452	0	1.026
Tyrosine	g	0.344	0	0.781
Valine	g	0.472	0	1.071
Arginine	g	0.786	0	1.784
Histidine	g	0.319	0	0.724
Alanine	g	0.795	0	1.805
Aspartic acid	g	1.165	0	2.645
Glutamic acid	g	1.818	0	4.127
Glycine	g	0.903	0	2.050
Proline	g	0.609	0	1.382
Serine	g	0.536	0	1.217
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/2 lb

NDB No. 05302 Poultry, mechanically deboned, from backs and necks without skin, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.29		22	157.29		
Energy	kcal	199		0	452		
Energy	kj	833		0	1891		
Protein (N x 5.95)	g	13.79		24	31.30		
Total lipid (fat)	g	15.48		22	35.14		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.00		17	2.27		
Sugars, total	g						
Minerals:							
Calcium	mg	123		16	279		
Iron	mg	1.73		15	3.93		
Magnesium	mg	13		3	30		
Phosphorus	mg	154		3	350		
Potassium	mg	128		3	291		
Sodium	mg	51		3	116		
Zinc	mg	1.82		15	4.13		
Copper	mg	0.069		3	0.157		
Manganese	mg	0.020		3	0.045		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.0		0	6.8		
Thiamin	mg	0.071		0	0.161		
Riboflavin	mg	0.175		0	0.397		
Niacin	mg	6.246		0	14.178		
Pantothenic acid	mg	1.202		0	2.729		
Vitamin B-6	mg	0.320		0	0.726		
Folate	µg	9		0	20		
Vitamin B-12	µg	0.35		0	0.79		
Vitamin A	IU	107		0	243		
Vitamin A, RE	µg	32		0	73		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.710		0	10.692		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.120		8	0.272		
15.0	g						
16:0	g	3.570		8	8.104		
17:0	g						
18:0	g	1.020		8	2.315		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.410	0	16.821
14:1	g			
16:1	g	0.710	8	1.612
18:1	g	6.700	8	15.209
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.280	0	5.176
18:2	g	2.070	8	4.699
18:3	g	0.210	8	0.477
18:4	g			
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	104	0	236
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.110	0	0.250
Threonine	g	0.642	0	1.457
Isoleucine	g	0.499	0	1.133
Leucine	g	1.132	0	2.570
Lysine	g	1.194	0	2.710
Methionine	g	0.389	0	0.883
Cystine	g	0.093	0	0.211
Phenylalanine	g	0.545	0	1.237
Tyrosine	g	0.485	0	1.101
Valine	g	0.565	0	1.283
Arginine	g	0.918	0	2.084
Histidine	g	0.362	0	0.822
Alanine	g	0.940	0	2.134
Aspartic acid	g	1.426	0	3.237
Glutamic acid	g	2.282	0	5.180
Glycine	g	0.931	0	2.113
Proline	g	0.715	0	1.623
Serine	g	0.671	0	1.523
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/2 lb

NDB No. 05303 Poultry, mechanically deboned, from mature hens, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:							
Water	g	62.95		18	142.90		
Energy	kcal	243		0	552		
Energy	kj	1017		0	2309		
Protein (N x 5.95)	g	14.72		18	33.41		
Total lipid (fat)	g	19.98		25	45.35		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.15		7	2.61		
Sugars, total	g						
Minerals:							
Calcium	mg	187		6	424		
Iron	mg	1.22		6	2.77		
Magnesium	mg	12		0	27		
Phosphorus	mg	132		0	300		
Potassium	mg	104		0	236		
Sodium	mg	40		0	91		
Zinc	mg	1.90		6	4.31		
Copper	mg	0.065		0	0.148		
Manganese	mg	0.019		0	0.043		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.0		0	4.5		
Thiamin	mg	0.096		0	0.218		
Riboflavin	mg	0.140		0	0.318		
Niacin	mg	5.254		0	11.927		
Pantothenic acid	mg	0.772		0	1.752		
Vitamin B-6	mg	0.280		0	0.636		
Folate	µg	5		0	11		
Vitamin B-12	µg	0.27		0	0.61		
Vitamin A	IU	149		0	338		
Vitamin A, RE	µg	44		0	100		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	4.730		0	10.737		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.000		0	0.000		
14:0	g	0.150		12	0.341		
15.0	g						
16:0	g	3.530		12	8.013		
17:0	g						
18:0	g	0.980		12	2.225		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	9.300		0	21.111
14:1	g				
16:1	g	0.860		12	1.952
18:1	g	8.360		12	18.977
20:1	g	0.000		0	0.000
22.1	g	0.000		0	0.000
Polyunsaturated, total	g	4.550		0	10.328
18:2	g	4.110		12	9.330
18:3	g	0.240		12	0.545
18:4	g				
20:4	g	0.100		8	0.227
20:5	g	0.000		0	0.000
22:5	g	0.000		0	0.000
22:6	g	0.000		0	0.000
Cholesterol	mg	143	7.442	7	325
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.118		0	0.268
Threonine	g	0.692		0	1.571
Isoleucine	g	0.570		0	1.294
Leucine	g	1.220		0	2.769
Lysine	g	1.314		0	2.983
Methionine	g	0.398		0	0.903
Cystine	g	0.111		0	0.252
Phenylalanine	g	0.584		0	1.326
Tyrosine	g	0.485		0	1.101
Valine	g	0.584		0	1.326
Arginine	g	0.996		0	2.261
Histidine	g	0.525		0	1.192
Alanine	g	0.958		0	2.175
Aspartic acid	g	1.594		0	3.618
Glutamic acid	g	2.440		0	5.539
Glycine	g	0.864		0	1.961
Proline	g	0.666		0	1.512
Serine	g	0.716		0	1.625
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/2 lb

NDB No. 05304 Turkey, mechanically deboned, from turkey frames, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 227g	Measure 2*	Measure 3*
Proximates:							
Water	g	69.09		21	156.83		
Energy	kcal	201		0	456		
Energy	kj	841		0	1909		
Protein (N x 5.95)	g	13.29		21	30.17		
Total lipid (fat)	g	15.96		21	36.23		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	1.10		10	2.50		
Sugars, total	g						
Minerals:							
Calcium	mg	145		6	329		
Iron	mg	1.61		6	3.65		
Magnesium	mg	13		0	30		
Phosphorus	mg	115		0	261		
Potassium	mg	173		0	393		
Sodium	mg	48		0	109		
Zinc	mg	2.90		6	6.58		
Copper	mg	0.093		0	0.211		
Manganese	mg	0.015		0	0.034		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.048		0	0.109		
Riboflavin	mg	0.134		0	0.304		
Niacin	mg	1.969		0	4.470		
Pantothenic acid	mg	0.673		0	1.528		
Vitamin B-6	mg	0.210		0	0.477		
Folate	µg	7		0	16		
Vitamin B-12	µg	0.26		0	0.59		
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg	0		0	0		
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	5.310		0	12.054		
4:0	g						
6.0	g						
8:0	g						
10:0	g	0.000		0	0.000		
12:0	g	0.130		4	0.295		
14:0	g	0.270		4	0.613		
15.0	g						
16:0	g	3.260		4	7.400		
17:0	g						
18:0	g	1.650		4	3.745		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.020	0	11.395
14:1	g			
16:1	g	0.250	4	0.568
18:1	g	4.770	4	10.828
20:1	g	0.000	0	0.000
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	4.510	0	10.238
18:2	g	4.180	4	9.489
18:3	g	0.330	4	0.749
18:4	g			
20:4	g	0.000	0	0.000
20:5	g	0.000	0	0.000
22:5	g	0.000	0	0.000
22:6	g	0.000	0	0.000
Cholesterol	mg	95	0	216
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.106	0	0.241
Threonine	g	0.636	0	1.444
Isoleucine	g	0.502	0	1.140
Leucine	g	1.082	0	2.456
Lysine	g	1.152	0	2.615
Methionine	g	0.374	0	0.849
Cystine	g	0.098	0	0.222
Phenylalanine	g	0.551	0	1.251
Tyrosine	g	0.472	0	1.071
Valine	g	0.544	0	1.235
Arginine	g	0.867	0	1.968
Histidine	g	0.504	0	1.144
Alanine	g	0.870	0	1.975
Aspartic acid	g	1.352	0	3.069
Glutamic acid	g	2.230	0	5.062
Glycine	g	0.778	0	1.766
Proline	g	0.648	0	1.471
Serine	g	0.621	0	1.410
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/2 lb

NDB No. 05305 Poultry food products, ground turkey, raw

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 454g	Measure 2* 114g	Measure 3*
Proximates:							
Water	g	71.97	0.676	29	326.46	82.05	
Energy	kcal	149		0	676	170	
Energy	kj	623		0	2826	710	
Protein (N x 5.95)	g	17.46	0.304	8	79.20	19.90	
Total lipid (fat)	g	8.26	0.440	28	37.47	9.42	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.87	0.041	8	3.95	0.99	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	59	15	
Iron	mg	1.25		0	5.67	1.43	
Magnesium	mg	19		0	86	22	
Phosphorus	mg	156		0	708	178	
Potassium	mg	233		0	1057	266	
Sodium	mg	94	4.725	8	426	107	
Zinc	mg	1.93		0	8.75	2.20	
Copper	mg	0.090		0	0.408	0.103	
Manganese	mg	0.018		0	0.082	0.021	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.055		0	0.249	0.063	
Riboflavin	mg	0.133		0	0.603	0.152	
Niacin	mg	3.493		0	15.844	3.982	
Pantothenic acid	mg	0.690		0	3.130	0.787	
Vitamin B-6	mg	0.350		0	1.588	0.399	
Folate	µg	7		0	32	8	
Vitamin B-12	µg	0.34		0	1.54	0.39	
Vitamin A	IU	5		0	23	6	
Vitamin A, RE	µg	2		0	9	2	
Vitamin E, α-TE	mg	0.354		0	1.606	0.404	
Lipids:							
Saturated, total	g	2.250		0	10.206	2.565	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		20	0.045	0.011	
14:0	g	0.080		20	0.363	0.091	
15.0	g						
16:0	g	1.560		20	7.076	1.778	
17:0	g						
18:0	g	0.600		20	2.722	0.684	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.100		0	14.062	3.534
14:1	g					
16:1	g	0.330		20	1.497	0.376
18:1	g	2.740		20	12.429	3.124
20:1	g	0.020		20	0.091	0.023
22.1	g	0.000		20	0.000	0.000
Polyunsaturated, total	g	2.000		0	9.072	2.280
18:2	g	1.800		20	8.165	2.052
18:3	g	0.090		20	0.408	0.103
18:4	g	0.000		0	0.000	0.000
20:4	g	0.090		20	0.408	0.103
20:5	g	0.000		0	0.000	0.000
22:5	g	0.010	0.000	20	0.045	0.011
22:6	g	0.010		20	0.045	0.011
Cholesterol	mg	79	1.758	28	358	90
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.196		0	0.889	0.223
Threonine	g	0.768		0	3.484	0.876
Isoleucine	g	0.897		0	4.069	1.023
Leucine	g	1.375		0	6.237	1.567
Lysine	g	1.626		0	7.376	1.854
Methionine	g	0.500		0	2.268	0.570
Cystine	g	0.179		0	0.812	0.204
Phenylalanine	g	0.685		0	3.107	0.781
Tyrosine	g	0.682		0	3.094	0.777
Valine	g	0.916		0	4.155	1.044
Arginine	g	1.204		0	5.461	1.373
Histidine	g	0.539		0	2.445	0.614
Alanine	g	1.067		0	4.840	1.216
Aspartic acid	g	1.676		0	7.602	1.911
Glutamic acid	g	2.816		0	12.773	3.210
Glycine	g	0.855		0	3.878	0.975
Proline	g	0.718		0	3.257	0.819
Serine	g	0.768		0	3.484	0.876
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 lb

Measure 2: 4 oz patty

NDB No. 05306 Poultry food products, ground turkey, cooked

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 82g	Measure 2* 330g	Measure 3*
Proximates:							
Water	g	59.42	0.937	16	48.72	196.09	
Energy	kcal	235		0	193	776	
Energy	kj	983		0	806	3244	
Protein (N x 5.95)	g	27.36	0.757	12	22.44	90.29	
Total lipid (fat)	g	13.15	1.100	16	10.78	43.40	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.19	0.034	12	0.98	3.93	
Sugars, total	g						
Minerals:							
Calcium	mg	25		0	21	83	
Iron	mg	1.93	0.183	5	1.58	6.37	
Magnesium	mg	24		0	20	79	
Phosphorus	mg	196		0	161	647	
Potassium	mg	270		0	221	891	
Sodium	mg	107	6.058	12	88	353	
Zinc	mg	2.86		0	2.35	9.44	
Copper	mg	0.090		0	0.074	0.297	
Manganese	mg	0.020		0	0.016	0.066	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0	0.0	
Thiamin	mg	0.054		0	0.044	0.178	
Riboflavin	mg	0.168		0	0.138	0.554	
Niacin	mg	4.819		0	3.952	15.903	
Pantothenic acid	mg	0.813		0	0.667	2.683	
Vitamin B-6	mg	0.390		0	0.320	1.287	
Folate	µg	7		0	6	23	
Vitamin B-12	µg	0.33		0	0.27	1.09	
Vitamin A	IU	0		0	0	0	
Vitamin A, RE	µg	0		0	0	0	
Vitamin E, α-TE	mg	0.339		0	0.278	1.119	
Lipids:							
Saturated, total	g	3.390		0	2.780	11.187	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.000		8	0.000	0.000	
14:0	g	0.130		8	0.107	0.429	
15.0	g						
16:0	g	2.340		8	1.919	7.722	
17:0	g						
18:0	g	0.910		8	0.746	3.003	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.890		0	4.010	16.137
14:1	g					
16:1	g	0.580		8	0.476	1.914
18:1	g	4.250		8	3.485	14.025
20:1	g	0.040		8	0.033	0.132
22.1	g	0.000		8	0.000	0.000
Polyunsaturated, total	g	3.230		0	2.649	10.659
18:2	g	2.910		8	2.386	9.603
18:3	g	0.150		8	0.123	0.495
18:4	g	0.000		0	0.000	0.000
20:4	g	0.120		8	0.098	0.396
20:5	g	0.000		0	0.000	0.000
22:5	g	0.020	0.000	8	0.016	0.066
22:6	g	0.030		8	0.025	0.099
Cholesterol	mg	102	5.615	16	84	337
Phytosterols	mg					
Amino acids:						
Tryptophan	g	0.306		0	0.251	1.010
Threonine	g	1.204		0	0.987	3.973
Isoleucine	g	1.405		0	1.152	4.637
Leucine	g	2.154		0	1.766	7.108
Lysine	g	2.548		0	2.089	8.408
Methionine	g	0.784		0	0.643	2.587
Cystine	g	0.280		0	0.230	0.924
Phenylalanine	g	1.073		0	0.880	3.541
Tyrosine	g	1.068		0	0.876	3.524
Valine	g	1.436		0	1.178	4.739
Arginine	g	1.887		0	1.547	6.227
Histidine	g	0.845		0	0.693	2.788
Alanine	g	1.672		0	1.371	5.518
Aspartic acid	g	2.627		0	2.154	8.669
Glutamic acid	g	4.413		0	3.619	14.563
Glycine	g	1.340		0	1.099	4.422
Proline	g	1.125		0	0.923	3.712
Serine	g	1.204		0	0.987	3.973
Other:						
Caffeine	mg					
Theobromine	mg					
Alcohol	g					

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 patty (4 oz, raw) (yield after cooking)
Measure 2: yield from 1 lb raw

NDB No. 05307 Chicken, cornish game hens, meat and skin, raw

Refuse: 39% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 168g	Measure 2*	Measure 3*
Proximates:							
Water	g	68.18		0	114.54		
Energy	kcal	200		0	336		
Energy	kj	837		0	1406		
Protein (N x 5.95)	g	17.15		0	28.81		
Total lipid (fat)	g	14.02		0	23.55		
Carbohydrate, by difference	g	0.00		0	0.00		
Fiber, total dietary	g	0.0		0	0.0		
Ash	g	0.80		0	1.34		
Sugars, total	g						
Minerals:							
Calcium	mg	11		0	18		
Iron	mg	0.78		0	1.31		
Magnesium	mg	18		0	30		
Phosphorus	mg	140		0	235		
Potassium	mg	236		0	396		
Sodium	mg	61		0	102		
Zinc	mg	1.15		0	1.93		
Copper	mg	0.049		0	0.082		
Manganese	mg	0.016		0	0.027		
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	0.8		
Thiamin	mg	0.073		0	0.123		
Riboflavin	mg	0.170		0	0.286		
Niacin	mg	5.675		0	9.534		
Pantothenic acid	mg	0.609		0	1.023		
Vitamin B-6	mg	0.295		0	0.496		
Folate	µg	3		0	5		
Vitamin B-12	µg	0.33		0	0.55		
Vitamin A	IU	108		0	181		
Vitamin A, RE	µg	32		0	54		
Vitamin E, α-TE	mg	0.295		0	0.496		
Lipids:							
Saturated, total	g	3.890		0	6.535		
4:0	g	0.000		0	0.000		
6.0	g	0.000		0	0.000		
8:0	g	0.000		0	0.000		
10:0	g	0.000		0	0.000		
12:0	g	0.030		0	0.050		
14:0	g	0.120		0	0.202		
15.0	g						
16:0	g	2.970		0	4.990		
17:0	g						
18:0	g	0.780		0	1.310		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.160	0	10.349
14:1	g			
16:1	g	0.960	0	1.613
18:1	g	5.110	0	8.585
20:1	g	0.050	0	0.084
22.1	g	0.000	0	0.000
Polyunsaturated, total	g	2.770	0	4.654
18:2	g	2.460	0	4.133
18:3	g	0.120	0	0.202
18:4	g	0.000	0	0.000
20:4	g	0.150	0	0.252
20:5	g	0.010	0	0.017
22:5	g	0.010	0	0.017
22:6	g	0.010	0	0.017
Cholesterol	mg	101	0	170
Phytosterols	mg			
Amino acids:				
Tryptophan	g	0.190	0	0.319
Threonine	g	0.705	0	1.184
Isoleucine	g	0.847	0	1.423
Leucine	g	1.240	0	2.083
Lysine	g	1.385	0	2.327
Methionine	g	0.453	0	0.761
Cystine	g	0.230	0	0.386
Phenylalanine	g	0.663	0	1.114
Tyrosine	g	0.548	0	0.921
Valine	g	0.828	0	1.391
Arginine	g	1.078	0	1.811
Histidine	g	0.499	0	0.838
Alanine	g	1.006	0	1.690
Aspartic acid	g	1.526	0	2.564
Glutamic acid	g	2.493	0	4.188
Glycine	g	1.141	0	1.917
Proline	g	0.846	0	1.421
Serine	g	0.606	0	1.018
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1/2 BIRD

NDB No. 05308 Chicken, cornish game hens, meat and skin, cooked, roasted

Refuse: 37% 37% bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 257g	Measure 2* 129g	Measure 3*
Proximates:							
Water	g	58.68		0	150.81	75.70	
Energy	kcal	260		0	668	335	
Energy	kj	1088		0	2796	1404	
Protein (N x 5.95)	g	22.27		0	57.23	28.73	
Total lipid (fat)	g	18.21		0	46.80	23.49	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.67	1.34	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	33	17	
Iron	mg	0.91		0	2.34	1.17	
Magnesium	mg	18		0	46	23	
Phosphorus	mg	146		0	375	188	
Potassium	mg	245		0	630	316	
Sodium	mg	64		0	164	83	
Zinc	mg	1.49		0	3.83	1.92	
Copper	mg	0.061		0	0.157	0.079	
Manganese	mg	0.015		0	0.039	0.019	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.5		0	1.3	0.6	
Thiamin	mg	0.067		0	0.172	0.086	
Riboflavin	mg	0.199		0	0.511	0.257	
Niacin	mg	5.897		0	15.155	7.607	
Pantothenic acid	mg	0.593		0	1.524	0.765	
Vitamin B-6	mg	0.307		0	0.789	0.396	
Folate	µg	2		0	5	3	
Vitamin B-12	µg	0.28		0	0.72	0.36	
Vitamin A	IU	106		0	272	137	
Vitamin A, RE	µg	32		0	82	41	
Vitamin E, α-TE	mg	0.265		0	0.681	0.342	
Lipids:							
Saturated, total	g	5.050		0	12.978	6.514	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.030		0	0.077	0.039	
14:0	g	0.150		0	0.385	0.193	
15.0	g						
16:0	g	3.850		0	9.895	4.966	
17:0	g						
18:0	g	1.010		0	2.596	1.303	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.000	0	20.560	10.320
14:1	g				
16:1	g	1.250	0	3.212	1.613
18:1	g	6.640	0	17.065	8.566
20:1	g	0.070	0	0.180	0.090
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	3.600	0	9.252	4.644
18:2	g	3.200	0	8.224	4.128
18:3	g	0.160	0	0.411	0.206
18:4	g	0.000	0	0.000	0.000
20:4	g	0.190	0	0.488	0.245
20:5	g	0.020	0	0.051	0.026
22:5	g	0.010	0	0.026	0.013
22:6	g	0.020	0	0.051	0.026
Cholesterol	mg	131	0	337	169
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.247	0	0.635	0.319
Threonine	g	0.916	0	2.354	1.182
Isoleucine	g	1.100	0	2.827	1.419
Leucine	g	1.610	0	4.138	2.077
Lysine	g	1.799	0	4.623	2.321
Methionine	g	0.588	0	1.511	0.759
Cystine	g	0.298	0	0.766	0.384
Phenylalanine	g	0.861	0	2.213	1.111
Tyrosine	g	0.711	0	1.827	0.917
Valine	g	1.075	0	2.763	1.387
Arginine	g	1.400	0	3.598	1.806
Histidine	g	0.648	0	1.665	0.836
Alanine	g	1.306	0	3.356	1.685
Aspartic acid	g	1.981	0	5.091	2.555
Glutamic acid	g	3.238	0	8.322	4.177
Glycine	g	1.482	0	3.809	1.912
Proline	g	1.098	0	2.822	1.416
Serine	g	0.787	0	2.023	1.015
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 whole bird
Measure 2: 1/2 BIRD

NDB No. 05309 Chicken, cornish game hens, meat only, raw

Refuse: 57% 39% bone, 13% skin, 5% separable fat

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 239g	Measure 2* 120g	Measure 3*
Proximates:							
Water	g	75.84		0	181.26	91.01	
Energy	kcal	116		0	277	139	
Energy	kj	485		0	1159	582	
Protein (N x 5.95)	g	20.04		0	47.90	24.05	
Total lipid (fat)	g	3.33		0	7.96	4.00	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	0.90		0	2.15	1.08	
Sugars, total	g						
Minerals:							
Calcium	mg	12		0	29	14	
Iron	mg	0.74		0	1.77	0.89	
Magnesium	mg	21		0	50	25	
Phosphorus	mg	160		0	382	192	
Potassium	mg	269		0	643	323	
Sodium	mg	68		0	163	82	
Zinc	mg	1.31		0	3.13	1.57	
Copper	mg	0.053		0	0.127	0.064	
Manganese	mg	0.017		0	0.041	0.020	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		0	1.4	0.7	
Thiamin	mg	0.092		0	0.220	0.110	
Riboflavin	mg	0.216		0	0.516	0.259	
Niacin	mg	6.744		0	16.118	8.093	
Pantothenic acid	mg	0.636		0	1.520	0.763	
Vitamin B-6	mg	0.385		0	0.920	0.462	
Folate	µg	3		0	7	4	
Vitamin B-12	µg	0.40		0	0.96	0.48	
Vitamin A	IU	75		0	179	90	
Vitamin A, RE	µg	22		0	53	26	
Vitamin E, α-TE	mg	0.295		0	0.705	0.354	
Lipids:							
Saturated, total	g	0.850		0	2.031	1.020	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.024	0.012	
14:0	g	0.020		0	0.048	0.024	
15.0	g						
16:0	g	0.590		0	1.410	0.708	
17:0	g						
18:0	g	0.230		0	0.550	0.276	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.070	0	2.557	1.284
14:1	g				
16:1	g	0.180	0	0.430	0.216
18:1	g	0.870	0	2.079	1.044
20:1	g	0.010	0	0.024	0.012
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.810	0	1.936	0.972
18:2	g	0.600	0	1.434	0.720
18:3	g	0.020	0	0.048	0.024
18:4	g	0.000	0	0.000	0.000
20:4	g	0.150	0	0.359	0.180
20:5	g	0.010	0	0.024	0.012
22:5	g	0.010	0	0.024	0.012
22:6	g	0.020	0	0.048	0.024
Cholesterol	mg	91	0	217	109
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.234	0	0.559	0.281
Threonine	g	0.846	0	2.022	1.015
Isoleucine	g	1.058	0	2.529	1.270
Leucine	g	1.504	0	3.595	1.805
Lysine	g	1.702	0	4.068	2.042
Methionine	g	0.555	0	1.326	0.666
Cystine	g	0.256	0	0.612	0.307
Phenylalanine	g	0.795	0	1.900	0.954
Tyrosine	g	0.676	0	1.616	0.811
Valine	g	0.994	0	2.376	1.193
Arginine	g	1.209	0	2.890	1.451
Histidine	g	0.622	0	1.487	0.746
Alanine	g	1.093	0	2.612	1.312
Aspartic acid	g	1.786	0	4.269	2.143
Glutamic acid	g	3.001	0	7.172	3.601
Glycine	g	0.984	0	2.352	1.181
Proline	g	0.824	0	1.969	0.989
Serine	g	0.689	0	1.647	0.827
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 whole bird
Measure 2: 1/2 BIRD

NDB No. 05310 Chicken, cornish game hens, meat only, cooked, roasted

Refuse: 46% 37% bone, 9% skin

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 220g	Measure 2* 110g	Measure 3*
Proximates:							
Water	g	71.90		0	158.18	79.09	
Energy	kcal	134		0	295	147	
Energy	kj	561		0	1234	617	
Protein (N x 5.95)	g	23.30		0	51.26	25.63	
Total lipid (fat)	g	3.87		0	8.51	4.26	
Carbohydrate, by difference	g	0.00		0	0.00	0.00	
Fiber, total dietary	g	0.0		0	0.0	0.0	
Ash	g	1.04		0	2.29	1.14	
Sugars, total	g						
Minerals:							
Calcium	mg	13		0	29	14	
Iron	mg	0.77		0	1.69	0.85	
Magnesium	mg	19		0	42	21	
Phosphorus	mg	149		0	328	164	
Potassium	mg	250		0	550	275	
Sodium	mg	63		0	139	69	
Zinc	mg	1.53		0	3.37	1.68	
Copper	mg	0.059		0	0.130	0.065	
Manganese	mg	0.015		0	0.033	0.017	
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.6		0	1.3	0.7	
Thiamin	mg	0.075		0	0.165	0.083	
Riboflavin	mg	0.227		0	0.499	0.250	
Niacin	mg	6.273		0	13.801	6.900	
Pantothenic acid	mg	0.555		0	1.221	0.611	
Vitamin B-6	mg	0.358		0	0.788	0.394	
Folate	µg	2		0	4	2	
Vitamin B-12	µg	0.30		0	0.66	0.33	
Vitamin A	IU	65		0	143	72	
Vitamin A, RE	µg	20		0	44	22	
Vitamin E, α-TE	mg	0.265		0	0.583	0.292	
Lipids:							
Saturated, total	g	0.990		0	2.178	1.089	
4:0	g	0.000		0	0.000	0.000	
6.0	g	0.000		0	0.000	0.000	
8:0	g	0.000		0	0.000	0.000	
10:0	g	0.000		0	0.000	0.000	
12:0	g	0.010		0	0.022	0.011	
14:0	g	0.030		0	0.066	0.033	
15.0	g						
16:0	g	0.690		0	1.518	0.759	
17:0	g						
18:0	g	0.260		0	0.572	0.286	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.240	0	2.728	1.364
14:1	g				
16:1	g	0.210	0	0.462	0.231
18:1	g	1.010	0	2.222	1.111
20:1	g	0.010	0	0.022	0.011
22.1	g	0.000	0	0.000	0.000
Polyunsaturated, total	g	0.940	0	2.068	1.034
18:2	g	0.690	0	1.518	0.759
18:3	g	0.030	0	0.066	0.033
18:4	g	0.000	0	0.000	0.000
20:4	g	0.170	0	0.374	0.187
20:5	g	0.010	0	0.022	0.011
22:5	g	0.020	0	0.044	0.022
22:6	g	0.020	0	0.044	0.022
Cholesterol	mg	106	0	233	117
Phytosterols	mg				
Amino acids:					
Tryptophan	g	0.272	0	0.598	0.299
Threonine	g	0.984	0	2.165	1.082
Isoleucine	g	1.230	0	2.706	1.353
Leucine	g	1.748	0	3.846	1.923
Lysine	g	1.980	0	4.356	2.178
Methionine	g	0.645	0	1.419	0.710
Cystine	g	0.298	0	0.656	0.328
Phenylalanine	g	0.925	0	2.035	1.018
Tyrosine	g	0.787	0	1.731	0.866
Valine	g	1.156	0	2.543	1.272
Arginine	g	1.405	0	3.091	1.546
Histidine	g	0.723	0	1.591	0.795
Alanine	g	1.271	0	2.796	1.398
Aspartic acid	g	2.076	0	4.567	2.284
Glutamic acid	g	3.489	0	7.676	3.838
Glycine	g	1.144	0	2.517	1.258
Proline	g	0.958	0	2.108	1.054
Serine	g	0.801	0	1.762	0.881
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 whole bird
Measure 2: 1/2 BIRD

NDB No. 05315 Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted [(1)]

Anas platyrhynchos

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 56g	Measure 2* 85g	Measure 3* 120g
Proximates:							
Water	g	63.25	0.950	2	35.42	53.76	75.90
Energy	kcal	202		0	113	172	242
Energy	kj	845		0	473	718	1014
Protein (N x 5.95)	g	24.50	0.350	2	13.72	20.82	29.40
Total lipid (fat) **(2)**	g	10.85	0.740	8	6.08	9.22	13.02
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.15	0.040	2	0.64	0.98	1.38
Sugars, total	g						
Minerals:							
Calcium	mg	8	0.020	2	4	7	10
Iron	mg	3.26	0.120	2	1.83	2.77	3.91
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	84	0.710	2	47	71	101
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.8	0.110	2	1.6	2.4	3.4
Thiamin	mg						
Riboflavin	mg						
Niacin	mg	7.855	0.170	2	4.399	6.677	9.426
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.922		0	1.636	2.484	3.506
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.060		2	0.034	0.051	0.072
15.0	g						
16:0	g	2.259		2	1.265	1.920	2.711
17:0	g						
18:0	g	0.603		2	0.338	0.513	0.724
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.428		0	3.040	4.614	6.514
14:1	g						
16:1	g	0.420		2	0.235	0.357	0.504
18:1	g	4.939		2	2.766	4.198	5.927
20:1	g	0.059		2	0.033	0.050	0.071
22.1	g						
Polyunsaturated, total	g	1.632		0	0.914	1.387	1.958
18:2	g	1.496		2	0.838	1.272	1.795
18:3	g	0.070		2	0.039	0.060	0.084
18:4	g						
20:4	g	0.066		2	0.037	0.056	0.079
20:5	g						
22:5	g						
22:6	g						
Cholesterol **(2)**	mg	136	0.350	2	76	116	163
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.337		0	0.189	0.286	0.404
Threonine	g	1.039		0	0.582	0.883	1.247
Isoleucine	g	1.247		0	0.698	1.060	1.496
Leucine	g	2.050		0	1.148	1.742	2.460
Lysine	g	2.078		0	1.164	1.766	2.494
Methionine	g	0.655		0	0.367	0.557	0.786
Cystine	g	0.372		0	0.208	0.316	0.446
Phenylalanine	g	1.019		0	0.571	0.866	1.223
Tyrosine	g	0.925		0	0.518	0.786	1.110
Valine	g	1.270		0	0.711	1.080	1.524
Arginine	g	1.548		0	0.867	1.316	1.858
Histidine	g	0.643		0	0.360	0.547	0.772
Alanine	g	1.537		0	0.861	1.306	1.844
Aspartic acid	g	2.379		0	1.332	2.022	2.855
Glutamic acid	g	3.798		0	2.127	3.228	4.558
Glycine	g	1.360		0	0.762	1.156	1.632
Proline	g	1.192		0	0.668	1.013	1.430
Serine	g	1.047		0	0.586	0.890	1.256
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: from 1 lb ready-to-cook duck
Measure 2: 3 oz
Measure 3: 1/2 breast, bone removed

Footnotes:

1 Pieces, skin side down, seared 13 minutes; roasted at 350 degrees F, 17 minutes to 165 degrees F
2 Data from the Duckling Council and a USDA contract

NDB No. 05316 Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled [(1)]

Anas platyrhynchos

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 174g	Measure 2* 44g	Measure 3* 95g
Proximates:							
Water	g	68.25	0.250	2	118.75	30.03	64.84
Energy	kcal	140		0	244	62	133
Energy	kj	586		0	1020	258	557
Protein (N x 5.95)	g	27.60	0.500	2	48.02	12.14	26.22
Total lipid (fat) **(2)**	g	2.50	0.109	8	4.35	1.10	2.38
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.40	1.500	2	2.44	0.62	1.33
Sugars, total	g						
Minerals:							
Calcium	mg	9	0.180	2	16	4	9
Iron	mg	4.49	0.075	2	7.81	1.98	4.27
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	105	1.000	2	183	46	100
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	3.2	0.500	2	5.6	1.4	3.0
Thiamin	mg						
Riboflavin	mg						
Niacin	mg	10.350	0.050	2	18.009	4.554	9.832
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	0.578		0	1.006	0.254	0.549
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.011		2	0.019	0.005	0.010
15.0	g						
16:0	g	0.415		2	0.722	0.183	0.394
17:0	g						
18:0	g	0.153		2	0.266	0.067	0.145
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	0.871		0	1.516	0.383	0.827
14:1	g						
16:1	g	0.066		2	0.115	0.029	0.063
18:1	g	0.792		2	1.378	0.348	0.752
20:1	g	0.010		2	0.017	0.004	0.010
22.1	g						
Polyunsaturated, total	g	0.378		0	0.658	0.166	0.359
18:2	g	0.302		2	0.525	0.133	0.287
18:3	g	0.012		2	0.021	0.005	0.011
18:4	g						
20:4	g	0.064		2	0.111	0.028	0.061
20:5	g						
22:5	g						
22:6	g						
Cholesterol **(2)**	mg	143	4.600	8	249	63	136
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.380		0	0.661	0.167	0.361
Threonine	g	1.170		0	2.036	0.515	1.111
Isoleucine	g	1.404		0	2.443	0.618	1.334
Leucine	g	2.310		0	4.019	1.016	2.195
Lysine	g	2.340		0	4.072	1.030	2.223
Methionine	g	0.737		0	1.282	0.324	0.700
Cystine	g	0.420		0	0.731	0.185	0.399
Phenylalanine	g	1.148		0	1.998	0.505	1.091
Tyrosine	g	1.042		0	1.813	0.458	0.990
Valine	g	1.431		0	2.490	0.630	1.359
Arginine	g	1.744		0	3.035	0.767	1.657
Histidine	g	0.724		0	1.260	0.319	0.688
Alanine	g	1.731		0	3.012	0.762	1.644
Aspartic acid	g	2.681		0	4.665	1.180	2.547
Glutamic acid	g	4.279		0	7.445	1.883	4.065
Glycine	g	1.532		0	2.666	0.674	1.455
Proline	g	1.342		0	2.335	0.590	1.275
Serine	g	1.179		0	2.051	0.519	1.120
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced
Measure 2: from 1 lb ready-to-cook duck
Measure 3: 1/2 breast, bone and skin removed

Footnotes:

1 Skinless pieces, charbroiled 12 minutes to 165 degrees F
2 Data from the Duckling Council and a USDA contract

NDB No. 05317 Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted [(1)]

Anas platyrhynchos

Refuse: 31% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 92g	Measure 2* 43g	Measure 3* 85g
Proximates:							
Water	g	60.90	0.640	2	56.03	26.19	51.77
Energy	kcal	217		0	200	93	184
Energy	kj	908		0	835	390	772
Protein (N x 5.95)	g	26.75	0.110	2	24.61	11.50	22.74
Total lipid (fat) **(2)**	g	11.40	0.710	8	10.49	4.90	9.69
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.00	0.070	2	0.92	0.43	0.85
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.180	2	9	4	9
Iron	mg	2.08	0.020	2	1.91	0.89	1.77
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	110	2.470	2	101	47	94
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.5	0.070	2	1.4	0.6	1.3
Thiamin	mg						
Riboflavin	mg						
Niacin	mg	5.770	0.400	2	5.308	2.481	4.904
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	2.975		0	2.737	1.279	2.529
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.069		2	0.063	0.030	0.059
15.0	g						
16:0	g	2.300		2	2.116	0.989	1.955
17:0	g						
18:0	g	0.606		2	0.558	0.261	0.515
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	5.617		0	5.168	2.415	4.774
14:1	g						
16:1	g	0.440		2	0.405	0.189	0.374
18:1	g	5.109		2	4.700	2.197	4.343
20:1	g	0.058		2	0.053	0.025	0.049
22.1	g						
Polyunsaturated, total	g	1.896		0	1.744	0.815	1.612
18:2	g	1.748		2	1.608	0.752	1.486
18:3	g	0.083		2	0.076	0.036	0.071
18:4	g						
20:4	g	0.065		2	0.060	0.028	0.055
20:5	g						
22:5	g						
22:6	g						
Cholesterol **(2)**	mg	114	0.350	2	105	49	97
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.368		0	0.339	0.158	0.313
Threonine	g	1.134		0	1.043	0.488	0.964
Isoleucine	g	1.361		0	1.252	0.585	1.157
Leucine	g	2.238		0	2.059	0.962	1.902
Lysine	g	2.268		0	2.087	0.975	1.928
Methionine	g	0.715		0	0.658	0.307	0.608
Cystine	g	0.407		0	0.374	0.175	0.346
Phenylalanine	g	1.113		0	1.024	0.479	0.946
Tyrosine	g	1.010		0	0.929	0.434	0.859
Valine	g	1.387		0	1.276	0.596	1.179
Arginine	g	1.691		0	1.556	0.727	1.437
Histidine	g	0.702		0	0.646	0.302	0.597
Alanine	g	1.678		0	1.544	0.722	1.426
Aspartic acid	g	2.598		0	2.390	1.117	2.208
Glutamic acid	g	4.147		0	3.815	1.783	3.525
Glycine	g	1.485		0	1.366	0.639	1.262
Proline	g	1.301		0	1.197	0.559	1.106
Serine	g	1.143		0	1.052	0.491	0.972
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 leg (yield after cooking, bone removed)
Measure 2: from 1 lb ready-to-cook duck
Measure 3: 3 oz

Footnotes:

1 Pieces with skin, seared 13 minutes, roasted at 350 degrees F, 60 minutes to 185 degrees F
2 Data from the Duckling Council and a USDA contract

NDB No. 05318 Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised [(1)]

Anas platyrhynchos

Refuse: 34% Bone

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 174g	Measure 2* 35g	Measure 3* 85g
Proximates:							
Water	g	64.60	0.800	2	112.40	22.61	54.91
Energy	kcal	178		0	310	62	151
Energy	kj	745		0	1296	261	633
Protein (N x 5.95)	g	29.10	0.600	2	50.63	10.19	24.73
Total lipid (fat) **(2)**	g	5.96	0.416	8	10.37	2.09	5.07
Carbohydrate, by difference	g	0.00		0	0.00	0.00	0.00
Fiber, total dietary	g						
Ash	g	1.10	0.000	2	1.91	0.39	0.94
Sugars, total	g						
Minerals:							
Calcium	mg	10	0.470	2	17	4	9
Iron	mg	2.33	0.155	2	4.05	0.82	1.98
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg	108	3.500	2	188	38	92
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.3	0.200	2	4.0	0.8	2.0
Thiamin	mg						
Riboflavin	mg						
Niacin	mg	5.330	0.280	2	9.274	1.866	4.531
Pantothenic acid	mg						
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.339		0	2.330	0.469	1.138
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.029		2	0.050	0.010	0.025
15.0	g						
16:0	g	1.021		2	1.777	0.357	0.868
17:0	g						
18:0	g	0.289		2	0.503	0.101	0.246
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.637		0	4.588	0.923	2.241
14:1	g						
16:1	g	0.216		2	0.376	0.076	0.184
18:1	g	2.387		2	4.153	0.835	2.029
20:1	g	0.024		2	0.042	0.008	0.020
22.1	g						
Polyunsaturated, total	g	0.909		0	1.582	0.318	0.773
18:2	g	0.817		2	1.422	0.286	0.694
18:3	g	0.039		2	0.068	0.014	0.033
18:4	g						
20:4	g	0.054		2	0.094	0.019	0.046
20:5	g						
22:5	g						
22:6	g						
Cholesterol **(2)**	mg	105	3.200	8	183	37	89
Phytosterols	mg						
Amino acids:							
Tryptophan	g	0.400		0	0.696	0.140	0.340
Threonine	g	1.234		0	2.147	0.432	1.049
Isoleucine	g	1.481		0	2.577	0.518	1.259
Leucine	g	2.435		0	4.237	0.852	2.070
Lysine	g	2.468		0	4.294	0.864	2.098
Methionine	g	0.778		0	1.354	0.272	0.661
Cystine	g	0.442		0	0.769	0.155	0.376
Phenylalanine	g	1.211		0	2.107	0.424	1.029
Tyrosine	g	1.099		0	1.912	0.385	0.934
Valine	g	1.509		0	2.626	0.528	1.283
Arginine	g	1.839		0	3.200	0.644	1.563
Histidine	g	0.764		0	1.329	0.267	0.649
Alanine	g	1.825		0	3.176	0.639	1.551
Aspartic acid	g	2.826		0	4.917	0.989	2.402
Glutamic acid	g	4.512		0	7.851	1.579	3.835
Glycine	g	1.616		0	2.812	0.566	1.374
Proline	g	1.415		0	2.462	0.495	1.203
Serine	g	1.243		0	2.163	0.435	1.057
Other:							
Caffeine	mg						
Theobromine	mg						
Alcohol	g						

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 cup, chopped or diced, cooked
Measure 2: from 1 lb ready-to-cook duck
Measure 3: 3 oz

Footnotes:

1 Skinless pieces, covered and braised at 350 degrees F, 55 minutes to 185 degrees F
2 Data from the Duckling Council and a USDA contract

NDB No. 05600 USDA Commodity, turkey ham, dark meat, smoked, frozen, heated

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2* 28g	Measure 3*
Proximates:							
Water	g	73.50		1	20.84	20.84	
Energy	kcal	118		0	33	33	
Energy	kj	494		0	140	140	
Protein (N x 5.95)	g	16.30		1	4.62	4.62	
Total lipid (fat)	g	4.00		1	1.13	1.13	
Carbohydrate, by difference	g	3.10		0	0.88	0.88	
Fiber, total dietary	g	0.0		1	0.0	0.0	
Ash	g	3.20		1	0.91	0.91	
Sugars, total	g	1.20		1	0.34	0.34	
Minerals:							
Calcium	mg	7		1	2	2	
Iron	mg	1.00		1	0.28	0.28	
Magnesium	mg	16		1	5	5	
Phosphorus	mg	289		1	82	82	
Potassium	mg	253		1	72	72	
Sodium	mg	909		1	258	258	
Zinc	mg	2.10		1	0.60	0.60	
Copper	mg						
Manganese	mg						
Selenium	µg	38.2		0	10.8	10.8	
Vitamins:							
Ascorbic acid	mg	0.0		1	0.0	0.0	
Thiamin	mg	0.230		1	0.065	0.065	
Riboflavin	mg	0.270		1	0.077	0.077	
Niacin	mg	4.120		1	1.168	1.168	
Pantothenic acid	mg						
Vitamin B-6	mg	0.060		1	0.017	0.017	
Folate	µg						
Vitamin B-12	µg	0.80		1	0.23	0.23	
Vitamin A	IU						
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.200		1	0.340	0.340	
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.047		1	0.013	0.013	
15.0	g						
16:0	g	0.802		1	0.227	0.227	
17:0	g						
18:0	g	0.351		1	0.100	0.100	
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	1.337	1	0.379	0.379
14:1	g				
16:1	g				
18:1	g	1.337	1	0.379	0.379
20:1	g				
22.1	g				
Polyunsaturated, total	g	0.873	1	0.247	0.247
18:2	g	0.836	1	0.237	0.237
18:3	g	0.037	1	0.010	0.010
18:4	g				
20:4	g				
20:5	g				
22:5	g				
22:6	g				
Cholesterol	mg	64	1	18	18
Phytosterols	mg				
Amino acids:					
Tryptophan	g				
Threonine	g				
Isoleucine	g				
Leucine	g				
Lysine	g				
Methionine	g				
Cystine	g				
Phenylalanine	g				
Tyrosine	g				
Valine	g				
Arginine	g				
Histidine	g				
Alanine	g				
Aspartic acid	g				
Glutamic acid	g				
Glycine	g				
Proline	g				
Serine	g				
Other:					
Caffeine	mg				
Theobromine	mg				
Alcohol	g				

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**

Measure 1: 1 oz
Measure 2: 1 serving

NDB No. 51607 WONDERBITES DIPPERS, Breaded Chili Salsa Chicken WONDERBITES DIPPERS, product code 1873

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 21g	Measure 2*	Measure 3*
Proximates:							
Water	g	44.03		0	9.25		
Energy	kcal	328		0	69		
Energy	kj	1372		0	288		
Protein (N x 5.95)	g	17.17		0	3.61		
Total lipid (fat)	g	22.90		0	4.81		
Carbohydrate, by difference	g	13.78		0	2.89		
Fiber, total dietary	g	1.3		0	0.3		
Ash	g	2.13		0	0.45		
Sugars, total	g	0.46		0	0.10		
Minerals:							
Calcium	mg	38		0	8		
Iron	mg	2.18		0	0.46		
Magnesium	mg	25		0	5		
Phosphorus	mg	225		0	47		
Potassium	mg	223		0	47		
Sodium	mg	577		0	121		
Zinc	mg	2.47		0	0.52		
Copper	mg	0.160		0	0.034		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	5.3		0	1.1		
Thiamin	mg	0.279		0	0.059		
Riboflavin	mg	0.237		0	0.050		
Niacin	mg	6.047		0	1.270		
Pantothenic acid	mg	0.777		0	0.163		
Vitamin B-6	mg	0.275		0	0.058		
Folate	µg	32		0	7		
Vitamin B-12	µg	0.80		0	0.17		
Vitamin A	IU	286		0	60		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.723		0	0.572		
Lipids:							
Saturated, total	g	4.508		0	0.947		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.924		0	0.194		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.641	0	1.395
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	10.228	0	2.148
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	37	0	8
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51608 PIERRE, Breaded Chicken Nugget, product code 1879

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	44.64		0	6.34		
Energy	kcal	329		0	47		
Energy	kj	1377		0	196		
Protein (N x 5.95)	g	16.75		0	2.38		
Total lipid (fat)	g	23.39		0	3.32		
Carbohydrate, by difference	g	13.30		0	1.89		
Fiber, total dietary	g	1.1		0	0.2		
Ash	g	2.37		0	0.34		
Sugars, total	g	0.47		0	0.07		
Minerals:							
Calcium	mg	36		0	5		
Iron	mg	2.22		0	0.32		
Magnesium	mg	24		0	3		
Phosphorus	mg	225		0	32		
Potassium	mg	211		0	30		
Sodium	mg	697		0	99		
Zinc	mg	2.46		0	0.35		
Copper	mg	0.162		0	0.023		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.301		0	0.043		
Riboflavin	mg	0.245		0	0.035		
Niacin	mg	6.252		0	0.888		
Pantothenic acid	mg	0.729		0	0.104		
Vitamin B-6	mg	0.267		0	0.038		
Folate	µg	29		0	4		
Vitamin B-12	µg	0.70		0	0.10		
Vitamin A	IU	138		0	20		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.721		0	0.386		
Lipids:							
Saturated, total	g	4.599		0	0.653		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.980		0	0.139		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.883	0	0.977
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	10.408	0	1.478
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	39	0	6
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51609 PIERRE, Cooked Breaded Chicken Breast Strip, product code 1881

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	44.09		0	12.35		
Energy	kcal	338		0	95		
Energy	kj	1414		0	396		
Protein (N x 5.95)	g	18.20		0	5.10		
Total lipid (fat)	g	23.73		0	6.64		
Carbohydrate, by difference	g	11.69		0	3.27		
Fiber, total dietary	g	0.4		0	0.1		
Ash	g	2.29		0	0.64		
Sugars, total	g	0.46		0	0.13		
Minerals:							
Calcium	mg	19		0	5		
Iron	mg	1.50		0	0.42		
Magnesium	mg	15		0	4		
Phosphorus	mg	218		0	61		
Potassium	mg	150		0	42		
Sodium	mg	688		0	193		
Zinc	mg	0.60		0	0.17		
Copper	mg	0.090		0	0.025		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.226		0	0.063		
Riboflavin	mg	0.180		0	0.050		
Niacin	mg	8.689		0	2.433		
Pantothenic acid	mg	0.531		0	0.149		
Vitamin B-6	mg	0.299		0	0.084		
Folate	µg	24		0	7		
Vitamin B-12	µg	0.18		0	0.05		
Vitamin A	IU	61		0	17		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.750		0	0.770		
Lipids:							
Saturated, total	g	4.657		0	1.304		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.091		0	0.305		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.025	0	1.967
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	10.484	0	2.936
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	51	0	14
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51614 PIERRE, Cooked Breaded Turkey Nuggets, product code 1936, contains USDA commodity meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	43.66		0	8.73		
Energy	kcal	351		0	70		
Energy	kj	1469		0	294		
Protein (N x 5.95)	g	18.47		0	3.69		
Total lipid (fat)	g	26.03		0	5.21		
Carbohydrate, by difference	g	10.28		0	2.06		
Fiber, total dietary	g	0.3		0	0.1		
Ash	g	1.86		0	0.37		
Sugars, total	g	0.40		0	0.08		
Minerals:							
Calcium	mg	29		0	6		
Iron	mg	1.98		0	0.40		
Magnesium	mg	15		0	3		
Phosphorus	mg	210		0	42		
Potassium	mg	180		0	36		
Sodium	mg	514		0	103		
Zinc	mg	1.90		0	0.38		
Copper	mg	0.122		0	0.024		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.189		0	0.038		
Riboflavin	mg	0.217		0	0.043		
Niacin	mg	4.215		0	0.843		
Pantothenic acid	mg	0.558		0	0.112		
Vitamin B-6	mg	0.214		0	0.043		
Folate	µg	24		0	5		
Vitamin B-12	µg	0.31		0	0.06		
Vitamin A	IU	27		0	5		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.779		0	0.556		
Lipids:							
Saturated, total	g	5.251		0	1.050		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.214		0	0.243		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.612	0	1.522
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	11.295	0	2.259
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	56	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51615 PIERRE, Cooked Breaded Turkey Nuggets, product code 1937, contains USDA commodity meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 14g	Measure 2*	Measure 3*
Proximates:							
Water	g	44.16		0	6.27		
Energy	kcal	347		0	49		
Energy	kj	1452		0	206		
Protein (N x 5.95)	g	18.23		0	2.59		
Total lipid (fat)	g	25.75		0	3.66		
Carbohydrate, by difference	g	10.22		0	1.45		
Fiber, total dietary	g	0.3		0	0.0		
Ash	g	2.02		0	0.29		
Sugars, total	g	0.40		0	0.06		
Minerals:							
Calcium	mg	28		0	4		
Iron	mg	1.90		0	0.27		
Magnesium	mg	15		0	2		
Phosphorus	mg	205		0	29		
Potassium	mg	178		0	25		
Sodium	mg	567		0	81		
Zinc	mg	1.87		0	0.27		
Copper	mg	0.122		0	0.017		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.186		0	0.026		
Riboflavin	mg	0.206		0	0.029		
Niacin	mg	4.251		0	0.604		
Pantothenic acid	mg	0.498		0	0.071		
Vitamin B-6	mg	0.213		0	0.030		
Folate	µg	22		0	3		
Vitamin B-12	µg	0.21		0	0.03		
Vitamin A	IU	8		0	1		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.782		0	0.395		
Lipids:							
Saturated, total	g	5.131		0	0.729		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.223		0	0.174		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.454	0	1.058
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	11.262	0	1.599
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	57	0	8
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51616 PIERRE, Cooked Breaded Strip-Shaped Turkey Patties, product code 1938, contains USDA commodity meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 27g	Measure 2*	Measure 3*
Proximates:							
Water	g	44.15		0	11.92		
Energy	kcal	347		0	94		
Energy	kj	1452		0	392		
Protein (N x 5.95)	g	18.23		0	4.92		
Total lipid (fat)	g	25.75		0	6.95		
Carbohydrate, by difference	g	10.22		0	2.76		
Fiber, total dietary	g	0.3		0	0.1		
Ash	g	2.02		0	0.55		
Sugars, total	g	0.40		0	0.11		
Minerals:							
Calcium	mg	28		0	8		
Iron	mg	1.90		0	0.51		
Magnesium	mg	15		0	4		
Phosphorus	mg	205		0	55		
Potassium	mg	178		0	48		
Sodium	mg	567		0	153		
Zinc	mg	1.87		0	0.50		
Copper	mg	0.122		0	0.033		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.186		0	0.050		
Riboflavin	mg	0.206		0	0.056		
Niacin	mg	4.251		0	1.148		
Pantothenic acid	mg	0.498		0	0.134		
Vitamin B-6	mg	0.213		0	0.058		
Folate	µg	22		0	6		
Vitamin B-12	µg	0.21		0	0.06		
Vitamin A	IU	8		0	2		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.782		0	0.751		
Lipids:							
Saturated, total	g	5.131		0	1.385		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.223		0	0.330		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	7.454	0	2.013
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	11.262	0	3.041
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	57	0	15
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51617 PIERRE, Fully Cooked Breaded Turkey Patty, product code 1939, contains USDA commodity meat

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 79g	Measure 2*	Measure 3*
Proximates:							
Water	g	41.66		0	32.91		
Energy	kcal	363		0	287		
Energy	kj	1519		0	1200		
Protein (N x 5.95)	g	19.11		0	15.10		
Total lipid (fat)	g	26.92		0	21.27		
Carbohydrate, by difference	g	10.44		0	8.25		
Fiber, total dietary	g	0.3		0	0.2		
Ash	g	1.92		0	1.52		
Sugars, total	g	0.40		0	0.32		
Minerals:							
Calcium	mg	36		0	28		
Iron	mg	2.24		0	1.77		
Magnesium	mg	16		0	13		
Phosphorus	mg	224		0	177		
Potassium	mg	188		0	149		
Sodium	mg	573		0	453		
Zinc	mg	1.99		0	1.57		
Copper	mg	0.118		0	0.093		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.198		0	0.156		
Riboflavin	mg	0.252		0	0.199		
Niacin	mg	4.049		0	3.199		
Pantothenic acid	mg	0.758		0	0.599		
Vitamin B-6	mg	0.216		0	0.171		
Folate	µg	31		0	24		
Vitamin B-12	µg	0.66		0	0.52		
Vitamin A	IU	94		0	74		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.768		0	2.187		
Lipids:							
Saturated, total	g	5.633		0	4.450		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.176		0	0.929		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	8.118	0	6.413
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	11.385	0	8.994
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	53	0	42
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51619 WONDERBITES DIPPERS, Flame Broiled Turkey Fajita WONDERBITES DIPPER, product code 2196

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	64.10		0	12.82		
Energy	kcal	168		0	34		
Energy	kj	703		0	141		
Protein (N x 5.95)	g	22.64		0	4.53		
Total lipid (fat)	g	6.40		0	1.28		
Carbohydrate, by difference	g	4.28		0	0.86		
Fiber, total dietary	g	0.6		0	0.1		
Ash	g	2.59		0	0.52		
Sugars, total	g	1.46		0	0.29		
Minerals:							
Calcium	mg	34		0	7		
Iron	mg	2.16		0	0.43		
Magnesium	mg	27		0	5		
Phosphorus	mg	268		0	54		
Potassium	mg	288		0	58		
Sodium	mg	660		0	132		
Zinc	mg	4.12		0	0.82		
Copper	mg	0.168		0	0.034		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.4		0	0.1		
Thiamin	mg	0.131		0	0.026		
Riboflavin	mg	0.188		0	0.038		
Niacin	mg	4.394		0	0.879		
Pantothenic acid	mg	0.898		0	0.180		
Vitamin B-6	mg	0.382		0	0.076		
Folate	µg	17		0	3		
Vitamin B-12	µg	1.11		0	0.22		
Vitamin A	IU	252		0	50		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.005		0	0.001		
Lipids:							
Saturated, total	g	1.845		0	0.369		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.450		0	0.090		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.044	0	0.409
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.630	0	0.326
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	68	0	14
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51700 PIERRE, Flame Broiled Cutlet Shaped Mesquite Chicken Patty, product code 9805

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.27		0	46.82		
Energy	kcal	187		0	138		
Energy	kj	782		0	579		
Protein (N x 5.95)	g	24.66		0	18.25		
Total lipid (fat)	g	8.53		0	6.31		
Carbohydrate, by difference	g	1.29		0	0.95		
Fiber, total dietary	g	0.7		0	0.5		
Ash	g	2.25		0	1.67		
Sugars, total	g	0.43		0	0.32		
Minerals:							
Calcium	mg	34		0	25		
Iron	mg	1.90		0	1.41		
Magnesium	mg	31		0	23		
Phosphorus	mg	296		0	219		
Potassium	mg	303		0	224		
Sodium	mg	456		0	337		
Zinc	mg	4.35		0	3.22		
Copper	mg	0.194		0	0.144		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.193		0	0.143		
Riboflavin	mg	0.178		0	0.132		
Niacin	mg	8.517		0	6.303		
Pantothenic acid	mg	1.086		0	0.804		
Vitamin B-6	mg	0.466		0	0.345		
Folate	µg	9		0	7		
Vitamin B-12	µg	0.55		0	0.41		
Vitamin A	IU	135		0	100		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.257		0	0.190		
Lipids:							
Saturated, total	g	2.403		0	1.778		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.527		0	0.390		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.348	0	2.478
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.869	0	1.383
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	63	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51701 WONDERBITES DIPPERS, Flame Broiled Chicken Breast WONDERBITES DIPPER, product code 9821

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 18g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.51		0	10.89		
Energy	kcal	197		0	35		
Energy	kj	824		0	148		
Protein (N x 5.95)	g	24.59		0	4.43		
Total lipid (fat)	g	8.36		0	1.50		
Carbohydrate, by difference	g	4.26		0	0.77		
Fiber, total dietary	g	0.7		0	0.1		
Ash	g	2.28		0	0.41		
Sugars, total	g	1.01		0	0.18		
Minerals:							
Calcium	mg	29		0	5		
Iron	mg	1.68		0	0.30		
Magnesium	mg	31		0	6		
Phosphorus	mg	309		0	56		
Potassium	mg	291		0	52		
Sodium	mg	504		0	91		
Zinc	mg	3.40		0	0.61		
Copper	mg	0.167		0	0.030		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.173		0	0.031		
Riboflavin	mg	0.128		0	0.023		
Niacin	mg	10.389		0	1.870		
Pantothenic acid	mg	0.961		0	0.173		
Vitamin B-6	mg	0.544		0	0.098		
Folate	µg	7		0	1		
Vitamin B-12	µg	0.51		0	0.09		
Vitamin A	IU	120		0	22		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.218		0	0.039		
Lipids:							
Saturated, total	g	2.414		0	0.435		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.535		0	0.096		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.430	0	0.617
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.769	0	0.318
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	61	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51703 WONDERBITES DIPPERS, Flame Broiled Chicken WONDERBITES DIPPER, product code 9832

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 18g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.39		0	10.87		
Energy	kcal	196		0	35		
Energy	kj	820		0	148		
Protein (N x 5.95)	g	24.02		0	4.32		
Total lipid (fat)	g	8.44		0	1.52		
Carbohydrate, by difference	g	5.40		0	0.97		
Fiber, total dietary	g	1.2		0	0.2		
Ash	g	2.25		0	0.41		
Sugars, total	g	1.00		0	0.18		
Minerals:							
Calcium	mg	35		0	6		
Iron	mg	1.80		0	0.32		
Magnesium	mg	39		0	7		
Phosphorus	mg	303		0	55		
Potassium	mg	332		0	60		
Sodium	mg	512		0	92		
Zinc	mg	3.90		0	0.70		
Copper	mg	0.172		0	0.031		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.190		0	0.034		
Riboflavin	mg	0.173		0	0.031		
Niacin	mg	8.161		0	1.469		
Pantothenic acid	mg	0.978		0	0.176		
Vitamin B-6	mg	0.482		0	0.087		
Folate	µg	4		0	1		
Vitamin B-12	µg	0.78		0	0.14		
Vitamin A	IU	118		0	21		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.260		0	0.047		
Lipids:							
Saturated, total	g	2.376		0	0.428		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.528		0	0.095		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.328	0	0.599
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.875	0	0.338
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	63	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51705 PIERRE, Flame Broiled Cutlet Shaped Chicken Patty, product code 9835

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.39		0	44.69		
Energy	kcal	196		0	145		
Energy	kj	820		0	607		
Protein (N x 5.95)	g	24.02		0	17.77		
Total lipid (fat)	g	8.44		0	6.25		
Carbohydrate, by difference	g	5.40		0	4.00		
Fiber, total dietary	g	1.2		0	0.9		
Ash	g	2.25		0	1.67		
Sugars, total	g	1.00		0	0.74		
Minerals:							
Calcium	mg	35		0	26		
Iron	mg	1.80		0	1.33		
Magnesium	mg	39		0	29		
Phosphorus	mg	303		0	224		
Potassium	mg	332		0	246		
Sodium	mg	512		0	379		
Zinc	mg	3.90		0	2.89		
Copper	mg	0.172		0	0.127		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.190		0	0.141		
Riboflavin	mg	0.173		0	0.128		
Niacin	mg	8.161		0	6.039		
Pantothenic acid	mg	0.978		0	0.724		
Vitamin B-6	mg	0.482		0	0.357		
Folate	µg	4		0	3		
Vitamin B-12	µg	0.78		0	0.58		
Vitamin A	IU	118		0	87		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.260		0	0.192		
Lipids:							
Saturated, total	g	2.376		0	1.758		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.528		0	0.391		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.328	0	2.463
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.875	0	1.387
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	63	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51709 PIERRE, Flame Broiled Cutlet Shaped Rotisserie Style Chicken Patty, product code 9878

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 75g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.61		0	47.71		
Energy	kcal	177		0	133		
Energy	kj	741		0	556		
Protein (N x 5.95)	g	24.91		0	18.68		
Total lipid (fat)	g	7.55		0	5.66		
Carbohydrate, by difference	g	2.09		0	1.57		
Fiber, total dietary	g	1.5		0	1.1		
Ash	g	2.02		0	1.51		
Sugars, total	g	0.46		0	0.35		
Minerals:							
Calcium	mg	41		0	31		
Iron	mg	1.94		0	1.46		
Magnesium	mg	45		0	34		
Phosphorus	mg	261		0	196		
Potassium	mg	359		0	269		
Sodium	mg	396		0	297		
Zinc	mg	4.22		0	3.17		
Copper	mg	0.196		0	0.147		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.220		0	0.165		
Riboflavin	mg	0.164		0	0.123		
Niacin	mg	9.467		0	7.100		
Pantothenic acid	mg	0.953		0	0.715		
Vitamin B-6	mg	0.525		0	0.394		
Folate	µg						
Vitamin B-12	µg	0.91		0	0.68		
Vitamin A	IU	124		0	93		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.236		0	0.177		
Lipids:							
Saturated, total	g	2.158		0	1.619		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.491		0	0.368		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.031	0	2.273
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.649	0	1.237
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	45
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51711 WONDERBITES DIPPERS, Flame Broiled Italian Chicken WONDERBITES DIPPER, product code 9884

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	66.26		0	13.25		
Energy	kcal	163		0	33		
Energy	kj	682		0	136		
Protein (N x 5.95)	g	22.31		0	4.46		
Total lipid (fat)	g	7.24		0	1.45		
Carbohydrate, by difference	g	2.12		0	0.42		
Fiber, total dietary	g	1.5		0	0.3		
Ash	g	2.57		0	0.51		
Sugars, total	g	0.24		0	0.05		
Minerals:							
Calcium	mg	39		0	8		
Iron	mg	1.91		0	0.38		
Magnesium	mg	40		0	8		
Phosphorus	mg	289		0	58		
Potassium	mg	325		0	65		
Sodium	mg	619		0	124		
Zinc	mg	4.07		0	0.81		
Copper	mg	0.183		0	0.037		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	1.0		0	0.2		
Thiamin	mg	0.202		0	0.040		
Riboflavin	mg	0.167		0	0.033		
Niacin	mg	7.591		0	1.518		
Pantothenic acid	mg	0.908		0	0.182		
Vitamin B-6	mg	0.440		0	0.088		
Folate	µg	4		0	1		
Vitamin B-12	µg	0.82		0	0.16		
Vitamin A	IU	139		0	28		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.230		0	0.046		
Lipids:							
Saturated, total	g	2.032		0	0.406		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.455		0	0.091		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.830	0	0.566
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.599	0	0.320
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	56	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51712 WONDERBITES DIPPERS, Flame Broiled Buffalo Flavored Chicken WONDERBITES DIPPER, product code 9885

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 20g	Measure 2*	Measure 3*
Proximates:							
Water	g	64.60		0	12.92		
Energy	kcal	166		0	33		
Energy	kj	695		0	139		
Protein (N x 5.95)	g	21.98		0	4.40		
Total lipid (fat)	g	7.43		0	1.49		
Carbohydrate, by difference	g	2.82		0	0.56		
Fiber, total dietary	g	1.4		0	0.3		
Ash	g	3.41		0	0.68		
Sugars, total	g	0.26		0	0.05		
Minerals:							
Calcium	mg	37		0	7		
Iron	mg	1.86		0	0.37		
Magnesium	mg	39		0	8		
Phosphorus	mg	291		0	58		
Potassium	mg	322		0	64		
Sodium	mg	994		0	199		
Zinc	mg	4.00		0	0.80		
Copper	mg	0.180		0	0.036		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	2.1		0	0.4		
Thiamin	mg	0.199		0	0.040		
Riboflavin	mg	0.165		0	0.033		
Niacin	mg	7.468		0	1.494		
Pantothenic acid	mg	0.894		0	0.179		
Vitamin B-6	mg	0.431		0	0.086		
Folate	µg	4		0	1		
Vitamin B-12	µg	0.81		0	0.16		
Vitamin A	IU	349		0	70		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.225		0	0.045		
Lipids:							
Saturated, total	g	2.087		0	0.417		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.463		0	0.093		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.923	0	0.585
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.642	0	0.328
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	55	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51713 WONDERBITES DIPPERS, Flame Broiled Rotisserie Style Chicken WONDERBITES DIPPER, product code 9896

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 19g	Measure 2*	Measure 3*
Proximates:							
Water	g	63.60		0	12.08		
Energy	kcal	177		0	34		
Energy	kj	741		0	141		
Protein (N x 5.95)	g	24.91		0	4.73		
Total lipid (fat)	g	7.55		0	1.43		
Carbohydrate, by difference	g	2.09		0	0.40		
Fiber, total dietary	g	1.5		0	0.3		
Ash	g	2.02		0	0.38		
Sugars, total	g	0.46		0	0.09		
Minerals:							
Calcium	mg	41		0	8		
Iron	mg	1.94		0	0.37		
Magnesium	mg	45		0	9		
Phosphorus	mg	261		0	50		
Potassium	mg	359		0	68		
Sodium	mg	396		0	75		
Zinc	mg	4.22		0	0.80		
Copper	mg	0.196		0	0.037		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.220		0	0.042		
Riboflavin	mg	0.164		0	0.031		
Niacin	mg	9.467		0	1.799		
Pantothenic acid	mg	0.953		0	0.181		
Vitamin B-6	mg	0.525		0	0.100		
Folate	µg						
Vitamin B-12	µg	0.91		0	0.17		
Vitamin A	IU	124		0	24		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.236		0	0.045		
Lipids:							
Saturated, total	g	2.158		0	0.410		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.491		0	0.093		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.031	0	0.576
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.649	0	0.313
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51715 PIERRE, Flame Broiled Fillet Shaped Chicken Breast Patty, product code 9916

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 78g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.12		0	46.89		
Energy	kcal	195		0	152		
Energy	kj	816		0	636		
Protein (N x 5.95)	g	24.60		0	19.19		
Total lipid (fat)	g	8.05		0	6.28		
Carbohydrate, by difference	g	4.80		0	3.74		
Fiber, total dietary	g	1.2		0	0.9		
Ash	g	2.43		0	1.90		
Sugars, total	g	1.00		0	0.78		
Minerals:							
Calcium	mg	35		0	27		
Iron	mg	1.79		0	1.40		
Magnesium	mg	41		0	32		
Phosphorus	mg	340		0	265		
Potassium	mg	323		0	252		
Sodium	mg	535		0	417		
Zinc	mg	3.36		0	2.62		
Copper	mg	0.162		0	0.126		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.177		0	0.138		
Riboflavin	mg	0.133		0	0.104		
Niacin	mg	10.043		0	7.834		
Pantothenic acid	mg	0.870		0	0.679		
Vitamin B-6	mg	0.539		0	0.420		
Folate	µg	3		0	2		
Vitamin B-12	µg	0.75		0	0.59		
Vitamin A	IU	108		0	84		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.146		0	0.114		
Lipids:							
Saturated, total	g	2.282		0	1.780		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.471		0	0.367		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.253	0	2.537
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.733	0	1.352
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	60	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51724 WONDERBITES DIPPERS, Flame Broiled Chicken WONDERBITES DIPPER, product code 9833

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 18g	Measure 2*	Measure 3*
Proximates:							
Water	g	60.39		0	10.87		
Energy	kcal	196		0	35		
Energy	kj	820		0	148		
Protein (N x 5.95)	g	24.02		0	4.32		
Total lipid (fat)	g	8.44		0	1.52		
Carbohydrate, by difference	g	5.40		0	0.97		
Fiber, total dietary	g	1.2		0	0.2		
Ash	g	2.25		0	0.41		
Sugars, total	g	0.99		0	0.18		
Minerals:							
Calcium	mg	35		0	6		
Iron	mg	1.79		0	0.32		
Magnesium	mg	39		0	7		
Phosphorus	mg	303		0	55		
Potassium	mg	332		0	60		
Sodium	mg	512		0	92		
Zinc	mg	3.89		0	0.70		
Copper	mg	0.172		0	0.031		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.190		0	0.034		
Riboflavin	mg	0.173		0	0.031		
Niacin	mg	8.161		0	1.469		
Pantothenic acid	mg	0.978		0	0.176		
Vitamin B-6	mg	0.005		0	0.001		
Folate	µg	4		0	1		
Vitamin B-12	µg	0.78		0	0.14		
Vitamin A	IU	117		0	21		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.260		0	0.047		
Lipids:							
Saturated, total	g	2.376		0	0.428		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.528		0	0.095		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.328	0	0.599
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.875	0	0.338
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	63	0	11
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51725 PIERRE, Caboose - Flame Broiled Fillet Shaped Chicken Breast Patty, product code 9863

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.21		0	35.53		
Energy	kcal	202		0	121		
Energy	kj	845		0	507		
Protein (N x 5.95)	g	24.39		0	14.63		
Total lipid (fat)	g	8.92		0	5.35		
Carbohydrate, by difference	g	5.53		0	3.32		
Fiber, total dietary	g	1.3		0	0.8		
Ash	g	2.37		0	1.42		
Sugars, total	g	1.00		0	0.60		
Minerals:							
Calcium	mg	37		0	22		
Iron	mg	1.78		0	1.07		
Magnesium	mg	42		0	25		
Phosphorus	mg	340		0	204		
Potassium	mg	340		0	204		
Sodium	mg	534		0	320		
Zinc	mg	3.53		0	2.12		
Copper	mg	0.173		0	0.104		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.198		0	0.119		
Riboflavin	mg	0.137		0	0.082		
Niacin	mg	10.048		0	6.029		
Pantothenic acid	mg	0.879		0	0.527		
Vitamin B-6	mg	0.546		0	0.328		
Folate	µg	3		0	2		
Vitamin B-12	µg	0.82		0	0.49		
Vitamin A	IU	121		0	73		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.206		0	0.124		
Lipids:							
Saturated, total	g	2.565		0	1.539		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.558		0	0.335		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.676	0	2.206
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.908	0	1.145
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	59	0	35
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51729 PIERRE, Breaded Chicken Two-Fers, product code 1870

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 28g	Measure 2*	Measure 3*
Proximates:							
Water	g	45.68		0	12.95		
Energy	kcal	324		0	92		
Energy	kj	1356		0	384		
Protein (N x 5.95)	g	16.52		0	4.68		
Total lipid (fat)	g	22.96		0	6.51		
Carbohydrate, by difference	g	12.46		0	3.53		
Fiber, total dietary	g	1.0		0	0.3		
Ash	g	2.38		0	0.67		
Sugars, total	g	0.50		0	0.14		
Minerals:							
Calcium	mg	29		0	8		
Iron	mg	1.96		0	0.56		
Magnesium	mg	22		0	6		
Phosphorus	mg	212		0	60		
Potassium	mg	195		0	55		
Sodium	mg	685		0	194		
Zinc	mg	2.14		0	0.61		
Copper	mg	0.154		0	0.044		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.283		0	0.080		
Riboflavin	mg	0.216		0	0.061		
Niacin	mg	6.622		0	1.877		
Pantothenic acid	mg	0.589		0	0.167		
Vitamin B-6	mg	0.264		0	0.075		
Folate	µg	2		0	1		
Vitamin B-12	µg	0.40		0	0.11		
Vitamin A	IU	89		0	25		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.736		0	0.776		
Lipids:							
Saturated, total	g	4.387		0	1.244		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.020		0	0.289		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.619	0	1.876
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	10.373	0	2.941
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	43	0	12
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51731 PIERRE, Breaded Chicken Patty, product code 1915

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 57g	Measure 2*	Measure 3*
Proximates:							
Water	g	45.68		0	26.04		
Energy	kcal	324		0	185		
Energy	kj	1356		0	773		
Protein (N x 5.95)	g	16.52		0	9.42		
Total lipid (fat)	g	22.96		0	13.09		
Carbohydrate, by difference	g	12.46		0	7.10		
Fiber, total dietary	g	1.8		0	1.0		
Ash	g	2.38		0	1.36		
Sugars, total	g	0.50		0	0.28		
Minerals:							
Calcium	mg	29		0	17		
Iron	mg	1.96		0	1.12		
Magnesium	mg	22		0	13		
Phosphorus	mg	212		0	121		
Potassium	mg	195		0	111		
Sodium	mg	685		0	390		
Zinc	mg	2.14		0	1.22		
Copper	mg	0.154		0	0.088		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.283		0	0.161		
Riboflavin	mg	0.216		0	0.123		
Niacin	mg	6.622		0	3.775		
Pantothenic acid	mg	0.589		0	0.336		
Vitamin B-6	mg	0.264		0	0.150		
Folate	µg	2		0	1		
Vitamin B-12	µg	0.40		0	0.23		
Vitamin A	IU	89		0	51		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	2.736		0	1.560		
Lipids:							
Saturated, total	g	4.387		0	2.501		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	1.020		0	0.581		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	6.619	0	3.773
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	10.374	0	5.913
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	43	0	25
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51743 PIERRE, Flame Broiled Turkey Patty, product code 9719

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 69g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.56		0	51.45		
Energy	kcal	124		0	86		
Energy	kj	519		0	358		
Protein (N x 5.95)	g	17.51		0	12.08		
Total lipid (fat)	g	5.59		0	3.86		
Carbohydrate, by difference	g	0.58		0	0.40		
Fiber, total dietary	g	0.2		0	0.1		
Ash	g	2.13		0	1.47		
Sugars, total	g	0.38		0	0.26		
Minerals:							
Calcium	mg	20		0	14		
Iron	mg	1.55		0	1.07		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	27		0	19		
Sodium	mg	525		0	362		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg	0.083		0	0.057		
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.749		0	1.207		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.136	0	1.474
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.617	0	1.116
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	68	0	47
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51744 PIERRE, Flame Broiled Turkey Patty, product code 9721

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	74.56		0	63.38		
Energy	kcal	124		0	105		
Energy	kj	519		0	441		
Protein (N x 5.95)	g	17.51		0	14.88		
Total lipid (fat)	g	5.59		0	4.75		
Carbohydrate, by difference	g	0.58		0	0.49		
Fiber, total dietary	g	0.2		0	0.2		
Ash	g	2.13		0	1.81		
Sugars, total	g	0.38		0	0.32		
Minerals:							
Calcium	mg	20		0	17		
Iron	mg	1.55		0	1.32		
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	27		0	23		
Sodium	mg	525		0	446		
Zinc	mg						
Copper	mg						
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg	0.083		0	0.071		
Vitamin B-6	mg						
Folate	µg						
Vitamin B-12	µg						
Vitamin A	IU	0		0	0		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg						
Lipids:							
Saturated, total	g	1.749		0	1.487		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g						
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.136	0	1.816
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.617	0	1.374
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	68	0	58
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51745 PIERRE, Flame Broiled Fillet Shaped Mesquite Chicken Breast Patty, product code 9816

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 74g	Measure 2*	Measure 3*
Proximates:							
Water	g	61.74		0	45.69		
Energy	kcal	201		0	149		
Energy	kj	841		0	622		
Protein (N x 5.95)	g	24.62		0	18.22		
Total lipid (fat)	g	10.01		0	7.41		
Carbohydrate, by difference	g	1.33		0	0.98		
Fiber, total dietary	g	0.7		0	0.5		
Ash	g	2.30		0	1.70		
Sugars, total	g	0.45		0	0.33		
Minerals:							
Calcium	mg	32		0	24		
Iron	mg	1.53		0	1.13		
Magnesium	mg	31		0	23		
Phosphorus	mg	325		0	241		
Potassium	mg	256		0	189		
Sodium	mg	516		0	382		
Zinc	mg	0.91		0	0.67		
Copper	mg	0.114		0	0.084		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.059		0	0.044		
Riboflavin	mg	0.090		0	0.067		
Niacin	mg	8.643		0	6.396		
Pantothenic acid	mg	0.643		0	0.476		
Vitamin B-6	mg	0.364		0	0.269		
Folate	µg	7		0	5		
Vitamin B-12	µg	0.22		0	0.16		
Vitamin A	IU	60		0	44		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.200		0	0.148		
Lipids:							
Saturated, total	g	2.874		0	2.127		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.608		0	0.450		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	4.119	0	3.048
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.112	0	1.563
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	61	0	45
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51746 PIERRE, Flame Broiled Fillet Shaped Chicken Breast Patty, product code 9820

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 85g	Measure 2*	Measure 3*
Proximates:							
Water	g	61.83		0	52.56		
Energy	kcal	185		0	157		
Energy	kj	774		0	658		
Protein (N x 5.95)	g	24.39		0	20.73		
Total lipid (fat)	g	7.11		0	6.04		
Carbohydrate, by difference	g	4.32		0	3.67		
Fiber, total dietary	g	1.2		0	1.0		
Ash	g	2.35		0	2.00		
Sugars, total	g	1.01		0	0.86		
Minerals:							
Calcium	mg	30		0	26		
Iron	mg	1.52		0	1.29		
Magnesium	mg	32		0	27		
Phosphorus	mg	333		0	283		
Potassium	mg	265		0	225		
Sodium	mg	557		0	473		
Zinc	mg	0.91		0	0.77		
Copper	mg	0.115		0	0.098		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.057		0	0.048		
Riboflavin	mg	0.084		0	0.071		
Niacin	mg	8.613		0	7.321		
Pantothenic acid	mg	0.652		0	0.554		
Vitamin B-6	mg	0.395		0	0.336		
Folate	µg	7		0	6		
Vitamin B-12	µg	0.22		0	0.19		
Vitamin A	IU	43		0	37		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.148		0	0.126		
Lipids:							
Saturated, total	g	2.019		0	1.716		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.423		0	0.360		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	2.845	0	2.418
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	1.511	0	1.284
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	58	0	49
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece

NDB No. 51747 PIERRE, Flame Broiled Fillet Shaped Chicken Patty, product code 9840

Refuse: 0%

Nutrients and units		Amount in 100 grams of edible portion			Amount in edible portion of common measures of food		
		Mean	Std. Error	Samples	Measure 1* 60g	Measure 2*	Measure 3*
Proximates:							
Water	g	59.92		0	35.95		
Energy	kcal	205		0	123		
Energy	kj	858		0	515		
Protein (N x 5.95)	g	23.60		0	14.16		
Total lipid (fat)	g	9.71		0	5.83		
Carbohydrate, by difference	g	4.35		0	2.61		
Fiber, total dietary	g	1.7		0	1.0		
Ash	g	2.42		0	1.45		
Sugars, total	g	1.02		0	0.61		
Minerals:							
Calcium	mg	34		0	20		
Iron	mg	2.05		0	1.23		
Magnesium	mg	33		0	20		
Phosphorus	mg	322		0	193		
Potassium	mg	312		0	187		
Sodium	mg	542		0	325		
Zinc	mg	4.81		0	2.89		
Copper	mg	0.213		0	0.128		
Manganese	mg						
Selenium	µg						
Vitamins:							
Ascorbic acid	mg	0.0		0	0.0		
Thiamin	mg	0.206		0	0.124		
Riboflavin	mg	0.185		0	0.111		
Niacin	mg	7.532		0	4.519		
Pantothenic acid	mg	1.110		0	0.666		
Vitamin B-6	mg	0.461		0	0.277		
Folate	µg	9		0	5		
Vitamin B-12	µg	0.60		0	0.36		
Vitamin A	IU	153		0	92		
Vitamin A, RE	µg						
Vitamin E, α-TE	mg	0.242		0	0.145		
Lipids:							
Saturated, total	g	2.708		0	1.625		
4:0	g						
6.0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
15.0	g						
16:0	g						
17:0	g						
18:0	g	0.569		0	0.341		
20:0	g						
22.0	g						
24:0	g						

Monounsaturated, total	g	3.819	0	2.291
14:1	g			
16:1	g			
18:1	g			
20:1	g			
22.1	g			
Polyunsaturated, total	g	2.137	0	1.282
18:2	g			
18:3	g			
18:4	g			
20:4	g			
20:5	g			
22:5	g			
22:6	g			
Cholesterol	mg	61	0	37
Phytosterols	mg			
Amino acids:				
Tryptophan	g			
Threonine	g			
Isoleucine	g			
Leucine	g			
Lysine	g			
Methionine	g			
Cystine	g			
Phenylalanine	g			
Tyrosine	g			
Valine	g			
Arginine	g			
Histidine	g			
Alanine	g			
Aspartic acid	g			
Glutamic acid	g			
Glycine	g			
Proline	g			
Serine	g			
Other:				
Caffeine	mg			
Theobromine	mg			
Alcohol	g			

Blanks in the Mean column indicate lack of reliable data. The Samples column is the number of analyses upon which the mean is based. A sample of zero indicates the mean was estimated, usually from a recipe, another form of the same food, or a similar food.

*** Common Measures:**
Measure 1: 1 piece