**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 | :g | 11.8 | | 0 | 123.4 | | |
| **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 | :g | 30 | | 0 | 314 | | |
| Vitamin B-12 | :g | 1.11 | | 0 | 11.61 | | |
| Vitamin A | IU | 771 | | 0 | 8065 | | |
| Vitamin A, RE | :g | 230 | | 0 | 2406 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.3 | | 0 | 208.7 | 62.5 | |
| **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 | :g | 32 | | 0 | 329 | 99 | |
| Vitamin B-12 | :g | 0.83 | | 0 | 8.53 | 2.56 | |
| Vitamin A | IU | 603 | | 0 | 6199 | 1857 | |
| Vitamin A, RE | :g | 181 | | 0 | 1861 | 557 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.6 | | 0 | 117.5 | 35.2 | |
| **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 | :g | 31 | | 0 | 219 | 66 | |
| Vitamin B-12 | :g | 1.11 | | 0 | 7.86 | 2.35 | |
| Vitamin A | IU | 826 | | 0 | 5848 | 1751 | |
| Vitamin A, RE | :g | 248 | | 0 | 1756 | 526 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.9 | | 0 | 108.4 | 32.6 | |
| **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 | :g | 29 | | 0 | 198 | 59 | |
| Vitamin B-12 | :g | 0.94 | | 0 | 6.41 | 1.93 | |
| Vitamin A | IU | 636 | | 0 | 4338 | 1304 | |
| Vitamin A, RE | :g | 189 | | 0 | 1289 | 387 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.9 | | 0 | 119.4 | 35.8 | |
| **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 | :g | 27 | | 0 | 203 | 61 | |
| Vitamin B-12 | :g | 0.79 | | 0 | 5.93 | 1.78 | |
| Vitamin A | IU | 579 | | 0 | 4348 | 1303 | |
| Vitamin A, RE | :g | 172 | | 0 | 1292 | 387 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 14.4 | | 0 | 39.7 | 66.2 | |
| **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 | :g | 6 | | 0 | 17 | 28 | |
| Vitamin B-12 | :g | 0.31 | | 0 | 0.86 | 1.43 | |
| Vitamin A | IU | 140 | | 0 | 386 | 644 | |
| Vitamin A, RE | :g | 41 | | 0 | 113 | 189 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 25.5 | | 0 | 71.4 | 118.8 | |
| **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 | :g | 18 | | 0 | 50 | 84 | |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.78 | 1.30 | |
| Vitamin A | IU | 93 | | 0 | 260 | 433 | |
| Vitamin A, RE | :g | 28 | | 0 | 78 | 130 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 9 | | 0 | 17 | 28 | |
| Vitamin B-12 | :g | 0.31 | | 0 | 0.58 | 0.97 | |
| Vitamin A | IU | 89 | | 0 | 167 | 279 | |
| Vitamin A, RE | :g | 27 | | 0 | 51 | 85 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 5 | | 0 | 7 | 9 | 15 |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.42 | 0.53 | 0.90 |
| Vitamin A | IU | 161 | | 0 | 225 | 287 | 481 |
| Vitamin A, RE | :g | 47 | | 0 | 66 | 84 | 141 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.0 | | 0 | 25.2 | 36.0 | 60.1 |
| **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 | :g | 5 | | 0 | 7 | 10 | 17 |
| Vitamin B-12 | :g | 0.20 | | 0 | 0.28 | 0.40 | 0.67 |
| Vitamin A | IU | 146 | | 0 | 204 | 292 | 488 |
| Vitamin A, RE | :g | 42 | | 0 | 59 | 84 | 140 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.7 | | 0 | 30.9 | 51.7 | |
| **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 | :g | 7 | | 0 | 14 | 23 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.73 | 1.22 | |
| Vitamin A | IU | 52 | | 0 | 102 | 171 | |
| Vitamin A, RE | :g | 16 | | 0 | 32 | 53 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 24.5 | | 0 | 34.3 | 38.0 | 63.2 |
| **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 | ：g | 7 | | 0 | 10 | 11 | 18 |
| Vitamin B-12 | ：g | 0.34 | | 0 | 0.48 | 0.53 | 0.88 |
| Vitamin A | IU | 59 | | 0 | 83 | 91 | 152 |
| Vitamin A, RE | ：g | 18 | | 0 | 25 | 28 | 46 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.0 | | 0 | 30.8 | 1.9 | 32.1 |
| **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 | :g | 6 | | 0 | 8 | 1 | 9 |
| Vitamin B-12 | :g | 0.33 | | 0 | 0.46 | 0.03 | 0.48 |
| Vitamin A | IU | 53 | | 0 | 74 | 5 | 77 |
| Vitamin A, RE | :g | 16 | | 0 | 22 | 1 | 23 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.9 | | 0 | 29.3 | 1.8 | 32.8 |
| **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 | :g | 6 | | 0 | 8 | 1 | 9 |
| Vitamin B-12 | :g | 0.22 | | 0 | 0.31 | 0.02 | 0.35 |
| Vitamin A | IU | 50 | | 0 | 70 | 4 | 79 |
| Vitamin A, RE | :g | 15 | | 0 | 21 | 1 | 24 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 12.3 | 2.403 | 3 | 5.8 | 9.7 | |
| **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 | :g | 3 | | 0 | 1 | 2 | |
| Vitamin B-12 | :g | 0.23 | | 0 | 0.11 | 0.18 | |
| Vitamin A | IU | 262 | 59.432 | 18 | 123 | 207 | |
| Vitamin A, RE | :g | 78 | 17.830 | 18 | 37 | 62 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 53.9 | | 0 | 61.4 | 102.4 | |
| **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 | :g | 40 | | 0 | 46 | 76 | |
| Vitamin B-12 | :g | 0.17 | | 0 | 0.19 | 0.32 | |
| Vitamin A | IU | 138 | | 0 | 157 | 262 | |
| Vitamin A, RE | :g | 42 | | 0 | 48 | 80 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 62.9 | | 0 | 20.8 | 35.2 | |
| **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 | ：g | 33 | | 0 | 11 | 18 | |
| Vitamin B-12 | ：g | 0.18 | | 0 | 0.06 | 0.10 | |
| Vitamin A | IU | 232 | | 0 | 77 | 130 | |
| Vitamin A, RE | ：g | 70 | | 0 | 23 | 39 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 137.0 | | 0 | 46.6 | 76.7 | |
| **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 | :g | 2 | | 0 | 1 | 1 | |
| Vitamin B-12 | :g | 0.20 | | 0 | 0.07 | 0.11 | |
| Vitamin A | IU | 262 | | 0 | 89 | 147 | |
| Vitamin A, RE | :g | 78 | | 0 | 27 | 44 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 112.1 | | 0 | 49.3 | 80.7 | |
| **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 | ：g | 2 | | 0 | 1 | 1 | |
| Vitamin B-12 | ：g | 0.11 | | 0 | 0.05 | 0.08 | |
| Vitamin A | IU | 198 | | 0 | 87 | 143 | |
| Vitamin A, RE | ：g | 59 | | 0 | 26 | 42 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 55.2 | | 0 | 12.7 | 41.4 | |
| **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 | :g | 345 | | 0 | 79 | 259 | |
| Vitamin B-12 | :g | 11.41 | | 0 | 2.62 | 8.56 | |
| Vitamin A | IU | 8847 | | 0 | 2035 | 6635 | |
| Vitamin A, RE | :g | 2654 | | 0 | 610 | 1991 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 104.2 | | 0 | 151.1 | 13.5 | |
| **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 | :g | 379 | | 0 | 550 | 49 | |
| Vitamin B-12 | :g | 13.31 | | 0 | 19.30 | 1.73 | |
| Vitamin A | IU | 11929 | | 0 | 17297 | 1551 | |
| Vitamin A, RE | :g | 3579 | | 0 | 5190 | 465 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 93.6 | | 0 | 135.7 | 13.1 | |
| **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 | :g | 376 | | 0 | 545 | 53 | |
| Vitamin B-12 | :g | 10.14 | | 0 | 14.70 | 1.42 | |
| Vitamin A | IU | 7431 | | 0 | 10775 | 1040 | |
| Vitamin A, RE | :g | 2229 | | 0 | 3232 | 312 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 55.8 | | 0 | 6.1 | 20.6 | |
| **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 | ：g | 52 | | 3 | 6 | 19 | |
| Vitamin B-12 | ：g | 2.12 | 0.195 | 2 | 0.23 | 0.78 | |
| Vitamin A | IU | 217 | 80.623 | 3 | 24 | 80 | |
| Vitamin A, RE | ：g | 65 | 24.187 | 3 | 7 | 24 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 94.5 | | 0 | 137.0 | 6.6 | |
| **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 | :g | 53 | | 0 | 77 | 4 | |
| Vitamin B-12 | :g | 1.94 | | 0 | 2.81 | 0.14 | |
| Vitamin A | IU | 188 | | 0 | 273 | 13 | |
| Vitamin A, RE | :g | 56 | | 0 | 81 | 4 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 4.3 | | 0 | 0.3 | 0.1 | |
| **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 | ：g | 72 | | 3 | 4 | 1 | |
| Vitamin B-12 | ：g | 7.29 | 3.535 | 2 | 0.44 | 0.13 | |
| Vitamin A | IU | 30 | | 0 | 2 | 1 | |
| Vitamin A, RE | ：g | 9 | | 0 | 1 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 8.0 | | 0 | 11.6 | 0.1 | |
| **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 | ：g | 80 | | 0 | 116 | 1 | |
| Vitamin B-12 | ：g | 7.29 | | 0 | 10.57 | 0.07 | |
| Vitamin A | IU | 28 | | 0 | 41 | 0 | |
| Vitamin A, RE | ：g | 9 | | 0 | 13 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 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 | ：g | 738 | 83.843 | 3 | 236 | 74 | |
| Vitamin B-12 | ：g | 22.98 | 1.920 | 4 | 7.35 | 2.30 | |
| Vitamin A | IU | 20549 | 850.446 | 39 | 6576 | 2055 | |
| Vitamin A, RE | ：g | 6165 | 255.134 | 39 | 1973 | 617 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 100.2 | | 0 | 140.3 | 6.0 | |
| **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 | ：g | 770 | 111.853 | 3 | 1078 | 46 | |
| Vitamin B-12 | ：g | 19.39 | | 0 | 27.15 | 1.16 | |
| Vitamin A | IU | 16375 | | 0 | 22925 | 983 | |
| Vitamin A, RE | ：g | 4913 | | 0 | 6878 | 295 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.4 | | 0 | 19.0 | 31.8 | |
| **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 | :g | 4 | | 0 | 5 | 8 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.39 | 0.66 | |
| Vitamin A | IU | 99 | | 0 | 115 | 192 | |
| Vitamin A, RE | :g | 29 | | 0 | 34 | 56 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 27.2 | | 0 | 30.7 | 51.1 | |
| **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 | :g | 16 | | 0 | 18 | 30 | |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.32 | 0.53 | |
| Vitamin A | IU | 79 | | 0 | 89 | 149 | |
| Vitamin A, RE | :g | 24 | | 0 | 27 | 45 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 29.1 | | 0 | 22.7 | 37.8 | |
| **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 | :g | 7 | | 0 | 5 | 9 | |
| Vitamin B-12 | :g | 0.33 | | 0 | 0.26 | 0.43 | |
| Vitamin A | IU | 68 | | 0 | 53 | 88 | |
| Vitamin A, RE | :g | 20 | | 0 | 16 | 26 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.1 | | 0 | 19.0 | 31.8 | |
| **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 | :g | 3 | | 0 | 2 | 4 | |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.25 | 0.42 | |
| Vitamin A | IU | 110 | | 0 | 87 | 145 | |
| Vitamin A, RE | :g | 32 | | 0 | 25 | 42 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.2 | | 0 | 19.1 | 31.8 | |
| **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 | :g | 3 | | 0 | 3 | 5 | |
| Vitamin B-12 | :g | 0.20 | | 0 | 0.18 | 0.30 | |
| Vitamin A | IU | 96 | | 0 | 86 | 144 | |
| Vitamin A, RE | :g | 28 | | 0 | 25 | 42 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 12.7 | | 0 | 20.3 | 33.8 | |
| **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 | ：g | 7 | | 0 | 11 | 19 | |
| Vitamin B-12 | ：g | 0.29 | | 0 | 0.46 | 0.77 | |
| Vitamin A | IU | 170 | | 0 | 272 | 452 | |
| Vitamin A, RE | ：g | 49 | | 0 | 78 | 130 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 23.6 | | 0 | 39.4 | 65.6 | |
| **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 | :g | 18 | | 0 | 30 | 50 | |
| Vitamin B-12 | :g | 0.27 | | 0 | 0.45 | 0.75 | |
| Vitamin A | IU | 103 | | 0 | 172 | 286 | |
| Vitamin A, RE | :g | 31 | | 0 | 52 | 86 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.5 | | 0 | 22.6 | 37.7 | |
| **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 | :g | 11 | | 0 | 12 | 20 | |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.33 | 0.55 | |
| Vitamin A | IU | 104 | | 0 | 114 | 191 | |
| Vitamin A, RE | :g | 31 | | 0 | 34 | 57 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 20.2 | | 0 | 20.4 | 33.7 | |
| **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 | ΄g | 7 | | 0 | 7 | 12 | |
| Vitamin B-12 | ΄g | 0.29 | | 0 | 0.29 | 0.48 | |
| Vitamin A | IU | 201 | | 0 | 203 | 336 | |
| Vitamin A, RE | ΄g | 58 | | 0 | 59 | 97 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 18.4 | | 0 | 20.2 | 33.9 | |
| **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 | ΄g | 6 | | 0 | 7 | 11 | |
| Vitamin B-12 | ΄g | 0.20 | | 0 | 0.22 | 0.37 | |
| Vitamin A | IU | 186 | | 0 | 205 | 342 | |
| Vitamin A, RE | ΄g | 54 | | 0 | 59 | 99 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 17.8 | 3.652 | 5 | 15.7 | 26.2 | |
| **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 | :g | 4 | | 0 | 4 | 6 | |
| Vitamin B-12 | :g | 0.38 | | 0 | 0.33 | 0.56 | |
| Vitamin A | IU | 28 | | 0 | 25 | 41 | |
| Vitamin A, RE | :g | 8 | | 0 | 7 | 12 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.2 | | 0 | 36.7 | 16.8 | |
| **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 | :g | 4 | | 0 | 6 | 3 | |
| Vitamin B-12 | :g | 0.36 | | 0 | 0.50 | 0.23 | |
| Vitamin A | IU | 30 | | 0 | 42 | 19 | |
| Vitamin A, RE | :g | 9 | | 0 | 13 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.4 | | 0 | 34.2 | 15.6 | 26.1 |
| **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 | :g | 4 | | 0 | 6 | 3 | 4 |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.48 | 0.22 | 0.36 |
| Vitamin A | IU | 29 | | 0 | 41 | 19 | 31 |
| Vitamin A, RE | :g | 9 | | 0 | 13 | 6 | 10 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.3 | | 0 | 31.2 | 15.8 | 26.5 |
| **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 | :g | 3 | | 0 | 4 | 2 | 4 |
| Vitamin B-12 | :g | 0.23 | | 0 | 0.32 | 0.16 | 0.27 |
| Vitamin A | IU | 27 | | 0 | 38 | 19 | 32 |
| Vitamin A, RE | :g | 8 | | 0 | 11 | 6 | 10 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 13.5 | 1.936 | 4 | 14.7 | 24.6 | |
| **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 | ：g | 10 | | 0 | 11 | 18 | |
| Vitamin B-12 | ：g | 0.36 | | 0 | 0.39 | 0.66 | |
| Vitamin A | IU | 72 | | 0 | 78 | 131 | |
| Vitamin A, RE | ：g | 22 | | 0 | 24 | 40 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.5 | | 0 | 28.7 | 18.7 | |
| **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 | :g | 9 | | 0 | 13 | 8 | |
| Vitamin B-12 | :g | 0.33 | | 0 | 0.46 | 0.30 | |
| Vitamin A | IU | 79 | | 0 | 111 | 72 | |
| Vitamin A, RE | :g | 24 | | 0 | 34 | 22 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.0 | | 0 | 25.2 | 14.6 | 24.5 |
| **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 | :g | 8 | | 0 | 11 | 6 | 11 |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.45 | 0.26 | 0.44 |
| Vitamin A | IU | 72 | | 0 | 101 | 58 | 98 |
| Vitamin A, RE | :g | 22 | | 0 | 31 | 18 | 30 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 17.3 | | 0 | 24.2 | 14.9 | 24.7 |
| **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 | ：g | 7 | | 0 | 10 | 6 | 10 |
| Vitamin B-12 | ：g | 0.22 | | 0 | 0.31 | 0.19 | 0.31 |
| Vitamin A | IU | 69 | | 0 | 97 | 59 | 99 |
| Vitamin A, RE | ：g | 21 | | 0 | 29 | 18 | 30 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 9.7 | 1.779 | 2 | 1.2 | 3.1 | 5.0 |
| **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 | :g | 1 | | 0 | 0 | 0 | 1 |
| Vitamin B-12 | :g | 0.07 | | 0 | 0.01 | 0.02 | 0.04 |
| Vitamin A | IU | 509 | 139.271 | 6 | 65 | 163 | 265 |
| Vitamin A, RE | :g | 140 | 40.170 | 6 | 18 | 45 | 73 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 12.1 | | 0 | 7.1 | 12.0 | |
| **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 | :g | 6 | | 0 | 4 | 6 | |
| Vitamin B-12 | :g | 0.25 | | 0 | 0.15 | 0.25 | |
| Vitamin A | IU | 251 | | 0 | 148 | 248 | |
| Vitamin A, RE | :g | 71 | | 0 | 42 | 70 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 29.0 | | 0 | 20.9 | 34.8 | |
| **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 | :g | 20 | | 0 | 14 | 24 | |
| Vitamin B-12 | :g | 0.26 | | 0 | 0.19 | 0.31 | |
| Vitamin A | IU | 119 | | 0 | 86 | 143 | |
| Vitamin A, RE | :g | 36 | | 0 | 26 | 43 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 23.7 | | 0 | 10.4 | 17.1 | |
| **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 | :g | 15 | | 0 | 7 | 11 | |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.12 | 0.20 | |
| Vitamin A | IU | 123 | | 0 | 54 | 89 | |
| Vitamin A, RE | :g | 37 | | 0 | 16 | 27 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.5 | | 0 | 7.2 | 11.9 | |
| **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 | :g | 6 | | 0 | 2 | 3 | |
| Vitamin B-12 | :g | 0.27 | | 0 | 0.09 | 0.14 | |
| Vitamin A | IU | 348 | | 0 | 111 | 184 | |
| Vitamin A, RE | :g | 99 | | 0 | 32 | 52 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.9 | | 0 | 31.8 | 7.2 | |
| **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 | :g | 5 | | 0 | 8 | 2 | |
| Vitamin B-12 | :g | 0.18 | | 0 | 0.29 | 0.06 | |
| Vitamin A | IU | 308 | | 0 | 493 | 111 | |
| Vitamin A, RE | :g | 88 | | 0 | 141 | 32 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.5 | 1.936 | 4 | 4.2 | 6.9 | |
| **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 | :g | 9 | | 0 | 3 | 5 | |
| Vitamin B-12 | :g | 0.36 | | 0 | 0.11 | 0.18 | |
| Vitamin A | IU | 99 | | 0 | 31 | 50 | |
| Vitamin A, RE | :g | 30 | | 0 | 9 | 15 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.9 | | 0 | 7.0 | 11.5 | |
| **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 | :g | 9 | | 0 | 3 | 5 | |
| Vitamin B-12 | :g | 0.31 | | 0 | 0.11 | 0.18 | |
| Vitamin A | IU | 98 | | 0 | 34 | 57 | |
| Vitamin A, RE | :g | 29 | | 0 | 10 | 17 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 17.3 | | 0 | 4.2 | 6.9 | |
| **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 | :g | 7 | | 0 | 2 | 3 | |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.07 | 0.12 | |
| Vitamin A | IU | 95 | | 0 | 23 | 38 | |
| Vitamin A, RE | :g | 28 | | 0 | 7 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.5 | | 0 | 4.3 | 6.9 | |
| **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 | :g | 7 | | 0 | 2 | 3 | |
| Vitamin B-12 | :g | 0.21 | | 0 | 0.05 | 0.09 | |
| Vitamin A | IU | 90 | | 0 | 23 | 38 | |
| Vitamin A, RE | :g | 27 | | 0 | 7 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 16.6 | | 0 | 14.4 | 24.1 | |
| **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 | ：g | 4 | 0.800 | 4 | 3 | 6 | |
| Vitamin B-12 | ：g | 0.34 | | 0 | 0.30 | 0.49 | |
| Vitamin A | IU | 83 | | 0 | 72 | 120 | |
| Vitamin A, RE | ：g | 24 | | 0 | 21 | 35 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 28.0 | | 0 | 23.5 | 39.2 | |
| **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 | :g | 15 | | 0 | 13 | 21 | |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.25 | 0.42 | |
| Vitamin A | IU | 67 | | 0 | 56 | 94 | |
| Vitamin A, RE | :g | 20 | | 0 | 17 | 28 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 23.9 | | 0 | 14.1 | 23.4 | |
| **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 | :g | 6 | | 0 | 4 | 6 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.20 | 0.33 | |
| Vitamin A | IU | 50 | | 0 | 30 | 49 | |
| Vitamin A, RE | :g | 15 | | 0 | 9 | 15 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.7 | | 0 | 34.6 | 14.3 | 24.2 |
| **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 | :g | 4 | | 0 | 6 | 2 | 4 |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.45 | 0.19 | 0.31 |
| Vitamin A | IU | 93 | | 0 | 130 | 54 | 91 |
| Vitamin A, RE | :g | 27 | | 0 | 38 | 16 | 26 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.8 | | 0 | 30.5 | 14.4 | 24.0 |
| **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 | :g | 3 | | 0 | 4 | 2 | 3 |
| Vitamin B-12 | :g | 0.21 | | 0 | 0.29 | 0.14 | 0.23 |
| Vitamin A | IU | 82 | | 0 | 115 | 54 | 90 |
| Vitamin A, RE | :g | 24 | | 0 | 34 | 16 | 26 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 17.8 | 3.652 | 5 | 12.6 | 21.0 | |
| **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 | :g | 4 | | 0 | 3 | 5 | |
| Vitamin B-12 | :g | 0.38 | 0.033 | 2 | 0.27 | 0.45 | |
| Vitamin A | IU | 21 | | 0 | 15 | 25 | |
| Vitamin A, RE | :g | 6 | | 0 | 4 | 7 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.133 | 0.083 | 6 | 0.094 | 0.157 | |
| **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 | :g | 26.2 | | 0 | 13.6 | 22.5 | |
| **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 | :g | 4 | | 0 | 2 | 3 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.19 | 0.32 | |
| Vitamin A | IU | 23 | | 0 | 12 | 20 | |
| Vitamin A, RE | :g | 7 | | 0 | 4 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 4 | | 0 | 6 | 2 | 3 |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.48 | 0.18 | 0.29 |
| Vitamin A | IU | 21 | | 0 | 29 | 11 | 18 |
| Vitamin A, RE | :g | 6 | | 0 | 8 | 3 | 5 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.3 | | 0 | 31.2 | 12.7 | 21.2 |
| **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 | :g | 3 | | 0 | 4 | 2 | 3 |
| Vitamin B-12 | :g | 0.23 | | 0 | 0.32 | 0.13 | 0.22 |
| Vitamin A | IU | 19 | | 0 | 27 | 11 | 18 |
| Vitamin A, RE | :g | 6 | | 0 | 8 | 3 | 6 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.2 | | 0 | 5.8 | 9.6 | |
| **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 | :g | 9 | | 0 | 4 | 7 | |
| Vitamin B-12 | :g | 0.35 | | 0 | 0.15 | 0.26 | |
| Vitamin A | IU | 95 | | 0 | 42 | 69 | |
| Vitamin A, RE | :g | 28 | | 0 | 12 | 20 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.9 | | 0 | 9.4 | 15.8 | |
| **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 | :g | 18 | | 0 | 8 | 13 | |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.12 | 0.20 | |
| Vitamin A | IU | 86 | | 0 | 37 | 62 | |
| Vitamin A, RE | :g | 26 | | 0 | 11 | 19 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.4 | | 0 | 5.3 | 9.0 | |
| **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 | :g | 10 | | 0 | 3 | 5 | |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.09 | 0.16 | |
| Vitamin A | IU | 84 | | 0 | 24 | 41 | |
| Vitamin A, RE | :g | 25 | | 0 | 7 | 12 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 18.6 | | 0 | 26.0 | 5.8 | 9.7 |
| **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 | ：g | 8 | | 0 | 11 | 2 | 4 |
| Vitamin B-12 | ：g | 0.32 | | 0 | 0.45 | 0.10 | 0.17 |
| Vitamin A | IU | 100 | | 0 | 140 | 31 | 52 |
| Vitamin A, RE | ：g | 30 | | 0 | 42 | 9 | 16 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 17.0 | | 0 | 23.8 | 5.8 | 9.7 |
| **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 | :g | 7 | | 0 | 10 | 2 | 4 |
| Vitamin B-12 | :g | 0.22 | | 0 | 0.31 | 0.07 | 0.13 |
| Vitamin A | IU | 91 | | 0 | 127 | 31 | 52 |
| Vitamin A, RE | :g | 27 | | 0 | 38 | 9 | 15 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.5 | 1.936 | 4 | 5.0 | 8.4 | |
| **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 | :g | 10 | | 0 | 4 | 6 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.14 | 0.23 | |
| Vitamin A | IU | 57 | | 0 | 21 | 35 | |
| Vitamin A, RE | :g | 17 | | 0 | 6 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.6 | | 0 | 4.9 | 8.2 | |
| **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 | :g | 9 | | 0 | 2 | 4 | |
| Vitamin B-12 | :g | 0.35 | | 0 | 0.09 | 0.15 | |
| Vitamin A | IU | 61 | | 0 | 15 | 26 | |
| Vitamin A, RE | :g | 18 | | 0 | 5 | 8 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.0 | | 0 | 26.6 | 4.9 | 8.4 |
| **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 | :g | 9 | | 0 | 13 | 2 | 4 |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.48 | 0.09 | 0.15 |
| Vitamin A | IU | 60 | | 0 | 84 | 16 | 26 |
| Vitamin A, RE | :g | 18 | | 0 | 25 | 5 | 8 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.0 | | 0 | 28.8 | 5.0 | 8.3 |
| **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 | :g | 8 | | 0 | 13 | 2 | 4 |
| Vitamin B-12 | :g | 0.24 | | 0 | 0.38 | 0.07 | 0.11 |
| Vitamin A | IU | 57 | | 0 | 91 | 16 | 26 |
| Vitamin A, RE | :g | 17 | | 0 | 27 | 5 | 8 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.1 | | 0 | 13.2 | 21.9 | |
| **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 | :g | 11 | 2.150 | 4 | 11 | 18 | |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.32 | 0.53 | |
| Vitamin A | IU | 123 | | 0 | 124 | 205 | |
| Vitamin A, RE | :g | 36 | | 0 | 36 | 60 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.6 | | 0 | 25.3 | 42.0 | |
| **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 | :g | 18 | | 0 | 17 | 28 | |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.27 | 0.44 | |
| Vitamin A | IU | 91 | | 0 | 86 | 144 | |
| Vitamin A, RE | :g | 27 | | 0 | 26 | 43 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.8 | | 0 | 13.9 | 23.3 | |
| **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 | :g | 11 | | 0 | 7 | 12 | |
| Vitamin B-12 | :g | 0.31 | | 0 | 0.21 | 0.35 | |
| Vitamin A | IU | 92 | | 0 | 62 | 103 | |
| Vitamin A, RE | :g | 28 | | 0 | 19 | 31 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.7 | | 0 | 29.0 | 14.3 | 23.6 |
| **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 | :g | 7 | | 0 | 10 | 5 | 8 |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.42 | 0.21 | 0.34 |
| Vitamin A | IU | 135 | | 0 | 189 | 93 | 154 |
| Vitamin A, RE | :g | 39 | | 0 | 55 | 27 | 44 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.9 | | 0 | 26.5 | 14.2 | 23.6 |
| **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 | :g | 6 | | 0 | 8 | 5 | 8 |
| Vitamin B-12 | :g | 0.20 | | 0 | 0.28 | 0.15 | 0.25 |
| Vitamin A | IU | 124 | | 0 | 174 | 93 | 155 |
| Vitamin A, RE | :g | 36 | | 0 | 50 | 27 | 45 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.5 | 1.936 | 4 | 10.5 | 17.6 | |
| **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 | :g | 10 | | 0 | 8 | 13 | |
| Vitamin B-12 | :g | 0.36 | | 0 | 0.28 | 0.47 | |
| Vitamin A | IU | 61 | | 0 | 48 | 79 | |
| Vitamin A, RE | :g | 18 | | 0 | 14 | 23 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.8 | | 0 | 10.5 | 17.7 | |
| **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 | :g | 9 | | 0 | 5 | 8 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.19 | 0.32 | |
| Vitamin A | IU | 66 | | 0 | 37 | 62 | |
| Vitamin A, RE | :g | 20 | | 0 | 11 | 19 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.1 | | 0 | 30.9 | 12.6 | 21.0 |
| **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 | :g | 8 | | 0 | 11 | 5 | 8 |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.45 | 0.18 | 0.30 |
| Vitamin A | IU | 63 | | 0 | 88 | 36 | 60 |
| Vitamin A, RE | :g | 19 | | 0 | 27 | 11 | 18 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.5 | | 0 | 42.4 | 15.9 | 26.8 |
| **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 | :g | 8 | | 0 | 13 | 5 | 8 |
| Vitamin B-12 | :g | 0.23 | | 0 | 0.37 | 0.14 | 0.23 |
| Vitamin A | IU | 60 | | 0 | 96 | 36 | 61 |
| Vitamin A, RE | :g | 18 | | 0 | 29 | 11 | 18 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 12.0 | | 0 | 1.8 | 6.0 | |
| **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 | ：g | 5 | | 0 | 1 | 3 | |
| Vitamin B-12 | ：g | 0.26 | | 0 | 0.04 | 0.13 | |
| Vitamin A | IU | 216 | | 0 | 32 | 108 | |
| Vitamin A, RE | ：g | 65 | | 0 | 10 | 33 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.3 | | 0 | 3.4 | 11.1 | |
| **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 | :g | 15 | | 0 | 2 | 8 | |
| Vitamin B-12 | :g | 0.24 | | 0 | 0.04 | 0.12 | |
| Vitamin A | IU | 170 | | 0 | 27 | 88 | |
| Vitamin A, RE | :g | 51 | | 0 | 8 | 27 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.6 | | 0 | 2.0 | 6.7 | |
| **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 | :g | 11 | | 0 | 1 | 4 | |
| Vitamin B-12 | :g | 0.26 | | 0 | 0.03 | 0.09 | |
| Vitamin A | IU | 190 | | 0 | 21 | 68 | |
| Vitamin A, RE | :g | 57 | | 0 | 6 | 21 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 17.3 | | 0 | 1.9 | 6.6 | |
| **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 | :g | 3 | | 0 | 0 | 1 | |
| Vitamin B-12 | :g | 0.14 | | 0 | 0.02 | 0.05 | |
| Vitamin A | IU | 161 | | 0 | 18 | 61 | |
| Vitamin A, RE | :g | 48 | | 0 | 5 | 18 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.5 | 1.936 | 4 | 0.8 | 2.7 | |
| **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 | :g | 8 | | 0 | 0 | 2 | |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.02 | 0.06 | |
| Vitamin A | IU | 146 | | 0 | 9 | 29 | |
| Vitamin A, RE | :g | 44 | | 0 | 3 | 9 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.5 | | 0 | 1.4 | 4.5 | |
| **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 | :g | 8 | | 0 | 1 | 2 | |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.02 | 0.07 | |
| Vitamin A | IU | 162 | | 0 | 11 | 36 | |
| Vitamin A, RE | :g | 49 | | 0 | 3 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.5 | | 0 | 1.0 | 3.7 | |
| **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 | :g | 6 | | 0 | 0 | 1 | |
| Vitamin B-12 | :g | 0.17 | | 0 | 0.01 | 0.03 | |
| Vitamin A | IU | 121 | | 0 | 6 | 22 | |
| Vitamin A, RE | :g | 36 | | 0 | 2 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 12.9 | | 0 | 7.4 | 12.1 | |
| **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 | :g | 7 | | 0 | 4 | 7 | |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.17 | 0.28 | |
| Vitamin A | IU | 145 | | 0 | 83 | 136 | |
| Vitamin A, RE | :g | 42 | | 0 | 24 | 39 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 23.2 | | 0 | 12.1 | 20.0 | |
| **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 | :g | 19 | | 0 | 10 | 16 | |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.15 | 0.24 | |
| Vitamin A | IU | 95 | | 0 | 49 | 82 | |
| Vitamin A, RE | :g | 29 | | 0 | 15 | 25 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.9 | | 0 | 7.6 | 12.3 | |
| **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 | :g | 12 | | 0 | 5 | 7 | |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.11 | 0.19 | |
| Vitamin A | IU | 98 | | 0 | 37 | 61 | |
| Vitamin A, RE | :g | 29 | | 0 | 11 | 18 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.5 | | 0 | 27.3 | 7.2 | 12.1 |
| **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 | :g | 7 | | 0 | 10 | 3 | 4 |
| Vitamin B-12 | :g | 0.29 | | 0 | 0.41 | 0.11 | 0.18 |
| Vitamin A | IU | 165 | | 0 | 231 | 61 | 102 |
| Vitamin A, RE | :g | 48 | | 0 | 67 | 18 | 30 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 17.9 | | 0 | 7.3 | 12.2 | |
| **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 | :g | 6 | | 0 | 2 | 4 | |
| Vitamin B-12 | :g | 0.19 | | 0 | 0.08 | 0.13 | |
| Vitamin A | IU | 151 | | 0 | 62 | 103 | |
| Vitamin A, RE | :g | 44 | | 0 | 18 | 30 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.5 | 1.936 | 4 | 5.5 | 9.3 | |
| **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 | :g | 10 | | 0 | 4 | 7 | |
| Vitamin B-12 | :g | 0.35 | 0.075 | 3 | 0.14 | 0.24 | |
| Vitamin A | IU | 65 | | 0 | 27 | 45 | |
| Vitamin A, RE | :g | 20 | | 0 | 8 | 14 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.319 | 0.104 | 6 | 0.131 | 0.220 | |
| **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 | :g | 20.5 | | 0 | 6.4 | 10.7 | |
| **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 | :g | 9 | | 0 | 3 | 5 | |
| Vitamin B-12 | :g | 0.33 | | 0 | 0.10 | 0.17 | |
| Vitamin A | IU | 70 | | 0 | 22 | 36 | |
| Vitamin A, RE | :g | 21 | | 0 | 7 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 8 | | 0 | 11 | 2 | 4 |
| Vitamin B-12 | :g | 0.31 | | 0 | 0.43 | 0.10 | 0.16 |
| Vitamin A | IU | 65 | | 0 | 91 | 20 | 34 |
| Vitamin A, RE | :g | 20 | | 0 | 28 | 6 | 10 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 17.1 | | 0 | 23.9 | 5.6 | 9.4 |
| **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 | :g | 7 | | 0 | 10 | 2 | 4 |
| Vitamin B-12 | :g | 0.21 | | 0 | 0.29 | 0.07 | 0.12 |
| Vitamin A | IU | 62 | | 0 | 87 | 20 | 34 |
| Vitamin A, RE | :g | 19 | | 0 | 27 | 6 | 10 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.5 | | 0 | 4.5 | 7.6 | |
| **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 | :g | 4 | | 0 | 1 | 2 | |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.09 | 0.16 | |
| Vitamin A | IU | 147 | | 0 | 43 | 72 | |
| Vitamin A, RE | :g | 44 | | 0 | 13 | 22 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 25.7 | | 0 | 7.5 | 12.6 | |
| **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 | :g | 18 | | 0 | 5 | 9 | |
| Vitamin B-12 | :g | 0.25 | | 0 | 0.07 | 0.12 | |
| Vitamin A | IU | 113 | | 0 | 33 | 55 | |
| Vitamin A, RE | :g | 34 | | 0 | 10 | 17 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.3 | | 0 | 4.0 | 6.8 | |
| **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 | :g | 6 | | 0 | 1 | 2 | |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.05 | 0.09 | |
| Vitamin A | IU | 125 | | 0 | 24 | 40 | |
| Vitamin A, RE | :g | 38 | | 0 | 7 | 12 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.2 | | 0 | 31.1 | 4.7 | 7.5 |
| **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 | :g | 3 | | 0 | 4 | 1 | 1 |
| Vitamin B-12 | :g | 0.29 | | 0 | 0.41 | 0.06 | 0.10 |
| Vitamin A | IU | 158 | | 0 | 221 | 33 | 54 |
| Vitamin A, RE | :g | 47 | | 0 | 66 | 10 | 16 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.5 | | 0 | 25.9 | 4.4 | 7.4 |
| **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 | :g | 3 | | 0 | 4 | 1 | 1 |
| Vitamin B-12 | :g | 0.18 | | 0 | 0.25 | 0.04 | 0.07 |
| Vitamin A | IU | 133 | | 0 | 186 | 32 | 53 |
| Vitamin A, RE | :g | 40 | | 0 | 56 | 10 | 16 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 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 | :g | 17.8 | 3.652 | 5 | 3.0 | 5.2 | |
| **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 | :g | 4 | | 0 | 1 | 1 | |
| Vitamin B-12 | :g | 0.38 | | 0 | 0.06 | 0.11 | |
| Vitamin A | IU | 59 | | 0 | 10 | 17 | |
| Vitamin A, RE | :g | 18 | | 0 | 3 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 25.4 | | 0 | 3.0 | 5.1 | |
| **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 | :g | 4 | | 0 | 0 | 1 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.04 | 0.07 | |
| Vitamin A | IU | 61 | | 0 | 7 | 12 | |
| Vitamin A, RE | :g | 18 | | 0 | 2 | 4 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.7 | | 0 | 3.2 | 5.2 | |
| **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 | :g | 4 | | 0 | 1 | 1 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.04 | 0.07 | |
| Vitamin A | IU | 61 | | 0 | 8 | 13 | |
| Vitamin A, RE | :g | 18 | | 0 | 2 | 4 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.7 | | 0 | 30.4 | 3.0 | 5.2 |
| **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 | :g | 3 | | 0 | 4 | 0 | 1 |
| Vitamin B-12 | :g | 0.22 | | 0 | 0.31 | 0.03 | 0.05 |
| Vitamin A | IU | 54 | | 0 | 76 | 8 | 13 |
| Vitamin A, RE | :g | 16 | | 0 | 22 | 2 | 4 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 11.6 | | 0 | 175.0 | | |
| **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 | ：g | 26 | | 0 | 392 | | |
| Vitamin B-12 | ：g | 0.99 | | 0 | 14.94 | | |
| Vitamin A | IU | 843 | | 0 | 12721 | | |
| Vitamin A, RE | ：g | 252 | | 0 | 3803 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | | | | | | |

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|---|---|---|---|---|
| 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 | :g | 15.7 | | 0 | 168.3 | 36.9 | |
| **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 | :g | 23 | | 0 | 247 | 54 | |
| Vitamin B-12 | :g | 0.78 | | 0 | 8.36 | 1.83 | |
| Vitamin A | IU | 597 | | 0 | 6400 | 1403 | |
| Vitamin A, RE | :g | 179 | | 0 | 1919 | 421 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.3 | | 0 | 44.8 | 102.2 | |
| **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 | :g | 6 | | 0 | 18 | 40 | |
| Vitamin B-12 | :g | 0.31 | | 0 | 0.91 | 2.07 | |
| Vitamin A | IU | 131 | | 0 | 384 | 875 | |
| Vitamin A, RE | :g | 38 | | 0 | 111 | 254 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 23.6 | | 0 | 49.6 | 113.3 | |
| **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 | :g | 5 | | 0 | 11 | 24 | |
| Vitamin B-12 | :g | 0.27 | | 0 | 0.57 | 1.30 | |
| Vitamin A | IU | 83 | | 0 | 174 | 398 | |
| Vitamin A, RE | :g | 25 | | 0 | 53 | 120 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.9 | | 0 | 35.3 | 80.6 | |
| **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 | :g | 7 | | 0 | 15 | 33 | |
| Vitamin B-12 | :g | 0.36 | | 0 | 0.75 | 1.72 | |
| Vitamin A | IU | 45 | | 0 | 94 | 215 | |
| Vitamin A, RE | :g | 13 | | 0 | 27 | 62 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.6 | | 0 | 34.4 | 42.1 | |
| **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 | :g | 5 | | 0 | 7 | 9 | |
| Vitamin B-12 | :g | 0.29 | | 0 | 0.41 | 0.50 | |
| Vitamin A | IU | 41 | | 0 | 57 | 70 | |
| Vitamin A, RE | :g | 12 | | 0 | 17 | 21 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 54.1 | | 0 | 13.5 | 61.1 | |
| **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 | :g | 276 | | 0 | 69 | 312 | |
| Vitamin B-12 | :g | 9.40 | | 0 | 2.35 | 10.62 | |
| Vitamin A | IU | 9592 | | 0 | 2398 | 10839 | |
| Vitamin A, RE | :g | 2877 | | 0 | 719 | 3251 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 100.1 | | 0 | 145.1 | 15.0 | |
| **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 | ：g | 303 | | 0 | 439 | 45 | |
| Vitamin B-12 | ：g | 8.45 | | 0 | 12.25 | 1.27 | |
| Vitamin A | IU | 8136 | | 0 | 11797 | 1220 | |
| Vitamin A, RE | ：g | 2441 | | 0 | 3539 | 366 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 17.8 | 3.652 | 5 | 17.6 | 39.2 | |
| **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 | ：g | 4 | | 0 | 4 | 9 | |
| Vitamin B-12 | ：g | 0.39 | | 0 | 0.39 | 0.86 | |
| Vitamin A | IU | 27 | | 0 | 27 | 59 | |
| Vitamin A, RE | ：g | 8 | | 0 | 8 | 18 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 25.8 | | 0 | 36.1 | 20.1 | |
| **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 | :g | 3 | | 0 | 4 | 2 | |
| Vitamin B-12 | :g | 0.31 | | 0 | 0.43 | 0.24 | |
| Vitamin A | IU | 25 | | 0 | 35 | 20 | |
| Vitamin A, RE | :g | 8 | | 0 | 11 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 13.5 | 1.194 | 4 | 15.3 | 34.8 | |
| **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 | ：g | 9 | | 0 | 10 | 23 | |
| Vitamin B-12 | ：g | 0.34 | | 0 | 0.38 | 0.88 | |
| Vitamin A | IU | 60 | | 0 | 68 | 155 | |
| Vitamin A, RE | ：g | 18 | | 0 | 20 | 46 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.6 | | 0 | 27.4 | 18.4 | |
| **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 | :g | 7 | | 0 | 10 | 7 | |
| Vitamin B-12 | :g | 0.27 | | 0 | 0.38 | 0.25 | |
| Vitamin A | IU | 54 | | 0 | 76 | 51 | |
| Vitamin A, RE | :g | 16 | | 0 | 22 | 15 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 12.5 | | 0 | 113.1 | | |
| **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 | :g | 37 | | 0 | 335 | | |
| Vitamin B-12 | :g | 1.26 | | 0 | 11.40 | | |
| Vitamin A | IU | 1102 | | 0 | 9973 | | |
| Vitamin A, RE | :g | 327 | | 0 | 2959 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 20.2 | | 0 | 32.3 | 40.8 | 119.8 |
| **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 | ：g | 36 | | 0 | 58 | 73 | 213 |
| Vitamin B-12 | ：g | 1.00 | | 0 | 1.60 | 2.02 | 5.93 |
| Vitamin A | IU | 925 | | 0 | 1480 | 1869 | 5485 |
| Vitamin A, RE | ：g | 275 | | 0 | 440 | 556 | 1631 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 14.4 | | 0 | 39.0 | 57.3 | |
| **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 | :g | 6 | | 0 | 16 | 24 | |
| Vitamin B-12 | :g | 0.32 | | 0 | 0.87 | 1.27 | |
| Vitamin A | IU | 178 | | 0 | 482 | 708 | |
| Vitamin A, RE | :g | 52 | | 0 | 141 | 207 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.7 | | 0 | 35.1 | 51.4 | |
| **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 | :g | 5 | | 0 | 9 | 13 | |
| Vitamin B-12 | :g | 0.23 | | 0 | 0.41 | 0.60 | |
| Vitamin A | IU | 131 | | 0 | 233 | 342 | |
| Vitamin A, RE | :g | 39 | | 0 | 69 | 102 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.7 | | 0 | 30.5 | 44.6 | |
| **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 | :g | 7 | | 0 | 14 | 20 | |
| Vitamin B-12 | :g | 0.38 | | 0 | 0.74 | 1.08 | |
| Vitamin A | IU | 105 | | 0 | 204 | 298 | |
| Vitamin A, RE | :g | 32 | | 0 | 62 | 91 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 25.2 | | 0 | 35.3 | 34.5 | |
| **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 | :g | 6 | | 0 | 8 | 8 | |
| Vitamin B-12 | :g | 0.26 | | 0 | 0.36 | 0.36 | |
| Vitamin A | IU | 112 | | 0 | 157 | 153 | |
| Vitamin A, RE | :g | 33 | | 0 | 46 | 45 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 56.1 | | 0 | 15.7 | 45.4 | |
| **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 | :g | 350 | | 0 | 98 | 284 | |
| Vitamin B-12 | :g | 10.83 | | 0 | 3.03 | 8.77 | |
| Vitamin A | IU | 10497 | | 0 | 2939 | 8503 | |
| Vitamin A, RE | :g | 3116 | | 0 | 872 | 2524 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 90.4 | | 0 | 131.1 | 15.4 | |
| **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 | :g | 367 | | 0 | 532 | 62 | |
| Vitamin B-12 | :g | 9.48 | | 0 | 13.75 | 1.61 | |
| Vitamin A | IU | 9536 | | 0 | 13827 | 1621 | |
| Vitamin A, RE | :g | 2830 | | 0 | 4104 | 481 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 17.8 | 3.652 | 5 | 15.8 | 23.1 | |
| **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 | ：g | 4 | | 0 | 4 | 5 | |
| Vitamin B-12 | ：g | 0.40 | | 0 | 0.36 | 0.52 | |
| Vitamin A | IU | 70 | | 0 | 62 | 91 | |
| Vitamin A, RE | ：g | 21 | | 0 | 19 | 27 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 28.7 | | 0 | 40.2 | 18.4 | |
| **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 | :g | 4 | | 0 | 6 | 3 | |
| Vitamin B-12 | :g | 0.27 | | 0 | 0.38 | 0.17 | |
| Vitamin A | IU | 73 | | 0 | 102 | 47 | |
| Vitamin A, RE | :g | 22 | | 0 | 31 | 14 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.5 | 1.936 | 4 | 14.2 | 20.8 | |
| **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 | :g | 10 | | 0 | 11 | 15 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.39 | 0.57 | |
| Vitamin A | IU | 135 | | 0 | 142 | 208 | |
| Vitamin A, RE | :g | 41 | | 0 | 43 | 63 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.8 | | 0 | 30.5 | 15.9 | |
| **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 | :g | 8 | | 0 | 11 | 6 | |
| Vitamin B-12 | :g | 0.25 | | 0 | 0.35 | 0.18 | |
| Vitamin A | IU | 145 | | 0 | 203 | 106 | |
| Vitamin A, RE | :g | 43 | | 0 | 60 | 31 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 12.2 | | 0 | 262.5 | | |
| **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 | ：g | 27 | | 0 | 581 | | |
| Vitamin B-12 | ：g | 1.01 | | 0 | 21.74 | | |
| Vitamin A | IU | 905 | | 0 | 19476 | | |
| Vitamin A, RE | ：g | 270 | | 0 | 5810 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.3 | | 0 | 273.7 | 42.1 | |
| **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 | :g | 26 | | 0 | 369 | 57 | |
| Vitamin B-12 | :g | 0.36 | | 0 | 5.10 | 0.78 | |
| Vitamin A | IU | 734 | | 0 | 10408 | 1600 | |
| Vitamin A, RE | :g | 220 | | 0 | 3120 | 480 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 14.6 | | 0 | 140.7 | 43.4 | |
| **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 | :g | 6 | | 0 | 58 | 18 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 3.28 | 1.01 | |
| Vitamin A | IU | 129 | | 0 | 1244 | 383 | |
| Vitamin A, RE | :g | 37 | | 0 | 357 | 110 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 21.6 | | 0 | 137.6 | 42.3 | |
| **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 | ：g | 6 | | 0 | 38 | 12 | |
| Vitamin B-12 | ：g | 0.33 | | 0 | 2.10 | 0.65 | |
| Vitamin A | IU | 68 | | 0 | 433 | 133 | |
| Vitamin A, RE | ：g | 20 | | 0 | 127 | 39 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 55.3 | | 0 | 63.6 | 10.0 | |
| **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 | :g | 394 | | 0 | 453 | 71 | |
| Vitamin B-12 | :g | 12.95 | | 0 | 14.89 | 2.33 | |
| Vitamin A | IU | 14566 | | 0 | 16751 | 2622 | |
| Vitamin A, RE | :g | 4372 | | 0 | 5028 | 787 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 95.0 | | 0 | 137.8 | 10.4 | |
| **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 | :g | 414 | | 0 | 600 | 46 | |
| Vitamin B-12 | :g | 1.14 | | 0 | 1.65 | 0.13 | |
| Vitamin A | IU | 13266 | | 0 | 19236 | 1459 | |
| Vitamin A, RE | :g | 3980 | | 0 | 5771 | 438 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 12.4 | | 0 | 35.6 | 78.6 | |
| **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 | :g | 13 | | 0 | 37 | 82 | |
| Vitamin B-12 | :g | 0.25 | | 0 | 0.72 | 1.59 | |
| Vitamin A | IU | 168 | 5.334 | 20 | 482 | 1065 | |
| Vitamin A, RE | :g | 51 | 1.600 | 20 | 146 | 323 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ˙g | 20.0 | | 0 | 28.0 | 34.6 | 76.4 |
| **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 | ˙g | 6 | | 0 | 8 | 10 | 23 |
| Vitamin B-12 | ˙g | 0.30 | | 0 | 0.42 | 0.52 | 1.15 |
| Vitamin A | IU | 210 | | 0 | 294 | 363 | 802 |
| Vitamin A, RE | ˙g | 63 | | 0 | 88 | 109 | 241 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.9 | | 0 | 19.0 | 42.1 | |
| **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 | :g | 25 | | 1 | 34 | 76 | |
| Vitamin B-12 | :g | 0.40 | | 1 | 0.55 | 1.21 | |
| Vitamin A | IU | 79 | | 0 | 108 | 239 | |
| Vitamin A, RE | :g | 24 | | 0 | 33 | 73 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.4 | | 0 | 31.4 | 22.4 | 49.5 |
| **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 | :g | 10 | | 0 | 14 | 10 | 22 |
| Vitamin B-12 | :g | 0.40 | | 0 | 0.56 | 0.40 | 0.88 |
| Vitamin A | IU | 77 | | 0 | 108 | 77 | 170 |
| Vitamin A, RE | :g | 23 | | 0 | 32 | 23 | 51 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 67.0 | | 0 | 29.5 | 6.7 | |
| **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 | ：g | 738 | | 0 | 325 | 74 | |
| Vitamin B-12 | ：g | 54.00 | | 1 | 23.76 | 5.40 | |
| Vitamin A | IU | 39907 | 1166.888 | 8 | 17559 | 3991 | |
| Vitamin A, RE | ：g | 11946 | 348.897 | 8 | 5256 | 1195 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 12.8 | | 0 | 30.6 | 34.6 | |
| **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 | :g | 21 | | 0 | 50 | 57 | |
| Vitamin B-12 | :g | 0.65 | | 0 | 1.55 | 1.75 | |
| Vitamin A | IU | 88 | | 0 | 210 | 238 | |
| Vitamin A, RE | :g | 26 | | 0 | 62 | 70 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.9 | | 0 | 10.1 | 11.5 | |
| **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 | :g | 25 | | 0 | 18 | 21 | |
| Vitamin B-12 | :g | 0.76 | | 1 | 0.55 | 0.63 | |
| Vitamin A | IU | 53 | | 0 | 39 | 44 | |
| Vitamin A, RE | :g | 16 | | 0 | 12 | 13 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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

*Anser anser*

**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 | :g | 14.4 | | 0 | 46.1 | 189.9 | |
| **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 | :g | 4 | 0.178 | 10 | 13 | 53 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 1.09 | 4.48 | |
| Vitamin A | IU | 55 | 1.138 | 10 | 176 | 725 | |
| Vitamin A, RE | :g | 17 | 0.342 | 10 | 54 | 224 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.8 | | 0 | 30.5 | 41.0 | 168.7 |
| **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 | :g | 2 | | 0 | 3 | 4 | 15 |
| Vitamin B-12 | :g | 0.41 | | 0 | 0.57 | 0.77 | 3.17 |
| Vitamin A | IU | 70 | | 0 | 98 | 132 | 542 |
| Vitamin A, RE | :g | 21 | | 0 | 29 | 39 | 163 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.8 | | 0 | 31.1 | 128.7 | |
| **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 | :g | 31 | | 0 | 57 | 237 | |
| Vitamin B-12 | :g | 0.49 | | 0 | 0.91 | 3.75 | |
| Vitamin A | IU | 40 | | 0 | 74 | 306 | |
| Vitamin A, RE | :g | 12 | | 0 | 22 | 92 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 25.5 | | 0 | 36.5 | 150.7 | |
| **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 | :g | 12 | | 0 | 17 | 71 | |
| Vitamin B-12 | :g | 0.49 | | 0 | 0.70 | 2.90 | |
| Vitamin A | IU | 40 | | 0 | 57 | 236 | |
| Vitamin A, RE | :g | 12 | | 0 | 17 | 71 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 68.1 | | 0 | 64.0 | 7.5 | |
| **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 | ΄g | 738 | | 0 | 694 | 81 | |
| Vitamin B-12 | ΄g | 54.00 | | 0 | 50.76 | 5.94 | |
| Vitamin A | IU | 30998 | 1467.843 | 13 | 29138 | 3410 | |
| Vitamin A, RE | ΄g | 9285 | 440.450 | 13 | 8728 | 1021 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.3 | | 0 | 58.5 | 56.2 | |
| **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 | :g | 5 | | 0 | 18 | 17 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 1.22 | 1.17 | |
| Vitamin A | IU | 92 | | 0 | 330 | 317 | |
| Vitamin A, RE | :g | 28 | | 0 | 101 | 97 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 17.5 | | 0 | 48.1 | 46.2 | |
| **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 | :g | 6 | | 0 | 17 | 16 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 1.02 | 0.98 | |
| Vitamin A | IU | 41 | | 0 | 113 | 108 | |
| Vitamin A, RE | :g | 12 | | 0 | 33 | 32 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.7 | | 0 | 58.2 | 62.8 | |
| **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 | :g | 6 | | 0 | 22 | 24 | |
| Vitamin B-12 | :g | 0.77 | | 0 | 2.86 | 3.08 | |
| Vitamin A | IU | 177 | | 0 | 657 | 708 | |
| Vitamin A, RE | :g | 53 | | 0 | 197 | 212 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.2 | | 0 | 52.8 | 57.0 | |
| **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 | :g | 6 | | 0 | 20 | 21 | |
| Vitamin B-12 | :g | 0.84 | | 0 | 2.74 | 2.96 | |
| Vitamin A | IU | 165 | | 0 | 538 | 581 | |
| Vitamin A, RE | :g | 49 | | 0 | 160 | 172 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.7 | | 0 | 28.2 | 30.4 | |
| **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 | :g | 4 | | 0 | 7 | 7 | |
| Vitamin B-12 | :g | 0.84 | | 1 | 1.42 | 1.53 | |
| Vitamin A | IU | 147 | | 0 | 248 | 268 | |
| Vitamin A, RE | :g | 44 | | 0 | 74 | 80 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.3 | | 0 | 15.1 | 16.4 | |
| **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 | :g | 10 | | 0 | 10 | 11 | |
| Vitamin B-12 | :g | 0.84 | | 0 | 0.83 | 0.90 | |
| Vitamin A | IU | 195 | | 0 | 193 | 209 | |
| Vitamin A, RE | :g | 58 | | 0 | 57 | 62 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 16.6 | | 0 | 18.1 | 67.2 | |
| **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 | :g | 8 | 0.224 | 5 | 9 | 32 | |
| Vitamin B-12 | :g | 0.43 | | 0 | 0.47 | 1.74 | |
| Vitamin A | IU | 243 | 5.963 | 5 | 265 | 984 | |
| Vitamin A, RE | :g | 73 | 1.789 | 5 | 80 | 296 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.701 | | 0 | 0.764 | 2.839 | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 3.380 | | 0 | 3.684 | 13.689 | |
| 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 | 0.044 | 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 | 0.000 | 0 | 0.000 | 0.000 |
| 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 | :g | 17.4 | | 0 | 16.0 | 59.5 | |
| **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 | :g | 7 | | 0 | 6 | 24 | |
| Vitamin B-12 | :g | 0.47 | | 0 | 0.43 | 1.61 | |
| Vitamin A | IU | 57 | | 0 | 52 | 195 | |
| Vitamin A, RE | :g | 17 | | 0 | 16 | 58 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 18.8 | | 0 | 39.1 | 10.5 | |
| **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 | ：g | 4 | | 0 | 8 | 2 | |
| Vitamin B-12 | ：g | 0.47 | 0.027 | 3 | 0.98 | 0.26 | |
| Vitamin A | IU | 37 | 18.735 | 3 | 77 | 21 | |
| Vitamin A, RE | ：g | 11 | 5.621 | 3 | 23 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.3 | | 0 | 39.5 | 26.5 | |
| **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 | :g | 6 | | 0 | 18 | 12 | |
| Vitamin B-12 | :g | 0.40 | | 0 | 1.19 | 0.80 | |
| Vitamin A | IU | 243 | | 0 | 722 | 484 | |
| Vitamin A, RE | :g | 73 | | 0 | 217 | 145 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.5 | | 0 | 33.9 | 22.7 | |
| **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 | :g | 7 | | 0 | 18 | 12 | |
| Vitamin B-12 | :g | 0.47 | | 0 | 1.18 | 0.79 | |
| Vitamin A | IU | 94 | | 0 | 236 | 158 | |
| Vitamin A, RE | :g | 28 | | 0 | 70 | 47 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.5 | | 0 | 15.7 | 23.4 | |
| **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 | :g | 4 | | 0 | 4 | 6 | |
| Vitamin B-12 | :g | 0.47 | | 0 | 0.47 | 0.71 | |
| Vitamin A | IU | 57 | | 0 | 58 | 86 | |
| Vitamin A, RE | :g | 17 | | 0 | 17 | 26 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 23.3 | | 0 | 1294.1 | | |
| **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 | :g | 23 | | 0 | 1277 | | |
| Vitamin B-12 | :g | 1.62 | | 0 | 89.97 | | |
| Vitamin A | IU | 341 | | 0 | 18939 | | |
| Vitamin A, RE | :g | 102 | | 0 | 5665 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-TE | mg | 0.390 | | 0 | 21.661 | | |
| **Lipids:** | | | | | | | |
| Saturated, total | g | 2.200 | | 0 | 122.188 | | |
| 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 | 0.555 | | |
| 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 | 0.000 | 0 | 0.000 |
| 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 | :g | 31.9 | | 0 | 82.9 | 1283.3 | |
| **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 | :g | 20 | | 0 | 52 | 805 | |
| Vitamin B-12 | :g | 1.28 | | 0 | 3.33 | 51.49 | |
| Vitamin A | IU | 230 | | 0 | 598 | 9253 | |
| Vitamin A, RE | :g | 68 | | 0 | 177 | 2736 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.4 | | 0 | 81.0 | 625.9 | |
| **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 | :g | 8 | | 0 | 27 | 205 | |
| Vitamin B-12 | :g | 0.40 | | 0 | 1.33 | 10.26 | |
| Vitamin A | IU | 6 | | 0 | 20 | 154 | |
| Vitamin A, RE | :g | 2 | | 0 | 7 | 51 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 32.9 | | 0 | 46.1 | 79.0 | 611.0 |
| **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 | :g | 7 | | 0 | 10 | 17 | 130 |
| Vitamin B-12 | :g | 0.35 | | 0 | 0.49 | 0.84 | 6.50 |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | 0 |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.5 | | 0 | 74.5 | 576.1 | |
| **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 | :g | 9 | | 0 | 25 | 196 | |
| Vitamin B-12 | :g | 0.43 | | 0 | 1.21 | 9.35 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 36.8 | | 0 | 51.5 | 76.5 | |
| **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 | :g | 7 | | 0 | 10 | 15 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.52 | 0.77 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 12.4 | | 0 | 6.3 | 48.6 | |
| **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 | :g | 4 | | 0 | 2 | 16 | |
| Vitamin B-12 | :g | 0.24 | | 0 | 0.12 | 0.94 | |
| Vitamin A | IU | 38 | | 0 | 19 | 149 | |
| Vitamin A, RE | :g | 12 | | 0 | 6 | 47 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 124.3 | | 0 | 39.8 | 308.3 | |
| **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 | :g | 4 | | 0 | 1 | 10 | |
| Vitamin B-12 | :g | 0.24 | | 0 | 0.08 | 0.60 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 142.0 | | 0 | 22.7 | 346.5 | |
| **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 | :g | 342 | | 0 | 55 | 834 | |
| Vitamin B-12 | :g | 28.39 | | 0 | 4.54 | 69.27 | |
| Vitamin A | IU | 7665 | | 0 | 1226 | 18703 | |
| Vitamin A, RE | :g | 2289 | | 0 | 366 | 5585 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 221.8 | | 0 | 321.6 | 22.2 | |
| **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 | :g | 345 | | 0 | 500 | 35 | |
| Vitamin B-12 | :g | 24.03 | | 0 | 34.84 | 2.40 | |
| Vitamin A | IU | 6036 | | 0 | 8752 | 604 | |
| Vitamin A, RE | :g | 1795 | | 0 | 2603 | 180 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 58.9 | | 0 | 66.6 | 4.1 | |
| **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 | ：g | 52 | | 0 | 59 | 4 | |
| Vitamin B-12 | ：g | 2.12 | | 0 | 2.40 | 0.15 | |
| Vitamin A | IU | 217 | | 0 | 245 | 15 | |
| Vitamin A, RE | ：g | 65 | | 0 | 73 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 93.5 | | 0 | 135.6 | 3.7 | |
| **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 | :g | 52 | | 0 | 75 | 2 | |
| Vitamin B-12 | :g | 1.90 | | 0 | 2.75 | 0.08 | |
| Vitamin A | IU | 185 | | 0 | 268 | 7 | |
| Vitamin A, RE | :g | 55 | | 0 | 80 | 2 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 5.0 | | 0 | 1.4 | 0.1 | |
| **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 | ΄g | 72 | | 0 | 21 | 1 | |
| Vitamin B-12 | ΄g | 7.29 | | 0 | 2.11 | 0.14 | |
| Vitamin A | IU | 30 | | 0 | 9 | 1 | |
| Vitamin A, RE | ΄g | 9 | | 0 | 3 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 8.6 | | 0 | 12.5 | 0.1 | |
| **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 | :g | 79 | | 0 | 115 | 1 | |
| Vitamin B-12 | :g | 7.15 | | 0 | 10.37 | 0.07 | |
| Vitamin A | IU | 28 | | 0 | 41 | 0 | |
| Vitamin A, RE | :g | 8 | | 0 | 12 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 72.5 | | 0 | 74.0 | 5.1 | |
| **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 | :g | 738 | | 0 | 753 | 52 | |
| Vitamin B-12 | :g | 63.33 | 7.424 | 3 | 64.60 | 4.43 | |
| Vitamin A | IU | 18042 | 1995.685 | 9 | 18403 | 1263 | |
| Vitamin A, RE | :g | 5387 | 597.095 | 9 | 5495 | 377 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 100.7 | | 0 | 141.0 | 5.0 | |
| **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 | :g | 666 | | 0 | 932 | 33 | |
| Vitamin B-12 | :g | 47.50 | | 0 | 66.50 | 2.38 | |
| Vitamin A | IU | 12581 | 1726.198 | 9 | 17613 | 629 | |
| Vitamin A, RE | :g | 3741 | 519.213 | 9 | 5237 | 187 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 28.6 | | 0 | 3.4 | 51.5 | |
| **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 | ：g | 11 | | 0 | 1 | 20 | |
| Vitamin B-12 | ：g | 0.41 | | 0 | 0.05 | 0.74 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 36.2 | | 0 | 3.6 | 55.0 | |
| **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 | ：g | 8 | | 0 | 1 | 12 | |
| Vitamin B-12 | ：g | 0.23 | | 0 | 0.02 | 0.35 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.4 | | 0 | 40.3 | 310.9 | |
| **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 | :g | 7 | | 0 | 13 | 97 | |
| Vitamin B-12 | :g | 0.42 | | 0 | 0.76 | 5.83 | |
| Vitamin A | IU | 6 | | 0 | 11 | 83 | |
| Vitamin A, RE | :g | 2 | | 0 | 4 | 28 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 29.1 | | 0 | 40.7 | 39.6 | 305.6 |
| **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 | ：g | 6 | | 0 | 8 | 8 | 63 |
| Vitamin B-12 | ：g | 0.35 | | 0 | 0.49 | 0.48 | 3.67 |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | 0 |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.4 | | 0 | 40.1 | 310.5 | |
| **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 | :g | 10 | | 0 | 15 | 118 | |
| Vitamin B-12 | :g | 0.38 | | 0 | 0.58 | 4.47 | |
| Vitamin A | IU | 5 | | 0 | 8 | 59 | |
| Vitamin A, RE | :g | 2 | | 0 | 3 | 24 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 37.8 | | 0 | 52.9 | 39.3 | 305.4 |
| **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 | :g | 9 | | 0 | 13 | 9 | 73 |
| Vitamin B-12 | :g | 0.36 | | 0 | 0.50 | 0.37 | 2.91 |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | 0 |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.4 | | 0 | 36.6 | 282.1 | |
| **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 | :g | 8 | | 0 | 12 | 92 | |
| Vitamin B-12 | :g | 0.45 | | 0 | 0.68 | 5.20 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 6 | | 0 | 8 | 7 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.52 | 0.43 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 28.6 | | 0 | 37.8 | 290.9 | |
| **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 | :g | 11 | | 0 | 15 | 112 | |
| Vitamin B-12 | :g | 0.40 | | 0 | 0.53 | 4.07 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | 9 | | 0 | 13 | 8 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.52 | 0.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.4 | | 0 | 95.3 | 12.4 | |
| **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 | :g | 9 | | 0 | 32 | 4 | |
| Vitamin B-12 | :g | 0.36 | | 0 | 1.30 | 0.17 | |
| Vitamin A | IU | 10 | | 0 | 36 | 5 | |
| Vitamin A, RE | :g | 3 | | 0 | 11 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 37.8 | | 0 | 52.9 | 99.0 | 12.9 |
| **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 | :g | 8 | | 0 | 11 | 21 | 3 |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.48 | 0.89 | 0.12 |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | 0 |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.4 | | 0 | 32.7 | 253.6 | |
| **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 | :g | 7 | | 0 | 10 | 79 | |
| Vitamin B-12 | :g | 0.42 | | 0 | 0.61 | 4.75 | |
| Vitamin A | IU | 6 | | 0 | 9 | 68 | |
| Vitamin A, RE | :g | 2 | | 0 | 3 | 23 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 29.1 | | 0 | 32.6 | 251.4 | |
| **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 | :g | 6 | | 0 | 7 | 52 | |
| Vitamin B-12 | :g | 0.36 | | 0 | 0.40 | 3.11 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.4 | | 0 | 27.7 | 215.4 | |
| **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 | :g | 10 | | 0 | 11 | 82 | |
| Vitamin B-12 | :g | 0.39 | | 0 | 0.41 | 3.18 | |
| Vitamin A | IU | 3 | | 0 | 3 | 24 | |
| Vitamin A, RE | :g | 1 | | 0 | 1 | 8 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 37.8 | | 0 | 26.8 | 206.4 | |
| **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 | :g | 9 | | 0 | 6 | 49 | |
| Vitamin B-12 | :g | 0.36 | | 0 | 0.26 | 1.97 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.4 | | 0 | 7.4 | 57.3 | |
| **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 | :g | 7 | | 0 | 2 | 18 | |
| Vitamin B-12 | :g | 0.39 | | 0 | 0.13 | 1.00 | |
| Vitamin A | IU | 11 | | 0 | 4 | 28 | |
| Vitamin A, RE | :g | 3 | | 0 | 1 | 8 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 29.9 | | 0 | 7.2 | 55.6 | |
| **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 | :g | 6 | | 0 | 1 | 11 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 0.08 | 0.63 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 24.6 | | 0 | 592.9 | | |
| **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 | ：g | 26 | | 0 | 627 | | |
| Vitamin B-12 | ：g | 1.85 | | 0 | 44.59 | | |
| Vitamin A | IU | 395 | | 0 | 9520 | | |
| Vitamin A, RE | ：g | 118 | | 0 | 2844 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 34.2 | | 0 | 85.8 | 606.0 | |
| **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 | :g | 21 | | 0 | 53 | 372 | |
| Vitamin B-12 | :g | 1.32 | | 0 | 3.31 | 23.39 | |
| Vitamin A | IU | 224 | | 0 | 562 | 3969 | |
| Vitamin A, RE | :g | 67 | | 0 | 168 | 1187 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 24.8 | | 0 | 76.9 | 271.1 | |
| **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 | ：g | 9 | | 0 | 28 | 98 | |
| Vitamin B-12 | ：g | 0.42 | | 0 | 1.30 | 4.59 | |
| Vitamin A | IU | 4 | 0.949 | 2 | 12 | 44 | |
| Vitamin A, RE | ：g | 1 | 0.284 | 2 | 3 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 33.8 | | 0 | 77.4 | 273.1 | |
| **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 | :g | 7 | | 0 | 16 | 57 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.85 | 2.99 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 26.5 | | 0 | 72.1 | 262.4 | |
| **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 | ：g | 9 | | 0 | 24 | 89 | |
| Vitamin B-12 | ：g | 0.44 | | 0 | 1.20 | 4.36 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 36.5 | | 0 | 51.1 | 71.2 | |
| **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 | :g | 8 | | 0 | 11 | 16 | |
| Vitamin B-12 | :g | 0.39 | | 0 | 0.55 | 0.76 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 15.2 | | 0 | 5.8 | 20.2 | |
| **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 | ：g | 5 | | 0 | 2 | 7 | |
| Vitamin B-12 | ：g | 0.31 | | 0 | 0.12 | 0.41 | |
| Vitamin A | IU | 33 | 6.500 | 2 | 13 | 44 | |
| Vitamin A, RE | ：g | 10 | 1.950 | 2 | 4 | 13 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 153.1 | | 0 | 52.1 | 185.3 | |
| **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 | ：g | 4 | | 0 | 1 | 5 | |
| Vitamin B-12 | ：g | 0.22 | | 0 | 0.07 | 0.27 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΐg | 23.0 | | 0 | 36.6 | 129.0 | |
| **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 | ΐg | 8 | | 0 | 13 | 45 | |
| Vitamin B-12 | ΐg | 0.44 | | 0 | 0.70 | 2.47 | |
| Vitamin A | IU | 5 | 0.975 | 2 | 8 | 28 | |
| Vitamin A, RE | ΐg | 1 | 0.293 | 2 | 2 | 6 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 29.9 | | 0 | 36.8 | 129.5 | |
| **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 | ：g | 6 | | 0 | 7 | 26 | |
| Vitamin B-12 | ：g | 0.36 | | 0 | 0.44 | 1.56 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 27.3 | | 0 | 41.2 | 145.2 | |
| **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 | :g | 10 | | 0 | 15 | 53 | |
| Vitamin B-12 | :g | 0.40 | | 0 | 0.60 | 2.13 | |
| Vitamin A | IU | 3 | 0.921 | 2 | 5 | 16 | |
| Vitamin A, RE | :g | 1 | 0.276 | 2 | 2 | 5 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 39.0 | | 0 | 41.3 | 145.9 | |
| **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 | :g | 9 | | 0 | 10 | 34 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 0.39 | 1.38 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 24.4 | | 0 | 33.2 | 117.4 | |
| **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 | ：g | 8 | | 0 | 11 | 38 | |
| Vitamin B-12 | ：g | 0.46 | | 0 | 0.63 | 2.21 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 32.1 | 2.047 | 45 | 44.9 | 33.4 | |
| **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 | :g | 6 | | 0 | 8 | 6 | |
| Vitamin B-12 | :g | 0.39 | | 0 | 0.55 | 0.41 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 28.6 | | 0 | 38.9 | 137.0 | |
| **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 | ：g | 11 | | 0 | 15 | 53 | |
| Vitamin B-12 | ：g | 0.41 | | 0 | 0.56 | 1.96 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 40.9 | 4.175 | 16 | 57.3 | 37.2 | |
| **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 | ：g | 10 | | 0 | 14 | 9 | |
| Vitamin B-12 | ：g | 0.39 | | 0 | 0.55 | 0.35 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 26.4 | | 0 | 48.3 | 13.7 | |
| **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 | ：g | 10 | | 0 | 18 | 5 | |
| Vitamin B-12 | ：g | 0.39 | | 0 | 0.71 | 0.20 | |
| Vitamin A | IU | 6 | 2.174 | 2 | 11 | 3 | |
| Vitamin A, RE | ：g | 2 | 0.653 | 2 | 4 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 37.7 | | 0 | 49.0 | 13.9 | |
| **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 | ：g | 9 | | 0 | 12 | 3 | |
| Vitamin B-12 | ：g | 0.36 | | 0 | 0.47 | 0.13 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 28.6 | | 0 | 12.3 | 42.9 | |
| **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 | ：g | 11 | | 0 | 5 | 17 | |
| Vitamin B-12 | ：g | 0.41 | | 0 | 0.18 | 0.61 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 40.9 | 4.175 | 16 | 11.0 | 40.5 | |
| **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 | :g | 10 | | 0 | 3 | 10 | |
| Vitamin B-12 | :g | 0.41 | | 0 | 0.11 | 0.41 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 23.5 | | 0 | 28.9 | 101.8 | |
| **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 | ：g | 8 | | 0 | 10 | 35 | |
| Vitamin B-12 | ：g | 0.46 | | 0 | 0.57 | 1.99 | |
| Vitamin A | IU | 3 | 0.674 | 2 | 4 | 13 | |
| Vitamin A, RE | ：g | 1 | 0.202 | 2 | 1 | 4 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 30.5 | | 0 | 29.9 | 104.9 | |
| **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 | ：g | 6 | | 0 | 6 | 21 | |
| Vitamin B-12 | ：g | 0.37 | | 0 | 0.36 | 1.27 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 24.4 | | 0 | 27.1 | 95.2 | |
| **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 | ：g | 8 | | 0 | 9 | 31 | |
| Vitamin B-12 | ：g | 0.47 | | 0 | 0.52 | 1.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 32.1 | 2.047 | 45 | 27.9 | 98.2 | |
| **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 | ：g | 6 | | 0 | 5 | 18 | |
| Vitamin B-12 | ：g | 0.39 | | 0 | 0.34 | 1.19 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 27.8 | | 0 | 27.5 | 97.0 | |
| **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 | :g | 10 | | 0 | 10 | 35 | |
| Vitamin B-12 | :g | 0.40 | | 0 | 0.40 | 1.40 | |
| Vitamin A | IU | 2 | 0.460 | 2 | 2 | 7 | |
| Vitamin A, RE | :g | 1 | 0.139 | 2 | 1 | 3 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 39.7 | | 0 | 27.8 | 97.3 | |
| **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 | ：g | 9 | | 0 | 6 | 22 | |
| Vitamin B-12 | ：g | 0.37 | | 0 | 0.26 | 0.91 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 28.6 | | 0 | 26.6 | 94.1 | |
| **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 | ：g | 11 | | 0 | 10 | 36 | |
| Vitamin B-12 | ：g | 0.41 | | 0 | 0.38 | 1.35 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 40.9 | 4.175 | 16 | 26.2 | 91.6 | |
| **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 | ：g | 10 | | 0 | 6 | 22 | |
| Vitamin B-12 | ：g | 0.38 | | 0 | 0.24 | 0.85 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 21.6 | | 0 | 7.8 | 27.6 | |
| **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 | ：g | 7 | | 0 | 3 | 9 | |
| Vitamin B-12 | ：g | 0.40 | | 0 | 0.14 | 0.51 | |
| Vitamin A | IU | 10 | 1.985 | 2 | 4 | 13 | |
| Vitamin A, RE | ：g | 3 | 0.595 | 2 | 1 | 4 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 28.1 | | 0 | 7.0 | 25.3 | |
| **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 | ：g | 6 | | 0 | 2 | 5 | |
| Vitamin B-12 | ：g | 0.35 | | 0 | 0.09 | 0.31 | |
| Vitamin A | IU | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 2 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.4 | | 0 | 6.3 | 22.0 | |
| **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 | :g | 7 | | 0 | 2 | 6 | |
| Vitamin B-12 | :g | 0.43 | | 0 | 0.11 | 0.39 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 32.1 | 2.047 | 45 | 5.5 | 19.3 | |
| **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 | :g | 7 | | 0 | 1 | 4 | |
| Vitamin B-12 | :g | 0.41 | | 0 | 0.07 | 0.25 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 23.2 | | 0 | 1034.0 | | |
| **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 | ：g | 24 | | 0 | 1070 | | |
| Vitamin B-12 | ：g | 1.70 | | 0 | 75.77 | | |
| Vitamin A | IU | 400 | | 0 | 17828 | | |
| Vitamin A, RE | ：g | 119 | | 0 | 5304 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 29.0 | | 0 | 76.3 | 957.0 | |
| **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 | :g | 20 | | 0 | 53 | 660 | |
| Vitamin B-12 | :g | 1.28 | | 0 | 3.37 | 42.24 | |
| Vitamin A | IU | 185 | | 0 | 487 | 6105 | |
| Vitamin A, RE | :g | 55 | | 0 | 145 | 1815 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΐg | 24.2 | | 0 | 79.1 | 496.6 | |
| **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 | ΐg | 8 | | 0 | 26 | 164 | |
| Vitamin B-12 | ΐg | 0.40 | | 0 | 1.31 | 8.21 | |
| Vitamin A | IU | 4 | 1.446 | 3 | 13 | 82 | |
| Vitamin A, RE | ΐg | 1 | 0.434 | 3 | 3 | 21 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΐg | 31.4 | | 0 | 76.3 | 478.5 | |
| **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 | ΐg | 7 | | 0 | 17 | 107 | |
| Vitamin B-12 | ΐg | 0.34 | | 0 | 0.83 | 5.18 | |
| Vitamin A | IU | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin A, RE | ΐg | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 26.5 | | 0 | 73.1 | 458.7 | |
| **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 | ：g | 9 | | 0 | 25 | 156 | |
| Vitamin B-12 | ：g | 0.43 | | 0 | 1.19 | 7.44 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 34.4 | | 0 | 48.2 | 72.9 | |
| **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 | ：g | 7 | | 0 | 10 | 15 | |
| Vitamin B-12 | ：g | 0.36 | | 0 | 0.50 | 0.76 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΐg | 11.6 | | 0 | 5.9 | 37.2 | |
| **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 | ΐg | 4 | | 0 | 2 | 13 | |
| Vitamin B-12 | ΐg | 0.22 | | 0 | 0.11 | 0.71 | |
| Vitamin A | IU | 27 | 6.110 | 3 | 14 | 87 | |
| Vitamin A, RE | ΐg | 8 | 1.833 | 3 | 4 | 26 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 144.1 | | 0 | 44.7 | 282.4 | |
| **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 | ：g | 4 | | 0 | 1 | 8 | |
| Vitamin B-12 | ：g | 0.24 | | 0 | 0.07 | 0.47 | |
| Vitamin A | IU | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.3 | | 0 | 39.0 | 245.1 | |
| **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 | :g | 7 | | 0 | 12 | 77 | |
| Vitamin B-12 | :g | 0.42 | | 0 | 0.74 | 4.62 | |
| Vitamin A | IU | 5 | 1.307 | 3 | 9 | 55 | |
| Vitamin A, RE | :g | 1 | 0.392 | 3 | 2 | 11 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΐg | 28.5 | | 0 | 39.0 | 244.8 | |
| **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 | ΐg | 6 | | 0 | 8 | 52 | |
| Vitamin B-12 | ΐg | 0.34 | | 0 | 0.47 | 2.92 | |
| Vitamin A | IU | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin A, RE | ΐg | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 26.1 | | 0 | 39.7 | 248.7 | |
| **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 | ：g | 10 | | 0 | 15 | 95 | |
| Vitamin B-12 | ：g | 0.38 | | 0 | 0.58 | 3.62 | |
| Vitamin A | IU | 4 | 1.607 | 3 | 6 | 38 | |
| Vitamin A, RE | ：g | 1 | 0.482 | 3 | 2 | 10 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 37.2 | | 0 | 39.4 | 247.4 | |
| **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 | ：g | 8 | | 0 | 8 | 53 | |
| Vitamin B-12 | ：g | 0.34 | | 0 | 0.36 | 2.26 | |
| Vitamin A | IU | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.4 | | 0 | 35.9 | 224.2 | |
| **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 | :g | 8 | | 0 | 12 | 74 | |
| Vitamin B-12 | :g | 0.45 | | 0 | 0.66 | 4.14 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 32.1 | 2.047 | 45 | 44.9 | 38.2 | |
| **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 | ：g | 6 | | 0 | 8 | 7 | |
| Vitamin B-12 | ：g | 0.36 | | 0 | 0.50 | 0.43 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 3 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 28.6 | | 0 | 37.2 | 232.2 | |
| **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 | :g | 11 | | 0 | 14 | 89 | |
| Vitamin B-12 | :g | 0.40 | | 0 | 0.52 | 3.25 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 40.9 | 4.175 | 16 | 57.3 | 38.0 | |
| **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 | ：g | 9 | | 0 | 13 | 8 | |
| Vitamin B-12 | ：g | 0.36 | | 0 | 0.50 | 0.33 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.0 | | 0 | 71.5 | 11.3 | |
| **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 | :g | 9 | | 0 | 27 | 4 | |
| Vitamin B-12 | :g | 0.35 | | 0 | 1.04 | 0.16 | |
| Vitamin A | IU | 8 | | 0 | 24 | 4 | |
| Vitamin A, RE | :g | 3 | | 0 | 9 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 34.3 | | 0 | 74.4 | 12.0 | |
| **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 | :g | 8 | | 0 | 17 | 3 | |
| Vitamin B-12 | :g | 0.33 | | 0 | 0.72 | 0.12 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.8 | | 0 | 30.3 | 190.5 | |
| **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 | :g | 7 | | 0 | 10 | 61 | |
| Vitamin B-12 | :g | 0.41 | | 0 | 0.57 | 3.58 | |
| Vitamin A | IU | 5 | | 0 | 7 | 44 | |
| Vitamin A, RE | :g | 1 | | 0 | 1 | 9 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 27.9 | | 0 | 30.4 | 191.4 | |
| **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 | :g | 6 | | 0 | 7 | 41 | |
| Vitamin B-12 | :g | 0.35 | | 0 | 0.38 | 2.40 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 27.3 | | 0 | 28.7 | 179.1 | |
| **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 | :g | 10 | | 0 | 11 | 66 | |
| Vitamin B-12 | :g | 0.39 | | 0 | 0.41 | 2.56 | |
| Vitamin A | IU | 2 | | 0 | 2 | 13 | |
| Vitamin A, RE | :g | 1 | | 0 | 1 | 7 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 38.6 | | 0 | 27.4 | 172.9 | |
| **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 | :g | 9 | | 0 | 6 | 40 | |
| Vitamin B-12 | :g | 0.35 | | 0 | 0.25 | 1.57 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.5 | | 0 | 7.7 | 48.2 | |
| **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 | :g | 7 | | 0 | 3 | 16 | |
| Vitamin B-12 | :g | 0.38 | | 0 | 0.14 | 0.85 | |
| Vitamin A | IU | 8 | | 0 | 3 | 18 | |
| Vitamin A, RE | :g | 3 | | 0 | 1 | 7 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 27.6 | | 0 | 7.7 | 48.0 | |
| **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 | :g | 5 | | 0 | 1 | 9 | |
| Vitamin B-12 | :g | 0.33 | | 0 | 0.09 | 0.57 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 23.3 | | 0 | 1957.0 | | |
| **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 | :g | 22 | | 0 | 1848 | | |
| Vitamin B-12 | :g | 1.55 | | 0 | 130.18 | | |
| Vitamin A | IU | 289 | | 0 | 24273 | | |
| Vitamin A, RE | :g | 86 | | 0 | 7223 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 32.9 | | 0 | 84.9 | 1959.9 | |
| **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 | :g | 20 | | 0 | 52 | 1191 | |
| Vitamin B-12 | :g | 1.27 | | 0 | 3.28 | 75.65 | |
| Vitamin A | IU | 285 | | 0 | 735 | 16977 | |
| Vitamin A, RE | :g | 85 | | 0 | 219 | 5063 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 24.5 | | 0 | 82.8 | 954.3 | |
| **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 | :g | 8 | | 0 | 27 | 312 | |
| Vitamin B-12 | :g | 0.40 | | 0 | 1.35 | 15.58 | |
| Vitamin A | IU | 7 | 1.401 | 4 | 24 | 273 | |
| Vitamin A, RE | :g | 2 | 0.420 | 4 | 7 | 78 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 34.5 | | 0 | 82.5 | 948.8 | |
| **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 | ：g | 7 | | 0 | 17 | 193 | |
| Vitamin B-12 | ：g | 0.36 | | 0 | 0.86 | 9.90 | |
| Vitamin A | IU | 0 | 0.000 | 4 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 4 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 26.5 | | 0 | 75.8 | 875.0 | |
| **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 | ：g | 9 | | 0 | 26 | 297 | |
| Vitamin B-12 | ：g | 0.43 | | 0 | 1.23 | 14.20 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 36.8 | | 0 | 51.5 | 75.8 | |
| **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 | :g | 8 | | 0 | 11 | 16 | |
| Vitamin B-12 | :g | 0.38 | | 0 | 0.53 | 0.78 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 13.0 | | 0 | 6.6 | 77.0 | |
| **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 | :g | 4 | | 0 | 2 | 24 | |
| Vitamin B-12 | :g | 0.25 | | 0 | 0.13 | 1.48 | |
| Vitamin A | IU | 49 | 6.976 | 4 | 25 | 290 | |
| Vitamin A, RE | :g | 15 | 2.093 | 4 | 8 | 89 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 152.9 | | 0 | 48.9 | 571.8 | |
| **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 | :g | 4 | | 0 | 1 | 15 | |
| Vitamin B-12 | :g | 0.25 | | 0 | 0.08 | 0.94 | |
| Vitamin A | IU | 0 | 0.000 | 4 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | 0.000 | 4 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΐg | 22.4 | | 0 | 41.4 | 478.7 | |
| **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 | ΐg | 7 | | 0 | 13 | 150 | |
| Vitamin B-12 | ΐg | 0.42 | | 0 | 0.78 | 8.98 | |
| Vitamin A | IU | 8 | 1.438 | 4 | 15 | 171 | |
| Vitamin A, RE | ΐg | 2 | 0.431 | 4 | 4 | 43 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 30.7 | | 0 | 41.8 | 480.8 | |
| **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 | ：g | 6 | | 0 | 8 | 94 | |
| Vitamin B-12 | ：g | 0.36 | | 0 | 0.49 | 5.64 | |
| Vitamin A | IU | 0 | 0.000 | 4 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 4 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.6 | | 0 | 40.4 | 467.6 | |
| **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 | :g | 10 | | 0 | 15 | 176 | |
| Vitamin B-12 | :g | 0.38 | | 0 | 0.58 | 6.68 | |
| Vitamin A | IU | 6 | 1.389 | 4 | 9 | 105 | |
| Vitamin A, RE | :g | 2 | 0.417 | 4 | 3 | 35 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 39.7 | | 0 | 40.9 | 470.0 | |
| **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 | ：g | 9 | | 0 | 9 | 107 | |
| Vitamin B-12 | ：g | 0.37 | | 0 | 0.38 | 4.38 | |
| Vitamin A | IU | 0 | 0.000 | 4 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | 0.000 | 4 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 24.4 | | 0 | 37.6 | 432.1 | |
| **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 | ：g | 8 | | 0 | 12 | 142 | |
| Vitamin B-12 | ：g | 0.45 | | 0 | 0.69 | 7.97 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 32.1 | 2.047 | 45 | 44.9 | 37.6 | |
| **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 | ：g | 6 | | 0 | 8 | 7 | |
| Vitamin B-12 | ：g | 0.38 | | 0 | 0.53 | 0.44 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 28.6 | | 0 | 38.0 | 438.2 | |
| **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 | ：g | 11 | | 0 | 15 | 169 | |
| Vitamin B-12 | ：g | 0.40 | | 0 | 0.53 | 6.13 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 40.9 | 4.175 | 16 | 57.3 | 36.8 | |
| **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 | ：g | 10 | | 0 | 14 | 9 | |
| Vitamin B-12 | ：g | 0.38 | | 0 | 0.53 | 0.34 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 25.5 | | 0 | 133.6 | 11.5 | |
| **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 | :g | 9 | | 0 | 47 | 4 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 1.94 | 0.17 | |
| Vitamin A | IU | 11 | | 0 | 58 | 5 | |
| Vitamin A, RE | :g | 3 | | 0 | 16 | 1 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 38.0 | | 0 | 144.4 | 12.5 | |
| **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 | ：g | 8 | | 0 | 30 | 3 | |
| Vitamin B-12 | ：g | 0.35 | | 0 | 1.33 | 0.12 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.0 | | 0 | 34.1 | 393.6 | |
| **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 | :g | 7 | | 0 | 11 | 125 | |
| Vitamin B-12 | :g | 0.42 | | 0 | 0.65 | 7.51 | |
| Vitamin A | IU | 7 | | 0 | 11 | 125 | |
| Vitamin A, RE | :g | 2 | | 0 | 3 | 36 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ΄g | 30.2 | | 0 | 34.7 | 401.4 | |
| **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 | ΄g | 6 | | 0 | 7 | 80 | |
| Vitamin B-12 | ΄g | 0.36 | | 0 | 0.41 | 4.78 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | ΄g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 27.6 | | 0 | 29.5 | 340.6 | |
| **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 | :g | 10 | | 0 | 11 | 123 | |
| Vitamin B-12 | :g | 0.39 | | 0 | 0.42 | 4.81 | |
| Vitamin A | IU | 4 | | 0 | 4 | 49 | |
| Vitamin A, RE | :g | 1 | | 0 | 1 | 12 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 41.1 | | 0 | 330.9 | 28.8 | |
| **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 | :g | 9 | | 0 | 72 | 6 | |
| Vitamin B-12 | :g | 0.37 | | 0 | 2.98 | 0.26 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 22.0 | | 0 | 6.6 | 76.6 | |
| **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 | :g | 7 | | 0 | 2 | 24 | |
| Vitamin B-12 | :g | 0.39 | | 0 | 0.12 | 1.36 | |
| Vitamin A | IU | 14 | | 0 | 4 | 49 | |
| Vitamin A, RE | :g | 4 | | 0 | 1 | 14 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 30.2 | | 0 | 6.3 | 71.6 | |
| **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 | :g | 6 | | 0 | 1 | 14 | |
| Vitamin B-12 | :g | 0.35 | | 0 | 0.07 | 0.83 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.8 | | 0 | 22.4 | | |
| **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 | :g | 4 | | 0 | 6 | | |
| Vitamin B-12 | :g | 0.29 | 0.088 | 7 | 0.41 | | |
| Vitamin A | IU | 117 | | 0 | 166 | | |
| Vitamin A, RE | :g | 34 | | 0 | 48 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 44.0 | | 0 | 5.7 | 12.5 | |
| **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 | ：g | 60 | | 0 | 8 | 17 | |
| Vitamin B-12 | ：g | 9.40 | 0.110 | 2 | 1.22 | 2.66 | |
| Vitamin A | IU | 3333 | | 0 | 433 | 945 | |
| Vitamin A, RE | ：g | 1000 | | 0 | 130 | 284 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 25.9 | | 0 | 35.0 | 36.8 | 32.4 |
| **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 | :g | 6 | | 0 | 8 | 9 | 8 |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.38 | 0.40 | 0.35 |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | 0 |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.1 | | 0 | 7.4 | 59.2 | |
| **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 | :g | 5 | | 0 | 1 | 11 | |
| Vitamin B-12 | :g | 0.24 | | 0 | 0.07 | 0.54 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 19.2 | | 0 | 46.1 | 27.3 | |
| **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 | ：g | 4 | | 0 | 10 | 6 | |
| Vitamin B-12 | ：g | 0.24 | | 0 | 0.58 | 0.34 | |
| Vitamin A | IU | 42 | 12.846 | 4 | 101 | 60 | |
| Vitamin A, RE | ：g | 13 | | 0 | 31 | 18 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 19.9 | | 0 | 5.6 | 8.4 | 12.7 |
| **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 | :g | 28 | | 0 | 8 | 12 | 18 |
| Vitamin B-12 | :g | 0.22 | | 0 | 0.06 | 0.09 | 0.14 |
| Vitamin A | IU | 37 | | 0 | 10 | 16 | 24 |
| Vitamin A, RE | :g | 11 | | 0 | 3 | 5 | 7 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 25.7 | | 0 | 222.0 | | |
| **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 | ：g | 5 | | 0 | 43 | | |
| Vitamin B-12 | ：g | 0.32 | 0.079 | 2 | 2.76 | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 27.9 | | 0 | 87.6 | | |
| **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 | ：g | 6 | | 0 | 19 | | |
| Vitamin B-12 | ：g | 0.24 | | 0 | 0.75 | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.5 | | 0 | 300.5 | 75.3 | |
| **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 | :g | 7 | | 0 | 79 | 20 | |
| Vitamin B-12 | :g | 0.35 | | 0 | 3.97 | 0.99 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 36.5 | | 0 | 49.3 | 285.4 | 71.5 |
| **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 | :g | 5 | | 0 | 7 | 39 | 10 |
| Vitamin B-12 | :g | 1.52 | 1.279 | 2 | 2.05 | 11.89 | 2.98 |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | 0 |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | 0 |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.7 | | 0 | 13.2 | | |
| **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 | :g | 29 | | 0 | 19 | | |
| Vitamin B-12 | :g | 0.23 | | 0 | 0.15 | | |
| Vitamin A | IU | 40 | | 0 | 26 | | |
| Vitamin A, RE | :g | 12 | | 0 | 8 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 10.7 | | 0 | 24.3 | | |
| **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 | :g | 6 | | 0 | 14 | | |
| Vitamin B-12 | :g | 0.25 | | 0 | 0.57 | | |
| Vitamin A | IU | 245 | | 0 | 556 | | |
| Vitamin A, RE | :g | 70 | | 0 | 159 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 14.4 | | 0 | 32.7 | | |
| **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 | :g | 9 | | 0 | 20 | | |
| Vitamin B-12 | :g | 0.35 | | 0 | 0.79 | | |
| Vitamin A | IU | 107 | | 0 | 243 | | |
| Vitamin A, RE | :g | 32 | | 0 | 73 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.7 | | 0 | 35.6 | | |
| **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 | :g | 5 | | 0 | 11 | | |
| Vitamin B-12 | :g | 0.27 | | 0 | 0.61 | | |
| Vitamin A | IU | 149 | | 0 | 338 | | |
| Vitamin A, RE | :g | 44 | | 0 | 100 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | ：g | 26.5 | | 0 | 60.2 | | |
| **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 | ：g | 7 | | 0 | 16 | | |
| Vitamin B-12 | ：g | 0.26 | | 0 | 0.59 | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | ：g | 0 | | 0 | 0 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 18.9 | | 0 | 85.7 | 21.5 | |
| **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 | :g | 7 | | 0 | 32 | 8 | |
| Vitamin B-12 | :g | 0.34 | | 0 | 1.54 | 0.39 | |
| Vitamin A | IU | 5 | | 0 | 23 | 6 | |
| Vitamin A, RE | :g | 2 | | 0 | 9 | 2 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 37.2 | | 0 | 30.5 | 122.8 | |
| **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 | :g | 7 | | 0 | 6 | 23 | |
| Vitamin B-12 | :g | 0.33 | | 0 | 0.27 | 1.09 | |
| Vitamin A | IU | 0 | | 0 | 0 | 0 | |
| Vitamin A, RE | :g | 0 | | 0 | 0 | 0 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 11.8 | | 0 | 19.8 | | |
| **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 | :g | 3 | | 0 | 5 | | |
| Vitamin B-12 | :g | 0.33 | | 0 | 0.55 | | |
| Vitamin A | IU | 108 | | 0 | 181 | | |
| Vitamin A, RE | :g | 32 | | 0 | 54 | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.5 | | 0 | 39.8 | 20.0 | |
| **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 | :g | 2 | | 0 | 5 | 3 | |
| Vitamin B-12 | :g | 0.28 | | 0 | 0.72 | 0.36 | |
| Vitamin A | IU | 106 | | 0 | 272 | 137 | |
| Vitamin A, RE | :g | 32 | | 0 | 82 | 41 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 15.8 | | 0 | 37.8 | 19.0 | |
| **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 | :g | 3 | | 0 | 7 | 4 | |
| Vitamin B-12 | :g | 0.40 | | 0 | 0.96 | 0.48 | |
| Vitamin A | IU | 75 | | 0 | 179 | 90 | |
| Vitamin A, RE | :g | 22 | | 0 | 53 | 26 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 20.8 | | 0 | 45.8 | 22.9 | |
| **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 | :g | 2 | | 0 | 4 | 2 | |
| Vitamin B-12 | :g | 0.30 | | 0 | 0.66 | 0.33 | |
| Vitamin A | IU | 65 | | 0 | 143 | 72 | |
| Vitamin A, RE | :g | 20 | | 0 | 44 | 22 | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 26.4 | | 0 | 14.8 | 22.4 | 31.7 |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | | | | | | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 29.0 | | 0 | 50.5 | 12.8 | 27.6 |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | | | | | | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.8 | | 0 | 20.1 | 9.4 | 18.5 |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | | | | | | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 21.6 | | 0 | 37.6 | 7.6 | 18.4 |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | | | | | | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | 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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.80 | | 1 | 0.23 | 0.23 | |
| Vitamin A | IU | | | | | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 32 | | 0 | 7 | | |
| Vitamin B-12 | :g | 0.80 | | 0 | 0.17 | | |
| Vitamin A | IU | 286 | | 0 | 60 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 5 | | 0 | 1 | | |
| Vitamin E, "-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 | ΄g | | | | | | |
| **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 | ΄g | 29 | | 0 | 4 | | |
| Vitamin B-12 | ΄g | 0.70 | | 0 | 0.10 | | |
| Vitamin A | IU | 138 | | 0 | 20 | | |
| Vitamin A, RE | ΄g | | | | | | |
| Vitamin D | IU | 5 | | 0 | 1 | | |
| Vitamin E, "-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 | ‡g | | | | | | |
| **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 | ‡g | 24 | | 0 | 7 | | |
| Vitamin B-12 | ‡g | 0.18 | | 0 | 0.05 | | |
| Vitamin A | IU | 61 | | 0 | 17 | | |
| Vitamin A, RE | ‡g | | | | | | |
| Vitamin D | IU | 7 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 24 | | 0 | 5 | | |
| Vitamin B-12 | :g | 0.31 | | 0 | 0.06 | | |
| Vitamin A | IU | 27 | | 0 | 5 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 6 | | 0 | 1 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 22 | | 0 | 3 | | |
| Vitamin B-12 | :g | 0.21 | | 0 | 0.03 | | |
| Vitamin A | IU | 8 | | 0 | 1 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 6 | | 0 | 1 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 22 | | 0 | 6 | | |
| Vitamin B-12 | :g | 0.21 | | 0 | 0.06 | | |
| Vitamin A | IU | 8 | | 0 | 2 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 6 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 31 | | 0 | 24 | | |
| Vitamin B-12 | :g | 0.66 | | 0 | 0.52 | | |
| Vitamin A | IU | 94 | | 0 | 74 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 6 | | 0 | 5 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 17 | | 0 | 3 | | |
| Vitamin B-12 | :g | 1.11 | | 0 | 0.22 | | |
| Vitamin A | IU | 252 | | 0 | 50 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 8 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 9 | | 0 | 7 | | |
| Vitamin B-12 | :g | 0.55 | | 0 | 0.41 | | |
| Vitamin A | IU | 135 | | 0 | 100 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 7 | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 7 | | 0 | 1 | | |
| Vitamin B-12 | ：g | 0.51 | | 0 | 0.09 | | |
| Vitamin A | IU | 120 | | 0 | 22 | | |
| Vitamin A, RE | ：g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 4 | | 0 | 1 | | |
| Vitamin B-12 | :g | 0.78 | | 0 | 0.14 | | |
| Vitamin A | IU | 118 | | 0 | 21 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 2 | | |
| Vitamin E, "-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 | ‡g | | | | | | |
| **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 | ‡g | 4 | | 0 | 3 | | |
| Vitamin B-12 | ‡g | 0.78 | | 0 | 0.58 | | |
| Vitamin A | IU | 118 | | 0 | 87 | | |
| Vitamin A, RE | ‡g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 7 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.91 | | 0 | 0.68 | | |
| Vitamin A | IU | 124 | | 0 | 93 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 7 | | |
| Vitamin E, "-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 | ：g | | | | | | |
| **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 | ：g | 4 | | 0 | 1 | | |
| Vitamin B-12 | ：g | 0.82 | | 0 | 0.16 | | |
| Vitamin A | IU | 139 | | 0 | 28 | | |
| Vitamin A, RE | ：g | | | | | | |
| Vitamin D | IU | 8 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 4 | | 0 | 1 | | |
| Vitamin B-12 | :g | 0.81 | | 0 | 0.16 | | |
| Vitamin A | IU | 349 | | 0 | 70 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 8 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | 0.91 | | 0 | 0.17 | | |
| Vitamin A | IU | 124 | | 0 | 24 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 2 | | |
| Vitamin B-12 | :g | 0.75 | | 0 | 0.59 | | |
| Vitamin A | IU | 108 | | 0 | 84 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 7 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 4 | | 0 | 1 | | |
| Vitamin B-12 | :g | 0.78 | | 0 | 0.14 | | |
| Vitamin A | IU | 117 | | 0 | 21 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 3 | | 0 | 2 | | |
| Vitamin B-12 | :g | 0.82 | | 0 | 0.49 | | |
| Vitamin A | IU | 121 | | 0 | 73 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 5 | | |
| Vitamin E, "-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 | ΄g | | | | | | |
| **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 | ΄g | 2 | | 0 | 1 | | |
| Vitamin B-12 | ΄g | 0.40 | | 0 | 0.11 | | |
| Vitamin A | IU | 89 | | 0 | 25 | | |
| Vitamin A, RE | ΄g | | | | | | |
| Vitamin D | IU | 6 | | 0 | 2 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 2 | | 0 | 1 | | |
| Vitamin B-12 | :g | 0.40 | | 0 | 0.23 | | |
| Vitamin A | IU | 89 | | 0 | 51 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 6 | | 0 | 3 | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | | | | | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | | | | | | |
| Vitamin B-12 | :g | | | | | | |
| Vitamin A | IU | 0 | | 0 | 0 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | | | | | | |
| Vitamin E, "-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 | :g | | | | | | |
| **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 | :g | 7 | | 0 | 5 | | |
| Vitamin B-12 | :g | 0.22 | | 0 | 0.16 | | |
| Vitamin A | IU | 60 | | 0 | 44 | | |
| Vitamin A, RE | :g | | | | | | |
| Vitamin D | IU | 9 | | 0 | 7 | | |
| Vitamin E, "-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 | ΄g | | | | | | |
| **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 | ΄g | 7 | | 0 | 6 | | |
| Vitamin B-12 | ΄g | 0.22 | | 0 | 0.19 | | |
| Vitamin A | IU | 43 | | 0 | 37 | | |
| Vitamin A, RE | ΄g | | | | | | |
| Vitamin D | IU | 8 | | 0 | 7 | | |
| Vitamin E, "-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 | ΄g | | | | | | |
| **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 | ΄g | 9 | | 0 | 5 | | |
| Vitamin B-12 | ΄g | 0.60 | | 0 | 0.36 | | |
| Vitamin A | IU | 153 | | 0 | 92 | | |
| Vitamin A, RE | ΄g | | | | | | |
| Vitamin D | IU | 8 | | 0 | 5 | | |
| Vitamin E, "-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