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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	44.51		0		1		32.05	53.41	
Energy	kcal	331		0	NC	4		238	397	
Energy	kj	1385				4		997	1662	
Protein (N x 6.25)	g	21.97		0		1		15.82	26.36	
Total lipid (fat)	g	21.91		0		1		15.78	26.29	
Ash	g	1.37		0		1		0.99	1.64	
Carbohydrate, by difference	g	10.25		0	NC	4		7.38	12.30	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		19	31	
Iron, Fe	mg	1.49		0		1		1.07	1.79	
Magnesium, Mg	mg	19		0		1		14	23	
Phosphorus, P	mg	137		0		1		99	164	
Potassium, K	mg	180		0		1		130	216	
Sodium, Na	mg	317		0		1		228	380	
Zinc, Zn	mg	1.96		0		1		1.41	2.35	
Copper, Cu	mg	0.081		0		1		0.058	0.097	
Manganese, Mn	mg	0.062		0		1		0.045	0.074	
Selenium, Se	mcg	29.0		0	PIE	4		20.9	34.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.119		0		1		0.086	0.143	
Riboflavin	mg	0.213		0		1		0.153	0.256	
Niacin	mg	5.837		0		1		4.203	7.004	
Pantothenic acid	mg	0.899		0		1		0.647	1.079	
Vitamin B-6	mg	0.230		0		1		0.166	0.276	
Folate, total	mcg	20		0	RA	4		14	24	
Folic acid	mcg	11		0	NC	4		8	13	
Folate, food	mcg	9		0		1		6	11	
Folate, DFE	mcg_DFE	28		0	NC	4		20	33	
Vitamin B-12	mcg	0.26		0		1		0.19	0.31	
Vitamin A, IU	IU	119		0		1		86	143	
Vitamin A, RAE	mcg_RAE	36		0		1		26	43	
Retinol	mcg	36		0		1		26	43	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.830		0		1		4.198	6.996	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.022	0.036	
13:0	g									
14:0	g	0.130		0		1		0.094	0.156	
15:0	g									
16:0	g	3.880		0		1		2.794	4.656	
17:0	g									
18:0	g	1.670		0		1		1.202	2.004	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05049

Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.910		0		1		6.415	10.692	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.710		0		1		0.511	0.852	
17:1.....g									
18:1 undifferentiated.....g	8.020		0		1		5.774	9.624	
20:1.....g	0.110		0		1		0.079	0.132	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.200		0		1		3.744	6.240	
18:2 undifferentiated.....g	4.650		0		1		3.348	5.580	
18:3 undifferentiated.....g	0.250		0		1		0.180	0.300	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.094	0.156	
20:5 n-3.....g	0.020		0		1		0.014	0.024	
22:5 n-3.....g	0.030		0		1		0.022	0.036	
22:6 n-3.....g	0.050		0		1		0.036	0.060	
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		63	106	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		0		1		0.181	0.301	
Threonine.....g	0.896		0		1		0.645	1.075	
Isoleucine.....g	1.092		0		1		0.786	1.310	
Leucine.....g	1.609		0		1		1.158	1.931	
Lysine.....g	1.707		0		1		1.229	2.048	
Methionine.....g	0.573		0		1		0.413	0.688	
Cystine.....g	0.306		0		1		0.220	0.367	
Phenylalanine.....g	0.878		0		1		0.632	1.054	
Tyrosine.....g	0.711		0		1		0.512	0.853	
Valine.....g	1.071		0		1		0.771	1.285	
Arginine.....g	1.343		0		1		0.967	1.612	
Histidine.....g	0.635		0		1		0.457	0.762	
Alanine.....g	1.239		0		1		0.892	1.487	
Aspartic acid.....g	1.894		0		1		1.364	2.273	
Glutamic acid.....g	3.542		0		1		2.550	4.250	
Glycine.....g	1.359		0		1		0.978	1.631	
Proline.....g	1.169		0		1		0.842	1.403	
Serine.....g	0.816		0		1		0.588	0.979	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 72g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 120g: .5 back, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	43.96		0		1		19.34	31.65	
Energy	kcal	331		0	NC	4		146	238	
Energy	kj	1385				4		609	997	
Protein (N x 6.25)	g	27.79		0		1		12.23	20.01	
Total lipid (fat)	g	20.74		0		1		9.13	14.93	
Ash	g	1.01		0		1		0.44	0.73	
Carbohydrate, by difference	g	6.50		0	NC	4		2.86	4.68	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0		1		11	17	
Iron, Fe	mg	1.62		0		1		0.71	1.17	
Magnesium, Mg	mg	23		0		1		10	17	
Phosphorus, P	mg	166		0		1		73	120	
Potassium, K	mg	226		0		1		99	163	
Sodium, Na	mg	90		0		1		40	65	
Zinc, Zn	mg	2.47		0		1		1.09	1.78	
Copper, Cu	mg	0.091		0		1		0.040	0.066	
Manganese, Mn	mg	0.050		0		1		0.022	0.036	
Selenium, Se	mcg	23.7		0	PIE	4		10.4	17.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.107		0		1		0.047	0.077	
Riboflavin	mg	0.236		0		1		0.104	0.170	
Niacin	mg	7.297		0		1		3.211	5.254	
Pantothenic acid	mg	1.093		0		1		0.481	0.787	
Vitamin B-6	mg	0.300		0		1		0.132	0.216	
Folate, total	mcg	15		0	RA	4		7	11	
Folic acid	mcg	7		0	NC	4		3	5	
Folate, food	mcg	8		0		1		4	6	
Folate, DFE	mcg_DFE	20		0	NC	4		9	14	
Vitamin B-12	mcg	0.28		0		1		0.12	0.20	
Vitamin A, IU	IU	123		0		1		54	89	
Vitamin A, RAE	mcg_RAE	37		0		1		16	27	
Retinol	mcg	37		0		1		16	27	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.610		0		1		2.468	4.039	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.040		0		1		0.018	0.029	
13:0	g									
14:0	g	0.140		0		1		0.062	0.101	
15:0	g									
16:0	g	3.900		0		1		1.716	2.808	
17:0	g									
18:0	g	1.390		0		1		0.612	1.001	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.180		0		1		3.599	5.890	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.900		0		1		0.396	0.648	
17:1.....g									
18:1 undifferentiated.....g	7.050		0		1		3.102	5.076	
20:1.....g	0.140		0		1		0.062	0.101	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.810		0		1		2.116	3.463	
18:2 undifferentiated.....g	4.210		0		1		1.852	3.031	
18:3 undifferentiated.....g	0.210		0		1		0.092	0.151	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.075	0.122	
20:5 n-3.....g	0.020		0		1		0.009	0.014	
22:5 n-3.....g	0.030		0		1		0.013	0.022	
22:6 n-3.....g	0.070		0		1		0.031	0.050	
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		39	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.138	0.226	
Threonine.....g	1.142		0		1		0.502	0.822	
Isoleucine.....g	1.390		0		1		0.612	1.001	
Leucine.....g	2.032		0		1		0.894	1.463	
Lysine.....g	2.221		0		1		0.977	1.599	
Methionine.....g	0.735		0		1		0.323	0.529	
Cystine.....g	0.378		0		1		0.166	0.272	
Phenylalanine.....g	1.097		0		1		0.483	0.790	
Tyrosine.....g	0.899		0		1		0.396	0.647	
Valine.....g	1.352		0		1		0.595	0.973	
Arginine.....g	1.715		0		1		0.755	1.235	
Histidine.....g	0.815		0		1		0.359	0.587	
Alanine.....g	1.586		0		1		0.698	1.142	
Aspartic acid.....g	2.438		0		1		1.073	1.755	
Glutamic acid.....g	4.284		0		1		1.885	3.084	
Glycine.....g	1.725		0		1		0.759	1.242	
Proline.....g	1.393		0		1		0.613	1.003	
Serine.....g	0.997		0		1		0.439	0.718	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 72g: .5 back, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.52	0.822	16		1		17.13	28.37	
Energy	kcal	300		0	NC	4		96	159	
Energy	kj	1255				4		402	665	
Protein (N x 6.25)	g	25.95	0.416	16		1		8.30	13.75	
Total lipid (fat)	g	20.97	0.853	16		1		6.71	11.11	
Ash	g	0.92	0.045	16		1		0.29	0.49	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	21	0.715	16		1		7	11	
Iron, Fe	mg	1.42	0.071	16		1		0.45	0.75	
Magnesium, Mg	mg	20	0.457	16		1		6	11	
Phosphorus, P	mg	154	4.931	16		1		49	82	
Potassium, K	mg	210	6.811	16		1		67	111	
Sodium, Na	mg	87	2.109	16		1		28	46	
Zinc, Zn	mg	2.25	0.050	16		1		0.72	1.19	
Copper, Cu	mg	0.076	0.003	16		1		0.024	0.040	
Manganese, Mn	mg	0.022	0.000	16		1		0.007	0.012	
Selenium, Se	mcg	22.5		0	BFYN	4		7.2	11.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.061	0.006	8		1		0.020	0.032	
Riboflavin	mg	0.195	0.007	8		1		0.062	0.103	
Niacin	mg	6.718	0.361	8		1		2.150	3.561	
Pantothenic acid	mg	1.012		0		1		0.324	0.536	
Vitamin B-6	mg	0.270		0		1		0.086	0.143	
Folate, total	mcg	6		0		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		2	3	
Folate, DFE	mcg_DFE	6		0	NC	4		2	3	
Vitamin B-12	mcg	0.27		0		1		0.09	0.14	
Vitamin A, IU	IU	330		0	NC	4		106	175	
Vitamin A, RAE	mcg_RAE	99		0	NC	4		32	52	
Retinol	mcg	99		0	NR	4		32	52	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.08	0.14	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.9		0	BFSN	4		1.6	2.6	
Lipids:										
Fatty acids, total saturated	g	5.820		0		1		1.862	3.085	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.040		0		1		0.013	0.021	
13:0	g									
14:0	g	0.160		0		1		0.051	0.085	
15:0	g									
16:0	g	4.270		0		1		1.366	2.263	
17:0	g									
18:0	g	1.180		0		1		0.378	0.625	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.290		0		1		2.653	4.394	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.150		0		1		0.368	0.610	
17:1.....g									
18:1 undifferentiated.....g	6.840		0		1		2.189	3.625	
20:1.....g	0.200		0		1		0.064	0.106	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.620		0		1		1.478	2.449	
18:2 undifferentiated.....g	4.040		0		1		1.293	2.141	
18:3 undifferentiated.....g	0.180		0		1		0.058	0.095	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.054	0.090	
20:5 n-3.....g	0.020		0		1		0.006	0.011	
22:5 n-3.....g	0.030		0		1		0.010	0.016	
22:6 n-3.....g	0.060		0		1		0.019	0.032	
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		28	47	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.282		0		1		0.090	0.149	
Threonine.....g	1.059		0		1		0.339	0.561	
Isoleucine.....g	1.253		0		1		0.401	0.664	
Leucine.....g	1.854		0		1		0.593	0.983	
Lysine.....g	2.061		0		1		0.660	1.092	
Methionine.....g	0.675		0		1		0.216	0.358	
Cystine.....g	0.354		0		1		0.113	0.188	
Phenylalanine.....g	0.996		0		1		0.319	0.528	
Tyrosine.....g	0.813		0		1		0.260	0.431	
Valine.....g	1.244		0		1		0.398	0.659	
Arginine.....g	1.661		0		1		0.532	0.880	
Histidine.....g	0.738		0		1		0.236	0.391	
Alanine.....g	1.567		0		1		0.501	0.831	
Aspartic acid.....g	2.314		0		1		0.740	1.226	
Glutamic acid.....g	3.741		0		1		1.197	1.983	
Glycine.....g	1.904		0		1		0.609	1.009	
Proline.....g	1.364		0		1		0.436	0.723	
Serine.....g	0.928		0		1		0.297	0.492	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 53g: .5 back, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.93	0.881	16		1		97.49	21.93	
Energy	kcal	258		0	NC	4		413	93	
Energy	kj	1079				4		1727	389	
Protein (N x 6.25)	g	22.18	0.410	16		1		35.49	7.98	
Total lipid (fat)	g	18.14	0.628	16		1		29.02	6.53	
Ash	g	0.64	0.039	16		1		1.02	0.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1.231	16		1		29	6	
Iron, Fe	mg	1.22	0.039	16		1		1.95	0.44	
Magnesium, Mg	mg	16	0.253	16		1		26	6	
Phosphorus, P	mg	120	1.636	16		1		192	43	
Potassium, K	mg	145	6.275	16		1		232	52	
Sodium, Na	mg	64	1.787	16		1		102	23	
Zinc, Zn	mg	1.93	0.046	16		1		3.09	0.69	
Copper, Cu	mg	0.063	0.002	16		1		0.101	0.023	
Manganese, Mn	mg	0.020	0.001	16		1		0.032	0.007	
Selenium, Se	mcg	19.9		0	BFYN	4		31.8	7.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.043	0.003	8		1		0.069	0.015	
Riboflavin	mg	0.151	0.005	8		1		0.242	0.054	
Niacin	mg	4.343	0.309	8		1		6.949	1.563	
Pantothenic acid	mg	0.696		0		1		1.114	0.251	
Vitamin B-6	mg	0.150		0		1		0.240	0.054	
Folate, total	mcg	5		0		1		8	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		8	2	
Folate, DFE	mcg_DFE	5		0	NC	4		8	2	
Vitamin B-12	mcg	0.18		0		1		0.29	0.06	
Vitamin A, IU	IU	293		0	NC	4		469	106	
Vitamin A, RAE	mcg_RAE	88		0	NC	4		141	32	
Retinol	mcg	88		0	NR	4		141	32	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.42	0.10	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.1		0	CASN	4		6.6	1.5	
Lipids:										
Fatty acids, total saturated	g	5.020		0		1		8.032	1.807	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030		0		1		0.048	0.011	
13:0	g									
14:0	g	0.140		0		1		0.224	0.050	
15:0	g									
16:0	g	3.690		0		1		5.904	1.328	
17:0	g									
18:0	g	1.020		0		1		1.632	0.367	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.130		0		1		11.408	2.567	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.000		0		1		1.600	0.360	
17:1.....g									
18:1 undifferentiated.....g	5.880		0		1		9.408	2.117	
20:1.....g	0.170		0		1		0.272	0.061	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.000		0		1		6.400	1.440	
18:2 undifferentiated.....g	3.490		0		1		5.584	1.256	
18:3 undifferentiated.....g	0.150		0		1		0.240	0.054	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.240	0.054	
20:5 n-3.....g	0.020		0		1		0.032	0.007	
22:5 n-3.....g	0.030		0		1		0.048	0.011	
22:6 n-3.....g	0.060		0		1		0.096	0.022	
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0		1		125	28	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0		1		0.386	0.087	
Threonine.....g	0.905		0		1		1.448	0.326	
Isoleucine.....g	1.072		0		1		1.715	0.386	
Leucine.....g	1.586		0		1		2.538	0.571	
Lysine.....g	1.763		0		1		2.821	0.635	
Methionine.....g	0.577		0		1		0.923	0.208	
Cystine.....g	0.302		0		1		0.483	0.109	
Phenylalanine.....g	0.852		0		1		1.363	0.307	
Tyrosine.....g	0.696		0		1		1.114	0.251	
Valine.....g	1.064		0		1		1.702	0.383	
Arginine.....g	1.418		0		1		2.269	0.510	
Histidine.....g	0.632		0		1		1.011	0.228	
Alanine.....g	1.338		0		1		2.141	0.482	
Aspartic acid.....g	1.978		0		1		3.165	0.712	
Glutamic acid.....g	3.200		0		1		5.120	1.152	
Glycine.....g	1.619		0		1		2.590	0.583	
Proline.....g	1.162		0		1		1.859	0.418	
Serine.....g	0.793		0		1		1.269	0.285	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 36g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.10	0.822	24		1		34.28	57.52	
Energy	kcal	319		0	NC	4		188	316	
Energy	kj	1335				4		787	1321	
Protein (N x 6.25)	g	14.05	0.185	24		1		8.29	13.91	
Total lipid (fat)	g	28.74	0.748	24		1		16.96	28.45	
Ash	g	0.64	0.025	24		1		0.38	0.63	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.624	24		1		8	13	
Iron, Fe	mg	0.94	0.029	24		1		0.55	0.93	
Magnesium, Mg	mg	15	0.364	24		1		9	15	
Phosphorus, P	mg	113	2.281	24		1		67	112	
Potassium, K	mg	144	3.649	24		1		85	143	
Sodium, Na	mg	64	1.114	24		1		38	63	
Zinc, Zn	mg	1.26	0.026	24		1		0.74	1.25	
Copper, Cu	mg	0.047	0.002	24		1		0.028	0.047	
Manganese, Mn	mg	0.018	0.000	24		1		0.011	0.018	
Selenium, Se	mcg	12.1		0	PAK	1		7.1	12.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		0.9	1.6	
Thiamin	mg	0.051	0.003	16		1		0.030	0.050	
Riboflavin	mg	0.116	0.003	16		1		0.068	0.115	
Niacin	mg	4.835	0.226	16		1		2.853	4.787	
Pantothenic acid	mg	0.819		0		1		0.483	0.811	
Vitamin B-6	mg	0.190		0		1		0.112	0.188	
Folate, total	mcg	6		0		1		4	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		4	6	
Folate, DFE	mcg_DFE	6		0	NC	4		4	6	
Vitamin B-12	mcg	0.25		0		1		0.15	0.25	
Vitamin A, IU	IU	251		0		1		148	248	
Vitamin A, RAE	mcg_RAE	75		0	NC	4		44	75	
Retinol	mcg	75		0	O	4		44	75	
Vitamin E (alpha-tocopherol)	mg	0.37		0	CASN	4		0.22	0.36	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		1.4	2.4	
Lipids:										
Fatty acids, total saturated	g	8.340		0		1		4.921	8.257	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.018	0.030	
13:0	g									
14:0	g	0.240		0		1		0.142	0.238	
15:0	g									
16:0	g	6.060		0		1		3.575	5.999	
17:0	g									
18:0	g	1.690		0		1		0.997	1.673	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.250		0		1		7.228	12.128	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.610		0		1		0.950	1.594	
17:1.....g									
18:1 undifferentiated.....g	10.180		0		1		6.006	10.078	
20:1.....g	0.290		0		1		0.171	0.287	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.140		0		1		3.623	6.079	
18:2 undifferentiated.....g	5.580		0		1		3.292	5.524	
18:3 undifferentiated.....g	0.280		0		1		0.165	0.277	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.059	0.099	
20:5 n-3.....g	0.010		0		1		0.006	0.010	
22:5 n-3.....g	0.020		0		1		0.012	0.020	
22:6 n-3.....g	0.030		0		1		0.018	0.030	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		47	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0		1		0.089	0.149	
Threonine.....g	0.570		0		1		0.336	0.564	
Isoleucine.....g	0.667		0		1		0.394	0.660	
Leucine.....g	0.995		0		1		0.587	0.985	
Lysine.....g	1.102		0		1		0.650	1.091	
Methionine.....g	0.361		0		1		0.213	0.357	
Cystine.....g	0.194		0		1		0.114	0.192	
Phenylalanine.....g	0.536		0		1		0.316	0.531	
Tyrosine.....g	0.434		0		1		0.256	0.430	
Valine.....g	0.670		0		1		0.395	0.663	
Arginine.....g	0.909		0		1		0.536	0.900	
Histidine.....g	0.393		0		1		0.232	0.389	
Alanine.....g	0.863		0		1		0.509	0.854	
Aspartic acid.....g	1.253		0		1		0.739	1.240	
Glutamic acid.....g	2.012		0		1		1.187	1.992	
Glycine.....g	1.091		0		1		0.644	1.080	
Proline.....g	0.767		0		1		0.453	0.759	
Serine.....g	0.506		0		1		0.299	0.501	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 99g: .5 back, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.87		0		1		16.75	27.76	
Energy	kcal	288		0	NC	4		101	167	
Energy	kj	1205				4		422	699	
Protein (N x 6.25)	g	29.99		0		1		10.50	17.39	
Total lipid (fat)	g	15.32		0		1		5.36	8.89	
Ash	g	1.15		0		1		0.40	0.67	
Carbohydrate, by difference	g	5.68		0	NC	4		1.99	3.29	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		9	15	
Iron, Fe	mg	1.65		0		1		0.58	0.96	
Magnesium, Mg	mg	25		0		1		9	15	
Phosphorus, P	mg	176		0		1		62	102	
Potassium, K	mg	251		0		1		88	146	
Sodium, Na	mg	99		0		1		35	57	
Zinc, Zn	mg	2.80		0		1		0.98	1.62	
Copper, Cu	mg	0.095		0		1		0.033	0.055	
Manganese, Mn	mg	0.047		0		1		0.016	0.027	
Selenium, Se	mcg	19.9		0	BFYN	4		7.0	11.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.109		0		1		0.038	0.063	
Riboflavin	mg	0.253		0		1		0.089	0.147	
Niacin	mg	7.680		0		1		2.688	4.454	
Pantothenic acid	mg	1.198		0		1		0.419	0.695	
Vitamin B-6	mg	0.350		0		1		0.123	0.203	
Folate, total	mcg	9		0		1		3	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		3	5	
Folate, DFE	mcg_DFE	9		0	NC	4		3	5	
Vitamin B-12	mcg	0.31		0		1		0.11	0.18	
Vitamin A, IU	IU	98		0		1		34	57	
Vitamin A, RAE	mcg_RAE	29		0		1		10	17	
Retinol	mcg	29		0		1		10	17	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.120		0		1		1.442	2.390	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.040		0		1		0.014	0.023	
13:0	g									
14:0	g	0.100		0		1		0.035	0.058	
15:0	g									
16:0	g	2.790		0		1		0.977	1.618	
17:0	g									
18:0	g	1.070		0		1		0.375	0.621	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.730		0		1		2.006	3.323	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		0.228	0.377	
17:1.....g									
18:1 undifferentiated.....g	4.940		0		1		1.729	2.865	
20:1.....g	0.070		0		1		0.025	0.041	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.640		0		1		1.274	2.111	
18:2 undifferentiated.....g	3.080		0		1		1.078	1.786	
18:3 undifferentiated.....g	0.150		0		1		0.053	0.087	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190		0		1		0.067	0.110	
20:5 n-3.....g	0.020		0		1		0.007	0.012	
22:5 n-3.....g	0.040		0		1		0.014	0.023	
22:6 n-3.....g	0.070		0		1		0.025	0.041	
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		1		33	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.352		0		1		0.123	0.204	
Threonine.....g	1.258		0		1		0.440	0.730	
Isoleucine.....g	1.577		0		1		0.552	0.915	
Leucine.....g	2.251		0		1		0.788	1.306	
Lysine.....g	2.500		0		1		0.875	1.450	
Methionine.....g	0.823		0		1		0.288	0.477	
Cystine.....g	0.392		0		1		0.137	0.227	
Phenylalanine.....g	1.202		0		1		0.421	0.697	
Tyrosine.....g	1.010		0		1		0.354	0.586	
Valine.....g	1.486		0		1		0.520	0.862	
Arginine.....g	1.793		0		1		0.628	1.040	
Histidine.....g	0.924		0		1		0.323	0.536	
Alanine.....g	1.620		0		1		0.567	0.940	
Aspartic acid.....g	2.638		0		1		0.923	1.530	
Glutamic acid.....g	4.672		0		1		1.635	2.710	
Glycine.....g	1.464		0		1		0.512	0.849	
Proline.....g	1.299		0		1		0.455	0.753	
Serine.....g	1.049		0		1		0.367	0.608	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 35g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 58g: .5 back, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.75	0.566	16		1		14.10	23.50	
Energy	kcal	239		0	NC	4		57	96	
Energy	kj	1000				4		240	400	
Protein (N x 6.25)	g	28.19	0.381	16		1		6.77	11.28	
Total lipid (fat)	g	13.16	0.485	16		1		3.16	5.26	
Ash	g	1.08	0.054	16		1		0.26	0.43	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	24	0.966	16		1		6	10	
Iron, Fe	mg	1.39	0.066	16		1		0.33	0.56	
Magnesium, Mg	mg	22	0.462	16		1		5	9	
Phosphorus, P	mg	165	5.559	16		1		40	66	
Potassium, K	mg	237	7.967	16		1		57	95	
Sodium, Na	mg	96	2.196	16		1		23	38	
Zinc, Zn	mg	2.65	0.042	16		1		0.64	1.06	
Copper, Cu	mg	0.081	0.003	16		1		0.019	0.032	
Manganese, Mn	mg	0.022	0.001	16		1		0.005	0.009	
Selenium, Se	mcg	17.3		0	BFYN	4		4.2	6.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.068	0.007	8		1		0.016	0.027	
Riboflavin	mg	0.217	0.009	8		1		0.052	0.087	
Niacin	mg	7.069	0.367	8		1		1.697	2.828	
Pantothenic acid	mg	1.130		0		1		0.271	0.452	
Vitamin B-6	mg	0.340		0		1		0.082	0.136	
Folate, total	mcg	7		0		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		2	3	
Folate, DFE	mcg_DFE	7		0	NC	4		2	3	
Vitamin B-12	mcg	0.30		0		1		0.07	0.12	
Vitamin A, IU	IU	95		0		1		23	38	
Vitamin A, RAE	mcg_RAE	28		0	NC	4		7	11	
Retinol	mcg	28		0	NR	4		7	11	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.06	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		0.6	1.0	
Lipids:										
Fatty acids, total saturated	g	3.600		0		1		0.864	1.440	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.040		0		1		0.010	0.016	
13:0	g									
14:0	g	0.100		0		1		0.024	0.040	
15:0	g									
16:0	g	2.500		0		1		0.600	1.000	
17:0	g									
18:0	g	0.840		0		1		0.202	0.336	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.830		0		1		1.159	1.932	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0		1		0.158	0.264	
17:1.....g									
18:1 undifferentiated.....g	4.030		0		1		0.967	1.612	
20:1.....g	0.070		0		1		0.017	0.028	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.050		0		1		0.732	1.220	
18:2 undifferentiated.....g	2.530		0		1		0.607	1.012	
18:3 undifferentiated.....g	0.120		0		1		0.029	0.048	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190		0		1		0.046	0.076	
20:5 n-3.....g	0.020		0		1		0.005	0.008	
22:5 n-3.....g	0.040		0		1		0.010	0.016	
22:6 n-3.....g	0.070		0		1		0.017	0.028	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		22	36	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.329		0		1		0.079	0.132	
Threonine.....g	1.191		0		1		0.286	0.476	
Isoleucine.....g	1.488		0		1		0.357	0.595	
Leucine.....g	2.115		0		1		0.508	0.846	
Lysine.....g	2.395		0		1		0.575	0.958	
Methionine.....g	0.780		0		1		0.187	0.312	
Cystine.....g	0.361		0		1		0.087	0.144	
Phenylalanine.....g	1.118		0		1		0.268	0.447	
Tyrosine.....g	0.952		0		1		0.228	0.381	
Valine.....g	1.398		0		1		0.336	0.559	
Arginine.....g	1.700		0		1		0.408	0.680	
Histidine.....g	0.875		0		1		0.210	0.350	
Alanine.....g	1.538		0		1		0.369	0.615	
Aspartic acid.....g	2.512		0		1		0.603	1.005	
Glutamic acid.....g	4.221		0		1		1.013	1.688	
Glycine.....g	1.385		0		1		0.332	0.554	
Proline.....g	1.159		0		1		0.278	0.464	
Serine.....g	0.970		0		1		0.233	0.388	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 40g: .5 back, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.33	0.598	16		1		16.73	27.02	
Energy	kcal	209		0	NC	4		54	88	
Energy	kj	874				4		227	367	
Protein (N x 6.25)	g	25.31	0.442	16		1		6.58	10.63	
Total lipid (fat)	g	11.19	0.378	16		1		2.91	4.70	
Ash	g	0.73	0.059	16		1		0.19	0.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	21	1.514	16		1		5	9	
Iron, Fe	mg	1.27	0.049	16		1		0.33	0.53	
Magnesium, Mg	mg	17	0.285	16		1		4	7	
Phosphorus, P	mg	130	2.045	16		1		34	55	
Potassium, K	mg	158	6.859	16		1		41	66	
Sodium, Na	mg	67	2.237	16		1		17	28	
Zinc, Zn	mg	2.38	0.052	16		1		0.62	1.00	
Copper, Cu	mg	0.071	0.002	16		1		0.018	0.030	
Manganese, Mn	mg	0.020	0.001	16		1		0.005	0.008	
Selenium, Se	mcg	16.5		0	BFYN	4		4.3	6.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.047	0.003	8		1		0.012	0.020	
Riboflavin	mg	0.173	0.007	8		1		0.045	0.073	
Niacin	mg	4.556	0.388	8		1		1.185	1.914	
Pantothenic acid	mg	0.836		0		1		0.217	0.351	
Vitamin B-6	mg	0.200		0		1		0.052	0.084	
Folate, total	mcg	7		0		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		2	3	
Folate, DFE	mcg_DFE	7		0	NC	4		2	3	
Vitamin B-12	mcg	0.21		0		1		0.05	0.09	
Vitamin A, IU	IU	90		0		1		23	38	
Vitamin A, RAE	mcg_RAE	27		0	NC	4		7	11	
Retinol	mcg	27		0	NR	4		7	11	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.07	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		0.6	1.0	
Lipids:										
Fatty acids, total saturated	g	3.040		0		1		0.790	1.277	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.040		0		1		0.010	0.017	
13:0	g									
14:0	g	0.080		0		1		0.021	0.034	
15:0	g									
16:0	g	2.100		0		1		0.546	0.882	
17:0	g									
18:0	g	0.720		0		1		0.187	0.302	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.020		0		1		1.045	1.688	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		0		1		0.143	0.231	
17:1.....g									
18:1 undifferentiated.....g	3.350		0		1		0.871	1.407	
20:1.....g	0.060		0		1		0.016	0.025	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.620		0		1		0.681	1.100	
18:2 undifferentiated.....g	2.150		0		1		0.559	0.903	
18:3 undifferentiated.....g	0.100		0		1		0.026	0.042	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.044	0.071	
20:5 n-3.....g	0.020		0		1		0.005	0.008	
22:5 n-3.....g	0.040		0		1		0.010	0.017	
22:6 n-3.....g	0.070		0		1		0.018	0.029	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		22	36	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.296		0		1		0.077	0.124	
Threonine.....g	1.069		0		1		0.278	0.449	
Isoleucine.....g	1.336		0		1		0.347	0.561	
Leucine.....g	1.899		0		1		0.494	0.798	
Lysine.....g	2.150		0		1		0.559	0.903	
Methionine.....g	0.700		0		1		0.182	0.294	
Cystine.....g	0.324		0		1		0.084	0.136	
Phenylalanine.....g	1.004		0		1		0.261	0.422	
Tyrosine.....g	0.854		0		1		0.222	0.359	
Valine.....g	1.255		0		1		0.326	0.527	
Arginine.....g	1.526		0		1		0.397	0.641	
Histidine.....g	0.786		0		1		0.204	0.330	
Alanine.....g	1.381		0		1		0.359	0.580	
Aspartic acid.....g	2.255		0		1		0.586	0.947	
Glutamic acid.....g	3.790		0		1		0.985	1.592	
Glycine.....g	1.243		0		1		0.323	0.522	
Proline.....g	1.041		0		1		0.271	0.437	
Serine.....g	0.871		0		1		0.226	0.366	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 42g: .5 back, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.31	0.336	24		1		23.35	38.41	
Energy	kcal	137		0	NC	4		42	70	
Energy	kj	573				4		178	292	
Protein (N x 6.25)	g	19.56	0.210	24		1		6.06	9.98	
Total lipid (fat)	g	5.92	0.256	24		1		1.84	3.02	
Ash	g	0.92	0.038	24		1		0.29	0.47	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	17	1.046	24		1		5	9	
Iron, Fe	mg	1.04	0.039	24		1		0.32	0.53	
Magnesium, Mg	mg	22	0.434	24		1		7	11	
Phosphorus, P	mg	151	3.601	24		1		47	77	
Potassium, K	mg	204	5.535	24		1		63	104	
Sodium, Na	mg	82	1.800	24		1		25	42	
Zinc, Zn	mg	1.85	0.045	24		1		0.57	0.94	
Copper, Cu	mg	0.060	0.002	24		1		0.019	0.031	
Manganese, Mn	mg	0.021	0.001	24		1		0.007	0.011	
Selenium, Se	mcg	13.5	1.936	4	A	1		4.2	6.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.074	0.004	16		1		0.023	0.038	
Riboflavin	mg	0.164	0.006	16		1		0.051	0.084	
Niacin	mg	6.672	0.315	16		1		2.068	3.403	
Pantothenic acid	mg	1.224		0		1		0.379	0.624	
Vitamin B-6	mg	0.330		0		1		0.102	0.168	
Folate, total	mcg	9		0		1		3	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		3	5	
Folate, DFE	mcg_DFE	9		0	NC	4		3	5	
Vitamin B-12	mcg	0.36		0		1		0.11	0.18	
Vitamin A, IU	IU	99		0		1		31	50	
Vitamin A, RAE	mcg_RAE	30		0	NC	4		9	15	
Retinol	mcg	30		0	NR	4		9	15	
Vitamin E (alpha-tocopherol)	mg	0.22		0	CASN	4		0.07	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		0.7	1.2	
Lipids:										
Fatty acids, total saturated	g	1.520		0		1		0.471	0.775	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030	0.006	17		1		0.009	0.015	
13:0	g									
14:0	g	0.040	0.004	24		1		0.012	0.020	
15:0	g									
16:0	g	1.010	0.050	24		1		0.313	0.515	
17:0	g									
18:0	g	0.400	0.027	24		1		0.124	0.204	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.840		0		1		0.570	0.938	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270	0.019	24		1		0.084	0.138	
17:1.....g									
18:1 undifferentiated.....g	1.530	0.079	24		1		0.474	0.780	
20:1.....g	0.010	0.004	6		1		0.003	0.005	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.470		0		1		0.456	0.750	
18:2 undifferentiated.....g	1.130	0.057	24		1		0.350	0.576	
18:3 undifferentiated.....g	0.050	0.004	18		1		0.016	0.026	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140	0.026	16		1		0.043	0.071	
20:5 n-3.....g	0.020	0.005	8		1		0.006	0.010	
22:5 n-3.....g	0.030	0.008	9		1		0.009	0.015	
22:6 n-3.....g	0.060	0.016	9		1		0.019	0.031	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		25	41	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.071	0.116	
Threonine.....g	0.826		0		1		0.256	0.421	
Isoleucine.....g	1.033		0		1		0.320	0.527	
Leucine.....g	1.467		0		1		0.455	0.748	
Lysine.....g	1.661		0		1		0.515	0.847	
Methionine.....g	0.541		0		1		0.168	0.276	
Cystine.....g	0.250		0		1		0.078	0.128	
Phenylalanine.....g	0.776		0		1		0.241	0.396	
Tyrosine.....g	0.660		0		1		0.205	0.337	
Valine.....g	0.970		0		1		0.301	0.495	
Arginine.....g	1.180		0		1		0.366	0.602	
Histidine.....g	0.607		0		1		0.188	0.310	
Alanine.....g	1.067		0		1		0.331	0.544	
Aspartic acid.....g	1.743		0		1		0.540	0.889	
Glutamic acid.....g	2.929		0		1		0.908	1.494	
Glycine.....g	0.961		0		1		0.298	0.490	
Proline.....g	0.804		0		1		0.249	0.410	
Serine.....g	0.673		0		1		0.209	0.343	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 51g: .5 back, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.64		0		1		43.38	72.30	
Energy	kcal	260		0	NC	4		218	364	
Energy	kj	1088				4		914	1523	
Protein (N x 6.25)	g	24.84		0		1		20.87	34.78	
Total lipid (fat)	g	13.20		0		1		11.09	18.48	
Ash	g	1.33		0		1		1.12	1.86	
Carbohydrate, by difference	g	8.99		0	NC	4		7.55	12.59	
Fiber, total dietary	g	0.3		0		4		0.3	0.4	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		17	28	
Iron, Fe	mg	1.25		0		1		1.05	1.75	
Magnesium, Mg	mg	24		0		1		20	34	
Phosphorus, P	mg	185		0		1		155	259	
Potassium, K	mg	201		0		1		169	281	
Sodium, Na	mg	275		0		1		231	385	
Zinc, Zn	mg	0.95		0		1		0.80	1.33	
Copper, Cu	mg	0.060		0		1		0.050	0.084	
Manganese, Mn	mg	0.054		0		1		0.045	0.076	
Selenium, Se	mcg	28.0		0	PIE	4		23.5	39.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.115		0		1		0.097	0.161	
Riboflavin	mg	0.146		0		1		0.123	0.204	
Niacin	mg	10.523		0		1		8.839	14.732	
Pantothenic acid	mg	0.823		0		1		0.691	1.152	
Vitamin B-6	mg	0.430		0		1		0.361	0.602	
Folate, total	mcg	15		0	RA	4		13	21	
Folic acid	mcg	9		0	NC	4		8	13	
Folate, food	mcg	6		0		1		5	8	
Folate, DFE	mcg_DFE	21		0	NC	4		18	30	
Vitamin B-12	mcg	0.30		0		1		0.25	0.42	
Vitamin A, IU	IU	67		0	NC	4		56	93	
Vitamin A, RAE	mcg_RAE	20		0	NC	4		17	28	
Retinol	mcg	20		0	NR	4		17	28	
Vitamin E (alpha-tocopherol)	mg	1.06		0	NR	4		0.89	1.49	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.0	3.3	
Lipids:										
Fatty acids, total saturated	g	3.520		0		1		2.957	4.928	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.008	0.014	
13:0	g									
14:0	g	0.080		0		1		0.067	0.112	
15:0	g									
16:0	g	2.350		0		1		1.974	3.290	
17:0	g									
18:0	g	1.040		0		1		0.874	1.456	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.460		0		1		4.586	7.644	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.311	0.518	
17:1.....g									
18:1 undifferentiated.....g	4.970		0		1		4.175	6.958	
20:1.....g	0.070		0		1		0.059	0.098	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.080		0		1		2.587	4.312	
18:2 undifferentiated.....g	2.780		0		1		2.335	3.892	
18:3 undifferentiated.....g	0.150		0		1		0.126	0.210	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.050	0.084	
20:5 n-3.....g	0.010		0		1		0.008	0.014	
22:5 n-3.....g	0.010		0		1		0.008	0.014	
22:6 n-3.....g	0.020		0		1		0.017	0.028	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		71	119	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.285		0		1		0.239	0.399	
Threonine.....g	1.022		0		1		0.858	1.431	
Isoleucine.....g	1.252		0		1		1.052	1.753	
Leucine.....g	1.830		0		1		1.537	2.562	
Lysine.....g	1.970		0		1		1.655	2.758	
Methionine.....g	0.657		0		1		0.552	0.920	
Cystine.....g	0.339		0		1		0.285	0.475	
Phenylalanine.....g	0.991		0		1		0.832	1.387	
Tyrosine.....g	0.812		0		1		0.682	1.137	
Valine.....g	1.216		0		1		1.021	1.702	
Arginine.....g	1.515		0		1		1.273	2.121	
Histidine.....g	0.730		0		1		0.613	1.022	
Alanine.....g	1.391		0		1		1.168	1.947	
Aspartic acid.....g	2.158		0		1		1.813	3.021	
Glutamic acid.....g	3.942		0		1		3.311	5.519	
Glycine.....g	1.467		0		1		1.232	2.054	
Proline.....g	1.255		0		1		1.054	1.757	
Serine.....g	0.908		0		1		0.763	1.271	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 84g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 140g: .5 breast, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.59		0		1		33.39	55.46	
Energy	kcal	222		0	NC	4		131	218	
Energy	kj	929				4		548	910	
Protein (N x 6.25)	g	31.84		0		1		18.79	31.20	
Total lipid (fat)	g	8.87		0		1		5.23	8.69	
Ash	g	1.06		0		1		0.63	1.04	
Carbohydrate, by difference	g	1.64		0	NC	4		0.97	1.61	
Fiber, total dietary	g	0.1		0		4		0.1	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		9	16	
Iron, Fe	mg	1.19		0		1		0.70	1.17	
Magnesium, Mg	mg	30		0		1		18	29	
Phosphorus, P	mg	233		0		1		137	228	
Potassium, K	mg	259		0		1		153	254	
Sodium, Na	mg	76		0		1		45	74	
Zinc, Zn	mg	1.10		0		1		0.65	1.08	
Copper, Cu	mg	0.057		0		1		0.034	0.056	
Manganese, Mn	mg	0.026		0		1		0.015	0.025	
Selenium, Se	mcg	23.9		0	PIE	4		14.1	23.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.082		0		1		0.048	0.080	
Riboflavin	mg	0.131		0		1		0.077	0.128	
Niacin	mg	13.742		0		1		8.108	13.467	
Pantothenic acid	mg	1.001		0		1		0.591	0.981	
Vitamin B-6	mg	0.580		0		1		0.342	0.568	
Folate, total	mcg	6		0	RA	4		4	6	
Folic acid	mcg	2		0	NC	4		1	2	
Folate, food	mcg	4		0		1		2	4	
Folate, DFE	mcg_DFE	7		0	NC	4		4	7	
Vitamin B-12	mcg	0.34		0		1		0.20	0.33	
Vitamin A, IU	IU	50		0		1		30	49	
Vitamin A, RAE	mcg_RAE	15		0		1		9	15	
Retinol	mcg	15		0		1		9	15	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.450		0		1		1.446	2.401	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.006	0.010	
13:0	g									
14:0	g	0.070		0		1		0.041	0.069	
15:0	g									
16:0	g	1.730		0		1		1.021	1.695	
17:0	g									
18:0	g	0.580		0		1		0.342	0.568	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05059

Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.500		0		1		2.065	3.430	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		0		1		0.224	0.372	
17:1.....g									
18:1 undifferentiated.....g	3.000		0		1		1.770	2.940	
20:1.....g	0.080		0		1		0.047	0.078	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.960		0		1		1.156	1.921	
18:2 undifferentiated.....g	1.690		0		1		0.997	1.656	
18:3 undifferentiated.....g	0.080		0		1		0.047	0.078	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.041	0.069	
20:5 n-3.....g	0.010		0		1		0.006	0.010	
22:5 n-3.....g	0.010		0		1		0.006	0.010	
22:6 n-3.....g	0.030		0		1		0.018	0.029	
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		53	87	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.364		0		1		0.215	0.357	
Threonine.....g	1.327		0		1		0.783	1.300	
Isoleucine.....g	1.632		0		1		0.963	1.599	
Leucine.....g	2.353		0		1		1.388	2.306	
Lysine.....g	2.634		0		1		1.554	2.581	
Methionine.....g	0.862		0		1		0.509	0.845	
Cystine.....g	0.418		0		1		0.247	0.410	
Phenylalanine.....g	1.253		0		1		0.739	1.228	
Tyrosine.....g	1.049		0		1		0.619	1.028	
Valine.....g	1.562		0		1		0.922	1.531	
Arginine.....g	1.954		0		1		1.153	1.915	
Histidine.....g	0.959		0		1		0.566	0.940	
Alanine.....g	1.792		0		1		1.057	1.756	
Aspartic acid.....g	2.828		0		1		1.669	2.771	
Glutamic acid.....g	4.763		0		1		2.810	4.668	
Glycine.....g	1.811		0		1		1.068	1.775	
Proline.....g	1.446		0		1		0.853	1.417	
Serine.....g	1.114		0		1		0.657	1.092	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 59g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 98g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.44	0.300	16		1		87.42	36.22	61.19
Energy	kcal	197		0	NC	4		276	114	193
Energy	kj	824				4		1154	478	808
Protein (N x 6.25)	g	29.80	0.355	16		1		41.72	17.28	29.20
Total lipid (fat)	g	7.78	0.300	16		1		10.89	4.51	7.62
Ash	g	0.99	0.034	16		1		1.39	0.57	0.97
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.802	17		1		20	8	14
Iron, Fe	mg	1.07	0.065	17		1		1.50	0.62	1.05
Magnesium, Mg	mg	27	0.540	17		1		38	16	26
Phosphorus, P	mg	214	6.940	17		1		300	124	210
Potassium, K	mg	245	7.020	17		1		343	142	240
Sodium, Na	mg	71	3.327	17		1		99	41	70
Zinc, Zn	mg	1.02	0.026	17		1		1.43	0.59	1.00
Copper, Cu	mg	0.050	0.002	17		1		0.070	0.029	0.049
Manganese, Mn	mg	0.018	0.001	16		1		0.025	0.010	0.018
Selenium, Se	mcg	24.7		0	BFYN	4		34.6	14.3	24.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.066	0.005	9		1		0.092	0.038	0.065
Riboflavin	mg	0.119	0.007	9		1		0.167	0.069	0.117
Niacin	mg	12.710	0.574	9		1		17.794	7.372	12.456
Pantothenic acid	mg	0.936		0		1		1.310	0.543	0.917
Vitamin B-6	mg	0.560	0.018	11		1		0.784	0.325	0.549
Folate, total	mcg	4		0		1		6	2	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		1		6	2	4
Folate, DFE	mcg_DFE	4		0	NC	4		6	2	4
Vitamin B-12	mcg	0.32		0		1		0.45	0.19	0.31
Vitamin A, IU	IU	90		0	NC	4		126	52	88
Vitamin A, RAE	mcg_RAE	27		0	NC	4		38	16	26
Retinol	mcg	27		0	NR	4		38	16	26
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.15	0.26
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.1	0.2
Lipids:										
Fatty acids, total saturated	g	2.190		0		1		3.066	1.270	2.146
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.006	0.010
13:0	g									
14:0	g	0.060		0		1		0.084	0.035	0.059
15:0	g									
16:0	g	1.610		0		1		2.254	0.934	1.578
17:0	g									
18:0	g	0.450		0		1		0.630	0.261	0.441
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.030		0		1		4.242	1.757	2.969
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.560	0.232	0.392
17:1.....g									
18:1 undifferentiated.....g	2.510		0		1		3.514	1.456	2.460
20:1.....g	0.080		0		1		0.112	0.046	0.078
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.660		0		1		2.324	0.963	1.627
18:2 undifferentiated.....g	1.410		0		1		1.974	0.818	1.382
18:3 undifferentiated.....g	0.060		0		1		0.084	0.035	0.059
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.098	0.041	0.069
20:5 n-3.....g	0.010		0		1		0.014	0.006	0.010
22:5 n-3.....g	0.010		0		1		0.014	0.006	0.010
22:6 n-3.....g	0.030		0		1		0.042	0.017	0.029
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		118	49	82
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.340		0		1		0.476	0.197	0.333
Threonine.....g	1.244		0		1		1.742	0.722	1.219
Isoleucine.....g	1.525		0		1		2.135	0.885	1.495
Leucine.....g	2.198		0		1		3.077	1.275	2.154
Lysine.....g	2.473		0		1		3.462	1.434	2.424
Methionine.....g	0.807		0		1		1.130	0.468	0.791
Cystine.....g	0.390		0		1		0.546	0.226	0.382
Phenylalanine.....g	1.169		0		1		1.637	0.678	1.146
Tyrosine.....g	0.980		0		1		1.372	0.568	0.960
Valine.....g	1.461		0		1		2.045	0.847	1.432
Arginine.....g	1.837		0		1		2.572	1.065	1.800
Histidine.....g	0.897		0		1		1.256	0.520	0.879
Alanine.....g	1.688		0		1		2.363	0.979	1.654
Aspartic acid.....g	2.657		0		1		3.720	1.541	2.604
Glutamic acid.....g	4.404		0		1		6.166	2.554	4.316
Glycine.....g	1.720		0		1		2.408	0.998	1.686
Proline.....g	1.347		0		1		1.886	0.781	1.320
Serine.....g	1.040		0		1		1.456	0.603	1.019
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 58g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 98g: .5 breast, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.21	0.406	16		1		92.69	43.70	72.83
Energy	kcal	184		0	NC	4		258	121	202
Energy	kj	770				4		1078	508	847
Protein (N x 6.25)	g	27.39	0.277	16		1		38.35	18.08	30.13
Total lipid (fat)	g	7.42	0.222	16		1		10.39	4.90	8.16
Ash	g	0.84	0.036	16		1		1.18	0.55	0.92
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.497	16		1		18	9	14
Iron, Fe	mg	0.92	0.056	16		1		1.29	0.61	1.01
Magnesium, Mg	mg	22	0.445	16		1		31	15	24
Phosphorus, P	mg	156	3.554	16		1		218	103	172
Potassium, K	mg	178	7.772	16		1		249	117	196
Sodium, Na	mg	62	2.645	16		1		87	41	68
Zinc, Zn	mg	0.97	0.018	16		1		1.36	0.64	1.07
Copper, Cu	mg	0.044	0.002	16		1		0.062	0.029	0.048
Manganese, Mn	mg	0.018	0.001	16		1		0.025	0.012	0.020
Selenium, Se	mcg	21.8		0	BFYN	4		30.5	14.4	24.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.041	0.005	8		1		0.057	0.027	0.045
Riboflavin	mg	0.115	0.003	8		1		0.161	0.076	0.127
Niacin	mg	7.807	0.308	8		1		10.930	5.153	8.588
Pantothenic acid	mg	0.547		0		1		0.766	0.361	0.602
Vitamin B-6	mg	0.290		0		1		0.406	0.191	0.319
Folate, total	mcg	3		0		1		4	2	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		4	2	3
Folate, DFE	mcg_DFE	3		0	NC	4		4	2	3
Vitamin B-12	mcg	0.21		0		1		0.29	0.14	0.23
Vitamin A, IU	IU	80		0	NC	4		112	53	88
Vitamin A, RAE	mcg_RAE	24		0	NC	4		34	16	26
Retinol	mcg	24		0	NR	4		34	16	26
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.17	0.29
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4		0.3	0.1	0.2
Lipids:										
Fatty acids, total saturated	g	2.080		0		1		2.912	1.373	2.288
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.007	0.011
13:0	g									
14:0	g	0.060		0		1		0.084	0.040	0.066
15:0	g									
16:0	g	1.540		0		1		2.156	1.016	1.694
17:0	g									
18:0	g	0.420		0		1		0.588	0.277	0.462
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.900		0		1		4.060	1.914	3.190
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		0		1		0.546	0.257	0.429
17:1.....g									
18:1 undifferentiated.....g	2.390		0		1		3.346	1.577	2.629
20:1.....g	0.080		0		1		0.112	0.053	0.088
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.580		0		1		2.212	1.043	1.738
18:2 undifferentiated.....g	1.350		0		1		1.890	0.891	1.485
18:3 undifferentiated.....g	0.060		0		1		0.084	0.040	0.066
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.084	0.040	0.066
20:5 n-3.....g	0.010		0		1		0.014	0.007	0.011
22:5 n-3.....g	0.010		0		1		0.014	0.007	0.011
22:6 n-3.....g	0.020		0		1		0.028	0.013	0.022
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		105	50	83
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.312		0		1		0.437	0.206	0.343
Threonine.....g	1.143		0		1		1.600	0.754	1.257
Isoleucine.....g	1.401		0		1		1.961	0.925	1.541
Leucine.....g	2.019		0		1		2.827	1.333	2.221
Lysine.....g	2.272		0		1		3.181	1.500	2.499
Methionine.....g	0.741		0		1		1.037	0.489	0.815
Cystine.....g	0.359		0		1		0.503	0.237	0.395
Phenylalanine.....g	1.074		0		1		1.504	0.709	1.181
Tyrosine.....g	0.900		0		1		1.260	0.594	0.990
Valine.....g	1.342		0		1		1.879	0.886	1.476
Arginine.....g	1.689		0		1		2.365	1.115	1.858
Histidine.....g	0.824		0		1		1.154	0.544	0.906
Alanine.....g	1.552		0		1		2.173	1.024	1.707
Aspartic acid.....g	2.441		0		1		3.417	1.611	2.685
Glutamic acid.....g	4.046		0		1		5.664	2.670	4.451
Glycine.....g	1.586		0		1		2.220	1.047	1.745
Proline.....g	1.240		0		1		1.736	0.818	1.364
Serine.....g	0.956		0		1		1.338	0.631	1.052
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 66g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 110g: .5 breast, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.46	0.278	29		1		60.43	100.72	
Energy	kcal	172		0	NC	4		150	249	
Energy	kj	720				4		626	1043	
Protein (N x 6.25)	g	20.85	0.148	29		1		18.14	30.23	
Total lipid (fat)	g	9.25	0.243	29		1		8.05	13.41	
Ash	g	1.01	0.058	29		1		0.88	1.46	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.498	24		1		10	16	
Iron, Fe	mg	0.74	0.031	24		1		0.64	1.07	
Magnesium, Mg	mg	25	0.364	24		1		22	36	
Phosphorus, P	mg	174	3.842	24		1		151	252	
Potassium, K	mg	220	5.320	24		1		191	319	
Sodium, Na	mg	63	1.635	24		1		55	91	
Zinc, Zn	mg	0.80	0.017	24		1		0.70	1.16	
Copper, Cu	mg	0.039	0.001	24		1		0.034	0.057	
Manganese, Mn	mg	0.018	0.000	24		1		0.016	0.026	
Selenium, Se	mcg	16.6		0	PAK	1		14.4	24.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.063	0.004	16		1		0.055	0.091	
Riboflavin	mg	0.085	0.004	16		1		0.074	0.123	
Niacin	mg	9.908	0.427	16		1		8.620	14.367	
Pantothenic acid	mg	0.804		1		1		0.699	1.166	
Vitamin B-6	mg	0.530	0.019	11		1		0.461	0.769	
Folate, total	mcg	4	0.800	4		1		3	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4	0.800	4		1		3	6	
Folate, DFE	mcg_DFE	4		0	NC	4		3	6	
Vitamin B-12	mcg	0.34		0		1		0.30	0.49	
Vitamin A, IU	IU	83		0		1		72	120	
Vitamin A, RAE	mcg_RAE	25		0		1		22	36	
Retinol	mcg	24		0	NR	4		21	35	
Vitamin E (alpha-tocopherol)	mg	0.31		0	NR	4		0.27	0.45	
Tocopherol, beta	mg									
Tocopherol, gamma	mg	0.03		0	PAK	1		0.03	0.04	
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	2.660		0		1		2.314	3.857	
4:0	g	0.000		0	PAK	1		0.000	0.000	
6:0	g	0.000		0	PAK	1		0.000	0.000	
8:0	g	0.000		0	PAK	1		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.009	0.015	
13:0	g									
14:0	g	0.080		0		1		0.070	0.116	
15:0	g									
16:0	g	1.950		0		1		1.697	2.828	
17:0	g									
18:0	g	0.540		0		1		0.470	0.783	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.820		0		1		3.323	5.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.435	0.725	
17:1.....g									
18:1 undifferentiated.....g	3.170		0		1		2.758	4.597	
20:1.....g	0.100		0		1		0.087	0.145	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.960		0		1		1.705	2.842	
18:2 undifferentiated.....g	1.740		0		1		1.514	2.523	
18:3 undifferentiated.....g	0.080		0		1		0.070	0.116	
18:4.....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.044	0.073	
20:5 n-3.....g	0.010		0		1		0.009	0.015	
22:5 n-3.....g	0.010		0		1		0.009	0.015	
22:6 n-3.....g	0.020		0		1		0.017	0.029	
Fatty acids, total trans.....g	0.115		0	PIK	4		0.100	0.167	
Cholesterol.....mg	64		0		1		56	93	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.206	0.344	
Threonine.....g	0.869		0		1		0.756	1.260	
Isoleucine.....g	1.063		0		1		0.925	1.541	
Leucine.....g	1.534		0		1		1.335	2.224	
Lysine.....g	1.725		0		1		1.501	2.501	
Methionine.....g	0.563		0		1		0.490	0.816	
Cystine.....g	0.274		0		1		0.238	0.397	
Phenylalanine.....g	0.816		0		1		0.710	1.183	
Tyrosine.....g	0.684		0		1		0.595	0.992	
Valine.....g	1.020		0		1		0.887	1.479	
Arginine.....g	1.289		0		1		1.121	1.869	
Histidine.....g	0.625		0		1		0.544	0.906	
Alanine.....g	1.187		0		1		1.033	1.721	
Aspartic acid.....g	1.859		0		1		1.617	2.696	
Glutamic acid.....g	3.076		0		1		2.676	4.460	
Glycine.....g	1.228		0		1		1.068	1.781	
Proline.....g	0.954		0		1		0.830	1.383	
Serine.....g	0.729		0		1		0.634	1.057	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: .5 breast, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 145g: .5 breast, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.21		0		1		31.31	51.78	
Energy	kcal	187		0	NC	4		97	161	
Energy	kj	782				4		407	673	
Protein (N x 6.25)	g	33.44		0		1		17.39	28.76	
Total lipid (fat)	g	4.71		0		1		2.45	4.05	
Ash	g	1.14		0		1		0.59	0.98	
Carbohydrate, by difference	g	0.51		0	NC	4		0.27	0.44	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		8	14	
Iron, Fe	mg	1.14		0		1		0.59	0.98	
Magnesium, Mg	mg	31		0		1		16	27	
Phosphorus, P	mg	246		0		1		128	212	
Potassium, K	mg	276		0		1		144	237	
Sodium, Na	mg	79		0		1		41	68	
Zinc, Zn	mg	1.08		0		1		0.56	0.93	
Copper, Cu	mg	0.054		0		1		0.028	0.046	
Manganese, Mn	mg	0.021		0		1		0.011	0.018	
Selenium, Se	mcg	26.2		0	BFYN	4		13.6	22.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.079		0		1		0.041	0.068	
Riboflavin	mg	0.125		0		1		0.065	0.108	
Niacin	mg	14.782		0		1		7.687	12.713	
Pantothenic acid	mg	1.040		0		1		0.541	0.894	
Vitamin B-6	mg	0.640		0		1		0.333	0.550	
Folate, total	mcg	4		0		1		2	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		2	3	
Folate, DFE	mcg_DFE	4		0	NC	4		2	3	
Vitamin B-12	mcg	0.37		0		1		0.19	0.32	
Vitamin A, IU	IU	23		0		1		12	20	
Vitamin A, RAE	mcg_RAE	7		0	NC	4		4	6	
Retinol	mcg	7		0	NR	4		4	6	
Vitamin E (alpha-tocopherol)	mg	0.42		0	NR	4		0.22	0.36	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		1.2	2.0	
Lipids:										
Fatty acids, total saturated	g	1.290		0		1		0.671	1.109	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.005	0.009	
13:0	g									
14:0	g	0.030		0		1		0.016	0.026	
15:0	g									
16:0	g	0.850		0		1		0.442	0.731	
17:0	g									
18:0	g	0.370		0		1		0.192	0.318	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.720		0		1		0.894	1.479	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		1		0.078	0.129	
17:1.....g									
18:1 undifferentiated.....g	1.520		0		1		0.790	1.307	
20:1.....g	0.030		0		1		0.016	0.026	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		0.556	0.920	
18:2 undifferentiated.....g	0.860		0		1		0.447	0.740	
18:3 undifferentiated.....g	0.050		0		1		0.026	0.043	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.036	0.060	
20:5 n-3.....g	0.010		0		1		0.005	0.009	
22:5 n-3.....g	0.020		0		1		0.010	0.017	
22:6 n-3.....g	0.030		0		1		0.016	0.026	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		47	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.390		0		1		0.203	0.335	
Threonine.....g	1.412		0		1		0.734	1.214	
Isoleucine.....g	1.765		0		1		0.918	1.518	
Leucine.....g	2.509		0		1		1.305	2.158	
Lysine.....g	2.836		0		1		1.475	2.439	
Methionine.....g	0.925		0		1		0.481	0.796	
Cystine.....g	0.428		0		1		0.223	0.368	
Phenylalanine.....g	1.328		0		1		0.691	1.142	
Tyrosine.....g	1.128		0		1		0.587	0.970	
Valine.....g	1.659		0		1		0.863	1.427	
Arginine.....g	2.015		0		1		1.048	1.733	
Histidine.....g	1.037		0		1		0.539	0.892	
Alanine.....g	1.823		0		1		0.948	1.568	
Aspartic acid.....g	2.976		0		1		1.548	2.559	
Glutamic acid.....g	5.024		0		1		2.612	4.321	
Glycine.....g	1.641		0		1		0.853	1.411	
Proline.....g	1.381		0		1		0.718	1.188	
Serine.....g	1.152		0		1		0.599	0.991	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 86g: .5 breast, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.26	0.335	16		1		91.36	33.94	56.12
Energy	kcal	165		0	NC	4		231	86	142
Energy	kj	690				4		967	359	594
Protein (N x 6.25)	g	31.02	0.373	16		1		43.43	16.13	26.68
Total lipid (fat)	g	3.57	0.213	16		1		5.00	1.86	3.07
Ash	g	1.06	0.037	16		1		1.48	0.55	0.91
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.796	16		1		21	8	13
Iron, Fe	mg	1.04	0.061	16		1		1.46	0.54	0.89
Magnesium, Mg	mg	29	0.544	16		1		41	15	25
Phosphorus, P	mg	228	7.592	16		1		319	119	196
Potassium, K	mg	256	7.674	16		1		358	133	220
Sodium, Na	mg	74	3.112	16		1		104	38	64
Zinc, Zn	mg	1.00	0.026	16		1		1.40	0.52	0.86
Copper, Cu	mg	0.049	0.002	16		1		0.069	0.025	0.042
Manganese, Mn	mg	0.017	0.001	16		1		0.024	0.009	0.015
Selenium, Se	mcg	27.6	2.916	20	A	1		38.6	14.4	23.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.070	0.006	8		1		0.098	0.036	0.060
Riboflavin	mg	0.114	0.009	8		1		0.160	0.059	0.098
Niacin	mg	13.712	0.701	8		1		19.197	7.130	11.792
Pantothenic acid	mg	0.965		0		1		1.351	0.502	0.830
Vitamin B-6	mg	0.600		0		1		0.840	0.312	0.516
Folate, total	mcg	4		0		1		6	2	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		1		6	2	3
Folate, DFE	mcg_DFE	4		0	NC	4		6	2	3
Vitamin B-12	mcg	0.34		0		1		0.48	0.18	0.29
Vitamin A, IU	IU	20		0	NC	4		28	10	17
Vitamin A, RAE	mcg_RAE	6		0	NC	4		8	3	5
Retinol	mcg	6		0	NR	4		8	3	5
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.14	0.23
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.1	0.2
Lipids:										
Fatty acids, total saturated	g	1.010		0		1		1.414	0.525	0.869
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.005	0.009
13:0	g									
14:0	g	0.030		0		1		0.042	0.016	0.026
15:0	g									
16:0	g	0.690		0		1		0.966	0.359	0.593
17:0	g									
18:0	g	0.250		0		1		0.350	0.130	0.215
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.240		0		1		1.736	0.645	1.066
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		1		0.210	0.078	0.129
17:1.....g									
18:1 undifferentiated.....g	1.040		0		1		1.456	0.541	0.894
20:1.....g	0.030		0		1		0.042	0.016	0.026
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0		1		1.078	0.400	0.662
18:2 undifferentiated.....g	0.590		0		1		0.826	0.307	0.507
18:3 undifferentiated.....g	0.030		0		1		0.042	0.016	0.026
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.084	0.031	0.052
20:5 n-3.....g	0.010		0		1		0.014	0.005	0.009
22:5 n-3.....g	0.010		0		1		0.014	0.005	0.009
22:6 n-3.....g	0.020		0		1		0.028	0.010	0.017
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		119	44	73
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.362		0		1		0.507	0.188	0.311
Threonine.....g	1.310		0		1		1.834	0.681	1.127
Isoleucine.....g	1.638		0		1		2.293	0.852	1.409
Leucine.....g	2.328		0		1		3.259	1.211	2.002
Lysine.....g	2.635		0		1		3.689	1.370	2.266
Methionine.....g	0.859		0		1		1.203	0.447	0.739
Cystine.....g	0.397		0		1		0.556	0.206	0.341
Phenylalanine.....g	1.231		0		1		1.723	0.640	1.059
Tyrosine.....g	1.047		0		1		1.466	0.544	0.900
Valine.....g	1.539		0		1		2.155	0.800	1.324
Arginine.....g	1.871		0		1		2.619	0.973	1.609
Histidine.....g	0.963		0		1		1.348	0.501	0.828
Alanine.....g	1.692		0		1		2.369	0.880	1.455
Aspartic acid.....g	2.764		0		1		3.870	1.437	2.377
Glutamic acid.....g	4.645		0		1		6.503	2.415	3.995
Glycine.....g	1.524		0		1		2.134	0.792	1.311
Proline.....g	1.275		0		1		1.785	0.663	1.097
Serine.....g	1.067		0		1		1.494	0.555	0.918
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 52g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 86g: .5 breast, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.27	0.292	18		1		95.58	38.91	64.86
Energy	kcal	151		0	NC	4		211	86	143
Energy	kj	632				4		884	360	600
Protein (N x 6.25)	g	28.98	0.395	18		1		40.57	16.52	27.53
Total lipid (fat)	g	3.03	0.120	18		1		4.24	1.73	2.88
Ash	g	0.91	0.044	16		1		1.27	0.52	0.86
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.455	16		1		18	7	12
Iron, Fe	mg	0.88	0.062	16		1		1.23	0.50	0.84
Magnesium, Mg	mg	24	0.495	16		1		34	14	23
Phosphorus, P	mg	165	3.993	16		1		231	94	157
Potassium, K	mg	187	8.314	16		1		262	107	178
Sodium, Na	mg	63	3.035	16		1		88	36	60
Zinc, Zn	mg	0.97	0.020	16		1		1.36	0.55	0.92
Copper, Cu	mg	0.043	0.002	16		1		0.060	0.025	0.041
Manganese, Mn	mg	0.018	0.001	16		1		0.025	0.010	0.017
Selenium, Se	mcg	22.3		0	BFYN	4		31.2	12.7	21.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.042	0.005	8		1		0.059	0.024	0.040
Riboflavin	mg	0.119	0.004	8		1		0.167	0.068	0.113
Niacin	mg	8.469	0.316	8		1		11.857	4.827	8.046
Pantothenic acid	mg	0.573		0		1		0.802	0.327	0.544
Vitamin B-6	mg	0.330		0		1		0.462	0.188	0.314
Folate, total	mcg	3		0		1		4	2	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		4	2	3
Folate, DFE	mcg_DFE	3		0	NC	4		4	2	3
Vitamin B-12	mcg	0.23		0		1		0.32	0.13	0.22
Vitamin A, IU	IU	20		0	NC	4		28	11	19
Vitamin A, RAE	mcg_RAE	6		0	NC	4		8	3	6
Retinol	mcg	6		0	NR	4		8	3	6
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.15	0.25
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	CASN	4		0.3	0.1	0.2
Lipids:										
Fatty acids, total saturated	g	0.850		0		1		1.190	0.485	0.808
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.006	0.010
13:0	g									
14:0	g	0.030		0		1		0.042	0.017	0.029
15:0	g									
16:0	g	0.580		0		1		0.812	0.331	0.551
17:0	g									
18:0	g	0.210		0		1		0.294	0.120	0.200
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.030		0		1		1.442	0.587	0.979
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		1		0.168	0.068	0.114
17:1.....g									
18:1 undifferentiated.....g	0.870		0		1		1.218	0.496	0.827
20:1.....g	0.020		0		1		0.028	0.011	0.019
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.660		0		1		0.924	0.376	0.627
18:2 undifferentiated.....g	0.500		0		1		0.700	0.285	0.475
18:3 undifferentiated.....g	0.020		0		1		0.028	0.011	0.019
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.050		0		1		0.070	0.029	0.048
20:5 n-3.....g	0.010		0		1		0.014	0.006	0.010
22:5 n-3.....g	0.010		0		1		0.014	0.006	0.010
22:6 n-3.....g	0.020		0		1		0.028	0.011	0.019
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		108	44	73
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.339		0		1		0.475	0.193	0.322
Threonine.....g	1.224		0		1		1.714	0.698	1.163
Isoleucine.....g	1.530		0		1		2.142	0.872	1.454
Leucine.....g	2.175		0		1		3.045	1.240	2.066
Lysine.....g	2.462		0		1		3.447	1.403	2.339
Methionine.....g	0.802		0		1		1.123	0.457	0.762
Cystine.....g	0.371		0		1		0.519	0.211	0.352
Phenylalanine.....g	1.150		0		1		1.610	0.656	1.093
Tyrosine.....g	0.978		0		1		1.369	0.557	0.929
Valine.....g	1.437		0		1		2.012	0.819	1.365
Arginine.....g	1.748		0		1		2.447	0.996	1.661
Histidine.....g	0.900		0		1		1.260	0.513	0.855
Alanine.....g	1.581		0		1		2.213	0.901	1.502
Aspartic acid.....g	2.583		0		1		3.616	1.472	2.454
Glutamic acid.....g	4.340		0		1		6.076	2.474	4.123
Glycine.....g	1.424		0		1		1.994	0.812	1.353
Proline.....g	1.192		0		1		1.669	0.679	1.132
Serine.....g	0.997		0		1		1.396	0.568	0.947
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 57g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 95g: .5 breast, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.76	0.228	31		1		53.08	88.22	
Energy	kcal	110		0	NC	4		78	130	
Energy	kj	460				4		327	543	
Protein (N x 6.25)	g	23.09	0.194	32		1		16.39	27.25	
Total lipid (fat)	g	1.24	0.086	40		1		0.88	1.46	
Ash	g	1.02	0.025	28		1		0.72	1.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.576	27		1		8	13	
Iron, Fe	mg	0.72	0.039	25		1		0.51	0.85	
Magnesium, Mg	mg	28	0.390	26		1		20	33	
Phosphorus, P	mg	196	4.036	27		1		139	231	
Potassium, K	mg	255	5.796	27		1		181	301	
Sodium, Na	mg	65	1.905	27		1		46	77	
Zinc, Zn	mg	0.80	0.017	25		1		0.57	0.94	
Copper, Cu	mg	0.041	0.002	25		1		0.029	0.048	
Manganese, Mn	mg	0.018	0.001	24		1		0.013	0.021	
Selenium, Se	mcg	17.8	3.652	5	A	1		12.6	21.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2	0.028	31		1		0.9	1.4	
Thiamin	mg	0.070	0.005	17		1		0.050	0.083	
Riboflavin	mg	0.092	0.006	17		1		0.065	0.109	
Niacin	mg	11.194	0.511	17		1		7.948	13.209	
Pantothenic acid	mg	0.819		2		1		0.581	0.966	
Vitamin B-6	mg	0.550		2		1		0.391	0.649	
Folate, total	mcg	4		0		1		3	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		3	5	
Folate, DFE	mcg_DFE	4		0	NC	4		3	5	
Vitamin B-12	mcg	0.38		2		1		0.27	0.45	
Vitamin A, IU	IU	20		0	NC	4		14	24	
Vitamin A, RAE	mcg_RAE	6		0	NC	4		4	7	
Retinol	mcg	6		0	NR	4		4	7	
Vitamin E (alpha-tocopherol)	mg	0.13	0.082	6	A	1		0.09	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma	mg	0.04	0.012	6	A	1		0.03	0.04	
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	BFYN	4		0.1	0.2	
Lipids:										
Fatty acids, total saturated	g	0.330		0		1		0.234	0.389	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000	0.002	8		1		0.000	0.000	
13:0	g									
14:0	g	0.010	0.001	27		1		0.007	0.012	
15:0	g									
16:0	g	0.210	0.019	27		1		0.149	0.248	
17:0	g									
18:0	g	0.100	0.010	27		1		0.071	0.118	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0		1		0.213	0.354	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030	0.003	27		1		0.021	0.035	
17:1.....g									
18:1 undifferentiated.....g	0.250	0.023	27		1		0.178	0.295	
20:1.....g	0.000	0.002	4		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.199	0.330	
18:2 undifferentiated.....g	0.170	0.015	27		1		0.121	0.201	
18:3 undifferentiated.....g	0.010	0.001	15		1		0.007	0.012	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.004	26		1		0.028	0.047	
20:5 n-3.....g	0.000	0.000	13		1		0.000	0.000	
22:5 n-3.....g	0.010	0.002	13		1		0.007	0.012	
22:6 n-3.....g	0.020	0.004	12		1		0.014	0.024	
Fatty acids, total trans.....g	0.025		0	BFFN	4		0.017	0.029	
Cholesterol.....mg	58	1.762	8		1		41	68	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.270		0		1		0.192	0.319	
Threonine.....g	0.975		0		1		0.692	1.151	
Isoleucine.....g	1.219		0		1		0.865	1.438	
Leucine.....g	1.732		0		1		1.230	2.044	
Lysine.....g	1.962		0		1		1.393	2.315	
Methionine.....g	0.639		0		1		0.454	0.754	
Cystine.....g	0.296		0		1		0.210	0.349	
Phenylalanine.....g	0.916		0		1		0.650	1.081	
Tyrosine.....g	0.779		0		1		0.553	0.919	
Valine.....g	1.145		0		1		0.813	1.351	
Arginine.....g	1.393		0		1		0.989	1.644	
Histidine.....g	0.717		0		1		0.509	0.846	
Alanine.....g	1.260		0		1		0.895	1.487	
Aspartic acid.....g	2.058		0		1		1.461	2.428	
Glutamic acid.....g	3.458		0		1		2.455	4.080	
Glycine.....g	1.134		0		1		0.805	1.338	
Proline.....g	0.949		0		1		0.674	1.120	
Serine.....g	0.794		0		1		0.564	0.937	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 118g: .5 breast, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.82		0		1		81.53	135.72	
Energy	kcal	298		0	NC	4		498	828	
Energy	kj	1247				4		2082	3466	
Protein (N x 6.25)	g	21.85		0		1		36.49	60.74	
Total lipid (fat)	g	18.64		0		1		31.13	51.82	
Ash	g	1.31		0		1		2.19	3.64	
Carbohydrate, by difference	g	9.38		0	NC	4		15.66	26.08	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		35	58	
Iron, Fe	mg	1.44		0		1		2.40	4.00	
Magnesium, Mg	mg	20		0		1		33	56	
Phosphorus, P	mg	145		0		1		242	403	
Potassium, K	mg	185		0		1		309	514	
Sodium, Na	mg	295		0		1		493	820	
Zinc, Zn	mg	2.08		0		1		3.47	5.78	
Copper, Cu	mg	0.080		0		1		0.134	0.222	
Manganese, Mn	mg	0.058		0		1		0.097	0.161	
Selenium, Se	mcg	23.6		0	PIE	4		39.4	65.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.117		0		1		0.195	0.325	
Riboflavin	mg	0.218		0		1		0.364	0.606	
Niacin	mg	5.607		0		1		9.364	15.587	
Pantothenic acid	mg	0.953		0		1		1.592	2.649	
Vitamin B-6	mg	0.250		0		1		0.418	0.695	
Folate, total	mcg	18		0	RA	4		30	50	
Folic acid	mcg	9		0	NC	4		15	25	
Folate, food	mcg	9		0		1		15	25	
Folate, DFE	mcg_DFE	24		0	NC	4		41	68	
Vitamin B-12	mcg	0.27		0		1		0.45	0.75	
Vitamin A, IU	IU	103		0		1		172	286	
Vitamin A, RAE	mcg_RAE	31		0		1		52	86	
Retinol	mcg	31		0		1		52	86	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.950		0		1		8.267	13.761	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.033	0.056	
13:0	g									
14:0	g	0.110		0		1		0.184	0.306	
15:0	g									
16:0	g	3.290		0		1		5.494	9.146	
17:0	g									
18:0	g	1.430		0		1		2.388	3.975	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05035

Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.580		0		1		12.659	21.072	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.985	1.640	
17:1.....g									
18:1 undifferentiated.....g	6.840		0		1		11.423	19.015	
20:1.....g	0.090		0		1		0.150	0.250	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.430		0		1		7.398	12.315	
18:2 undifferentiated.....g	3.960		0		1		6.613	11.009	
18:3 undifferentiated.....g	0.210		0		1		0.351	0.584	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.184	0.306	
20:5 n-3.....g	0.010		0		1		0.017	0.028	
22:5 n-3.....g	0.020		0		1		0.033	0.056	
22:6 n-3.....g	0.040		0		1		0.067	0.111	
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		149	247	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.250		0		1		0.418	0.695	
Threonine.....g	0.895		0		1		1.495	2.488	
Isoleucine.....g	1.094		0		1		1.827	3.041	
Leucine.....g	1.605		0		1		2.680	4.462	
Lysine.....g	1.713		0		1		2.861	4.762	
Methionine.....g	0.574		0		1		0.959	1.596	
Cystine.....g	0.302		0		1		0.504	0.840	
Phenylalanine.....g	0.874		0		1		1.460	2.430	
Tyrosine.....g	0.711		0		1		1.187	1.977	
Valine.....g	1.067		0		1		1.782	2.966	
Arginine.....g	1.333		0		1		2.226	3.706	
Histidine.....g	0.637		0		1		1.064	1.771	
Alanine.....g	1.226		0		1		2.047	3.408	
Aspartic acid.....g	1.889		0		1		3.155	5.251	
Glutamic acid.....g	3.506		0		1		5.855	9.747	
Glycine.....g	1.318		0		1		2.201	3.664	
Proline.....g	1.136		0		1		1.897	3.158	
Serine.....g	0.806		0		1		1.346	2.241	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 167g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 278g: .5 chicken, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.82		0		1		55.90	93.51	
Energy	kcal	285		0	NC	4		314	524	
Energy	kj	1192				4		1312	2194	
Protein (N x 6.25)	g	27.22		0		1		29.94	50.08	
Total lipid (fat)	g	16.91		0		1		18.60	31.11	
Ash	g	0.97		0		1		1.07	1.78	
Carbohydrate, by difference	g	4.08		0	NC	4		4.49	7.51	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		19	31	
Iron, Fe	mg	1.50		0		1		1.65	2.76	
Magnesium, Mg	mg	24		0		1		26	44	
Phosphorus, P	mg	176		0		1		194	324	
Potassium, K	mg	230		0		1		253	423	
Sodium, Na	mg	89		0		1		98	164	
Zinc, Zn	mg	2.60		0		1		2.86	4.78	
Copper, Cu	mg	0.088		0		1		0.097	0.162	
Manganese, Mn	mg	0.039		0		1		0.043	0.072	
Selenium, Se	mcg	20.5		0	PIE	4		22.6	37.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.095		0		1		0.105	0.175	
Riboflavin	mg	0.235		0		1		0.259	0.432	
Niacin	mg	6.842		0		1		7.526	12.589	
Pantothenic acid	mg	1.157		0		1		1.273	2.129	
Vitamin B-6	mg	0.320		0		1		0.352	0.589	
Folate, total	mcg	11		0	RA	4		12	20	
Folic acid	mcg	3		0	NC	4		3	6	
Folate, food	mcg	8		0		1		9	15	
Folate, DFE	mcg_DFE	13		0	NC	4		14	24	
Vitamin B-12	mcg	0.30		0		1		0.33	0.55	
Vitamin A, IU	IU	104		0		1		114	191	
Vitamin A, RAE	mcg_RAE	31		0		1		34	57	
Retinol	mcg	31		0	NR	4		34	57	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.6	4.4	
Lipids:										
Fatty acids, total saturated	g	4.580		0		1		5.038	8.427	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.033	0.055	
13:0	g									
14:0	g	0.120		0		1		0.132	0.221	
15:0	g									
16:0	g	3.190		0		1		3.509	5.870	
17:0	g									
18:0	g	1.120		0		1		1.232	2.061	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.660		0		1		7.326	12.254	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		0.814	1.362	
17:1.....g									
18:1 undifferentiated.....g	5.730		0		1		6.303	10.543	
20:1.....g	0.120		0		1		0.132	0.221	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.910		0		1		4.301	7.194	
18:2 undifferentiated.....g	3.420		0		1		3.762	6.293	
18:3 undifferentiated.....g	0.170		0		1		0.187	0.313	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.154	0.258	
20:5 n-3.....g	0.020		0		1		0.022	0.037	
22:5 n-3.....g	0.030		0		1		0.033	0.055	
22:6 n-3.....g	0.050		0		1		0.055	0.092	
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		101	169	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.308		0		1		0.339	0.567	
Threonine.....g	1.123		0		1		1.235	2.066	
Isoleucine.....g	1.370		0		1		1.507	2.521	
Leucine.....g	1.994		0		1		2.193	3.669	
Lysine.....g	2.202		0		1		2.422	4.052	
Methionine.....g	0.725		0		1		0.798	1.334	
Cystine.....g	0.365		0		1		0.402	0.672	
Phenylalanine.....g	1.071		0		1		1.178	1.971	
Tyrosine.....g	0.884		0		1		0.972	1.627	
Valine.....g	1.326		0		1		1.459	2.440	
Arginine.....g	1.681		0		1		1.849	3.093	
Histidine.....g	0.804		0		1		0.884	1.479	
Alanine.....g	1.553		0		1		1.708	2.858	
Aspartic acid.....g	2.401		0		1		2.641	4.418	
Glutamic acid.....g	4.130		0		1		4.543	7.599	
Glycine.....g	1.662		0		1		1.828	3.058	
Proline.....g	1.323		0		1		1.455	2.434	
Serine.....g	0.968		0		1		1.065	1.781	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 110g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 184g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.63	0.496	16		1		59.22	97.91	
Energy	kcal	253		0	NC	4		256	423	
Energy	kj	1059				4		1069	1768	
Protein (N x 6.25)	g	25.97	0.268	16		1		26.23	43.37	
Total lipid (fat)	g	15.78	0.336	16		1		15.94	26.35	
Ash	g	0.92	0.025	16		1		0.93	1.54	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.497	16		1		15	25	
Iron, Fe	mg	1.36	0.047	16		1		1.37	2.27	
Magnesium, Mg	mg	22	0.444	16		1		22	37	
Phosphorus, P	mg	168	3.495	16		1		170	281	
Potassium, K	mg	220	5.387	16		1		222	367	
Sodium, Na	mg	87	1.761	16		1		88	145	
Zinc, Zn	mg	2.49	0.044	16		1		2.51	4.16	
Copper, Cu	mg	0.077	0.002	16		1		0.078	0.129	
Manganese, Mn	mg	0.021	0.000	16		1		0.021	0.035	
Selenium, Se	mcg	20.2		0	BFYN	4		20.4	33.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.066	0.005	8		1		0.067	0.110	
Riboflavin	mg	0.207	0.005	8		1		0.209	0.346	
Niacin	mg	6.359	0.395	8		1		6.423	10.620	
Pantothenic acid	mg	1.111		0		1		1.122	1.855	
Vitamin B-6	mg	0.310		0		1		0.313	0.518	
Folate, total	mcg	7		0		1		7	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		7	12	
Folate, DFE	mcg_DFE	7		0	NC	4		7	12	
Vitamin B-12	mcg	0.29		0		1		0.29	0.48	
Vitamin A, IU	IU	201		0		1		203	336	
Vitamin A, RAE	mcg_RAE	60		0		1		61	101	
Retinol	mcg	60		0		1		61	101	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.370		0		1		4.414	7.298	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.030	0.050	
13:0	g									
14:0	g	0.120		0		1		0.121	0.200	
15:0	g									
16:0	g	3.190		0		1		3.222	5.327	
17:0	g									
18:0	g	0.900		0		1		0.909	1.503	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.190		0		1		6.252	10.337	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.860		0		1		0.869	1.436	
17:1.....g									
18:1 undifferentiated.....g	5.110		0		1		5.161	8.534	
20:1.....g	0.150		0		1		0.152	0.251	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.490		0		1		3.525	5.828	
18:2 undifferentiated.....g	3.040		0		1		3.070	5.077	
18:3 undifferentiated.....g	0.140		0		1		0.141	0.234	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.141	0.234	
20:5 n-3.....g	0.020		0		1		0.020	0.033	
22:5 n-3.....g	0.030		0		1		0.030	0.050	
22:6 n-3.....g	0.050		0		1		0.051	0.084	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		92	152	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.289		0		1		0.292	0.483	
Threonine.....g	1.071		0		1		1.082	1.789	
Isoleucine.....g	1.288		0		1		1.301	2.151	
Leucine.....g	1.883		0		1		1.902	3.145	
Lysine.....g	2.105		0		1		2.126	3.515	
Methionine.....g	0.688		0		1		0.695	1.149	
Cystine.....g	0.348		0		1		0.351	0.581	
Phenylalanine.....g	1.007		0		1		1.017	1.682	
Tyrosine.....g	0.832		0		1		0.840	1.389	
Valine.....g	1.258		0		1		1.271	2.101	
Arginine.....g	1.634		0		1		1.650	2.729	
Histidine.....g	0.759		0		1		0.767	1.268	
Alanine.....g	1.523		0		1		1.538	2.543	
Aspartic acid.....g	2.316		0		1		2.339	3.868	
Glutamic acid.....g	3.787		0		1		3.825	6.324	
Glycine.....g	1.718		0		1		1.735	2.869	
Proline.....g	1.277		0		1		1.290	2.133	
Serine.....g	0.918		0		1		0.927	1.533	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 167g: .5 chicken, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.99	0.628	16		1		69.29	115.90	
Energy	kcal	233		0	NC	4		256	429	
Energy	kj	975				4		1072	1794	
Protein (N x 6.25)	g	23.50	0.258	16		1		25.85	43.24	
Total lipid (fat)	g	14.66	0.292	16		1		16.13	26.97	
Ash	g	0.74	0.028	16		1		0.81	1.36	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.484	16		1		15	26	
Iron, Fe	mg	1.31	0.049	16		1		1.44	2.41	
Magnesium, Mg	mg	18	0.293	16		1		20	33	
Phosphorus, P	mg	133	2.098	16		1		146	245	
Potassium, K	mg	166	6.317	16		1		183	305	
Sodium, Na	mg	70	1.792	16		1		77	129	
Zinc, Zn	mg	2.26	0.033	16		1		2.49	4.16	
Copper, Cu	mg	0.068	0.001	16		1		0.075	0.125	
Manganese, Mn	mg	0.019	0.001	16		1		0.021	0.035	
Selenium, Se	mcg	18.4		0	BFYN	4		20.2	33.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.050	0.003	8		1		0.055	0.092	
Riboflavin	mg	0.177	0.005	8		1		0.195	0.326	
Niacin	mg	4.513	0.190	8		1		4.964	8.304	
Pantothenic acid	mg	0.773		0		1		0.850	1.422	
Vitamin B-6	mg	0.170		0		1		0.187	0.313	
Folate, total	mcg	6		0		1		7	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		7	11	
Folate, DFE	mcg_DFE	6		0	NC	4		7	11	
Vitamin B-12	mcg	0.20		0		1		0.22	0.37	
Vitamin A, IU	IU	186		0		1		205	342	
Vitamin A, RAE	mcg_RAE	56		0		1		61	103	
Retinol	mcg	56		0		1		61	103	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.060		0		1		4.466	7.470	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.033	0.055	
13:0	g									
14:0	g	0.110		0		1		0.121	0.202	
15:0	g									
16:0	g	2.970		0		1		3.267	5.465	
17:0	g									
18:0	g	0.830		0		1		0.913	1.527	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05038

Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.750		0		1		6.325	10.580	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.800		0		1		0.880	1.472	
17:1.....g									
18:1 undifferentiated.....g	4.740		0		1		5.214	8.722	
20:1.....g	0.140		0		1		0.154	0.258	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.240		0		1		3.564	5.962	
18:2 undifferentiated.....g	2.820		0		1		3.102	5.189	
18:3 undifferentiated.....g	0.130		0		1		0.143	0.239	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.143	0.239	
20:5 n-3.....g	0.010		0		1		0.011	0.018	
22:5 n-3.....g	0.020		0		1		0.022	0.037	
22:6 n-3.....g	0.050		0		1		0.055	0.092	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		90	151	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0		1		0.287	0.480	
Threonine.....g	0.969		0		1		1.066	1.783	
Isoleucine.....g	1.167		0		1		1.284	2.147	
Leucine.....g	1.705		0		1		1.876	3.137	
Lysine.....g	1.906		0		1		2.097	3.507	
Methionine.....g	0.623		0		1		0.685	1.146	
Cystine.....g	0.314		0		1		0.345	0.578	
Phenylalanine.....g	0.911		0		1		1.002	1.676	
Tyrosine.....g	0.754		0		1		0.829	1.387	
Valine.....g	1.139		0		1		1.253	2.096	
Arginine.....g	1.477		0		1		1.625	2.718	
Histidine.....g	0.687		0		1		0.756	1.264	
Alanine.....g	1.376		0		1		1.514	2.532	
Aspartic acid.....g	2.095		0		1		2.305	3.855	
Glutamic acid.....g	3.428		0		1		3.771	6.308	
Glycine.....g	1.547		0		1		1.702	2.846	
Proline.....g	1.152		0		1		1.267	2.120	
Serine.....g	0.830		0		1		0.913	1.527	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 110g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 184g: .5 chicken, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.42	0.451	25		1		104.67	174.02	
Energy	kcal	237		0	NC	4		379	630	
Energy	kj	992				4		1587	2638	
Protein (N x 6.25)	g	16.69	0.120	25		1		26.70	44.40	
Total lipid (fat)	g	18.34	0.359	25		1		29.34	48.78	
Ash	g	0.76	0.024	25		1		1.22	2.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.408	24		1		18	29	
Iron, Fe	mg	0.98	0.026	24		1		1.57	2.61	
Magnesium, Mg	mg	19	0.270	24		1		30	51	
Phosphorus, P	mg	136	2.562	24		1		218	362	
Potassium, K	mg	178	4.768	24		1		285	473	
Sodium, Na	mg	73	1.122	24		1		117	194	
Zinc, Zn	mg	1.58	0.019	24		1		2.53	4.20	
Copper, Cu	mg	0.054	0.002	24		1		0.086	0.144	
Manganese, Mn	mg	0.019	0.000	24		1		0.030	0.051	
Selenium, Se	mcg	12.7		0	PAK	1		20.3	33.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.061	0.002	16		1		0.098	0.162	
Riboflavin	mg	0.146	0.003	16		1		0.234	0.388	
Niacin	mg	5.211	0.178	16		1		8.338	13.861	
Pantothenic acid	mg	0.994		0		1		1.590	2.644	
Vitamin B-6	mg	0.250		0		1		0.400	0.665	
Folate, total	mcg	7		0		1		11	19	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		11	19	
Folate, DFE	mcg_DFE	7		0	NC	4		11	19	
Vitamin B-12	mcg	0.29		0		1		0.46	0.77	
Vitamin A, IU	IU	170		0		1		272	452	
Vitamin A, RAE	mcg_RAE	49		0	NC	4		78	130	
Retinol	mcg	49		0	NR	4		78	130	
Vitamin E (alpha-tocopherol)	mg	0.30		0	CASN	4		0.48	0.80	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		3.8	6.3	
Lipids:										
Fatty acids, total saturated	g	5.260		0		1		8.416	13.992	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.032	0.053	
13:0	g									
14:0	g	0.150		0		1		0.240	0.399	
15:0	g									
16:0	g	3.820		0		1		6.112	10.161	
17:0	g									
18:0	g	1.070		0		1		1.712	2.846	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.650		0		1		12.240	20.349	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.020		0		1		1.632	2.713	
17:1.....g									
18:1 undifferentiated.....g	6.340		0		1		10.144	16.864	
20:1.....g	0.180		0		1		0.288	0.479	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.960		0		1		6.336	10.534	
18:2 undifferentiated.....g	3.550		0		1		5.680	9.443	
18:3 undifferentiated.....g	0.170		0		1		0.272	0.452	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.144	0.239	
20:5 n-3.....g	0.010		0		1		0.016	0.027	
22:5 n-3.....g	0.020		0		1		0.032	0.053	
22:6 n-3.....g	0.030		0		1		0.048	0.080	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		130	215	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.185		0		1		0.296	0.492	
Threonine.....g	0.687		0		1		1.099	1.827	
Isoleucine.....g	0.824		0		1		1.318	2.192	
Leucine.....g	1.207		0		1		1.931	3.211	
Lysine.....g	1.348		0		1		2.157	3.586	
Methionine.....g	0.441		0		1		0.706	1.173	
Cystine.....g	0.224		0		1		0.358	0.596	
Phenylalanine.....g	0.646		0		1		1.034	1.718	
Tyrosine.....g	0.533		0		1		0.853	1.418	
Valine.....g	0.807		0		1		1.291	2.147	
Arginine.....g	1.053		0		1		1.685	2.801	
Histidine.....g	0.485		0		1		0.776	1.290	
Alanine.....g	0.984		0		1		1.574	2.617	
Aspartic acid.....g	1.488		0		1		2.381	3.958	
Glutamic acid.....g	2.429		0		1		3.886	6.461	
Glycine.....g	1.126		0		1		1.802	2.995	
Proline.....g	0.831		0		1		1.330	2.210	
Serine.....g	0.591		0		1		0.946	1.572	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 266g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.70		0		1		77.98	50.69	
Energy	kcal	239		0	NC	4		335	217	
Energy	kj	1000				4		1400	910	
Protein (N x 6.25)	g	28.99		0		1		40.59	26.38	
Total lipid (fat)	g	11.62		0		1		16.27	10.57	
Ash	g	1.08		0		1		1.51	0.98	
Carbohydrate, by difference	g	2.59		0	NC	4		3.63	2.36	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		25	16	
Iron, Fe	mg	1.49		0		1		2.09	1.36	
Magnesium, Mg	mg	25		0		1		35	23	
Phosphorus, P	mg	187		0		1		262	170	
Potassium, K	mg	253		0		1		354	230	
Sodium, Na	mg	97		0		1		136	88	
Zinc, Zn	mg	2.91		0		1		4.07	2.65	
Copper, Cu	mg	0.089		0		1		0.125	0.081	
Manganese, Mn	mg	0.033		0		1		0.046	0.030	
Selenium, Se	mcg	20.5		0	BFYN	4		28.7	18.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.093		0		1		0.130	0.085	
Riboflavin	mg	0.249		0		1		0.349	0.227	
Niacin	mg	7.070		0		1		9.898	6.434	
Pantothenic acid	mg	1.261		0		1		1.765	1.148	
Vitamin B-6	mg	0.370		0		1		0.518	0.337	
Folate, total	mcg	9		0		1		13	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		13	8	
Folate, DFE	mcg_DFE	9		0	NC	4		13	8	
Vitamin B-12	mcg	0.33		0		1		0.46	0.30	
Vitamin A, IU	IU	79		0		1		111	72	
Vitamin A, RAE	mcg_RAE	24		0		1		33	22	
Retinol	mcg	24		0		1		33	22	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.120		0		1		4.368	2.839	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.042	0.027	
13:0	g									
14:0	g	0.080		0		1		0.112	0.073	
15:0	g									
16:0	g	2.100		0		1		2.940	1.911	
17:0	g									
18:0	g	0.810		0		1		1.134	0.737	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05044

Chicken, broilers or fryers, dark meat, meat only, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.320		0		1		6.048	3.931	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		0.686	0.446	
17:1.....g									
18:1 undifferentiated.....g	3.720		0		1		5.208	3.385	
20:1.....g	0.050		0		1		0.070	0.046	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.770		0		1		3.878	2.521	
18:2 undifferentiated.....g	2.330		0		1		3.262	2.120	
18:3 undifferentiated.....g	0.120		0		1		0.168	0.109	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.210	0.137	
20:5 n-3.....g	0.020		0		1		0.028	0.018	
22:5 n-3.....g	0.030		0		1		0.042	0.027	
22:6 n-3.....g	0.060		0		1		0.084	0.055	
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		134	87	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.340		0		1		0.476	0.309	
Threonine.....g	1.221		0		1		1.709	1.111	
Isoleucine.....g	1.528		0		1		2.139	1.390	
Leucine.....g	2.176		0		1		3.046	1.980	
Lysine.....g	2.441		0		1		3.417	2.221	
Methionine.....g	0.799		0		1		1.119	0.727	
Cystine.....g	0.375		0		1		0.525	0.341	
Phenylalanine.....g	1.156		0		1		1.618	1.052	
Tyrosine.....g	0.978		0		1		1.369	0.890	
Valine.....g	1.438		0		1		2.013	1.309	
Arginine.....g	1.742		0		1		2.439	1.585	
Histidine.....g	0.897		0		1		1.256	0.816	
Alanine.....g	1.575		0		1		2.205	1.433	
Aspartic acid.....g	2.568		0		1		3.595	2.337	
Glutamic acid.....g	4.425		0		1		6.195	4.027	
Glycine.....g	1.420		0		1		1.988	1.292	
Proline.....g	1.222		0		1		1.711	1.112	
Serine.....g	1.006		0		1		1.408	0.915	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 91g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.06	0.394	16		1		88.28	51.08	85.76
Energy	kcal	205		0	NC	4		287	166	279
Energy	kj	858				4		1201	695	1166
Protein (N x 6.25)	g	27.37	0.269	16		1		38.32	22.17	37.22
Total lipid (fat)	g	9.73	0.183	16		1		13.62	7.88	13.23
Ash	g	1.02	0.029	16		1		1.43	0.83	1.39
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.600	16		1		21	12	20
Iron, Fe	mg	1.33	0.041	16		1		1.86	1.08	1.81
Magnesium, Mg	mg	23	0.485	16		1		32	19	31
Phosphorus, P	mg	179	3.896	16		1		251	145	243
Potassium, K	mg	240	5.709	16		1		336	194	326
Sodium, Na	mg	93	1.836	16		1		130	75	126
Zinc, Zn	mg	2.80	0.041	16		1		3.92	2.27	3.81
Copper, Cu	mg	0.080	0.002	16		1		0.112	0.065	0.109
Manganese, Mn	mg	0.021	0.000	16		1		0.029	0.017	0.029
Selenium, Se	mcg	18.0		0	BFYN	4		25.2	14.6	24.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.073	0.006	8		1		0.102	0.059	0.099
Riboflavin	mg	0.227	0.006	8		1		0.318	0.184	0.309
Niacin	mg	6.548	0.415	8		1		9.167	5.304	8.905
Pantothenic acid	mg	1.210		0		1		1.694	0.980	1.646
Vitamin B-6	mg	0.360		0		1		0.504	0.292	0.490
Folate, total	mcg	8		0		1		11	6	11
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		1		11	6	11
Folate, DFE	mcg_DFE	8		0	NC	4		11	6	11
Vitamin B-12	mcg	0.32		0		1		0.45	0.26	0.44
Vitamin A, IU	IU	73		0	NC	4		103	59	100
Vitamin A, RAE	mcg_RAE	22		0	NC	4		31	18	30
Retinol	mcg	22		0	NR	4		31	18	30
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.21	0.36
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		5.5	3.2	5.3
Lipids:										
Fatty acids, total saturated	g	2.660		0		1		3.724	2.155	3.618
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.024	0.041
13:0	g									
14:0	g	0.070		0		1		0.098	0.057	0.095
15:0	g									
16:0	g	1.840		0		1		2.576	1.490	2.502
17:0	g									
18:0	g	0.630		0		1		0.882	0.510	0.857
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.560		0		1		4.984	2.884	4.842
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		0.686	0.397	0.666
17:1.....g									
18:1 undifferentiated.....g	2.970		0		1		4.158	2.406	4.039
20:1.....g	0.050		0		1		0.070	0.041	0.068
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.260		0		1		3.164	1.831	3.074
18:2 undifferentiated.....g	1.870		0		1		2.618	1.515	2.543
18:3 undifferentiated.....g	0.090		0		1		0.126	0.073	0.122
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.196	0.113	0.190
20:5 n-3.....g	0.010		0		1		0.014	0.008	0.014
22:5 n-3.....g	0.030		0		1		0.042	0.024	0.041
22:6 n-3.....g	0.050		0		1		0.070	0.041	0.068
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		1		130	75	126
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.320		0		1		0.448	0.259	0.435
Threonine.....g	1.156		0		1		1.618	0.936	1.572
Isoleucine.....g	1.445		0		1		2.023	1.170	1.965
Leucine.....g	2.053		0		1		2.874	1.663	2.792
Lysine.....g	2.325		0		1		3.255	1.883	3.162
Methionine.....g	0.757		0		1		1.060	0.613	1.030
Cystine.....g	0.350		0		1		0.490	0.284	0.476
Phenylalanine.....g	1.086		0		1		1.520	0.880	1.477
Tyrosine.....g	0.924		0		1		1.294	0.748	1.257
Valine.....g	1.357		0		1		1.900	1.099	1.846
Arginine.....g	1.651		0		1		2.311	1.337	2.245
Histidine.....g	0.849		0		1		1.189	0.688	1.155
Alanine.....g	1.493		0		1		2.090	1.209	2.030
Aspartic acid.....g	2.439		0		1		3.415	1.976	3.317
Glutamic acid.....g	4.098		0		1		5.737	3.319	5.573
Glycine.....g	1.344		0		1		1.882	1.089	1.828
Proline.....g	1.125		0		1		1.575	0.911	1.530
Serine.....g	0.941		0		1		1.317	0.762	1.280
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 81g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 136g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.83	0.381	16		1		92.16	56.61	94.14
Energy	kcal	192		0	NC	4		269	165	275
Energy	kj	803				4		1125	691	1149
Protein (N x 6.25)	g	25.97	0.228	16		1		36.36	22.33	37.14
Total lipid (fat)	g	8.98	0.134	16		1		12.57	7.72	12.84
Ash	g	0.84	0.037	16		1		1.18	0.72	1.20
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.428	16		1		20	12	20
Iron, Fe	mg	1.36	0.058	16		1		1.90	1.17	1.94
Magnesium, Mg	mg	20	0.324	16		1		28	17	29
Phosphorus, P	mg	143	2.448	16		1		200	123	204
Potassium, K	mg	181	6.609	16		1		253	156	259
Sodium, Na	mg	74	2.173	16		1		104	64	106
Zinc, Zn	mg	2.66	0.043	16		1		3.72	2.29	3.80
Copper, Cu	mg	0.075	0.001	16		1		0.105	0.065	0.107
Manganese, Mn	mg	0.020	0.001	16		1		0.028	0.017	0.029
Selenium, Se	mcg	17.3		0	BFYN	4		24.2	14.9	24.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.055	0.002	8		1		0.077	0.047	0.079
Riboflavin	mg	0.202	0.005	8		1		0.283	0.174	0.289
Niacin	mg	4.737	0.213	8		1		6.632	4.074	6.774
Pantothenic acid	mg	0.890		0		1		1.246	0.765	1.273
Vitamin B-6	mg	0.210		0		1		0.294	0.181	0.300
Folate, total	mcg	7		0		1		10	6	10
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		1		10	6	10
Folate, DFE	mcg_DFE	7		0	NC	4		10	6	10
Vitamin B-12	mcg	0.22		0		1		0.31	0.19	0.31
Vitamin A, IU	IU	70		0	NC	4		98	60	100
Vitamin A, RAE	mcg_RAE	21		0	NC	4		29	18	30
Retinol	mcg	21		0	NR	4		29	18	30
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.23	0.38
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.6		0	BFSN	4		5.1	3.1	5.2
Lipids:										
Fatty acids, total saturated	g	2.450		0		1		3.430	2.107	3.504
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.026	0.043
13:0	g									
14:0	g	0.060		0		1		0.084	0.052	0.086
15:0	g									
16:0	g	1.690		0		1		2.366	1.453	2.417
17:0	g									
18:0	g	0.580		0		1		0.812	0.499	0.829
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.260		0		1		4.564	2.804	4.662
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		0.630	0.387	0.644
17:1.....g									
18:1 undifferentiated.....g	2.710		0		1		3.794	2.331	3.875
20:1.....g	0.050		0		1		0.070	0.043	0.072
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.090		0		1		2.926	1.797	2.989
18:2 undifferentiated.....g	1.730		0		1		2.422	1.488	2.474
18:3 undifferentiated.....g	0.080		0		1		0.112	0.069	0.114
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.182	0.112	0.186
20:5 n-3.....g	0.010		0		1		0.014	0.009	0.014
22:5 n-3.....g	0.030		0		1		0.042	0.026	0.043
22:6 n-3.....g	0.050		0		1		0.070	0.043	0.072
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		123	76	126
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.303		0		1		0.424	0.261	0.433
Threonine.....g	1.097		0		1		1.536	0.943	1.569
Isoleucine.....g	1.371		0		1		1.919	1.179	1.961
Leucine.....g	1.949		0		1		2.729	1.676	2.787
Lysine.....g	2.206		0		1		3.088	1.897	3.155
Methionine.....g	0.719		0		1		1.007	0.618	1.028
Cystine.....g	0.332		0		1		0.465	0.286	0.475
Phenylalanine.....g	1.030		0		1		1.442	0.886	1.473
Tyrosine.....g	0.877		0		1		1.228	0.754	1.254
Valine.....g	1.288		0		1		1.803	1.108	1.842
Arginine.....g	1.566		0		1		2.192	1.347	2.239
Histidine.....g	0.806		0		1		1.128	0.693	1.153
Alanine.....g	1.417		0		1		1.984	1.219	2.026
Aspartic acid.....g	2.314		0		1		3.240	1.990	3.309
Glutamic acid.....g	3.889		0		1		5.445	3.345	5.561
Glycine.....g	1.276		0		1		1.786	1.097	1.825
Proline.....g	1.068		0		1		1.495	0.918	1.527
Serine.....g	0.893		0		1		1.250	0.768	1.277
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 86g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 143g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.99	0.263	25		1		82.83	138.30	
Energy	kcal	125		0	NC	4		136	228	
Energy	kj	523				4		570	952	
Protein (N x 6.25)	g	20.08	0.136	25		1		21.89	36.55	
Total lipid (fat)	g	4.31	0.161	25		1		4.70	7.84	
Ash	g	0.94	0.031	25		1		1.02	1.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.624	24		1		13	22	
Iron, Fe	mg	1.03	0.028	24		1		1.12	1.87	
Magnesium, Mg	mg	23	0.325	24		1		25	42	
Phosphorus, P	mg	162	3.162	24		1		177	295	
Potassium, K	mg	222	5.832	24		1		242	404	
Sodium, Na	mg	85	1.511	24		1		93	155	
Zinc, Zn	mg	2.00	0.030	24		1		2.18	3.64	
Copper, Cu	mg	0.063	0.002	24		1		0.069	0.115	
Manganese, Mn	mg	0.021	0.000	24		1		0.023	0.038	
Selenium, Se	mcg	13.5	1.936	4	A	1		14.7	24.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		0		1		3.4	5.6	
Thiamin	mg	0.077	0.003	16		1		0.084	0.140	
Riboflavin	mg	0.184	0.004	16		1		0.201	0.335	
Niacin	mg	6.246	0.204	16		1		6.808	11.368	
Pantothenic acid	mg	1.249		0		1		1.361	2.273	
Vitamin B-6	mg	0.330		0		1		0.360	0.601	
Folate, total	mcg	10		0		1		11	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		11	18	
Folate, DFE	mcg_DFE	10		0	NC	4		11	18	
Vitamin B-12	mcg	0.36		0		1		0.39	0.66	
Vitamin A, IU	IU	72		0		1		78	131	
Vitamin A, RAE	mcg_RAE	22		0		1		24	39	
Retinol	mcg	22		0	NR	4		24	40	
Vitamin E (alpha-tocopherol)	mg	0.21		0	CASN	4		0.23	0.38	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.6	4.3	
Lipids:										
Fatty acids, total saturated	g	1.100		0		1		1.199	2.002	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020	0.004	17		1		0.022	0.036	
13:0	g									
14:0	g	0.030	0.003	24		1		0.033	0.055	
15:0	g									
16:0	g	0.740	0.033	24		1		0.807	1.347	
17:0	g									
18:0	g	0.290	0.018	24		1		0.316	0.528	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.340		0		1		1.461	2.439	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.013	24		1		0.218	0.364	
17:1.....g									
18:1 undifferentiated.....g	1.110	0.053	24		1		1.210	2.020	
20:1.....g	0.010	0.003	6		1		0.011	0.018	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		1.166	1.947	
18:2 undifferentiated.....g	0.820	0.038	24		1		0.894	1.492	
18:3 undifferentiated.....g	0.040	0.003	18		1		0.044	0.073	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.019	16		1		0.109	0.182	
20:5 n-3.....g	0.010	0.004	8		1		0.011	0.018	
22:5 n-3.....g	0.020	0.006	9		1		0.022	0.036	
22:6 n-3.....g	0.040	0.012	9		1		0.044	0.073	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		87	146	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.235		0		1		0.256	0.428	
Threonine.....g	0.848		0		1		0.924	1.543	
Isoleucine.....g	1.060		0		1		1.155	1.929	
Leucine.....g	1.507		0		1		1.643	2.743	
Lysine.....g	1.706		0		1		1.860	3.105	
Methionine.....g	0.556		0		1		0.606	1.012	
Cystine.....g	0.257		0		1		0.280	0.468	
Phenylalanine.....g	0.797		0		1		0.869	1.451	
Tyrosine.....g	0.678		0		1		0.739	1.234	
Valine.....g	0.996		0		1		1.086	1.813	
Arginine.....g	1.211		0		1		1.320	2.204	
Histidine.....g	0.623		0		1		0.679	1.134	
Alanine.....g	1.096		0		1		1.195	1.995	
Aspartic acid.....g	1.790		0		1		1.951	3.258	
Glutamic acid.....g	3.007		0		1		3.278	5.473	
Glycine.....g	0.986		0		1		1.075	1.795	
Proline.....g	0.826		0		1		0.900	1.503	
Serine.....g	0.691		0		1		0.753	1.258	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 109g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 182g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.77		0		1		22.69	37.99	
Energy	kcal	268		0	NC	4		115	193	
Energy	kj	1121				4		482	807	
Protein (N x 6.25)	g	21.95		0		1		9.44	15.80	
Total lipid (fat)	g	15.75		0		1		6.77	11.34	
Ash	g	1.25		0		1		0.54	0.90	
Carbohydrate, by difference	g	8.28		0	NC	4		3.56	5.96	
Fiber, total dietary	g	0.3		0		4		0.1	0.2	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		7	12	
Iron, Fe	mg	1.35		0		1		0.58	0.97	
Magnesium, Mg	mg	20		0		1		9	14	
Phosphorus, P	mg	147		0		1		63	106	
Potassium, K	mg	186		0		1		80	134	
Sodium, Na	mg	269		0		1		116	194	
Zinc, Zn	mg	2.33		0		1		1.00	1.68	
Copper, Cu	mg	0.076		0		1		0.033	0.055	
Manganese, Mn	mg	0.052		0		1		0.022	0.037	
Selenium, Se	mcg	21.9		0	PIE	4		9.4	15.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.112		0		1		0.048	0.081	
Riboflavin	mg	0.215		0		1		0.092	0.155	
Niacin	mg	5.096		0		1		2.191	3.669	
Pantothenic acid	mg	1.007		0		1		0.433	0.725	
Vitamin B-6	mg	0.270		0		1		0.116	0.194	
Folate, total	mcg	18		0	RA	4		8	13	
Folic acid	mcg	9		0	NC	4		4	6	
Folate, food	mcg	9		0		1		4	6	
Folate, DFE	mcg_DFE	24		0	NC	4		10	17	
Vitamin B-12	mcg	0.28		0		1		0.12	0.20	
Vitamin A, IU	IU	86		0		1		37	62	
Vitamin A, RAE	mcg_RAE	26		0		1		11	19	
Retinol	mcg	26		0		1		11	19	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.140		0		1		1.780	2.981	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.009	0.014	
13:0	g									
14:0	g	0.090		0		1		0.039	0.065	
15:0	g									
16:0	g	2.710		0		1		1.165	1.951	
17:0	g									
18:0	g	1.260		0		1		0.542	0.907	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05067

Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.430		0		1		2.765	4.630	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.189	0.317	
17:1.....g									
18:1 undifferentiated.....g	5.880		0		1		2.528	4.234	
20:1.....g	0.070		0		1		0.030	0.050	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.790		0		1		1.630	2.729	
18:2 undifferentiated.....g	3.400		0		1		1.462	2.448	
18:3 undifferentiated.....g	0.190		0		1		0.082	0.137	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.039	0.065	
20:5 n-3.....g	0.010		0		1		0.004	0.007	
22:5 n-3.....g	0.020		0		1		0.009	0.014	
22:6 n-3.....g	0.030		0		1		0.013	0.022	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		37	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.252		0		1		0.108	0.181	
Threonine.....g	0.903		0		1		0.388	0.650	
Isoleucine.....g	1.108		0		1		0.476	0.798	
Leucine.....g	1.618		0		1		0.696	1.165	
Lysine.....g	1.740		0		1		0.748	1.253	
Methionine.....g	0.581		0		1		0.250	0.418	
Cystine.....g	0.300		0		1		0.129	0.216	
Phenylalanine.....g	0.877		0		1		0.377	0.631	
Tyrosine.....g	0.719		0		1		0.309	0.518	
Valine.....g	1.075		0		1		0.462	0.774	
Arginine.....g	1.336		0		1		0.574	0.962	
Histidine.....g	0.646		0		1		0.278	0.465	
Alanine.....g	1.226		0		1		0.527	0.883	
Aspartic acid.....g	1.905		0		1		0.819	1.372	
Glutamic acid.....g	3.496		0		1		1.503	2.517	
Glycine.....g	1.287		0		1		0.553	0.927	
Proline.....g	1.109		0		1		0.477	0.798	
Serine.....g	0.803		0		1		0.345	0.578	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 72g: 1 drumstick, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.73		0		1		16.45	27.80	
Energy	kcal	245		0	NC	4		71	120	
Energy	kj	1025				4		297	502	
Protein (N x 6.25)	g	26.96		0		1		7.82	13.21	
Total lipid (fat)	g	13.72		0		1		3.98	6.72	
Ash	g	0.96		0		1		0.28	0.47	
Carbohydrate, by difference	g	1.63		0	NC	4		0.47	0.80	
Fiber, total dietary	g	0.1		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		3	6	
Iron, Fe	mg	1.34		0		1		0.39	0.66	
Magnesium, Mg	mg	23		0		1		7	11	
Phosphorus, P	mg	176		0		1		51	86	
Potassium, K	mg	229		0		1		66	112	
Sodium, Na	mg	89		0		1		26	44	
Zinc, Zn	mg	2.89		0		1		0.84	1.42	
Copper, Cu	mg	0.080		0		1		0.023	0.039	
Manganese, Mn	mg	0.028		0		1		0.008	0.014	
Selenium, Se	mcg	18.4		0	PIE	4		5.3	9.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.081		0		1		0.023	0.040	
Riboflavin	mg	0.225		0		1		0.065	0.110	
Niacin	mg	6.037		0		1		1.751	2.958	
Pantothenic acid	mg	1.215		0		1		0.352	0.595	
Vitamin B-6	mg	0.350		0		1		0.102	0.172	
Folate, total	mcg	10		0	RA	4		3	5	
Folic acid	mcg	2		0	NC	4		1	1	
Folate, food	mcg	8		0		1		2	4	
Folate, DFE	mcg_DFE	11		0	NC	4		3	6	
Vitamin B-12	mcg	0.32		0		1		0.09	0.16	
Vitamin A, IU	IU	84		0		1		24	41	
Vitamin A, RAE	mcg_RAE	25		0		1		7	12	
Retinol	mcg	25		0		1		7	12	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.660		0		1		1.061	1.793	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.006	0.010	
13:0	g									
14:0	g	0.090		0		1		0.026	0.044	
15:0	g									
16:0	g	2.500		0		1		0.725	1.225	
17:0	g									
18:0	g	0.970		0		1		0.281	0.475	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05068

Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.420		0		1		1.572	2.656	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540		0		1		0.157	0.265	
17:1.....g									
18:1 undifferentiated.....g	4.750		0		1		1.378	2.328	
20:1.....g	0.080		0		1		0.023	0.039	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.230		0		1		0.937	1.583	
18:2 undifferentiated.....g	2.830		0		1		0.821	1.387	
18:3 undifferentiated.....g	0.140		0		1		0.041	0.069	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.032	0.054	
20:5 n-3.....g	0.010		0		1		0.003	0.005	
22:5 n-3.....g	0.020		0		1		0.006	0.010	
22:6 n-3.....g	0.040		0		1		0.012	0.020	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		26	44	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.307		0		1		0.089	0.150	
Threonine.....g	1.120		0		1		0.325	0.549	
Isoleucine.....g	1.371		0		1		0.398	0.672	
Leucine.....g	1.983		0		1		0.575	0.972	
Lysine.....g	2.214		0		1		0.642	1.085	
Methionine.....g	0.725		0		1		0.210	0.355	
Cystine.....g	0.356		0		1		0.103	0.174	
Phenylalanine.....g	1.058		0		1		0.307	0.518	
Tyrosine.....g	0.882		0		1		0.256	0.432	
Valine.....g	1.318		0		1		0.382	0.646	
Arginine.....g	1.663		0		1		0.482	0.815	
Histidine.....g	0.806		0		1		0.234	0.395	
Alanine.....g	1.531		0		1		0.444	0.750	
Aspartic acid.....g	2.393		0		1		0.694	1.173	
Glutamic acid.....g	4.027		0		1		1.168	1.973	
Glycine.....g	1.592		0		1		0.462	0.780	
Proline.....g	1.255		0		1		0.364	0.615	
Serine.....g	0.948		0		1		0.275	0.465	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 49g: 1 drumstick, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.60	0.474	16		1		87.64	19.41	32.55
Energy	kcal	216		0	NC	4		302	67	112
Energy	kj	904				4		1265	280	470
Protein (N x 6.25)	g	27.03	0.275	16		1		37.84	8.38	14.06
Total lipid (fat)	g	11.15	0.202	16		1		15.61	3.46	5.80
Ash	g	0.96	0.037	16		1		1.34	0.30	0.50
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.697	16		1		17	4	6
Iron, Fe	mg	1.33	0.042	16		1		1.86	0.41	0.69
Magnesium, Mg	mg	23	0.636	16		1		32	7	12
Phosphorus, P	mg	175	4.350	16		1		245	54	91
Potassium, K	mg	229	5.696	16		1		321	71	119
Sodium, Na	mg	90	2.045	16		1		126	28	47
Zinc, Zn	mg	2.87	0.058	16		1		4.02	0.89	1.49
Copper, Cu	mg	0.077	0.002	16		1		0.108	0.024	0.040
Manganese, Mn	mg	0.021	0.000	16		1		0.029	0.007	0.011
Selenium, Se	mcg	18.6		0	BFYN	4		26.0	5.8	9.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.069	0.005	8		1		0.097	0.021	0.036
Riboflavin	mg	0.216	0.007	8		1		0.302	0.067	0.112
Niacin	mg	5.994	0.346	8		1		8.392	1.858	3.117
Pantothenic acid	mg	1.211		0		1		1.695	0.375	0.630
Vitamin B-6	mg	0.340		0		1		0.476	0.105	0.177
Folate, total	mcg	8		0		1		11	2	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		1		11	2	4
Folate, DFE	mcg_DFE	8		0	NC	4		11	2	4
Vitamin B-12	mcg	0.32		0		1		0.45	0.10	0.17
Vitamin A, IU	IU	100		0		1		140	31	52
Vitamin A, RAE	mcg_RAE	30		0	NC	4		42	9	16
Retinol	mcg	30		0	NR	4		42	9	16
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.08	0.14
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.0		0	BFSN	4		5.5	1.2	2.1
Lipids:										
Fatty acids, total saturated	g	3.050		0		1		4.270	0.946	1.586
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.009	0.016
13:0	g									
14:0	g	0.080		0		1		0.112	0.025	0.042
15:0	g									
16:0	g	2.220		0		1		3.108	0.688	1.154
17:0	g									
18:0	g	0.630		0		1		0.882	0.195	0.328
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.250		0		1		5.950	1.318	2.210
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.600		0		1		0.840	0.186	0.312
17:1.....g									
18:1 undifferentiated.....g	3.500		0		1		4.900	1.085	1.820
20:1.....g	0.100		0		1		0.140	0.031	0.052
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.500		0		1		3.500	0.775	1.300
18:2 undifferentiated.....g	2.140		0		1		2.996	0.663	1.113
18:3 undifferentiated.....g	0.090		0		1		0.126	0.028	0.047
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.168	0.037	0.062
20:5 n-3.....g	0.010		0		1		0.014	0.003	0.005
22:5 n-3.....g	0.020		0		1		0.028	0.006	0.010
22:6 n-3.....g	0.040		0		1		0.056	0.012	0.021
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		127	28	47
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.304		0		1		0.426	0.094	0.158
Threonine.....g	1.121		0		1		1.569	0.348	0.583
Isoleucine.....g	1.361		0		1		1.905	0.422	0.708
Leucine.....g	1.976		0		1		2.766	0.613	1.028
Lysine.....g	2.215		0		1		3.101	0.687	1.152
Methionine.....g	0.723		0		1		1.012	0.224	0.376
Cystine.....g	0.358		0		1		0.501	0.111	0.186
Phenylalanine.....g	1.054		0		1		1.476	0.327	0.548
Tyrosine.....g	0.877		0		1		1.228	0.272	0.456
Valine.....g	1.316		0		1		1.842	0.408	0.684
Arginine.....g	1.685		0		1		2.359	0.522	0.876
Histidine.....g	0.801		0		1		1.121	0.248	0.417
Alanine.....g	1.560		0		1		2.184	0.484	0.811
Aspartic acid.....g	2.410		0		1		3.374	0.747	1.253
Glutamic acid.....g	3.966		0		1		5.552	1.229	2.062
Glycine.....g	1.684		0		1		2.358	0.522	0.876
Proline.....g	1.280		0		1		1.792	0.397	0.666
Serine.....g	0.950		0		1		1.330	0.295	0.494
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 31g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 52g: 1 drumstick, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.12	0.534	16		1		91.17	22.14	37.12
Energy	kcal	204		0	NC	4		286	69	116
Energy	kj	854				4		1195	290	487
Protein (N x 6.25)	g	25.32	0.372	16		1		35.45	8.61	14.43
Total lipid (fat)	g	10.64	0.215	16		1		14.90	3.62	6.06
Ash	g	0.82	0.040	16		1		1.15	0.28	0.47
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.439	16		1		15	4	6
Iron, Fe	mg	1.33	0.045	16		1		1.86	0.45	0.76
Magnesium, Mg	mg	20	0.328	16		1		28	7	11
Phosphorus, P	mg	141	3.043	16		1		197	48	80
Potassium, K	mg	184	6.287	16		1		258	63	105
Sodium, Na	mg	76	1.765	16		1		106	26	43
Zinc, Zn	mg	2.65	0.072	16		1		3.71	0.90	1.51
Copper, Cu	mg	0.071	0.001	16		1		0.099	0.024	0.040
Manganese, Mn	mg	0.019	0.001	16		1		0.027	0.006	0.011
Selenium, Se	mcg	17.0		0	BFYN	4		23.8	5.8	9.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.050	0.002	8		1		0.070	0.017	0.029
Riboflavin	mg	0.190	0.006	8		1		0.266	0.065	0.108
Niacin	mg	4.204	0.216	8		1		5.886	1.429	2.396
Pantothenic acid	mg	0.858		0		1		1.201	0.292	0.489
Vitamin B-6	mg	0.190		0		1		0.266	0.065	0.108
Folate, total	mcg	7		0		1		10	2	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		1		10	2	4
Folate, DFE	mcg_DFE	7		0	NC	4		10	2	4
Vitamin B-12	mcg	0.22		0		1		0.31	0.07	0.13
Vitamin A, IU	IU	90		0	NC	4		126	31	51
Vitamin A, RAE	mcg_RAE	27		0	NC	4		38	9	15
Retinol	mcg	27		0	NR	4		38	9	15
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.09	0.15
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.0		0	BFYN	4		5.6	1.4	2.3
Lipids:										
Fatty acids, total saturated	g	2.910		0		1		4.074	0.989	1.659
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.007	0.011
13:0	g									
14:0	g	0.080		0		1		0.112	0.027	0.046
15:0	g									
16:0	g	2.120		0		1		2.968	0.721	1.208
17:0	g									
18:0	g	0.600		0		1		0.840	0.204	0.342
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.070		0		1		5.698	1.384	2.320
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.570		0		1		0.798	0.194	0.325
17:1.....g									
18:1 undifferentiated.....g	3.350		0		1		4.690	1.139	1.910
20:1.....g	0.090		0		1		0.126	0.031	0.051
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.380		0		1		3.332	0.809	1.357
18:2 undifferentiated.....g	2.040		0		1		2.856	0.694	1.163
18:3 undifferentiated.....g	0.090		0		1		0.126	0.031	0.051
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.154	0.037	0.063
20:5 n-3.....g	0.010		0		1		0.014	0.003	0.006
22:5 n-3.....g	0.020		0		1		0.028	0.007	0.011
22:6 n-3.....g	0.040		0		1		0.056	0.014	0.023
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		116	28	47
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.400	0.097	0.163
Threonine.....g	1.051		0		1		1.471	0.357	0.599
Isoleucine.....g	1.280		0		1		1.792	0.435	0.730
Leucine.....g	1.855		0		1		2.597	0.631	1.057
Lysine.....g	2.082		0		1		2.915	0.708	1.187
Methionine.....g	0.680		0		1		0.952	0.231	0.388
Cystine.....g	0.335		0		1		0.469	0.114	0.191
Phenylalanine.....g	0.988		0		1		1.383	0.336	0.563
Tyrosine.....g	0.824		0		1		1.154	0.280	0.470
Valine.....g	1.235		0		1		1.729	0.420	0.704
Arginine.....g	1.573		0		1		2.202	0.535	0.897
Histidine.....g	0.753		0		1		1.054	0.256	0.429
Alanine.....g	1.454		0		1		2.036	0.494	0.829
Aspartic acid.....g	2.257		0		1		3.160	0.767	1.286
Glutamic acid.....g	3.722		0		1		5.211	1.265	2.122
Glycine.....g	1.547		0		1		2.166	0.526	0.882
Proline.....g	1.184		0		1		1.658	0.403	0.675
Serine.....g	0.888		0		1		1.243	0.302	0.506
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 34g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 57g: 1 drumstick, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.46	0.327	25		1		31.88	52.90	
Energy	kcal	161		0	NC	4		71	118	
Energy	kj	674				4		296	492	
Protein (N x 6.25)	g	19.27	0.145	25		1		8.48	14.07	
Total lipid (fat)	g	8.68	0.194	25		1		3.82	6.34	
Ash	g	0.86	0.028	25		1		0.38	0.63	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.687	24		1		5	8	
Iron, Fe	mg	1.03	0.030	24		1		0.45	0.75	
Magnesium, Mg	mg	21	0.357	24		1		9	15	
Phosphorus, P	mg	154	3.204	24		1		68	112	
Potassium, K	mg	206	5.585	24		1		91	150	
Sodium, Na	mg	83	1.344	24		1		37	61	
Zinc, Zn	mg	2.00	0.027	24		1		0.88	1.46	
Copper, Cu	mg	0.059	0.002	24		1		0.026	0.043	
Manganese, Mn	mg	0.021	0.000	24		1		0.009	0.015	
Selenium, Se	mcg	13.2		0	PAK	1		5.8	9.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		0		1		1.2	2.0	
Thiamin	mg	0.074	0.003	16		1		0.033	0.054	
Riboflavin	mg	0.178	0.005	16		1		0.078	0.130	
Niacin	mg	5.449	0.180	16		1		2.398	3.978	
Pantothenic acid	mg	1.182		0		1		0.520	0.863	
Vitamin B-6	mg	0.300		0		1		0.132	0.219	
Folate, total	mcg	9		0		1		4	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		4	7	
Folate, DFE	mcg_DFE	9		0	NC	4		4	7	
Vitamin B-12	mcg	0.35		0		1		0.15	0.26	
Vitamin A, IU	IU	93		0	NC	4		41	68	
Vitamin A, RAE	mcg_RAE	28		0	NC	4		12	20	
Retinol	mcg	28		0	NR	4		12	20	
Vitamin E (alpha-tocopherol)	mg	0.30		0	NR	4		0.13	0.22	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.8		0	BFYN	4		1.2	2.1	
Lipids:										
Fatty acids, total saturated	g	2.390		0		1		1.052	1.745	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.009	0.015	
13:0	g									
14:0	g	0.070		0		1		0.031	0.051	
15:0	g									
16:0	g	1.740		0		1		0.766	1.270	
17:0	g									
18:0	g	0.500		0		1		0.220	0.365	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.370		0		1		1.483	2.460	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		0		1		0.207	0.343	
17:1.....g									
18:1 undifferentiated.....g	2.780		0		1		1.223	2.029	
20:1.....g	0.080		0		1		0.035	0.058	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.940		0		1		0.854	1.416	
18:2 undifferentiated.....g	1.670		0		1		0.735	1.219	
18:3 undifferentiated.....g	0.070		0		1		0.031	0.051	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.035	0.058	
20:5 n-3.....g	0.010		0		1		0.004	0.007	
22:5 n-3.....g	0.020		0		1		0.009	0.015	
22:6 n-3.....g	0.030		0		1		0.013	0.022	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		36	59	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.218		0		1		0.096	0.159	
Threonine.....g	0.802		0		1		0.353	0.585	
Isoleucine.....g	0.979		0		1		0.431	0.715	
Leucine.....g	1.416		0		1		0.623	1.034	
Lysine.....g	1.590		0		1		0.700	1.161	
Methionine.....g	0.519		0		1		0.228	0.379	
Cystine.....g	0.254		0		1		0.112	0.185	
Phenylalanine.....g	0.754		0		1		0.332	0.550	
Tyrosine.....g	0.630		0		1		0.277	0.460	
Valine.....g	0.942		0		1		0.414	0.688	
Arginine.....g	1.194		0		1		0.525	0.872	
Histidine.....g	0.576		0		1		0.253	0.420	
Alanine.....g	1.101		0		1		0.484	0.804	
Aspartic acid.....g	1.718		0		1		0.756	1.254	
Glutamic acid.....g	2.839		0		1		1.249	2.072	
Glycine.....g	1.154		0		1		0.508	0.842	
Proline.....g	0.890		0		1		0.392	0.650	
Serine.....g	0.675		0		1		0.297	0.493	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 73g: 1 drumstick, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.24		0		1		15.56	26.14	
Energy	kcal	195		0	NC	4		49	82	
Energy	kj	816				4		204	343	
Protein (N x 6.25)	g	28.62		0		1		7.16	12.02	
Total lipid (fat)	g	8.08		0		1		2.02	3.39	
Ash	g	1.06		0		1		0.27	0.45	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		3	5	
Iron, Fe	mg	1.32		0		1		0.33	0.55	
Magnesium, Mg	mg	24		0		1		6	10	
Phosphorus, P	mg	186		0		1		47	78	
Potassium, K	mg	249		0		1		62	105	
Sodium, Na	mg	96		0		1		24	40	
Zinc, Zn	mg	3.22		0		1		0.81	1.35	
Copper, Cu	mg	0.080		0		1		0.020	0.034	
Manganese, Mn	mg	0.021		0		1		0.005	0.009	
Selenium, Se	mcg	19.6		0	BFYN	4		4.9	8.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.077		0		1		0.019	0.032	
Riboflavin	mg	0.236		0		1		0.059	0.099	
Niacin	mg	6.146		0		1		1.537	2.581	
Pantothenic acid	mg	1.320		0		1		0.330	0.554	
Vitamin B-6	mg	0.390		0		1		0.098	0.164	
Folate, total	mcg	9		0		1		2	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		2	4	
Folate, DFE	mcg_DFE	9		0	NC	4		2	4	
Vitamin B-12	mcg	0.35		0		1		0.09	0.15	
Vitamin A, IU	IU	61		0		1		15	26	
Vitamin A, RAE	mcg_RAE	18		0		1		5	8	
Retinol	mcg	18		0		1		5	8	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.130		0		1		0.533	0.895	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.005	0.008	
13:0	g									
14:0	g	0.050		0		1		0.013	0.021	
15:0	g									
16:0	g	1.410		0		1		0.353	0.592	
17:0	g									
18:0	g	0.590		0		1		0.148	0.248	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.940		0		1		0.735	1.235	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.078	0.130	
17:1.....g									
18:1 undifferentiated.....g	2.570		0		1		0.643	1.079	
20:1.....g	0.030		0		1		0.008	0.013	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.970		0		1		0.493	0.827	
18:2 undifferentiated.....g	1.640		0		1		0.410	0.689	
18:3 undifferentiated.....g	0.080		0		1		0.020	0.034	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.030	0.050	
20:5 n-3.....g	0.010		0		1		0.003	0.004	
22:5 n-3.....g	0.030		0		1		0.008	0.013	
22:6 n-3.....g	0.050		0		1		0.013	0.021	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		24	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.335		0		1		0.084	0.141	
Threonine.....g	1.209		0		1		0.302	0.508	
Isoleucine.....g	1.511		0		1		0.378	0.635	
Leucine.....g	2.148		0		1		0.537	0.902	
Lysine.....g	2.431		0		1		0.608	1.021	
Methionine.....g	0.792		0		1		0.198	0.333	
Cystine.....g	0.366		0		1		0.092	0.154	
Phenylalanine.....g	1.135		0		1		0.284	0.477	
Tyrosine.....g	0.966		0		1		0.242	0.406	
Valine.....g	1.420		0		1		0.355	0.596	
Arginine.....g	1.727		0		1		0.432	0.725	
Histidine.....g	0.888		0		1		0.222	0.373	
Alanine.....g	1.561		0		1		0.390	0.656	
Aspartic acid.....g	2.550		0		1		0.638	1.071	
Glutamic acid.....g	4.286		0		1		1.072	1.800	
Glycine.....g	1.406		0		1		0.352	0.591	
Proline.....g	1.177		0		1		0.294	0.494	
Serine.....g	0.985		0		1		0.246	0.414	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 42g: 1 drumstick, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.74	0.405	16		1		93.44	17.35	29.37
Energy	kcal	172		0	NC	4		241	45	76
Energy	kj	720				4		1008	187	317
Protein (N x 6.25)	g	28.29	0.299	16		1		39.61	7.36	12.45
Total lipid (fat)	g	5.66	0.126	16		1		7.92	1.47	2.49
Ash	g	1.05	0.044	16		1		1.47	0.27	0.46
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.839	16		1		17	3	5
Iron, Fe	mg	1.30	0.039	16		1		1.82	0.34	0.57
Magnesium, Mg	mg	24	0.714	16		1		34	6	11
Phosphorus, P	mg	184	4.968	16		1		258	48	81
Potassium, K	mg	246	6.086	16		1		344	64	108
Sodium, Na	mg	95	2.237	16		1		133	25	42
Zinc, Zn	mg	3.18	0.062	16		1		4.45	0.83	1.40
Copper, Cu	mg	0.079	0.002	16		1		0.111	0.021	0.035
Manganese, Mn	mg	0.021	0.001	16		1		0.029	0.005	0.009
Selenium, Se	mcg	19.0		0	BFYN	4		26.6	4.9	8.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.076	0.006	8		1		0.106	0.020	0.033
Riboflavin	mg	0.233	0.007	8		1		0.326	0.061	0.103
Niacin	mg	6.075	0.357	8		1		8.505	1.580	2.673
Pantothenic acid	mg	1.305		0		1		1.827	0.339	0.574
Vitamin B-6	mg	0.390		0		1		0.546	0.101	0.172
Folate, total	mcg	9		0		1		13	2	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		0		1		13	2	4
Folate, DFE	mcg_DFE	9		0	NC	4		13	2	4
Vitamin B-12	mcg	0.34		0		1		0.48	0.09	0.15
Vitamin A, IU	IU	60		0		1		84	16	26
Vitamin A, RAE	mcg_RAE	18		0	NC	4		25	5	8
Retinol	mcg	18		0	NR	4		25	5	8
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.07	0.12
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.5		0	BFSN	4		4.9	0.9	1.6
Lipids:										
Fatty acids, total saturated	g	1.480		0		1		2.072	0.385	0.651
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.005	0.009
13:0	g									
14:0	g	0.040		0		1		0.056	0.010	0.018
15:0	g									
16:0	g	1.010		0		1		1.414	0.263	0.444
17:0	g									
18:0	g	0.370		0		1		0.518	0.096	0.163
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.870		0		1		2.618	0.486	0.823
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0		1		0.378	0.070	0.119
17:1.....g									
18:1 undifferentiated.....g	1.560		0		1		2.184	0.406	0.686
20:1.....g	0.020		0		1		0.028	0.005	0.009
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.370		0		1		1.918	0.356	0.603
18:2 undifferentiated.....g	1.080		0		1		1.512	0.281	0.475
18:3 undifferentiated.....g	0.050		0		1		0.070	0.013	0.022
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.168	0.031	0.053
20:5 n-3.....g	0.010		0		1		0.014	0.003	0.004
22:5 n-3.....g	0.020		0		1		0.028	0.005	0.009
22:6 n-3.....g	0.050		0		1		0.070	0.013	0.022
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		1		130	24	41
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.330		0		1		0.462	0.086	0.145
Threonine.....g	1.195		0		1		1.673	0.311	0.526
Isoleucine.....g	1.494		0		1		2.092	0.388	0.657
Leucine.....g	2.123		0		1		2.972	0.552	0.934
Lysine.....g	2.403		0		1		3.364	0.625	1.057
Methionine.....g	0.783		0		1		1.096	0.204	0.345
Cystine.....g	0.362		0		1		0.507	0.094	0.159
Phenylalanine.....g	1.122		0		1		1.571	0.292	0.494
Tyrosine.....g	0.955		0		1		1.337	0.248	0.420
Valine.....g	1.403		0		1		1.964	0.365	0.617
Arginine.....g	1.706		0		1		2.388	0.444	0.751
Histidine.....g	0.878		0		1		1.229	0.228	0.386
Alanine.....g	1.543		0		1		2.160	0.401	0.679
Aspartic acid.....g	2.521		0		1		3.529	0.655	1.109
Glutamic acid.....g	4.236		0		1		5.930	1.101	1.864
Glycine.....g	1.389		0		1		1.945	0.361	0.611
Proline.....g	1.163		0		1		1.628	0.302	0.512
Serine.....g	0.973		0		1		1.362	0.253	0.428
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 26g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 44g: 1 drumstick, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.58	0.401	16		1		108.13	18.92	31.09
Energy	kcal	169		0	NC	4		270	47	78
Energy	kj	707				4		1131	198	325
Protein (N x 6.25)	g	27.50	0.366	16		1		44.00	7.70	12.65
Total lipid (fat)	g	5.71	0.158	16		1		9.14	1.60	2.63
Ash	g	0.91	0.050	16		1		1.46	0.25	0.42
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.525	16		1		18	3	5
Iron, Fe	mg	1.37	0.050	16		1		2.19	0.38	0.63
Magnesium, Mg	mg	21	0.380	16		1		34	6	10
Phosphorus, P	mg	150	3.598	16		1		240	42	69
Potassium, K	mg	199	6.561	16		1		318	56	92
Sodium, Na	mg	80	2.074	16		1		128	22	37
Zinc, Zn	mg	3.02	0.089	16		1		4.83	0.85	1.39
Copper, Cu	mg	0.077	0.001	16		1		0.123	0.022	0.035
Manganese, Mn	mg	0.019	0.001	16		1		0.030	0.005	0.009
Selenium, Se	mcg	18.0		0	BFYN	4		28.8	5.0	8.3
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.054	0.004	8		1		0.086	0.015	0.025
Riboflavin	mg	0.213	0.007	8		1		0.341	0.060	0.098
Niacin	mg	4.300	0.256	8		1		6.880	1.204	1.978
Pantothenic acid	mg	0.961		0		1		1.538	0.269	0.442
Vitamin B-6	mg	0.230		0		1		0.368	0.064	0.106
Folate, total	mcg	8		0		1		13	2	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		1		13	2	4
Folate, DFE	mcg_DFE	8		0	NC	4		13	2	4
Vitamin B-12	mcg	0.24		0		1		0.38	0.07	0.11
Vitamin A, IU	IU	57		0	NC	4		91	16	26
Vitamin A, RAE	mcg_RAE	17		0	NC	4		27	5	8
Retinol	mcg	17		0	NR	4		27	5	8
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.42	0.07	0.12
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.4		0	BFSN	4		5.5	1.0	1.6
Lipids:										
Fatty acids, total saturated	g	1.510		0		1		2.416	0.423	0.695
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.032	0.006	0.009
13:0	g									
14:0	g	0.040		0		1		0.064	0.011	0.018
15:0	g									
16:0	g	1.030		0		1		1.648	0.288	0.474
17:0	g									
18:0	g	0.380		0		1		0.608	0.106	0.175
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.930		0		1		3.088	0.540	0.888
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0		1		0.432	0.076	0.124
17:1.....g									
18:1 undifferentiated.....g	1.610		0		1		2.576	0.451	0.741
20:1.....g	0.020		0		1		0.032	0.006	0.009
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.370		0		1		2.192	0.384	0.630
18:2 undifferentiated.....g	1.090		0		1		1.744	0.305	0.501
18:3 undifferentiated.....g	0.050		0		1		0.080	0.014	0.023
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.176	0.031	0.051
20:5 n-3.....g	0.010		0		1		0.016	0.003	0.005
22:5 n-3.....g	0.020		0		1		0.032	0.006	0.009
22:6 n-3.....g	0.040		0		1		0.064	0.011	0.018
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		141	25	40
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.321		0		1		0.514	0.090	0.148
Threonine.....g	1.162		0		1		1.859	0.325	0.535
Isoleucine.....g	1.452		0		1		2.323	0.407	0.668
Leucine.....g	2.064		0		1		3.302	0.578	0.949
Lysine.....g	2.337		0		1		3.739	0.654	1.075
Methionine.....g	0.761		0		1		1.218	0.213	0.350
Cystine.....g	0.352		0		1		0.563	0.099	0.162
Phenylalanine.....g	1.091		0		1		1.746	0.305	0.502
Tyrosine.....g	0.929		0		1		1.486	0.260	0.427
Valine.....g	1.364		0		1		2.182	0.382	0.627
Arginine.....g	1.659		0		1		2.654	0.465	0.763
Histidine.....g	0.854		0		1		1.366	0.239	0.393
Alanine.....g	1.501		0		1		2.402	0.420	0.690
Aspartic acid.....g	2.451		0		1		3.922	0.686	1.127
Glutamic acid.....g	4.119		0		1		6.590	1.153	1.895
Glycine.....g	1.351		0		1		2.162	0.378	0.621
Proline.....g	1.131		0		1		1.810	0.317	0.520
Serine.....g	0.946		0		1		1.514	0.265	0.435
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 28g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 46g: 1 drumstick, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.38	0.277	24		1		28.26	47.36	
Energy	kcal	119		0	NC	4		44	74	
Energy	kj	498				4		184	309	
Protein (N x 6.25)	g	20.59	0.176	25		1		7.62	12.77	
Total lipid (fat)	g	3.42	0.121	24		1		1.27	2.12	
Ash	g	0.93	0.029	24		1		0.34	0.58	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.817	24		1		4	7	
Iron, Fe	mg	1.03	0.032	24		1		0.38	0.64	
Magnesium, Mg	mg	23	0.392	24		1		9	14	
Phosphorus, P	mg	166	3.468	24		1		61	103	
Potassium, K	mg	226	6.041	24		1		84	140	
Sodium, Na	mg	88	1.608	24		1		33	55	
Zinc, Zn	mg	2.21	0.031	24		1		0.82	1.37	
Copper, Cu	mg	0.063	0.001	24		1		0.023	0.039	
Manganese, Mn	mg	0.021	0.001	24		1		0.008	0.013	
Selenium, Se	mcg	13.5	1.936	4	A	1		5.0	8.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.082	0.004	16		1		0.030	0.051	
Riboflavin	mg	0.199	0.006	16		1		0.074	0.123	
Niacin	mg	5.778	0.202	16		1		2.138	3.582	
Pantothenic acid	mg	1.287		0		1		0.476	0.798	
Vitamin B-6	mg	0.340		0		1		0.126	0.211	
Folate, total	mcg	10		0		1		4	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		4	6	
Folate, DFE	mcg_DFE	10		0	NC	4		4	6	
Vitamin B-12	mcg	0.37		0		1		0.14	0.23	
Vitamin A, IU	IU	57		0		1		21	35	
Vitamin A, RAE	mcg_RAE	17		0		1		6	11	
Retinol	mcg	17		0	NC	4		6	11	
Vitamin E (alpha-tocopherol)	mg	0.31		0	NR	4		0.12	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFYN	4		1.1	1.8	
Lipids:										
Fatty acids, total saturated	g	0.860		0	NC	4		0.318	0.533	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020	0.003	17		1		0.007	0.012	
13:0	g									
14:0	g	0.020	0.002	24		1		0.007	0.012	
15:0	g									
16:0	g	0.590	0.025	24		1		0.218	0.366	
17:0	g									
18:0	g	0.230	0.014	24		1		0.085	0.143	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.050		0	NC	4		0.389	0.651	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160	0.010	24		1		0.059	0.099	
17:1.....g									
18:1 undifferentiated.....g	0.880	0.040	24		1		0.326	0.546	
20:1.....g	0.010	0.002	6		1		0.004	0.006	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.820		0	NC	4		0.303	0.508	
18:2 undifferentiated.....g	0.650	0.029	24		1		0.241	0.403	
18:3 undifferentiated.....g	0.030	0.002	18		1		0.011	0.019	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080	0.015	16		1		0.030	0.050	
20:5 n-3.....g	0.010	0.003	8		1		0.004	0.006	
22:5 n-3.....g	0.020	0.005	9		1		0.007	0.012	
22:6 n-3.....g	0.030	0.009	9		1		0.011	0.019	
Fatty acids, total trans.....g	0.093		0	BFFN	4		0.034	0.058	
Cholesterol.....mg	77		0		1		28	48	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0		1		0.089	0.149	
Threonine.....g	0.870		0		1		0.322	0.539	
Isoleucine.....g	1.087		0		1		0.402	0.674	
Leucine.....g	1.545		0		1		0.572	0.958	
Lysine.....g	1.750		0		1		0.648	1.085	
Methionine.....g	0.570		0		1		0.211	0.353	
Cystine.....g	0.264		0		1		0.098	0.164	
Phenylalanine.....g	0.817		0		1		0.302	0.507	
Tyrosine.....g	0.695		0		1		0.257	0.431	
Valine.....g	1.021		0		1		0.378	0.633	
Arginine.....g	1.242		0		1		0.460	0.770	
Histidine.....g	0.639		0		1		0.236	0.396	
Alanine.....g	1.124		0		1		0.416	0.697	
Aspartic acid.....g	1.835		0		1		0.679	1.138	
Glutamic acid.....g	3.084		0		1		1.141	1.912	
Glycine.....g	1.012		0		1		0.374	0.627	
Proline.....g	0.847		0		1		0.313	0.525	
Serine.....g	0.708		0		1		0.262	0.439	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 37g: 1 drumstick bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 62g: 1 drumstick, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.89		0		1		69.44	6.23	
Energy	kcal	277		0	NC	4		402	36	
Energy	kj	1159				4		1681	151	
Protein (N x 6.25)	g	32.54		0		1		47.18	4.23	
Total lipid (fat)	g	13.46		0		1		19.52	1.75	
Ash	g	1.77		0		1		2.57	0.23	
Carbohydrate, by difference	g	4.35		0	NC	4		6.31	0.57	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		26	2	
Iron, Fe	mg	10.32		0		1		14.96	1.34	
Magnesium, Mg	mg	25		0		1		36	3	
Phosphorus, P	mg	286		0		1		415	37	
Potassium, K	mg	330		0		1		479	43	
Sodium, Na	mg	113		0		1		164	15	
Zinc, Zn	mg	6.27		0		1		9.09	0.82	
Copper, Cu	mg	0.422		0		1		0.612	0.055	
Manganese, Mn	mg	0.222		0		1		0.322	0.029	
Selenium, Se	mcg	104.2		0	BFYN	4		151.1	13.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	8.7		0		1		12.6	1.1	
Thiamin	mg	0.097		0		1		0.141	0.013	
Riboflavin	mg	1.524		0		1		2.210	0.198	
Niacin	mg	10.987		0		1		15.931	1.428	
Pantothenic acid	mg	4.453		0		1		6.457	0.579	
Vitamin B-6	mg	0.610		0		1		0.885	0.079	
Folate, total	mcg	379		0		1		550	49	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	379		0		1		550	49	
Folate, DFE	mcg_DFE	379		0	NC	4		550	49	
Vitamin B-12	mcg	13.31		0		1		19.30	1.73	
Vitamin A, IU	IU	11929		0		1		17297	1551	
Vitamin A, RAE	mcg_RAE	3582		0		1		5194	466	
Retinol	mcg	3582		0		1		5194	466	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.800		0		1		5.510	0.494	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.060		0		1		0.087	0.008	
15:0	g									
16:0	g	2.110		0		1		3.060	0.274	
17:0	g									
18:0	g	1.420		0		1		2.059	0.185	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.420		0		1		6.409	0.575	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		0		1		0.421	0.038	
17:1.....g									
18:1 undifferentiated.....g	4.120		0		1		5.974	0.536	
20:1.....g	0.010		0		1		0.015	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.380		0		1		4.901	0.439	
18:2 undifferentiated.....g	2.690		0		1		3.901	0.350	
18:3 undifferentiated.....g	0.130		0		1		0.189	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.480		0		1		0.696	0.062	
20:5 n-3.....g	0.010		0		1		0.015	0.001	
22:5 n-3.....g	0.010		0		1		0.015	0.001	
22:6 n-3.....g	0.040		0		1		0.058	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	446		0		1		647	58	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.373		0		1		0.541	0.048	
Threonine.....g	1.467		0		1		2.127	0.191	
Isoleucine.....g	1.630		0		1		2.364	0.212	
Leucine.....g	2.601		0		1		3.771	0.338	
Lysine.....g	2.348		0		1		3.405	0.305	
Methionine.....g	0.810		0		1		1.175	0.105	
Cystine.....g	0.437		0		1		0.634	0.057	
Phenylalanine.....g	1.480		0		1		2.146	0.192	
Tyrosine.....g	1.067		0		1		1.547	0.139	
Valine.....g	1.737		0		1		2.519	0.226	
Arginine.....g	2.159		0		1		3.131	0.281	
Histidine.....g	0.759		0		1		1.101	0.099	
Alanine.....g	1.587		0		1		2.301	0.206	
Aspartic acid.....g	3.021		0		1		4.380	0.393	
Glutamic acid.....g	5.055		0		1		7.330	0.657	
Glycine.....g	1.783		0		1		2.585	0.232	
Proline.....g	1.696		0		1		2.459	0.220	
Serine.....g	1.430		0		1		2.074	0.186	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 13.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.72		0	PAE	4		98.20		
Energy	kcal	158		0	PIE	4		229		
Energy	kj	662		0	PIE	4		960		
Protein (N x 6.25)	g	27.15		0	PAE	4		39.37		
Total lipid (fat)	g	4.50		0	PAE	4		6.52		
Ash	g	1.12		0	PAE	4		1.62		
Carbohydrate, by difference	g	0.43		0	PIE	4		0.62		
Fiber, total dietary	g	0.0		0	PIE	4		0.0		
Sugars, total	g	0.00		0	PIE	4		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0	PAE	4		20		
Iron, Fe	mg	7.04		0	PAE	4		10.21		
Magnesium, Mg	mg	14		0	PAE	4		21		
Phosphorus, P	mg	289		0	PAE	4		419		
Potassium, K	mg	224		0	PAE	4		325		
Sodium, Na	mg	67		0	PAE	4		98		
Zinc, Zn	mg	4.23		0	PAE	4		6.13		
Copper, Cu	mg	0.331		0	PAE	4		0.480		
Manganese, Mn	mg	0.199		0	PAE	4		0.288		
Selenium, Se	mcg	59.6		0	PAE	4		86.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	12.5		0	PIE	4		18.1		
Thiamin	mg	0.143		0	PAE	4		0.208		
Riboflavin	mg	1.052		0	PAE	4		1.526		
Niacin	mg	6.625		0	PAE	4		9.607		
Pantothenic acid	mg	3.274		0	PAE	4		4.747		
Vitamin B-6	mg	0.397		0	PAE	4		0.575		
Folate, total	mcg	257		0	PAE	4		373		
Folic acid	mcg	0		0	PIE	4		0		
Folate, food	mcg	257		0	PAE	4		373		
Folate, DFE	mcg_DFE	257		0	NC	4		373		
Vitamin B-12	mcg	9.44		0	PAE	4		13.69		
Vitamin A, IU	IU	5869		0	PAE	4		8510		
Vitamin A, RAE	mcg_RAE	1753		0	PAE	4		2542		
Retinol	mcg	1751		0	PAE	4		2540		
Vitamin E (alpha-tocopherol)	mg	0.46		0	PAE	4		0.67		
Tocopherol, beta	mg	0.00		0	PAE	4		0.00		
Tocopherol, gamma	mg	0.22		0	PAE	4		0.32		
Tocopherol, delta	mg	0.00		0	PAE	4		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	PAE	4		0.0		
Lipids:										
Fatty acids, total saturated	g	1.322		0	PIE	4		1.917		
4:0	g	0.000		0	PIE	4		0.000		
6:0	g	0.000		0	PIE	4		0.000		
8:0	g	0.000		0	PAE	4		0.000		
10:0	g	0.001		0	PAE	4		0.002		
12:0	g	0.000		0	PAE	4		0.000		
13:0	g									
14:0	g	0.007		0	PAE	4		0.010		
15:0	g	0.001		0	PAE	4		0.002		
16:0	g	0.745		0	PAE	4		1.080		
17:0	g	0.002		0	PAE	4		0.003		
18:0	g	0.553		0	PAE	4		0.802		
20:0	g	0.003		0	PAE	4		0.004		
22:0	g	0.010		0	PAE	4		0.014		
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.962		0	PIE	4		1.394		
14:1.....g	0.000		0	PAE	4		0.000		
15:1.....g	0.000		0	PAE	4		0.000		
16:1 undifferentiated.....g	0.100		0	PAE	4		0.145		
17:1.....g	0.000		0	PAE	4		0.000		
18:1 undifferentiated.....g	0.847		0	PAE	4		1.227		
20:1.....g	0.015		0	PAE	4		0.022		
22:1 undifferentiated.....g	0.000		0	PIE	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.812		0	PIE	4		1.178		
18:2 undifferentiated.....g	0.484		0	PAE	4		0.702		
18:2 n-6 c,c.....g	0.316		0	PAE	4		0.459		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	PAE	4		0.017		
18:3 n-6 c,c,c.....g	0.006		0	PAE	4		0.009		
18:4.....g	0.000		0	PIE	4		0.000		
20:2 n-6 c,c.....g	0.019		0	PAE	4		0.027		
20:3 undifferentiated.....g	0.001		0	PAE	4		0.002		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.297		0	PAE	4		0.430		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	PIE	4		0.000		
22:5 n-3.....g	0.000		0	PIE	4		0.000		
22:6 n-3.....g	0.000		0	PIE	4		0.000		
Fatty acids, total trans.....g	0.103		0	PAE	4		0.150		
Cholesterol.....mg	442		0	PAE	4		641		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0	PAE	4		0.158		
Threonine.....g	0.449		0	PAE	4		0.651		
Isoleucine.....g	0.504		0	PAE	4		0.730		
Leucine.....g	0.937		0	PAE	4		1.358		
Lysine.....g	0.825		0	PAE	4		1.196		
Methionine.....g	0.268		0	PAE	4		0.388		
Cystine.....g	0.168		0	PAE	4		0.244		
Phenylalanine.....g	0.510		0	PAE	4		0.740		
Tyrosine.....g	0.404		0	PAE	4		0.586		
Valine.....g	0.618		0	PAE	4		0.896		
Arginine.....g	0.677		0	PAE	4		0.982		
Histidine.....g	0.314		0	PAE	4		0.455		
Alanine.....g	0.615		0	PAE	4		0.892		
Aspartic acid.....g	0.987		0	PAE	4		1.431		
Glutamic acid.....g	1.296		0	PAE	4		1.880		
Glycine.....g	0.526		0	PAE	4		0.763		
Proline.....g	0.450		0	PAE	4		0.652		
Serine.....g	0.455		0	PAE	4		0.660		
Hydroxyproline.....g	0.019		0	PAE	4		0.027		
Others:									
Alcohol, ethyl.....g	0.0		0	PIE	4		0.0		
Caffeine.....mg	0		0	PIE	4		0		
Theobromine.....mg	0		0	PIE	4		0		
Carotenoids:									
Carotene, beta.....mcg	13		0	PAE	4		19.424		
Carotene, alpha.....mcg	5		0	PAE	4		7.133		
Cryptoxanthin, beta.....mcg	5		0	PAE	4		7.133		
Lycopene.....mcg	12		0	PAE	4		16.694		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	37		0	PIE	4		53.257		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.87		0		1		17.22	56.15	
Energy	kcal	124		0	NC	4		29	93	
Energy	kj	519				4		119	389	
Protein (N x 6.25)	g	17.88		0		1		4.11	13.41	
Total lipid (fat)	g	4.47		0		1		1.03	3.35	
Ash	g	0.99		0		1		0.23	0.74	
Carbohydrate, by difference	g	1.80		0	NC	4		0.41	1.35	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		2	8	
Iron, Fe	mg	5.86		0		1		1.35	4.40	
Magnesium, Mg	mg	18		0		1		4	14	
Phosphorus, P	mg	197		0		1		45	148	
Potassium, K	mg	228		0		1		52	171	
Sodium, Na	mg	77		0		1		18	58	
Zinc, Zn	mg	3.32		0		1		0.76	2.49	
Copper, Cu	mg	0.243		0		1		0.056	0.182	
Manganese, Mn	mg	0.149		0		1		0.034	0.112	
Selenium, Se	mcg	55.2		0	PIE	4		12.7	41.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	16.2		0		1		3.7	12.2	
Thiamin	mg	0.088		0		1		0.020	0.066	
Riboflavin	mg	0.987		0		1		0.227	0.740	
Niacin	mg	6.662		0		1		1.532	4.997	
Pantothenic acid	mg	3.208		0		1		0.738	2.406	
Vitamin B-6	mg	0.420		0		1		0.097	0.315	
Folate, total	mcg	345		0		1		79	259	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	345		0		1		79	259	
Folate, DFE	mcg_DFE	345		0	NC	4		79	259	
Vitamin B-12	mcg	11.41		0		1		2.62	8.56	
Vitamin A, IU	IU	8847		0		1		2035	6635	
Vitamin A, RAE	mcg_RAE	2657		0		1		611	1993	
Retinol	mcg	2657		0		1		611	1993	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.360		0		1		0.313	1.020	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.005	0.015	
15:0	g									
16:0	g	0.750		0		1		0.173	0.563	
17:0	g									
18:0	g	0.470		0		1		0.108	0.353	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.120		0		1		0.258	0.840	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.037	0.120	
17:1.....g									
18:1 undifferentiated.....g	0.950		0		1		0.219	0.713	
20:1.....g	0.010		0		1		0.002	0.008	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.090		0		1		0.251	0.818	
18:2 undifferentiated.....g	0.750		0		1		0.173	0.563	
18:3 undifferentiated.....g	0.030		0		1		0.007	0.023	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.270		0		1		0.062	0.203	
20:5 n-3.....g	0.010		0		1		0.002	0.008	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.020		0		1		0.005	0.015	
Fatty acids, total trans.....g									
Cholesterol.....mg	262		0		1		60	197	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0		1		0.047	0.153	
Threonine.....g	0.811		0		1		0.187	0.608	
Isoleucine.....g	0.897		0		1		0.206	0.673	
Leucine.....g	1.430		0		1		0.329	1.073	
Lysine.....g	1.305		0		1		0.300	0.979	
Methionine.....g	0.447		0		1		0.103	0.335	
Cystine.....g	0.238		0		1		0.055	0.179	
Phenylalanine.....g	0.810		0		1		0.186	0.608	
Tyrosine.....g	0.587		0		1		0.135	0.440	
Valine.....g	0.955		0		1		0.220	0.716	
Arginine.....g	1.194		0		1		0.275	0.896	
Histidine.....g	0.417		0		1		0.096	0.313	
Alanine.....g	0.877		0		1		0.202	0.658	
Aspartic acid.....g	1.675		0		1		0.385	1.256	
Glutamic acid.....g	2.712		0		1		0.624	2.034	
Glycine.....g	0.985		0		1		0.227	0.739	
Proline.....g	0.910		0		1		0.209	0.683	
Serine.....g	0.782		0		1		0.180	0.587	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 23g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 75g: 1 giblets

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.08		0		1		49.48	82.29	
Energy	kcal	273		0	NC	4		259	431	
Energy	kj	1142				4		1085	1805	
Protein (N x 6.25)	g	21.77		0		1		20.68	34.40	
Total lipid (fat)	g	16.17		0		1		15.36	25.55	
Ash	g	1.26		0		1		1.20	1.99	
Carbohydrate, by difference	g	8.72		0	NC	4		8.28	13.78	
Fiber, total dietary	g	0.3		0		4		0.3	0.5	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		17	28	
Iron, Fe	mg	1.40		0		1		1.33	2.21	
Magnesium, Mg	mg	20		0		1		19	32	
Phosphorus, P	mg	152		0		1		144	240	
Potassium, K	mg	189		0		1		180	299	
Sodium, Na	mg	279		0		1		265	441	
Zinc, Zn	mg	2.17		0		1		2.06	3.43	
Copper, Cu	mg	0.080		0		1		0.076	0.126	
Manganese, Mn	mg	0.054		0		1		0.051	0.085	
Selenium, Se	mcg	26.6		0	PIE	4		25.3	42.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.116		0		1		0.110	0.183	
Riboflavin	mg	0.221		0		1		0.210	0.349	
Niacin	mg	5.433		0		1		5.161	8.584	
Pantothenic acid	mg	0.994		0		1		0.944	1.571	
Vitamin B-6	mg	0.270		0		1		0.257	0.427	
Folate, total	mcg	18		0	RA	4		17	28	
Folic acid	mcg	9		0	NC	4		9	14	
Folate, food	mcg	9		0		1		9	14	
Folate, DFE	mcg_DFE	24		0	NC	4		23	38	
Vitamin B-12	mcg	0.28		0		1		0.27	0.44	
Vitamin A, IU	IU	91		0		1		86	144	
Vitamin A, RAE	mcg_RAE	27		0		1		26	43	
Retinol	mcg	27		0		1		26	43	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.280		0		1		4.066	6.762	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.019	0.032	
13:0	g									
14:0	g	0.090		0		1		0.086	0.142	
15:0	g									
16:0	g	2.840		0		1		2.698	4.487	
17:0	g									
18:0	g	1.250		0		1		1.188	1.975	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05076

Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.580		0		1		6.251	10.396	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.510		0		1		0.485	0.806	
17:1.....g									
18:1 undifferentiated.....g	5.950		0		1		5.653	9.401	
20:1.....g	0.080		0		1		0.076	0.126	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.850		0		1		3.658	6.083	
18:2 undifferentiated.....g	3.450		0		1		3.278	5.451	
18:3 undifferentiated.....g	0.190		0		1		0.181	0.300	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.095	0.158	
20:5 n-3.....g	0.010		0		1		0.010	0.016	
22:5 n-3.....g	0.020		0		1		0.019	0.032	
22:6 n-3.....g	0.040		0		1		0.038	0.063	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		86	142	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.250		0		1		0.238	0.395	
Threonine.....g	0.894		0		1		0.849	1.413	
Isoleucine.....g	1.095		0		1		1.040	1.730	
Leucine.....g	1.603		0		1		1.523	2.533	
Lysine.....g	1.718		0		1		1.632	2.714	
Methionine.....g	0.574		0		1		0.545	0.907	
Cystine.....g	0.298		0		1		0.283	0.471	
Phenylalanine.....g	0.870		0		1		0.827	1.375	
Tyrosine.....g	0.711		0		1		0.675	1.123	
Valine.....g	1.065		0		1		1.012	1.683	
Arginine.....g	1.326		0		1		1.260	2.095	
Histidine.....g	0.638		0		1		0.606	1.008	
Alanine.....g	1.217		0		1		1.156	1.923	
Aspartic acid.....g	1.885		0		1		1.791	2.978	
Glutamic acid.....g	3.479		0		1		3.305	5.497	
Glycine.....g	1.287		0		1		1.223	2.033	
Proline.....g	1.112		0		1		1.056	1.757	
Serine.....g	0.799		0		1		0.759	1.262	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 95g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 158g: 1 leg, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.28		0		1		37.04	61.91	
Energy	kcal	254		0	NC	4		170	284	
Energy	kj	1063				4		712	1190	
Protein (N x 6.25)	g	26.84		0		1		17.98	30.06	
Total lipid (fat)	g	14.43		0		1		9.67	16.16	
Ash	g	0.95		0		1		0.64	1.06	
Carbohydrate, by difference	g	2.50		0	NC	4		1.68	2.80	
Fiber, total dietary	g	0.1		0		4		0.1	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		9	15	
Iron, Fe	mg	1.43		0		1		0.96	1.60	
Magnesium, Mg	mg	24		0		1		16	27	
Phosphorus, P	mg	182		0		1		122	204	
Potassium, K	mg	233		0		1		156	261	
Sodium, Na	mg	88		0		1		59	99	
Zinc, Zn	mg	2.68		0		1		1.80	3.00	
Copper, Cu	mg	0.085		0		1		0.057	0.095	
Manganese, Mn	mg	0.032		0		1		0.021	0.036	
Selenium, Se	mcg	20.8		0	PIE	4		13.9	23.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.088		0		1		0.059	0.099	
Riboflavin	mg	0.235		0		1		0.157	0.263	
Niacin	mg	6.546		0		1		4.386	7.332	
Pantothenic acid	mg	1.198		0		1		0.803	1.342	
Vitamin B-6	mg	0.340		0		1		0.228	0.381	
Folate, total	mcg	11		0	RA	4		7	12	
Folic acid	mcg	3		0	NC	4		2	3	
Folate, food	mcg	8		0		1		5	9	
Folate, DFE	mcg_DFE	13		0	NC	4		9	15	
Vitamin B-12	mcg	0.31		0		1		0.21	0.35	
Vitamin A, IU	IU	92		0		1		62	103	
Vitamin A, RAE	mcg_RAE	28		0		1		19	31	
Retinol	mcg	28		0		1		19	31	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.900		0		1		2.613	4.368	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.020	0.034	
13:0	g									
14:0	g	0.100		0		1		0.067	0.112	
15:0	g									
16:0	g	2.730		0		1		1.829	3.058	
17:0	g									
18:0	g	0.950		0		1		0.637	1.064	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05077

Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.680		0		1		3.806	6.362	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.640		0		1		0.429	0.717	
17:1.....g									
18:1 undifferentiated.....g	4.870		0		1		3.263	5.454	
20:1.....g	0.100		0		1		0.067	0.112	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.330		0		1		2.231	3.730	
18:2 undifferentiated.....g	2.910		0		1		1.950	3.259	
18:3 undifferentiated.....g	0.140		0		1		0.094	0.157	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.080	0.134	
20:5 n-3.....g	0.010		0		1		0.007	0.011	
22:5 n-3.....g	0.020		0		1		0.013	0.022	
22:6 n-3.....g	0.050		0		1		0.034	0.056	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		63	105	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.304		0		1		0.204	0.340	
Threonine.....g	1.112		0		1		0.745	1.245	
Isoleucine.....g	1.357		0		1		0.909	1.520	
Leucine.....g	1.969		0		1		1.319	2.205	
Lysine.....g	2.189		0		1		1.467	2.452	
Methionine.....g	0.718		0		1		0.481	0.804	
Cystine.....g	0.357		0		1		0.239	0.400	
Phenylalanine.....g	1.054		0		1		0.706	1.180	
Tyrosine.....g	0.875		0		1		0.586	0.980	
Valine.....g	1.310		0		1		0.878	1.467	
Arginine.....g	1.659		0		1		1.112	1.858	
Histidine.....g	0.797		0		1		0.534	0.893	
Alanine.....g	1.531		0		1		1.026	1.715	
Aspartic acid.....g	2.377		0		1		1.593	2.662	
Glutamic acid.....g	4.029		0		1		2.699	4.512	
Glycine.....g	1.621		0		1		1.086	1.816	
Proline.....g	1.278		0		1		0.856	1.431	
Serine.....g	0.948		0		1		0.635	1.062	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 67g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 112g: 1 leg, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.92	0.416	16		1		85.29	42.03	69.45
Energy	kcal	232		0	NC	4		325	160	264
Energy	kj	971				4		1359	670	1107
Protein (N x 6.25)	g	25.96	0.258	16		1		36.34	17.91	29.59
Total lipid (fat)	g	13.46	0.185	16		1		18.84	9.29	15.34
Ash	g	0.92	0.028	16		1		1.29	0.63	1.05
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.656	16		1		17	8	14
Iron, Fe	mg	1.33	0.040	16		1		1.86	0.92	1.52
Magnesium, Mg	mg	23	0.456	16		1		32	16	26
Phosphorus, P	mg	174	3.891	16		1		244	120	198
Potassium, K	mg	225	5.495	16		1		315	155	257
Sodium, Na	mg	87	1.666	16		1		122	60	99
Zinc, Zn	mg	2.60	0.045	16		1		3.64	1.79	2.96
Copper, Cu	mg	0.077	0.002	16		1		0.108	0.053	0.088
Manganese, Mn	mg	0.021	0.000	16		1		0.029	0.014	0.024
Selenium, Se	mcg	20.7		0	BFYN	4		29.0	14.3	23.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.068	0.006	8		1		0.095	0.047	0.078
Riboflavin	mg	0.213	0.006	8		1		0.298	0.147	0.243
Niacin	mg	6.196	0.437	8		1		8.674	4.275	7.063
Pantothenic acid	mg	1.156		0		1		1.618	0.798	1.318
Vitamin B-6	mg	0.330		0		1		0.462	0.228	0.376
Folate, total	mcg	7		0		1		10	5	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		1		10	5	8
Folate, DFE	mcg_DFE	7		0	NC	4		10	5	8
Vitamin B-12	mcg	0.30		0		1		0.42	0.21	0.34
Vitamin A, IU	IU	130		0	NC	4		182	90	148
Vitamin A, RAE	mcg_RAE	39		0	NC	4		55	27	44
Retinol	mcg	39		0	NR	4		55	27	44
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.18	0.30
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.1		0	BFSN	4		5.8	2.9	4.7
Lipids:										
Fatty acids, total saturated	g	3.720		0		1		5.208	2.567	4.241
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.021	0.034
13:0	g									
14:0	g	0.100		0		1		0.140	0.069	0.114
15:0	g									
16:0	g	2.710		0		1		3.794	1.870	3.089
17:0	g									
18:0	g	0.770		0		1		1.078	0.531	0.878
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.240		0		1		7.336	3.616	5.974
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		0		1		1.022	0.504	0.832
17:1.....g									
18:1 undifferentiated.....g	4.320		0		1		6.048	2.981	4.925
20:1.....g	0.120		0		1		0.168	0.083	0.137
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.000		0		1		4.200	2.070	3.420
18:2 undifferentiated.....g	2.590		0		1		3.626	1.787	2.953
18:3 undifferentiated.....g	0.120		0		1		0.168	0.083	0.137
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.168	0.083	0.137
20:5 n-3.....g	0.010		0		1		0.014	0.007	0.011
22:5 n-3.....g	0.020		0		1		0.028	0.014	0.023
22:6 n-3.....g	0.050		0		1		0.070	0.035	0.057
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		129	63	105
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.407	0.201	0.332
Threonine.....g	1.075		0		1		1.505	0.742	1.226
Isoleucine.....g	1.304		0		1		1.826	0.900	1.487
Leucine.....g	1.895		0		1		2.653	1.308	2.160
Lysine.....g	2.124		0		1		2.974	1.466	2.421
Methionine.....g	0.694		0		1		0.972	0.479	0.791
Cystine.....g	0.345		0		1		0.483	0.238	0.393
Phenylalanine.....g	1.011		0		1		1.415	0.698	1.153
Tyrosine.....g	0.841		0		1		1.177	0.580	0.959
Valine.....g	1.263		0		1		1.768	0.871	1.440
Arginine.....g	1.620		0		1		2.268	1.118	1.847
Histidine.....g	0.768		0		1		1.075	0.530	0.876
Alanine.....g	1.503		0		1		2.104	1.037	1.713
Aspartic acid.....g	2.315		0		1		3.241	1.597	2.639
Glutamic acid.....g	3.806		0		1		5.328	2.626	4.339
Glycine.....g	1.633		0		1		2.286	1.127	1.862
Proline.....g	1.237		0		1		1.732	0.854	1.410
Serine.....g	0.913		0		1		1.278	0.630	1.041
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 69g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 114g: 1 leg, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.01	0.524	16		1		89.61	48.01	80.01
Energy	kcal	220		0	NC	4		308	165	275
Energy	kj	920				4		1289	690	1151
Protein (N x 6.25)	g	24.17	0.253	16		1		33.84	18.13	30.21
Total lipid (fat)	g	12.92	0.192	16		1		18.09	9.69	16.15
Ash	g	0.79	0.028	16		1		1.11	0.59	0.99
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.462	16		1		15	8	14
Iron, Fe	mg	1.35	0.056	16		1		1.89	1.01	1.69
Magnesium, Mg	mg	20	0.366	16		1		28	15	25
Phosphorus, P	mg	139	2.472	16		1		195	104	174
Potassium, K	mg	176	6.453	16		1		246	132	220
Sodium, Na	mg	73	1.949	16		1		102	55	91
Zinc, Zn	mg	2.43	0.040	16		1		3.40	1.82	3.04
Copper, Cu	mg	0.071	0.001	16		1		0.099	0.053	0.089
Manganese, Mn	mg	0.019	0.001	16		1		0.027	0.014	0.024
Selenium, Se	mcg	18.9		0	BFYN	4		26.5	14.2	23.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.054	0.003	8		1		0.076	0.041	0.068
Riboflavin	mg	0.191	0.005	8		1		0.267	0.143	0.239
Niacin	mg	4.590	0.199	8		1		6.426	3.443	5.738
Pantothenic acid	mg	0.812		0		1		1.137	0.609	1.015
Vitamin B-6	mg	0.180		0		1		0.252	0.135	0.225
Folate, total	mcg	6		0		1		8	5	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6		0		1		8	5	8
Folate, DFE	mcg_DFE	6		0	NC	4		8	5	8
Vitamin B-12	mcg	0.20		0		1		0.28	0.15	0.25
Vitamin A, IU	IU	120		0	NC	4		168	90	150
Vitamin A, RAE	mcg_RAE	36		0	NC	4		50	27	45
Retinol	mcg	36		0	NR	4		50	27	45
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.20	0.33
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.5		0	BFSN	4		4.9	2.6	4.4
Lipids:										
Fatty acids, total saturated	g	3.570		0		1		4.998	2.678	4.463
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.023	0.038
13:0	g									
14:0	g	0.100		0		1		0.140	0.075	0.125
15:0	g									
16:0	g	2.600		0		1		3.640	1.950	3.250
17:0	g									
18:0	g	0.740		0		1		1.036	0.555	0.925
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.040		0		1		7.056	3.780	6.300
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.700		0		1		0.980	0.525	0.875
17:1.....g									
18:1 undifferentiated.....g	4.160		0		1		5.824	3.120	5.200
20:1.....g	0.120		0		1		0.168	0.090	0.150
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.870		0		1		4.018	2.153	3.588
18:2 undifferentiated.....g	2.490		0		1		3.486	1.868	3.113
18:3 undifferentiated.....g	0.110		0		1		0.154	0.083	0.138
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.168	0.090	0.150
20:5 n-3.....g	0.010		0		1		0.014	0.008	0.013
22:5 n-3.....g	0.020		0		1		0.028	0.015	0.025
22:6 n-3.....g	0.040		0		1		0.056	0.030	0.050
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		118	63	105
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.271		0		1		0.379	0.203	0.339
Threonine.....g	1.002		0		1		1.403	0.752	1.253
Isoleucine.....g	1.216		0		1		1.702	0.912	1.520
Leucine.....g	1.766		0		1		2.472	1.325	2.208
Lysine.....g	1.979		0		1		2.771	1.484	2.474
Methionine.....g	0.646		0		1		0.904	0.485	0.808
Cystine.....g	0.321		0		1		0.449	0.241	0.401
Phenylalanine.....g	0.942		0		1		1.319	0.707	1.178
Tyrosine.....g	0.784		0		1		1.098	0.588	0.980
Valine.....g	1.177		0		1		1.648	0.883	1.471
Arginine.....g	1.507		0		1		2.110	1.130	1.884
Histidine.....g	0.715		0		1		1.001	0.536	0.894
Alanine.....g	1.397		0		1		1.956	1.048	1.746
Aspartic acid.....g	2.155		0		1		3.017	1.616	2.694
Glutamic acid.....g	3.545		0		1		4.963	2.659	4.431
Glycine.....g	1.511		0		1		2.115	1.133	1.889
Proline.....g	1.147		0		1		1.606	0.860	1.434
Serine.....g	0.850		0		1		1.190	0.638	1.063
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 75g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 125g: 1 leg, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.91	0.271	28		1		70.61	116.75	
Energy	kcal	187		0	NC	4		189	312	
Energy	kj	782				4		790	1307	
Protein (N x 6.25)	g	18.15	0.101	28		1		18.33	30.31	
Total lipid (fat)	g	12.12	0.228	28		1		12.24	20.24	
Ash	g	0.85	0.028	28		1		0.86	1.42	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.566	24		1		10	17	
Iron, Fe	mg	1.01	0.025	24		1		1.02	1.69	
Magnesium, Mg	mg	21	0.264	24		1		21	35	
Phosphorus, P	mg	149	2.759	24		1		150	249	
Potassium, K	mg	198	5.387	24		1		200	331	
Sodium, Na	mg	79	1.227	24		1		80	132	
Zinc, Zn	mg	1.77	0.025	24		1		1.79	2.96	
Copper, Cu	mg	0.058	0.002	24		1		0.059	0.097	
Manganese, Mn	mg	0.020	0.000	24		1		0.020	0.033	
Selenium, Se	mcg	13.1		0	PAK	1		13.2	21.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.067	0.003	16		1		0.068	0.112	
Riboflavin	mg	0.164	0.004	16		1		0.166	0.274	
Niacin	mg	5.435	0.172	16		1		5.489	9.076	
Pantothenic acid	mg	1.110		1		1		1.121	1.854	
Vitamin B-6	mg	0.290		1		1		0.293	0.484	
Folate, total	mcg	11	2.150	4		1		11	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11	2.150	4		1		11	18	
Folate, DFE	mcg_DFE	11		0	NC	4		11	18	
Vitamin B-12	mcg	0.32		0		1		0.32	0.53	
Vitamin A, IU	IU	123		0		1		124	205	
Vitamin A, RAE	mcg_RAE	37		0		1		37	62	
Retinol	mcg	37		0	NC	4		37	62	
Vitamin E (alpha-tocopherol)	mg	0.44		0	NR	4		0.44	0.73	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFYN	4		2.9	4.8	
Lipids:										
Fatty acids, total saturated	g	3.300		0	NC	4		3.333	5.511	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.020	0.033	
13:0	g									
14:0	g	0.100		0		1		0.101	0.167	
15:0	g									
16:0	g	2.480		0		1		2.505	4.142	
17:0	g									
18:0	g	0.700		0		1		0.707	1.169	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.840		0	NC	4		4.888	8.083	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.670		0		1		0.677	1.119	
17:1.....g									
18:1 undifferentiated.....g	4.050		0		1		4.091	6.764	
20:1.....g	0.120		0		1		0.121	0.200	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.590		0	NC	4		2.616	4.325	
18:2 undifferentiated.....g	2.340		0		1		2.363	3.908	
18:3 undifferentiated.....g	0.110		0		1		0.111	0.184	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.081	0.134	
20:5 n-3.....g	0.010		0		1		0.010	0.017	
22:5 n-3.....g	0.020		0		1		0.020	0.033	
22:6 n-3.....g	0.030		0		1		0.030	0.050	
Fatty acids, total trans.....g	0.105		0	PIK	4		0.106	0.175	
Cholesterol.....mg	83		0		1		84	139	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0		1		0.206	0.341	
Threonine.....g	0.752		0		1		0.760	1.256	
Isoleucine.....g	0.911		0		1		0.920	1.521	
Leucine.....g	1.325		0		1		1.338	2.213	
Lysine.....g	1.484		0		1		1.499	2.478	
Methionine.....g	0.485		0		1		0.490	0.810	
Cystine.....g	0.241		0		1		0.243	0.402	
Phenylalanine.....g	0.707		0		1		0.714	1.181	
Tyrosine.....g	0.588		0		1		0.594	0.982	
Valine.....g	0.883		0		1		0.892	1.475	
Arginine.....g	1.133		0		1		1.144	1.892	
Histidine.....g	0.536		0		1		0.541	0.895	
Alanine.....g	1.051		0		1		1.062	1.755	
Aspartic acid.....g	1.618		0		1		1.634	2.702	
Glutamic acid.....g	2.660		0		1		2.687	4.442	
Glycine.....g	1.144		0		1		1.155	1.910	
Proline.....g	0.865		0		1		0.874	1.445	
Serine.....g	0.639		0		1		0.645	1.067	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 leg, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 167g: 1 leg, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.61		0		1		33.94	56.97	
Energy	kcal	208		0	NC	4		116	196	
Energy	kj	870				4		487	818	
Protein (N x 6.25)	g	28.38		0		1		15.89	26.68	
Total lipid (fat)	g	9.32		0		1		5.22	8.76	
Ash	g	1.05		0		1		0.59	0.99	
Carbohydrate, by difference	g	0.65		0	NC	4		0.36	0.61	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		7	12	
Iron, Fe	mg	1.40		0		1		0.78	1.32	
Magnesium, Mg	mg	25		0		1		14	24	
Phosphorus, P	mg	193		0		1		108	181	
Potassium, K	mg	254		0		1		142	239	
Sodium, Na	mg	96		0		1		54	90	
Zinc, Zn	mg	2.98		0		1		1.67	2.80	
Copper, Cu	mg	0.086		0		1		0.048	0.081	
Manganese, Mn	mg	0.025		0		1		0.014	0.024	
Selenium, Se	mcg	18.8		0	BFYN	4		10.5	17.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.083		0		1		0.046	0.078	
Riboflavin	mg	0.247		0		1		0.138	0.232	
Niacin	mg	6.688		0		1		3.745	6.287	
Pantothenic acid	mg	1.301		0		1		0.729	1.223	
Vitamin B-6	mg	0.390		0		1		0.218	0.367	
Folate, total	mcg	9		0		1		5	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		5	8	
Folate, DFE	mcg_DFE	9		0	NC	4		5	8	
Vitamin B-12	mcg	0.34		0		1		0.19	0.32	
Vitamin A, IU	IU	66		0		1		37	62	
Vitamin A, RAE	mcg_RAE	20		0		1		11	19	
Retinol	mcg	20		0		1		11	19	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.490		0		1		1.394	2.341	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.017	0.028	
13:0	g									
14:0	g	0.060		0		1		0.034	0.056	
15:0	g									
16:0	g	1.680		0		1		0.941	1.579	
17:0	g									
18:0	g	0.650		0		1		0.364	0.611	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.430		0		1		1.921	3.224	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.224	0.376	
17:1.....g									
18:1 undifferentiated.....g	2.960		0		1		1.658	2.782	
20:1.....g	0.040		0		1		0.022	0.038	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.220		0		1		1.243	2.087	
18:2 undifferentiated.....g	1.860		0		1		1.042	1.748	
18:3 undifferentiated.....g	0.090		0		1		0.050	0.085	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.073	0.122	
20:5 n-3.....g	0.010		0		1		0.006	0.009	
22:5 n-3.....g	0.030		0		1		0.017	0.028	
22:6 n-3.....g	0.050		0		1		0.028	0.047	
Fatty acids, total trans.....g									
Cholesterol.....mg	99		0		1		55	93	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.332		0		1		0.186	0.312	
Threonine.....g	1.198		0		1		0.671	1.126	
Isoleucine.....g	1.497		0		1		0.838	1.407	
Leucine.....g	2.129		0		1		1.192	2.001	
Lysine.....g	2.405		0		1		1.347	2.261	
Methionine.....g	0.784		0		1		0.439	0.737	
Cystine.....g	0.364		0		1		0.204	0.342	
Phenylalanine.....g	1.127		0		1		0.631	1.059	
Tyrosine.....g	0.958		0		1		0.536	0.901	
Valine.....g	1.407		0		1		0.788	1.323	
Arginine.....g	1.710		0		1		0.958	1.607	
Histidine.....g	0.880		0		1		0.493	0.827	
Alanine.....g	1.547		0		1		0.866	1.454	
Aspartic acid.....g	2.525		0		1		1.414	2.374	
Glutamic acid.....g	4.270		0		1		2.391	4.014	
Glycine.....g	1.393		0		1		0.780	1.309	
Proline.....g	1.174		0		1		0.657	1.104	
Serine.....g	0.978		0		1		0.548	0.919	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 94g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.70	0.374	16		1		90.58	36.88	61.47
Energy	kcal	191		0	NC	4		267	109	181
Energy	kj	799				4		1119	456	759
Protein (N x 6.25)	g	27.03	0.271	16		1		37.84	15.41	25.68
Total lipid (fat)	g	8.43	0.128	16		1		11.80	4.81	8.01
Ash	g	1.00	0.033	16		1		1.40	0.57	0.95
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.786	16		1		17	7	11
Iron, Fe	mg	1.31	0.038	16		1		1.83	0.75	1.24
Magnesium, Mg	mg	24	0.518	16		1		34	14	23
Phosphorus, P	mg	183	4.300	16		1		256	104	174
Potassium, K	mg	242	5.736	16		1		339	138	230
Sodium, Na	mg	91	1.820	16		1		127	52	86
Zinc, Zn	mg	2.86	0.046	16		1		4.00	1.63	2.72
Copper, Cu	mg	0.080	0.002	16		1		0.112	0.046	0.076
Manganese, Mn	mg	0.021	0.000	16		1		0.029	0.012	0.020
Selenium, Se	mcg	22.1		0	BFYN	4		30.9	12.6	21.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.075	0.007	8		1		0.105	0.043	0.071
Riboflavin	mg	0.232	0.007	8		1		0.325	0.132	0.220
Niacin	mg	6.319	0.464	8		1		8.847	3.602	6.003
Pantothenic acid	mg	1.241		0		1		1.737	0.707	1.179
Vitamin B-6	mg	0.370		0		1		0.518	0.211	0.352
Folate, total	mcg	8		0		1		11	5	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		1		11	5	8
Folate, DFE	mcg_DFE	8		0	NC	4		11	5	8
Vitamin B-12	mcg	0.32		0		1		0.45	0.18	0.30
Vitamin A, IU	IU	63		0	NC	4		89	36	60
Vitamin A, RAE	mcg_RAE	19		0	NC	4		27	11	18
Retinol	mcg	19		0	NR	4		27	11	18
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.15	0.25
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.7		0	BFSN	4		5.2	2.1	3.6
Lipids:										
Fatty acids, total saturated	g	2.290		0		1		3.206	1.305	2.176
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.017	0.029
13:0	g									
14:0	g	0.060		0		1		0.084	0.034	0.057
15:0	g									
16:0	g	1.590		0		1		2.226	0.906	1.511
17:0	g									
18:0	g	0.540		0		1		0.756	0.308	0.513
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.050		0		1		4.270	1.739	2.898
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0		1		0.588	0.239	0.399
17:1.....g									
18:1 undifferentiated.....g	2.540		0		1		3.556	1.448	2.413
20:1.....g	0.040		0		1		0.056	0.023	0.038
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.970		0		1		2.758	1.123	1.872
18:2 undifferentiated.....g	1.620		0		1		2.268	0.923	1.539
18:3 undifferentiated.....g	0.080		0		1		0.112	0.046	0.076
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.182	0.074	0.124
20:5 n-3.....g	0.010		0		1		0.014	0.006	0.010
22:5 n-3.....g	0.030		0		1		0.042	0.017	0.029
22:6 n-3.....g	0.050		0		1		0.070	0.029	0.048
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		132	54	89
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.316		0		1		0.442	0.180	0.300
Threonine.....g	1.142		0		1		1.599	0.651	1.085
Isoleucine.....g	1.427		0		1		1.998	0.813	1.356
Leucine.....g	2.028		0		1		2.839	1.156	1.927
Lysine.....g	2.296		0		1		3.214	1.309	2.181
Methionine.....g	0.748		0		1		1.047	0.426	0.711
Cystine.....g	0.346		0		1		0.484	0.197	0.329
Phenylalanine.....g	1.072		0		1		1.501	0.611	1.018
Tyrosine.....g	0.912		0		1		1.277	0.520	0.866
Valine.....g	1.340		0		1		1.876	0.764	1.273
Arginine.....g	1.630		0		1		2.282	0.929	1.549
Histidine.....g	0.839		0		1		1.175	0.478	0.797
Alanine.....g	1.474		0		1		2.064	0.840	1.400
Aspartic acid.....g	2.408		0		1		3.371	1.373	2.288
Glutamic acid.....g	4.047		0		1		5.666	2.307	3.845
Glycine.....g	1.327		0		1		1.858	0.756	1.261
Proline.....g	1.111		0		1		1.555	0.633	1.055
Serine.....g	0.930		0		1		1.302	0.530	0.884
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 57g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 95g: 1 leg, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.44	0.341	16		1		106.30	39.86	67.10
Energy	kcal	185		0	NC	4		296	111	187
Energy	kj	774				4		1238	464	782
Protein (N x 6.25)	g	26.26	0.228	16		1		42.02	15.76	26.52
Total lipid (fat)	g	8.06	0.117	16		1		12.90	4.84	8.14
Ash	g	0.88	0.034	16		1		1.41	0.53	0.89
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.553	16		1		18	7	11
Iron, Fe	mg	1.40	0.064	16		1		2.24	0.84	1.41
Magnesium, Mg	mg	21	0.433	16		1		34	13	21
Phosphorus, P	mg	149	2.983	16		1		238	89	150
Potassium, K	mg	190	6.604	16		1		304	114	192
Sodium, Na	mg	78	2.300	16		1		125	47	79
Zinc, Zn	mg	2.78	0.048	16		1		4.45	1.67	2.81
Copper, Cu	mg	0.077	0.001	16		1		0.123	0.046	0.078
Manganese, Mn	mg	0.019	0.001	16		1		0.030	0.011	0.019
Selenium, Se	mcg	26.5		0	BFYN	4		42.4	15.9	26.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.059	0.003	8		1		0.094	0.035	0.060
Riboflavin	mg	0.216	0.006	8		1		0.346	0.130	0.218
Niacin	mg	4.798	0.224	8		1		7.677	2.879	4.846
Pantothenic acid	mg	0.913		0		1		1.461	0.548	0.922
Vitamin B-6	mg	0.210		0		1		0.336	0.126	0.212
Folate, total	mcg	8		0		1		13	5	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		1		13	5	8
Folate, DFE	mcg_DFE	8		0	NC	4		13	5	8
Vitamin B-12	mcg	0.23		0		1		0.37	0.14	0.23
Vitamin A, IU	IU	60		0		1		96	36	61
Vitamin A, RAE	mcg_RAE	18		0	NC	4		29	11	18
Retinol	mcg	18		0	NR	4		29	11	18
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.42	0.16	0.27
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.6		0	BFSN	4		5.7	2.1	3.6
Lipids:										
Fatty acids, total saturated	g	2.200		0		1		3.520	1.320	2.222
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.048	0.018	0.030
13:0	g									
14:0	g	0.060		0		1		0.096	0.036	0.061
15:0	g									
16:0	g	1.520		0		1		2.432	0.912	1.535
17:0	g									
18:0	g	0.520		0		1		0.832	0.312	0.525
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.930		0		1		4.688	1.758	2.959
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.640	0.240	0.404
17:1.....g									
18:1 undifferentiated.....g	2.440		0		1		3.904	1.464	2.464
20:1.....g	0.040		0		1		0.064	0.024	0.040
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.880		0		1		3.008	1.128	1.899
18:2 undifferentiated.....g	1.550		0		1		2.480	0.930	1.566
18:3 undifferentiated.....g	0.070		0		1		0.112	0.042	0.071
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.192	0.072	0.121
20:5 n-3.....g	0.010		0		1		0.016	0.006	0.010
22:5 n-3.....g	0.030		0		1		0.048	0.018	0.030
22:6 n-3.....g	0.050		0		1		0.080	0.030	0.051
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		142	53	90
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.307		0		1		0.491	0.184	0.310
Threonine.....g	1.109		0		1		1.774	0.665	1.120
Isoleucine.....g	1.387		0		1		2.219	0.832	1.401
Leucine.....g	1.971		0		1		3.154	1.183	1.991
Lysine.....g	2.231		0		1		3.570	1.339	2.253
Methionine.....g	0.727		0		1		1.163	0.436	0.734
Cystine.....g	0.336		0		1		0.538	0.202	0.339
Phenylalanine.....g	1.042		0		1		1.667	0.625	1.052
Tyrosine.....g	0.887		0		1		1.419	0.532	0.896
Valine.....g	1.303		0		1		2.085	0.782	1.316
Arginine.....g	1.584		0		1		2.534	0.950	1.600
Histidine.....g	0.815		0		1		1.304	0.489	0.823
Alanine.....g	1.433		0		1		2.293	0.860	1.447
Aspartic acid.....g	2.341		0		1		3.746	1.405	2.364
Glutamic acid.....g	3.933		0		1		6.293	2.360	3.972
Glycine.....g	1.290		0		1		2.064	0.774	1.303
Proline.....g	1.080		0		1		1.728	0.648	1.091
Serine.....g	0.903		0		1		1.445	0.542	0.912
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 60g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 101g: 1 leg, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.13	0.274	25		1		59.38	98.97	
Energy	kcal	120		0	NC	4		94	156	
Energy	kj	502				4		392	653	
Protein (N x 6.25)	g	20.13	0.147	26		1		15.70	26.17	
Total lipid (fat)	g	3.81	0.145	26		1		2.97	4.95	
Ash	g	0.94	0.029	25		1		0.73	1.22	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.730	25		1		9	14	
Iron, Fe	mg	1.02	0.027	24		1		0.80	1.33	
Magnesium, Mg	mg	23	0.324	24		1		18	30	
Phosphorus, P	mg	167	2.962	24		1		130	217	
Potassium, K	mg	229	6.000	24		1		179	298	
Sodium, Na	mg	86	1.529	24		1		67	112	
Zinc, Zn	mg	2.06	0.029	24		1		1.61	2.68	
Copper, Cu	mg	0.064	0.002	24		1		0.050	0.083	
Manganese, Mn	mg	0.021	0.000	24		1		0.016	0.027	
Selenium, Se	mcg	13.5	1.936	4	A	1		10.5	17.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.079	0.004	16		1		0.062	0.103	
Riboflavin	mg	0.193	0.005	16		1		0.151	0.251	
Niacin	mg	6.067	0.195	16		1		4.732	7.887	
Pantothenic acid	mg	1.178		1		1		0.919	1.531	
Vitamin B-6	mg	0.330		1		1		0.257	0.429	
Folate, total	mcg	10		0		1		8	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		8	13	
Folate, DFE	mcg_DFE	10		0	NC	4		8	13	
Vitamin B-12	mcg	0.36		0		1		0.28	0.47	
Vitamin A, IU	IU	61		0		1		48	79	
Vitamin A, RAE	mcg_RAE	18		0		1		14	24	
Retinol	mcg	18		0	NR	4		14	23	
Vitamin E (alpha-tocopherol)	mg	0.32		0	NR	4		0.25	0.41	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFYN	4		2.2	3.7	
Lipids:										
Fatty acids, total saturated	g	0.980		0		1		0.764	1.274	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020	0.003	17		1		0.016	0.026	
13:0	g									
14:0	g	0.020	0.003	24		1		0.016	0.026	
15:0	g									
16:0	g	0.650	0.030	24		1		0.507	0.845	
17:0	g									
18:0	g	0.260	0.017	24		1		0.203	0.338	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.180		0		1		0.920	1.534	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170	0.012	24		1		0.133	0.221	
17:1.....g									
18:1 undifferentiated.....g	0.980	0.048	24		1		0.764	1.274	
20:1.....g	0.010	0.003	6		1		0.008	0.013	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		0.741	1.235	
18:2 undifferentiated.....g	0.730	0.034	24		1		0.569	0.949	
18:3 undifferentiated.....g	0.030	0.002	18		1		0.023	0.039	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.016	16		1		0.070	0.117	
20:5 n-3.....g	0.010	0.003	8		1		0.008	0.013	
22:5 n-3.....g	0.020	0.005	9		1		0.016	0.026	
22:6 n-3.....g	0.040	0.011	9		1		0.031	0.052	
Fatty acids, total trans.....g	0.104		0	BFFN	4		0.081	0.135	
Cholesterol.....mg	80		0		1		62	104	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.235		0		1		0.183	0.306	
Threonine.....g	0.850		0		1		0.663	1.105	
Isoleucine.....g	1.063		0		1		0.829	1.382	
Leucine.....g	1.511		0		1		1.179	1.964	
Lysine.....g	1.710		0		1		1.334	2.223	
Methionine.....g	0.557		0		1		0.434	0.724	
Cystine.....g	0.258		0		1		0.201	0.335	
Phenylalanine.....g	0.799		0		1		0.623	1.039	
Tyrosine.....g	0.680		0		1		0.530	0.884	
Valine.....g	0.999		0		1		0.779	1.299	
Arginine.....g	1.214		0		1		0.947	1.578	
Histidine.....g	0.625		0		1		0.488	0.813	
Alanine.....g	1.098		0		1		0.856	1.427	
Aspartic acid.....g	1.794		0		1		1.399	2.332	
Glutamic acid.....g	3.015		0		1		2.352	3.920	
Glycine.....g	0.989		0		1		0.771	1.286	
Proline.....g	0.828		0		1		0.646	1.076	
Serine.....g	0.693		0		1		0.541	0.901	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: 1 leg bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 130g: 1 leg, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	50.23		0		1		56.76	94.43	
Energy	kcal	277		0	NC	4		313	521	
Energy	kj	1159				4		1310	2179	
Protein (N x 6.25)	g	23.55		0		1		26.61	44.27	
Total lipid (fat)	g	15.44		0		1		17.45	29.03	
Ash	g	1.29		0		1		1.46	2.43	
Carbohydrate, by difference	g	9.50		0	NC	4		10.74	17.86	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		23	38	
Iron, Fe	mg	1.26		0		1		1.42	2.37	
Magnesium, Mg	mg	22		0		1		25	41	
Phosphorus, P	mg	168		0		1		190	316	
Potassium, K	mg	185		0		1		209	348	
Sodium, Na	mg	287		0		1		324	540	
Zinc, Zn	mg	1.06		0		1		1.20	1.99	
Copper, Cu	mg	0.061		0		1		0.069	0.115	
Manganese, Mn	mg	0.055		0		1		0.062	0.103	
Selenium, Se	mcg	27.2		0	PIE	4		30.7	51.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.113		0		1		0.128	0.212	
Riboflavin	mg	0.147		0		1		0.166	0.276	
Niacin	mg	9.156		0		1		10.346	17.213	
Pantothenic acid	mg	0.794		0		1		0.897	1.493	
Vitamin B-6	mg	0.390		0		1		0.441	0.733	
Folate, total	mcg	16		0	RA	4		18	30	
Folic acid	mcg	10		0	NC	4		11	19	
Folate, food	mcg	6		0		1		7	11	
Folate, DFE	mcg_DFE	23		0	NC	4		26	43	
Vitamin B-12	mcg	0.28		0		1		0.32	0.53	
Vitamin A, IU	IU	79		0		1		89	149	
Vitamin A, RAE	mcg_RAE	24		0		1		27	45	
Retinol	mcg	24		0		1		27	45	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.120		0		1		4.656	7.746	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.011	0.019	
13:0	g									
14:0	g	0.090		0		1		0.102	0.169	
15:0	g									
16:0	g	2.760		0		1		3.119	5.189	
17:0	g									
18:0	g	1.200		0		1		1.356	2.256	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05030

Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.370		0		1		7.198	11.976	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		0.509	0.846	
17:1.....g									
18:1 undifferentiated.....g	5.790		0		1		6.543	10.885	
20:1.....g	0.090		0		1		0.102	0.169	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.600		0		1		4.068	6.768	
18:2 undifferentiated.....g	3.240		0		1		3.661	6.091	
18:3 undifferentiated.....g	0.180		0		1		0.203	0.338	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.079	0.132	
20:5 n-3.....g	0.010		0		1		0.011	0.019	
22:5 n-3.....g	0.010		0		1		0.011	0.019	
22:6 n-3.....g	0.020		0		1		0.023	0.038	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		95	158	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		1		0.303	0.504	
Threonine.....g	0.963		0		1		1.088	1.810	
Isoleucine.....g	1.171		0		1		1.323	2.201	
Leucine.....g	1.723		0		1		1.947	3.239	
Lysine.....g	1.841		0		1		2.080	3.461	
Methionine.....g	0.616		0		1		0.696	1.158	
Cystine.....g	0.326		0		1		0.368	0.613	
Phenylalanine.....g	0.938		0		1		1.060	1.763	
Tyrosine.....g	0.762		0		1		0.861	1.433	
Valine.....g	1.147		0		1		1.296	2.156	
Arginine.....g	1.445		0		1		1.633	2.717	
Histidine.....g	0.682		0		1		0.771	1.282	
Alanine.....g	1.334		0		1		1.507	2.508	
Aspartic acid.....g	2.040		0		1		2.305	3.835	
Glutamic acid.....g	3.750		0		1		4.238	7.050	
Glycine.....g	1.466		0		1		1.657	2.756	
Proline.....g	1.238		0		1		1.399	2.327	
Serine.....g	0.869		0		1		0.982	1.634	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 188g: .5 chicken, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.66		0		1		42.63	71.06	
Energy	kcal	246		0	NC	4		192	320	
Energy	kj	1029				4		803	1338	
Protein (N x 6.25)	g	30.45		0		1		23.75	39.59	
Total lipid (fat)	g	12.09		0		1		9.43	15.72	
Ash	g	0.98		0		1		0.76	1.27	
Carbohydrate, by difference	g	1.82		0	NC	4		1.42	2.37	
Fiber, total dietary	g	0.1		0		4		0.1	0.1	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		12	21	
Iron, Fe	mg	1.21		0		1		0.94	1.57	
Magnesium, Mg	mg	27		0		1		21	35	
Phosphorus, P	mg	213		0		1		166	277	
Potassium, K	mg	239		0		1		186	311	
Sodium, Na	mg	77		0		1		60	100	
Zinc, Zn	mg	1.26		0		1		0.98	1.64	
Copper, Cu	mg	0.058		0		1		0.045	0.075	
Manganese, Mn	mg	0.026		0		1		0.020	0.034	
Selenium, Se	mcg	29.1		0	PIE	4		22.7	37.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.076		0		1		0.059	0.099	
Riboflavin	mg	0.133		0		1		0.104	0.173	
Niacin	mg	12.035		0		1		9.387	15.646	
Pantothenic acid	mg	0.970		0		1		0.757	1.261	
Vitamin B-6	mg	0.540		0		1		0.421	0.702	
Folate, total	mcg	7		0	RA	4		5	9	
Folic acid	mcg	3		0	NC	4		2	4	
Folate, food	mcg	4		0		1		3	5	
Folate, DFE	mcg_DFE	9		0	NC	4		7	12	
Vitamin B-12	mcg	0.33		0		1		0.26	0.43	
Vitamin A, IU	IU	68		0		1		53	88	
Vitamin A, RAE	mcg_RAE	20		0	NC	4		16	26	
Retinol	mcg	20		0	NR	4		16	26	
Vitamin E (alpha-tocopherol)	mg	0.57		0	NR	4		0.45	0.74	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		1.9	3.1	
Lipids:										
Fatty acids, total saturated	g	3.320		0		1		2.590	4.316	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.008	0.013	
13:0	g									
14:0	g	0.090		0		1		0.070	0.117	
15:0	g									
16:0	g	2.350		0		1		1.833	3.055	
17:0	g									
18:0	g	0.800		0		1		0.624	1.040	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05031

Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.800		0		1		3.744	6.240	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.510		0		1		0.398	0.663	
17:1.....g									
18:1 undifferentiated.....g	4.130		0		1		3.221	5.369	
20:1.....g	0.100		0		1		0.078	0.130	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.690		0		1		2.098	3.497	
18:2 undifferentiated.....g	2.330		0		1		1.817	3.029	
18:3 undifferentiated.....g	0.110		0		1		0.086	0.143	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.070	0.117	
20:5 n-3.....g	0.010		0		1		0.008	0.013	
22:5 n-3.....g	0.020		0		1		0.016	0.026	
22:6 n-3.....g	0.030		0		1		0.023	0.039	
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		68	113	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.344		0		1		0.268	0.447	
Threonine.....g	1.262		0		1		0.984	1.641	
Isoleucine.....g	1.537		0		1		1.199	1.998	
Leucine.....g	2.231		0		1		1.740	2.900	
Lysine.....g	2.487		0		1		1.940	3.233	
Methionine.....g	0.815		0		1		0.636	1.060	
Cystine.....g	0.405		0		1		0.316	0.527	
Phenylalanine.....g	1.192		0		1		0.930	1.550	
Tyrosine.....g	0.991		0		1		0.773	1.288	
Valine.....g	1.485		0		1		1.158	1.931	
Arginine.....g	1.888		0		1		1.473	2.454	
Histidine.....g	0.904		0		1		0.705	1.175	
Alanine.....g	1.745		0		1		1.361	2.269	
Aspartic acid.....g	2.703		0		1		2.108	3.514	
Glutamic acid.....g	4.534		0		1		3.537	5.894	
Glycine.....g	1.860		0		1		1.451	2.418	
Proline.....g	1.447		0		1		1.129	1.881	
Serine.....g	1.074		0		1		0.838	1.396	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 78g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 130g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.51	0.363	16		1		47.80	79.87	
Energy	kcal	222		0	NC	4		175	293	
Energy	kj	929				4		734	1226	
Protein (N x 6.25)	g	29.02	0.317	16		1		22.93	38.31	
Total lipid (fat)	g	10.85	0.267	16		1		8.57	14.32	
Ash	g	0.93	0.026	16		1		0.73	1.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.641	16		1		12	20	
Iron, Fe	mg	1.14	0.058	16		1		0.90	1.50	
Magnesium, Mg	mg	25	0.426	16		1		20	33	
Phosphorus, P	mg	200	5.438	16		1		158	264	
Potassium, K	mg	227	5.983	16		1		179	300	
Sodium, Na	mg	75	2.620	16		1		59	99	
Zinc, Zn	mg	1.23	0.029	16		1		0.97	1.62	
Copper, Cu	mg	0.053	0.002	16		1		0.042	0.070	
Manganese, Mn	mg	0.018	0.001	16		1		0.014	0.024	
Selenium, Se	mcg	24.1		0	BFYN	4		19.0	31.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060	0.005	8		1		0.047	0.079	
Riboflavin	mg	0.118	0.003	8		1		0.093	0.156	
Niacin	mg	11.134	0.611	8		1		8.796	14.697	
Pantothenic acid	mg	0.926		0		1		0.732	1.222	
Vitamin B-6	mg	0.520		0		1		0.411	0.686	
Folate, total	mcg	3		0		1		2	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		2	4	
Folate, DFE	mcg_DFE	3		0	NC	4		2	4	
Vitamin B-12	mcg	0.32		0		1		0.25	0.42	
Vitamin A, IU	IU	110		0		1		87	145	
Vitamin A, RAE	mcg_RAE	33		0		1		26	44	
Retinol	mcg	33		0		1		26	44	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.050		0		1		2.410	4.026	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.008	0.013	
13:0	g									
14:0	g	0.090		0		1		0.071	0.119	
15:0	g									
16:0	g	2.250		0		1		1.778	2.970	
17:0	g									
18:0	g	0.620		0		1		0.490	0.818	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05032

Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.260		0		1		3.365	5.623	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.570		0		1		0.450	0.752	
17:1.....g									
18:1 undifferentiated.....g	3.510		0		1		2.773	4.633	
20:1.....g	0.120		0		1		0.095	0.158	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0		1		1.825	3.049	
18:2 undifferentiated.....g	1.980		0		1		1.564	2.614	
18:3 undifferentiated.....g	0.090		0		1		0.071	0.119	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.071	0.119	
20:5 n-3.....g	0.010		0		1		0.008	0.013	
22:5 n-3.....g	0.020		0		1		0.016	0.026	
22:6 n-3.....g	0.030		0		1		0.024	0.040	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		66	111	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.326		0		1		0.258	0.430	
Threonine.....g	1.202		0		1		0.950	1.587	
Isoleucine.....g	1.458		0		1		1.152	1.925	
Leucine.....g	2.119		0		1		1.674	2.797	
Lysine.....g	2.374		0		1		1.875	3.134	
Methionine.....g	0.776		0		1		0.613	1.024	
Cystine.....g	0.385		0		1		0.304	0.508	
Phenylalanine.....g	1.130		0		1		0.893	1.492	
Tyrosine.....g	0.940		0		1		0.743	1.241	
Valine.....g	1.412		0		1		1.115	1.864	
Arginine.....g	1.811		0		1		1.431	2.391	
Histidine.....g	0.858		0		1		0.678	1.133	
Alanine.....g	1.679		0		1		1.326	2.216	
Aspartic acid.....g	2.587		0		1		2.044	3.415	
Glutamic acid.....g	4.254		0		1		3.361	5.615	
Glycine.....g	1.823		0		1		1.440	2.406	
Proline.....g	1.381		0		1		1.091	1.823	
Serine.....g	1.021		0		1		0.807	1.348	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 79g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 132g: .5 chicken, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.13	0.461	16		1		58.62	97.70	
Energy	kcal	201		0	NC	4		181	302	
Energy	kj	841				4		757	1261	
Protein (N x 6.25)	g	26.14	0.263	16		1		23.53	39.21	
Total lipid (fat)	g	9.97	0.208	16		1		8.97	14.96	
Ash	g	0.78	0.031	16		1		0.70	1.17	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.419	16		1		12	20	
Iron, Fe	mg	0.98	0.048	16		1		0.88	1.47	
Magnesium, Mg	mg	20	0.370	16		1		18	30	
Phosphorus, P	mg	146	3.094	16		1		131	219	
Potassium, K	mg	167	6.931	16		1		150	251	
Sodium, Na	mg	63	2.182	16		1		57	95	
Zinc, Zn	mg	1.14	0.018	16		1		1.03	1.71	
Copper, Cu	mg	0.044	0.002	16		1		0.040	0.066	
Manganese, Mn	mg	0.018	0.001	16		1		0.016	0.027	
Selenium, Se	mcg	21.2		0	BFYN	4		19.1	31.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.041	0.005	8		1		0.037	0.062	
Riboflavin	mg	0.112	0.003	8		1		0.101	0.168	
Niacin	mg	6.935	0.274	8		1		6.242	10.403	
Pantothenic acid	mg	0.535		0		1		0.482	0.803	
Vitamin B-6	mg	0.270		0		1		0.243	0.405	
Folate, total	mcg	3		0		1		3	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		3	5	
Folate, DFE	mcg_DFE	3		0	NC	4		3	5	
Vitamin B-12	mcg	0.20		0		1		0.18	0.30	
Vitamin A, IU	IU	96		0		1		86	144	
Vitamin A, RAE	mcg_RAE	29		0		1		26	43	
Retinol	mcg	29		0		1		26	43	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.800		0		1		2.520	4.200	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.009	0.015	
13:0	g									
14:0	g	0.080		0		1		0.072	0.120	
15:0	g									
16:0	g	2.070		0		1		1.863	3.105	
17:0	g									
18:0	g	0.560		0		1		0.504	0.840	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05033

Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.920		0		1		3.528	5.880	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.477	0.795	
17:1.....g									
18:1 undifferentiated.....g	3.230		0		1		2.907	4.845	
20:1.....g	0.110		0		1		0.099	0.165	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.120		0		1		1.908	3.180	
18:2 undifferentiated.....g	1.830		0		1		1.647	2.745	
18:3 undifferentiated.....g	0.080		0		1		0.072	0.120	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.072	0.120	
20:5 n-3.....g	0.010		0		1		0.009	0.015	
22:5 n-3.....g	0.020		0		1		0.018	0.030	
22:6 n-3.....g	0.030		0		1		0.027	0.045	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		67	111	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.294		0		1		0.265	0.441	
Threonine.....g	1.084		0		1		0.976	1.626	
Isoleucine.....g	1.316		0		1		1.184	1.974	
Leucine.....g	1.910		0		1		1.719	2.865	
Lysine.....g	2.142		0		1		1.928	3.213	
Methionine.....g	0.699		0		1		0.629	1.049	
Cystine.....g	0.347		0		1		0.312	0.521	
Phenylalanine.....g	1.019		0		1		0.917	1.529	
Tyrosine.....g	0.848		0		1		0.763	1.272	
Valine.....g	1.273		0		1		1.146	1.910	
Arginine.....g	1.629		0		1		1.466	2.444	
Histidine.....g	0.774		0		1		0.697	1.161	
Alanine.....g	1.509		0		1		1.358	2.264	
Aspartic acid.....g	2.330		0		1		2.097	3.495	
Glutamic acid.....g	3.835		0		1		3.452	5.753	
Glycine.....g	1.629		0		1		1.466	2.444	
Proline.....g	1.238		0		1		1.114	1.857	
Serine.....g	0.919		0		1		0.827	1.379	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 90g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 150g: .5 chicken, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.60	0.342	25		1		79.58	133.08	
Energy	kcal	186		0	NC	4		216	361	
Energy	kj	778				4		903	1510	
Protein (N x 6.25)	g	20.27	0.156	25		1		23.51	39.32	
Total lipid (fat)	g	11.07	0.245	25		1		12.84	21.48	
Ash	g	0.86	0.032	25		1		1.00	1.67	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.461	24		1		13	21	
Iron, Fe	mg	0.79	0.027	24		1		0.92	1.53	
Magnesium, Mg	mg	23	0.336	24		1		27	45	
Phosphorus, P	mg	163	3.606	24		1		189	316	
Potassium, K	mg	204	4.714	24		1		237	396	
Sodium, Na	mg	65	1.507	24		1		75	126	
Zinc, Zn	mg	0.93	0.019	24		1		1.08	1.80	
Copper, Cu	mg	0.040	0.001	24		1		0.046	0.078	
Manganese, Mn	mg	0.018	0.000	24		1		0.021	0.035	
Selenium, Se	mcg	16.4		0	PAK	1		19.0	31.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.059	0.004	16		1		0.068	0.114	
Riboflavin	mg	0.086	0.003	16		1		0.100	0.167	
Niacin	mg	8.908	0.351	16		1		10.333	17.282	
Pantothenic acid	mg	0.794		0		1		0.921	1.540	
Vitamin B-6	mg	0.480		0		1		0.557	0.931	
Folate, total	mcg	4		0		1		5	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		5	8	
Folate, DFE	mcg_DFE	4		0	NC	4		5	8	
Vitamin B-12	mcg	0.34		0		1		0.39	0.66	
Vitamin A, IU	IU	99		0		1		115	192	
Vitamin A, RAE	mcg_RAE	30		0		1		34	58	
Retinol	mcg	29		0	NR	4		34	56	
Vitamin E (alpha-tocopherol)	mg	0.27		0	CASN	4		0.32	0.53	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.8	4.6	
Lipids:										
Fatty acids, total saturated	g	3.160		0		1		3.666	6.130	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.012	0.019	
13:0	g									
14:0	g	0.090		0		1		0.104	0.175	
15:0	g									
16:0	g	2.330		0		1		2.703	4.520	
17:0	g									
18:0	g	0.630		0		1		0.731	1.222	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.520		0		1		5.243	8.769	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.600		0		1		0.696	1.164	
17:1.....g									
18:1 undifferentiated.....g	3.740		0		1		4.338	7.256	
20:1.....g	0.120		0		1		0.139	0.233	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.340		0		1		2.714	4.540	
18:2 undifferentiated.....g	2.070		0		1		2.401	4.016	
18:3 undifferentiated.....g	0.100		0		1		0.116	0.194	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.070	0.116	
20:5 n-3.....g	0.010		0		1		0.012	0.019	
22:5 n-3.....g	0.010		0		1		0.012	0.019	
22:6 n-3.....g	0.020		0		1		0.023	0.039	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		78	130	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.227		0		1		0.263	0.440	
Threonine.....g	0.839		0		1		0.973	1.628	
Isoleucine.....g	1.015		0		1		1.177	1.969	
Leucine.....g	1.477		0		1		1.713	2.865	
Lysine.....g	1.654		0		1		1.919	3.209	
Methionine.....g	0.541		0		1		0.628	1.050	
Cystine.....g	0.270		0		1		0.313	0.524	
Phenylalanine.....g	0.788		0		1		0.914	1.529	
Tyrosine.....g	0.655		0		1		0.760	1.271	
Valine.....g	0.985		0		1		1.143	1.911	
Arginine.....g	1.268		0		1		1.471	2.460	
Histidine.....g	0.597		0		1		0.693	1.158	
Alanine.....g	1.177		0		1		1.365	2.283	
Aspartic acid.....g	1.807		0		1		2.096	3.506	
Glutamic acid.....g	2.967		0		1		3.442	5.756	
Glycine.....g	1.291		0		1		1.498	2.505	
Proline.....g	0.973		0		1		1.129	1.888	
Serine.....g	0.714		0		1		0.828	1.385	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 116g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 194g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.14		0		1		84.20	38.49	
Energy	kcal	192		0	NC	4		269	123	
Energy	kj	803				4		1125	514	
Protein (N x 6.25)	g	32.82		0		1		45.95	21.00	
Total lipid (fat)	g	5.54		0		1		7.76	3.55	
Ash	g	1.09		0		1		1.53	0.70	
Carbohydrate, by difference	g	0.42		0	NC	4		0.59	0.27	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		22	10	
Iron, Fe	mg	1.14		0		1		1.60	0.73	
Magnesium, Mg	mg	29		0		1		41	19	
Phosphorus, P	mg	231		0		1		323	148	
Potassium, K	mg	263		0		1		368	168	
Sodium, Na	mg	81		0		1		113	52	
Zinc, Zn	mg	1.27		0		1		1.78	0.81	
Copper, Cu	mg	0.054		0		1		0.076	0.035	
Manganese, Mn	mg	0.020		0		1		0.028	0.013	
Selenium, Se	mcg	26.2		0	BFYN	4		36.7	16.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.073		0		1		0.102	0.047	
Riboflavin	mg	0.126		0		1		0.176	0.081	
Niacin	mg	13.365		0		1		18.711	8.554	
Pantothenic acid	mg	1.030		0		1		1.442	0.659	
Vitamin B-6	mg	0.630		0		1		0.882	0.403	
Folate, total	mcg	4		0		1		6	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	3	
Folate, DFE	mcg_DFE	4		0	NC	4		6	3	
Vitamin B-12	mcg	0.36		0		1		0.50	0.23	
Vitamin A, IU	IU	30		0		1		42	19	
Vitamin A, RAE	mcg_RAE	9		0		1		13	6	
Retinol	mcg	9		0		1		13	6	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.520		0		1		2.128	0.973	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.006	
13:0	g									
14:0	g	0.040		0		1		0.056	0.026	
15:0	g									
16:0	g	1.000		0		1		1.400	0.640	
17:0	g									
18:0	g	0.430		0		1		0.602	0.275	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05040

Chicken, broilers or fryers, light meat, meat only, cooked, fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.970		0		1		2.758	1.261	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		0		1		0.238	0.109	
17:1.....g									
18:1 undifferentiated.....g	1.740		0		1		2.436	1.114	
20:1.....g	0.030		0		1		0.042	0.019	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0		1		1.764	0.806	
18:2 undifferentiated.....g	0.990		0		1		1.386	0.634	
18:3 undifferentiated.....g	0.050		0		1		0.070	0.032	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.126	0.058	
20:5 n-3.....g	0.010		0		1		0.014	0.006	
22:5 n-3.....g	0.020		0		1		0.028	0.013	
22:6 n-3.....g	0.030		0		1		0.042	0.019	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		126	58	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.383		0		1		0.536	0.245	
Threonine.....g	1.386		0		1		1.940	0.887	
Isoleucine.....g	1.732		0		1		2.425	1.108	
Leucine.....g	2.463		0		1		3.448	1.576	
Lysine.....g	2.784		0		1		3.898	1.782	
Methionine.....g	0.908		0		1		1.271	0.581	
Cystine.....g	0.420		0		1		0.588	0.269	
Phenylalanine.....g	1.303		0		1		1.824	0.834	
Tyrosine.....g	1.108		0		1		1.551	0.709	
Valine.....g	1.628		0		1		2.279	1.042	
Arginine.....g	1.978		0		1		2.769	1.266	
Histidine.....g	1.018		0		1		1.425	0.652	
Alanine.....g	1.789		0		1		2.505	1.145	
Aspartic acid.....g	2.922		0		1		4.091	1.870	
Glutamic acid.....g	4.928		0		1		6.899	3.154	
Glycine.....g	1.611		0		1		2.255	1.031	
Proline.....g	1.354		0		1		1.896	0.867	
Serine.....g	1.130		0		1		1.582	0.723	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup

Measure 2 = 64g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.76	0.373	16		1		90.66	41.45	69.29
Energy	kcal	173		0	NC	4		242	111	185
Energy	kj	724				4		1013	463	775
Protein (N x 6.25)	g	30.91	0.345	16		1		43.27	19.78	33.07
Total lipid (fat)	g	4.51	0.211	16		1		6.31	2.89	4.83
Ash	g	1.02	0.031	16		1		1.43	0.65	1.09
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.721	16		1		21	10	16
Iron, Fe	mg	1.06	0.055	16		1		1.48	0.68	1.13
Magnesium, Mg	mg	27	0.501	16		1		38	17	29
Phosphorus, P	mg	216	6.156	16		1		302	138	231
Potassium, K	mg	247	6.810	16		1		346	158	264
Sodium, Na	mg	77	2.804	16		1		108	49	82
Zinc, Zn	mg	1.23	0.028	16		1		1.72	0.79	1.32
Copper, Cu	mg	0.050	0.002	16		1		0.070	0.032	0.054
Manganese, Mn	mg	0.017	0.001	16		1		0.024	0.011	0.018
Selenium, Se	mcg	24.4		0	BFYN	4		34.2	15.6	26.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.065	0.005	8		1		0.091	0.042	0.070
Riboflavin	mg	0.116	0.007	8		1		0.162	0.074	0.124
Niacin	mg	12.421	0.681	8		1		17.389	7.949	13.290
Pantothenic acid	mg	0.972		0		1		1.361	0.622	1.040
Vitamin B-6	mg	0.600		0		1		0.840	0.384	0.642
Folate, total	mcg	4		0		1		6	3	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	4		0		1		6	3	4
Folate, DFE	mcg_DFE	4		0	NC	4		6	3	4
Vitamin B-12	mcg	0.34		0		1		0.48	0.22	0.36
Vitamin A, IU	IU	30		0	NC	4		42	19	32
Vitamin A, RAE	mcg_RAE	9		0	NC	4		13	6	10
Retinol	mcg	9		0	NR	4		13	6	10
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.17	0.28
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.2	0.3
Lipids:										
Fatty acids, total saturated	g	1.270		0		1		1.778	0.813	1.359
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.006	0.011
13:0	g									
14:0	g	0.040		0		1		0.056	0.026	0.043
15:0	g									
16:0	g	0.870		0		1		1.218	0.557	0.931
17:0	g									
18:0	g	0.320		0		1		0.448	0.205	0.342
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.540		0		1		2.156	0.986	1.648
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.252	0.115	0.193
17:1.....g									
18:1 undifferentiated.....g	1.300		0		1		1.820	0.832	1.391
20:1.....g	0.030		0		1		0.042	0.019	0.032
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.980		0		1		1.372	0.627	1.049
18:2 undifferentiated.....g	0.740		0		1		1.036	0.474	0.792
18:3 undifferentiated.....g	0.040		0		1		0.056	0.026	0.043
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.112	0.051	0.086
20:5 n-3.....g	0.010		0		1		0.014	0.006	0.011
22:5 n-3.....g	0.020		0		1		0.028	0.013	0.021
22:6 n-3.....g	0.030		0		1		0.042	0.019	0.032
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		119	54	91
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.361		0		1		0.505	0.231	0.386
Threonine.....g	1.305		0		1		1.827	0.835	1.396
Isoleucine.....g	1.632		0		1		2.285	1.044	1.746
Leucine.....g	2.319		0		1		3.247	1.484	2.481
Lysine.....g	2.626		0		1		3.676	1.681	2.810
Methionine.....g	0.855		0		1		1.197	0.547	0.915
Cystine.....g	0.396		0		1		0.554	0.253	0.424
Phenylalanine.....g	1.226		0		1		1.716	0.785	1.312
Tyrosine.....g	1.043		0		1		1.460	0.668	1.116
Valine.....g	1.533		0		1		2.146	0.981	1.640
Arginine.....g	1.864		0		1		2.610	1.193	1.994
Histidine.....g	0.959		0		1		1.343	0.614	1.026
Alanine.....g	1.686		0		1		2.360	1.079	1.804
Aspartic acid.....g	2.754		0		1		3.856	1.763	2.947
Glutamic acid.....g	4.629		0		1		6.481	2.963	4.953
Glycine.....g	1.518		0		1		2.125	0.972	1.624
Proline.....g	1.271		0		1		1.779	0.813	1.360
Serine.....g	1.063		0		1		1.488	0.680	1.137
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 64g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 107g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.02	0.298	16		1		95.23	48.29	80.94
Energy	kcal	159		0	NC	4		223	113	189
Energy	kj	665				4		931	472	792
Protein (N x 6.25)	g	28.88	0.279	16		1		40.43	20.50	34.37
Total lipid (fat)	g	3.99	0.112	16		1		5.59	2.83	4.75
Ash	g	0.87	0.041	16		1		1.22	0.62	1.04
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.341	16		1		18	9	15
Iron, Fe	mg	0.93	0.056	16		1		1.30	0.66	1.11
Magnesium, Mg	mg	22	0.441	16		1		31	16	26
Phosphorus, P	mg	159	3.740	16		1		223	113	189
Potassium, K	mg	180	7.340	16		1		252	128	214
Sodium, Na	mg	65	2.638	16		1		91	46	77
Zinc, Zn	mg	1.19	0.021	16		1		1.67	0.84	1.42
Copper, Cu	mg	0.044	0.002	16		1		0.062	0.031	0.052
Manganese, Mn	mg	0.018	0.001	16		1		0.025	0.013	0.021
Selenium, Se	mcg	22.3		0	BFYN	4		31.2	15.8	26.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.042	0.005	8		1		0.059	0.030	0.050
Riboflavin	mg	0.117	0.003	8		1		0.164	0.083	0.139
Niacin	mg	7.790	0.311	8		1		10.906	5.531	9.270
Pantothenic acid	mg	0.573		0		1		0.802	0.407	0.682
Vitamin B-6	mg	0.330		0		1		0.462	0.234	0.393
Folate, total	mcg	3		0		1		4	2	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		4	2	4
Folate, DFE	mcg_DFE	3		0	NC	4		4	2	4
Vitamin B-12	mcg	0.23		0		1		0.32	0.16	0.27
Vitamin A, IU	IU	27		0	NC	4		37	19	32
Vitamin A, RAE	mcg_RAE	8		0	NC	4		11	6	10
Retinol	mcg	8		0	NR	4		11	6	10
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.19	0.32
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4		0.3	0.2	0.3
Lipids:										
Fatty acids, total saturated	g	1.120		0		1		1.568	0.795	1.333
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.007	0.012
13:0	g									
14:0	g	0.030		0		1		0.042	0.021	0.036
15:0	g									
16:0	g	0.770		0		1		1.078	0.547	0.916
17:0	g									
18:0	g	0.280		0		1		0.392	0.199	0.333
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.350		0		1		1.890	0.959	1.607
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.224	0.114	0.190
17:1.....g									
18:1 undifferentiated.....g	1.140		0		1		1.596	0.809	1.357
20:1.....g	0.030		0		1		0.042	0.021	0.036
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		1		1.218	0.618	1.035
18:2 undifferentiated.....g	0.650		0		1		0.910	0.462	0.774
18:3 undifferentiated.....g	0.030		0		1		0.042	0.021	0.036
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.098	0.050	0.083
20:5 n-3.....g	0.010		0		1		0.014	0.007	0.012
22:5 n-3.....g	0.020		0		1		0.028	0.014	0.024
22:6 n-3.....g	0.030		0		1		0.042	0.021	0.036
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		108	55	92
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.337		0		1		0.472	0.239	0.401
Threonine.....g	1.220		0		1		1.708	0.866	1.452
Isoleucine.....g	1.525		0		1		2.135	1.083	1.815
Leucine.....g	2.167		0		1		3.034	1.539	2.579
Lysine.....g	2.454		0		1		3.436	1.742	2.920
Methionine.....g	0.799		0		1		1.119	0.567	0.951
Cystine.....g	0.370		0		1		0.518	0.263	0.440
Phenylalanine.....g	1.146		0		1		1.604	0.814	1.364
Tyrosine.....g	0.975		0		1		1.365	0.692	1.160
Valine.....g	1.433		0		1		2.006	1.017	1.705
Arginine.....g	1.742		0		1		2.439	1.237	2.073
Histidine.....g	0.896		0		1		1.254	0.636	1.066
Alanine.....g	1.576		0		1		2.206	1.119	1.875
Aspartic acid.....g	2.574		0		1		3.604	1.828	3.063
Glutamic acid.....g	4.325		0		1		6.055	3.071	5.147
Glycine.....g	1.419		0		1		1.987	1.007	1.689
Proline.....g	1.188		0		1		1.663	0.843	1.414
Serine.....g	0.994		0		1		1.392	0.706	1.183
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 71g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 119g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.86	0.230	26		1		65.88	110.04	
Energy	kcal	114		0	NC	4		100	168	
Energy	kj	477				4		420	701	
Protein (N x 6.25)	g	23.20	0.207	26		1		20.42	34.10	
Total lipid (fat)	g	1.65	0.080	26		1		1.45	2.43	
Ash	g	0.98	0.024	24		1		0.86	1.44	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.617	24		1		11	18	
Iron, Fe	mg	0.73	0.030	24		1		0.64	1.07	
Magnesium, Mg	mg	27	0.362	24		1		24	40	
Phosphorus, P	mg	187	3.868	24		1		165	275	
Potassium, K	mg	239	5.441	24		1		210	351	
Sodium, Na	mg	68	1.887	24		1		60	100	
Zinc, Zn	mg	0.97	0.018	24		1		0.85	1.43	
Copper, Cu	mg	0.040	0.001	24		1		0.035	0.059	
Manganese, Mn	mg	0.018	0.000	24		1		0.016	0.026	
Selenium, Se	mcg	17.8	3.652	5	A	1		15.7	26.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.068	0.004	16		1		0.060	0.100	
Riboflavin	mg	0.092	0.004	16		1		0.081	0.135	
Niacin	mg	10.604	0.443	16		1		9.332	15.588	
Pantothenic acid	mg	0.822		0		1		0.723	1.208	
Vitamin B-6	mg	0.540		0		1		0.475	0.794	
Folate, total	mcg	4		0		1		4	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		4	6	
Folate, DFE	mcg_DFE	4		0	NC	4		4	6	
Vitamin B-12	mcg	0.38		0		1		0.33	0.56	
Vitamin A, IU	IU	27		0	NC	4		23	39	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		7	12	
Retinol	mcg	8		0	NR	4		7	12	
Vitamin E (alpha-tocopherol)	mg	0.22		0	CASN	4		0.19	0.32	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.1	3.5	
Lipids:										
Fatty acids, total saturated	g	0.440		0		1		0.387	0.647	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000	0.002	8		1		0.000	0.000	
13:0	g									
14:0	g	0.010	0.001	27		1		0.009	0.015	
15:0	g									
16:0	g	0.280	0.015	27		1		0.246	0.412	
17:0	g									
18:0	g	0.130	0.009	27		1		0.114	0.191	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.390		0		1		0.343	0.573	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040	0.003	27		1		0.035	0.059	
17:1.....g									
18:1 undifferentiated.....g	0.340	0.019	27		1		0.299	0.500	
20:1.....g	0.010	0.003	4		1		0.009	0.015	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370		0		1		0.326	0.544	
18:2 undifferentiated.....g	0.220	0.013	27		1		0.194	0.323	
18:3 undifferentiated.....g	0.010	0.001	15		1		0.009	0.015	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.004	26		1		0.053	0.088	
20:5 n-3.....g	0.010	0.002	13		1		0.009	0.015	
22:5 n-3.....g	0.010	0.002	13		1		0.009	0.015	
22:6 n-3.....g	0.020	0.005	12		1		0.018	0.029	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		1		51	85	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.271		0		1		0.238	0.398	
Threonine.....g	0.980		0		1		0.862	1.441	
Isoleucine.....g	1.225		0		1		1.078	1.801	
Leucine.....g	1.741		0		1		1.532	2.559	
Lysine.....g	1.971		0		1		1.734	2.897	
Methionine.....g	0.642		0		1		0.565	0.944	
Cystine.....g	0.297		0		1		0.261	0.437	
Phenylalanine.....g	0.921		0		1		0.810	1.354	
Tyrosine.....g	0.783		0		1		0.689	1.151	
Valine.....g	1.151		0		1		1.013	1.692	
Arginine.....g	1.399		0		1		1.231	2.057	
Histidine.....g	0.720		0		1		0.634	1.058	
Alanine.....g	1.266		0		1		1.114	1.861	
Aspartic acid.....g	2.068		0		1		1.820	3.040	
Glutamic acid.....g	3.474		0		1		3.057	5.107	
Glycine.....g	1.140		0		1		1.003	1.676	
Proline.....g	0.954		0		1		0.840	1.402	
Serine.....g	0.798		0		1		0.702	1.173	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 88g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 147g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.29		0		1		506.70	151.81	
Energy	kcal	291		0	NC	4		2991	896	
Energy	kj	1218				4		12516	3750	
Protein (N x 6.25)	g	22.84		0		1		234.80	70.35	
Total lipid (fat)	g	17.53		0		1		180.21	53.99	
Ash	g	1.31		0		1		13.47	4.03	
Carbohydrate, by difference	g	9.03		0	NC	4		92.83	27.81	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		216	65	
Iron, Fe	mg	1.79		0		1		18.40	5.51	
Magnesium, Mg	mg	21		0		1		216	65	
Phosphorus, P	mg	158		0		1		1624	487	
Potassium, K	mg	190		0		1		1953	585	
Sodium, Na	mg	284		0		1		2920	875	
Zinc, Zn	mg	1.91		0		1		19.63	5.88	
Copper, Cu	mg	0.089		0		1		0.915	0.274	
Manganese, Mn	mg	0.064		0		1		0.658	0.197	
Selenium, Se	mcg	20.3		0	BFYN	4		208.7	62.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		4.1	1.2	
Thiamin	mg	0.113		0		1		1.162	0.348	
Riboflavin	mg	0.248		0		1		2.549	0.764	
Niacin	mg	7.083		0		1		72.813	21.816	
Pantothenic acid	mg	1.039		0		1		10.681	3.200	
Vitamin B-6	mg	0.320		0		1		3.290	0.986	
Folate, total	mcg	32		0	RA	4		329	99	
Folic acid	mcg	9		0	NC	4		93	28	
Folate, food	mcg	23		0		1		236	71	
Folate, DFE	mcg_DFE	38		0	NC	4		394	118	
Vitamin B-12	mcg	0.83		0		1		8.53	2.56	
Vitamin A, IU	IU	603		0		1		6199	1857	
Vitamin A, RAE	mcg_RAE	181		0		1		1862	558	
Retinol	mcg	181		0		1		1862	558	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.670		0		1		48.008	14.384	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.206	0.062	
13:0	g									
14:0	g	0.100		0		1		1.028	0.308	
15:0	g									
16:0	g	3.100		0		1		31.868	9.548	
17:0	g									
18:0	g	1.370		0		1		14.084	4.220	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05002

Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.130		0		1		73.296	21.960	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540		0		1		5.551	1.663	
17:1.....g									
18:1 undifferentiated.....g	6.460		0		1		66.409	19.897	
20:1.....g	0.090		0		1		0.925	0.277	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.150		0		1		42.662	12.782	
18:2 undifferentiated.....g	3.700		0		1		38.036	11.396	
18:3 undifferentiated.....g	0.200		0		1		2.056	0.616	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		1.131	0.339	
20:5 n-3.....g	0.010		0		1		0.103	0.031	
22:5 n-3.....g	0.020		0		1		0.206	0.062	
22:6 n-3.....g	0.040		0		1		0.411	0.123	
Fatty acids, total trans.....g									
Cholesterol.....mg	103		0		1		1059	317	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.260		0		1		2.673	0.801	
Threonine.....g	0.940		0		1		9.663	2.895	
Isoleucine.....g	1.137		0		1		11.688	3.502	
Leucine.....g	1.682		0		1		17.291	5.181	
Lysine.....g	1.777		0		1		18.268	5.473	
Methionine.....g	0.596		0		1		6.127	1.836	
Cystine.....g	0.316		0		1		3.248	0.973	
Phenylalanine.....g	0.918		0		1		9.437	2.827	
Tyrosine.....g	0.740		0		1		7.607	2.279	
Valine.....g	1.120		0		1		11.514	3.450	
Arginine.....g	1.407		0		1		14.464	4.334	
Histidine.....g	0.654		0		1		6.723	2.014	
Alanine.....g	1.281		0		1		13.169	3.945	
Aspartic acid.....g	1.986		0		1		20.416	6.117	
Glutamic acid.....g	3.639		0		1		37.409	11.208	
Glycine.....g	1.406		0		1		14.454	4.330	
Proline.....g	1.200		0		1		12.336	3.696	
Serine.....g	0.853		0		1		8.769	2.627	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1028g: 1 chicken

Measure 2 = 308g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.88		0		1		367.31	109.99	
Energy	kcal	272		0	NC	4		1926	577	
Energy	kj	1138				4		8057	2413	
Protein (N x 6.25)	g	28.57		0		1		202.28	60.57	
Total lipid (fat)	g	15.27		0		1		108.11	32.37	
Ash	g	1.01		0		1		7.15	2.14	
Carbohydrate, by difference	g	3.27		0	NC	4		23.15	6.93	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		120	36	
Iron, Fe	mg	1.99		0		1		14.09	4.22	
Magnesium, Mg	mg	25		0		1		177	53	
Phosphorus, P	mg	194		0		1		1374	411	
Potassium, K	mg	237		0		1		1678	502	
Sodium, Na	mg	86		0		1		609	182	
Zinc, Zn	mg	2.36		0		1		16.71	5.00	
Copper, Cu	mg	0.100		0		1		0.708	0.212	
Manganese, Mn	mg	0.047		0		1		0.333	0.100	
Selenium, Se	mcg	16.6		0	BFYN	4		117.5	35.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		3.5	1.1	
Thiamin	mg	0.088		0		1		0.623	0.187	
Riboflavin	mg	0.278		0		1		1.968	0.589	
Niacin	mg	8.930		0		1		63.224	18.932	
Pantothenic acid	mg	1.283		0		1		9.084	2.720	
Vitamin B-6	mg	0.420		0		1		2.974	0.890	
Folate, total	mcg	31		0	RA	4		219	66	
Folic acid	mcg	2		0	NC	4		14	4	
Folate, food	mcg	29		0		1		205	61	
Folate, DFE	mcg_DFE	32		0	NC	4		229	69	
Vitamin B-12	mcg	1.11		0		1		7.86	2.35	
Vitamin A, IU	IU	826		0		1		5848	1751	
Vitamin A, RAE	mcg_RAE	248		0		1		1756	526	
Retinol	mcg	248		0		1		1756	526	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.160		0		1		29.453	8.819	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.142	0.042	
13:0	g									
14:0	g	0.100		0		1		0.708	0.212	
15:0	g									
16:0	g	2.880		0		1		20.390	6.106	
17:0	g									
18:0	g	1.050		0		1		7.434	2.226	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05003

Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.990		0		1		42.409	12.699	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.640		0		1		4.531	1.357	
17:1.....g									
18:1 undifferentiated.....g	5.190		0		1		36.745	11.003	
20:1.....g	0.110		0		1		0.779	0.233	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.510		0		1		24.851	7.441	
18:2 undifferentiated.....g	3.050		0		1		21.594	6.466	
18:3 undifferentiated.....g	0.150		0		1		1.062	0.318	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.991	0.297	
20:5 n-3.....g	0.010		0		1		0.071	0.021	
22:5 n-3.....g	0.020		0		1		0.142	0.042	
22:6 n-3.....g	0.040		0		1		0.283	0.085	
Fatty acids, total trans.....g									
Cholesterol.....mg	112		0		1		793	237	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.323		0		1		2.287	0.685	
Threonine.....g	1.187		0		1		8.404	2.516	
Isoleucine.....g	1.435		0		1		10.160	3.042	
Leucine.....g	2.103		0		1		14.889	4.458	
Lysine.....g	2.297		0		1		16.263	4.870	
Methionine.....g	0.757		0		1		5.360	1.605	
Cystine.....g	0.383		0		1		2.712	0.812	
Phenylalanine.....g	1.133		0		1		8.022	2.402	
Tyrosine.....g	0.927		0		1		6.563	1.965	
Valine.....g	1.401		0		1		9.919	2.970	
Arginine.....g	1.780		0		1		12.602	3.774	
Histidine.....g	0.831		0		1		5.883	1.762	
Alanine.....g	1.622		0		1		11.484	3.439	
Aspartic acid.....g	2.536		0		1		17.955	5.376	
Glutamic acid.....g	4.306		0		1		30.486	9.129	
Glycine.....g	1.756		0		1		12.432	3.723	
Proline.....g	1.395		0		1		9.877	2.957	
Serine.....g	1.031		0		1		7.299	2.186	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 708g: 1 chicken

Measure 2 = 212g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.34		0		1		693.92		
Energy	kcal	213		0	NC	4		2228		
Energy	kj	891				4		9322		
Protein (N x 6.25)	g	18.33		0		1		191.73		
Total lipid (fat)	g	14.83		0		1		155.12		
Ash	g	0.80		0		1		8.37		
Carbohydrate, by difference	g	0.13		0	NC	4		1.36		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		115		
Iron, Fe	mg	1.31		0		1		13.70		
Magnesium, Mg	mg	20		0		1		209		
Phosphorus, P	mg	149		0		1		1559		
Potassium, K	mg	189		0		1		1977		
Sodium, Na	mg	70		0		1		732		
Zinc, Zn	mg	1.48		0		1		15.48		
Copper, Cu	mg	0.064		0		1		0.669		
Manganese, Mn	mg	0.029		0		1		0.303		
Selenium, Se	mcg	11.8		0	PIE	4		123.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.6		0		1		27.2		
Thiamin	mg	0.061		0		1		0.638		
Riboflavin	mg	0.186		0		1		1.946		
Niacin	mg	6.639		0		1		69.444		
Pantothenic acid	mg	1.072		0		1		11.213		
Vitamin B-6	mg	0.340		0		1		3.556		
Folate, total	mcg	30		0		1		314		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	30		0		1		314		
Folate, DFE	mcg_DFE	30		0	NC	4		314		
Vitamin B-12	mcg	1.11		0		1		11.61		
Vitamin A, IU	IU	771		0		1		8065		
Vitamin A, RAE	mcg_RAE	232		0		1		2422		
Retinol	mcg	232		0		1		2422		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.240		0		1		44.350		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.020		0		1		0.209		
13:0	g									
14:0	g	0.120		0		1		1.255		
15:0	g									
16:0	g	3.080		0		1		32.217		
17:0	g									
18:0	g	0.870		0		1		9.100		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.080		0		1		63.597		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.820		0		1		8.577		
17:1.....g									
18:1 undifferentiated.....g	5.030		0		1		52.614		
20:1.....g	0.150		0		1		1.569		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.190		0		1		33.367		
18:2 undifferentiated.....g	2.830		0		1		29.602		
18:3 undifferentiated.....g	0.130		0		1		1.360		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		1.046		
20:5 n-3.....g	0.010		0		1		0.105		
22:5 n-3.....g	0.010		0		1		0.105		
22:6 n-3.....g	0.030		0		1		0.314		
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		941		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0		1		2.123		
Threonine.....g	0.760		0		1		7.950		
Isoleucine.....g	0.906		0		1		9.477		
Leucine.....g	1.336		0		1		13.975		
Lysine.....g	1.470		0		1		15.376		
Methionine.....g	0.482		0		1		5.042		
Cystine.....g	0.246		0		1		2.573		
Phenylalanine.....g	0.718		0		1		7.510		
Tyrosine.....g	0.586		0		1		6.130		
Valine.....g	0.893		0		1		9.341		
Arginine.....g	1.162		0		1		12.155		
Histidine.....g	0.526		0		1		5.502		
Alanine.....g	1.068		0		1		11.171		
Aspartic acid.....g	1.641		0		1		17.165		
Glutamic acid.....g	2.676		0		1		27.991		
Glycine.....g	1.220		0		1		12.761		
Proline.....g	0.914		0		1		9.560		
Serine.....g	0.660		0		1		6.904		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1046g: 1 chicken

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.11		0		1		409.95	123.23	
Energy	kcal	234		0	NC	4		1596	480	
Energy	kj	979				4		6677	2007	
Protein (N x 6.25)	g	26.78		0		1		182.64	54.90	
Total lipid (fat)	g	13.27		0		1		90.50	27.20	
Ash	g	0.90		0		1		6.14	1.85	
Carbohydrate, by difference	g	0.06		0	NC	4		0.41	0.12	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		102	31	
Iron, Fe	mg	1.66		0		1		11.32	3.40	
Magnesium, Mg	mg	23		0		1		157	47	
Phosphorus, P	mg	182		0		1		1241	373	
Potassium, K	mg	212		0		1		1446	435	
Sodium, Na	mg	79		0		1		539	162	
Zinc, Zn	mg	2.16		0		1		14.73	4.43	
Copper, Cu	mg	0.080		0		1		0.546	0.164	
Manganese, Mn	mg	0.031		0		1		0.211	0.064	
Selenium, Se	mcg	15.9		0	BFYN	4		108.4	32.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		3.4	1.0	
Thiamin	mg	0.063		0		1		0.430	0.129	
Riboflavin	mg	0.224		0		1		1.528	0.459	
Niacin	mg	7.908		0		1		53.933	16.211	
Pantothenic acid	mg	1.128		0		1		7.693	2.312	
Vitamin B-6	mg	0.380		0		1		2.592	0.779	
Folate, total	mcg	29		0		1		198	59	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	29		0		1		198	59	
Folate, DFE	mcg_DFE	29		0	NC	4		198	59	
Vitamin B-12	mcg	0.94		0		1		6.41	1.93	
Vitamin A, IU	IU	636		0		1		4338	1304	
Vitamin A, RAE	mcg_RAE	191		0		1		1303	392	
Retinol	mcg	191		0	NR	4		1303	392	
Vitamin E (alpha-tocopherol)	mg	0.33		0	NR	4		2.28	0.68	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		16.2	4.9	
Lipids:										
Fatty acids, total saturated	g	3.700		0		1		25.234	7.585	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.136	0.041	
13:0	g									
14:0	g	0.100		0		1		0.682	0.205	
15:0	g									
16:0	g	2.700		0		1		18.414	5.535	
17:0	g									
18:0	g	0.770		0		1		5.251	1.579	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.170		0		1		35.259	10.599	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.710		0		1		4.842	1.456	
17:1.....g									
18:1 undifferentiated.....g	4.260		0		1		29.053	8.733	
20:1.....g	0.130		0		1		0.887	0.267	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.900		0		1		19.778	5.945	
18:2 undifferentiated.....g	2.500		0		1		17.050	5.125	
18:3 undifferentiated.....g	0.110		0		1		0.750	0.226	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.818	0.246	
20:5 n-3.....g	0.010		0		1		0.068	0.021	
22:5 n-3.....g	0.020		0		1		0.136	0.041	
22:6 n-3.....g	0.040		0		1		0.273	0.082	
Fatty acids, total trans.....g									
Cholesterol.....mg	107		0		1		730	219	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.298		0		1		2.032	0.611	
Threonine.....g	1.111		0		1		7.577	2.278	
Isoleucine.....g	1.330		0		1		9.071	2.727	
Leucine.....g	1.955		0		1		13.333	4.008	
Lysine.....g	2.158		0		1		14.718	4.424	
Methionine.....g	0.707		0		1		4.822	1.449	
Cystine.....g	0.358		0		1		2.442	0.734	
Phenylalanine.....g	1.050		0		1		7.161	2.153	
Tyrosine.....g	0.860		0		1		5.865	1.763	
Valine.....g	1.306		0		1		8.907	2.677	
Arginine.....g	1.690		0		1		11.526	3.465	
Histidine.....g	0.773		0		1		5.272	1.585	
Alanine.....g	1.552		0		1		10.585	3.182	
Aspartic acid.....g	2.395		0		1		16.334	4.910	
Glutamic acid.....g	3.917		0		1		26.714	8.030	
Glycine.....g	1.745		0		1		11.901	3.577	
Proline.....g	1.316		0		1		8.975	2.698	
Serine.....g	0.961		0		1		6.554	1.970	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 682g: 1 chicken

Measure 2 = 205g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.04		0		1		480.94	144.09	
Energy	kcal	216		0	NC	4		1622	486	
Energy	kj	904				4		6787	2033	
Protein (N x 6.25)	g	24.49		0		1		183.92	55.10	
Total lipid (fat)	g	12.37		0		1		92.90	27.83	
Ash	g	0.76		0		1		5.71	1.71	
Carbohydrate, by difference	g	0.06		0	NC	4		0.45	0.14	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		105	32	
Iron, Fe	mg	1.53		0		1		11.49	3.44	
Magnesium, Mg	mg	19		0		1		143	43	
Phosphorus, P	mg	144		0		1		1081	324	
Potassium, K	mg	163		0		1		1224	367	
Sodium, Na	mg	66		0		1		496	149	
Zinc, Zn	mg	1.98		0		1		14.87	4.46	
Copper, Cu	mg	0.071		0		1		0.533	0.160	
Manganese, Mn	mg	0.029		0		1		0.218	0.065	
Selenium, Se	mcg	15.9		0	BFYN	4		119.4	35.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		3.8	1.1	
Thiamin	mg	0.048		0		1		0.360	0.108	
Riboflavin	mg	0.201		0		1		1.510	0.452	
Niacin	mg	5.389		0		1		40.471	12.125	
Pantothenic acid	mg	0.796		0		1		5.978	1.791	
Vitamin B-6	mg	0.220		0		1		1.652	0.495	
Folate, total	mcg	27		0		1		203	61	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	27		0		1		203	61	
Folate, DFE	mcg_DFE	27		0	NC	4		203	61	
Vitamin B-12	mcg	0.79		0		1		5.93	1.78	
Vitamin A, IU	IU	579		0		1		4348	1303	
Vitamin A, RAE	mcg_RAE	174		0		1		1306	391	
Retinol	mcg	174		0		1		1306	391	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.450		0		1		25.910	7.763	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.150	0.045	
13:0	g									
14:0	g	0.100		0		1		0.751	0.225	
15:0	g									
16:0	g	2.520		0		1		18.925	5.670	
17:0	g									
18:0	g	0.710		0		1		5.332	1.598	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05005

Chicken, broilers or fryers, meat and skin and giblets and neck, stewed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.820		0		1		36.198	10.845	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0		1		4.957	1.485	
17:1.....g									
18:1 undifferentiated.....g	3.980		0		1		29.890	8.955	
20:1.....g	0.120		0		1		0.901	0.270	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.700		0		1		20.277	6.075	
18:2 undifferentiated.....g	2.330		0		1		17.498	5.243	
18:3 undifferentiated.....g	0.100		0		1		0.751	0.225	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.826	0.248	
20:5 n-3.....g	0.010		0		1		0.075	0.023	
22:5 n-3.....g	0.020		0		1		0.150	0.045	
22:6 n-3.....g	0.040		0		1		0.300	0.090	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		0		1		728	218	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.273		0		1		2.050	0.614	
Threonine.....g	1.017		0		1		7.638	2.288	
Isoleucine.....g	1.219		0		1		9.155	2.743	
Leucine.....g	1.790		0		1		13.443	4.028	
Lysine.....g	1.976		0		1		14.840	4.446	
Methionine.....g	0.648		0		1		4.866	1.458	
Cystine.....g	0.327		0		1		2.456	0.736	
Phenylalanine.....g	0.960		0		1		7.210	2.160	
Tyrosine.....g	0.788		0		1		5.918	1.773	
Valine.....g	1.195		0		1		8.974	2.689	
Arginine.....g	1.545		0		1		11.603	3.476	
Histidine.....g	0.708		0		1		5.317	1.593	
Alanine.....g	1.418		0		1		10.649	3.191	
Aspartic acid.....g	2.191		0		1		16.454	4.930	
Glutamic acid.....g	3.585		0		1		26.923	8.066	
Glycine.....g	1.586		0		1		11.911	3.569	
Proline.....g	1.199		0		1		9.004	2.698	
Serine.....g	0.878		0		1		6.594	1.976	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 751g: 1 chicken

Measure 2 = 225g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.39		0		1		138.29	230.16	
Energy	kcal	289		0	NC	4		809	1347	
Energy	kj	1209				4		3386	5635	
Protein (N x 6.25)	g	22.54		0		1		63.11	105.04	
Total lipid (fat)	g	17.35		0		1		48.58	80.85	
Ash	g	1.30		0		1		3.64	6.06	
Carbohydrate, by difference	g	9.42		0	NC	4		26.38	43.90	
Fiber, total dietary	g	0.3		0		4		0.8	1.4	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		59	98	
Iron, Fe	mg	1.37		0		1		3.84	6.38	
Magnesium, Mg	mg	21		0		1		59	98	
Phosphorus, P	mg	155		0		1		434	722	
Potassium, K	mg	185		0		1		518	862	
Sodium, Na	mg	292		0		1		818	1361	
Zinc, Zn	mg	1.67		0		1		4.68	7.78	
Copper, Cu	mg	0.072		0		1		0.202	0.336	
Manganese, Mn	mg	0.057		0		1		0.160	0.266	
Selenium, Se	mcg	25.5		0	PIE	4		71.4	118.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.115		0		1		0.322	0.536	
Riboflavin	mg	0.189		0		1		0.529	0.881	
Niacin	mg	7.043		0		1		19.720	32.820	
Pantothenic acid	mg	0.889		0		1		2.489	4.143	
Vitamin B-6	mg	0.310		0		1		0.868	1.445	
Folate, total	mcg	18		0	RA	4		50	84	
Folic acid	mcg	10		0	NC	4		28	47	
Folate, food	mcg	8		0		1		22	37	
Folate, DFE	mcg_DFE	25		0	NC	4		70	117	
Vitamin B-12	mcg	0.28		0		1		0.78	1.30	
Vitamin A, IU	IU	93		0		1		260	433	
Vitamin A, RAE	mcg_RAE	28		0	NC	4		78	130	
Retinol	mcg	28		0	NR	4		78	130	
Vitamin E (alpha-tocopherol)	mg	1.24		0	NR	4		3.46	5.76	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		6.7	11.1	
Lipids:										
Fatty acids, total saturated	g	4.610		0		1		12.908	21.483	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.056	0.093	
13:0	g									
14:0	g	0.100		0		1		0.280	0.466	
15:0	g									
16:0	g	3.080		0		1		8.624	14.353	
17:0	g									
18:0	g	1.340		0		1		3.752	6.244	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.090		0		1		19.852	33.039	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540		0		1		1.512	2.516	
17:1.....g									
18:1 undifferentiated.....g	6.420		0		1		17.976	29.917	
20:1.....g	0.090		0		1		0.252	0.419	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.100		0		1		11.480	19.106	
18:2 undifferentiated.....g	3.670		0		1		10.276	17.102	
18:3 undifferentiated.....g	0.200		0		1		0.560	0.932	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.280	0.466	
20:5 n-3.....g	0.010		0		1		0.028	0.047	
22:5 n-3.....g	0.020		0		1		0.056	0.093	
22:6 n-3.....g	0.030		0		1		0.084	0.140	
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		244	405	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.257		0		1		0.720	1.198	
Threonine.....g	0.922		0		1		2.582	4.297	
Isoleucine.....g	1.125		0		1		3.150	5.243	
Leucine.....g	1.653		0		1		4.628	7.703	
Lysine.....g	1.765		0		1		4.942	8.225	
Methionine.....g	0.591		0		1		1.655	2.754	
Cystine.....g	0.311		0		1		0.871	1.449	
Phenylalanine.....g	0.899		0		1		2.517	4.189	
Tyrosine.....g	0.732		0		1		2.050	3.411	
Valine.....g	1.100		0		1		3.080	5.126	
Arginine.....g	1.378		0		1		3.858	6.421	
Histidine.....g	0.655		0		1		1.834	3.052	
Alanine.....g	1.270		0		1		3.556	5.918	
Aspartic acid.....g	1.950		0		1		5.460	9.087	
Glutamic acid.....g	3.605		0		1		10.094	16.799	
Glycine.....g	1.378		0		1		3.858	6.421	
Proline.....g	1.178		0		1		3.298	5.489	
Serine.....g	0.832		0		1		2.330	3.877	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 280g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 466g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	52.41		0		1		98.53	164.57	
Energy	kcal	269		0	NC	4		506	845	
Energy	kj	1125				4		2116	3534	
Protein (N x 6.25)	g	28.56		0		1		53.69	89.68	
Total lipid (fat)	g	14.92		0		1		28.05	46.85	
Ash	g	0.98		0		1		1.84	3.08	
Carbohydrate, by difference	g	3.15		0	NC	4		5.92	9.89	
Fiber, total dietary	g	0.1		0		4		0.2	0.3	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		32	53	
Iron, Fe	mg	1.38		0		1		2.59	4.33	
Magnesium, Mg	mg	25		0		1		47	79	
Phosphorus, P	mg	191		0		1		359	600	
Potassium, K	mg	234		0		1		440	735	
Sodium, Na	mg	84		0		1		158	264	
Zinc, Zn	mg	2.04		0		1		3.84	6.41	
Copper, Cu	mg	0.075		0		1		0.141	0.236	
Manganese, Mn	mg	0.034		0		1		0.064	0.107	
Selenium, Se	mcg	21.7	1.366	30	A	1		40.8	68.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.087		0		1		0.164	0.273	
Riboflavin	mg	0.193		0		1		0.363	0.606	
Niacin	mg	8.992		0		1		16.905	28.235	
Pantothenic acid	mg	1.079		0		1		2.029	3.388	
Vitamin B-6	mg	0.410		0		1		0.771	1.287	
Folate, total	mcg	9		0	RA	4		17	28	
Folic acid	mcg	3		0	NC	4		6	9	
Folate, food	mcg	6		0		1		11	19	
Folate, DFE	mcg_DFE	11		0	NC	4		21	35	
Vitamin B-12	mcg	0.31		0		1		0.58	0.97	
Vitamin A, IU	IU	90		0	NC	4		169	283	
Vitamin A, RAE	mcg_RAE	27		0	NC	4		51	85	
Retinol	mcg	27		0	NR	4		51	85	
Vitamin E (alpha-tocopherol)	mg	0.63		0	NR	4		1.18	1.97	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		4.5	7.5	
Lipids:										
Fatty acids, total saturated	g	4.060		0		1		7.633	12.748	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.038	0.063	
13:0	g									
14:0	g	0.110		0		1		0.207	0.345	
15:0	g									
16:0	g	2.840		0		1		5.339	8.918	
17:0	g									
18:0	g	0.990		0		1		1.861	3.109	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.890		0		1		11.073	18.495	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		1.222	2.041	
17:1.....g									
18:1 undifferentiated.....g	5.070		0		1		9.532	15.920	
20:1.....g	0.110		0		1		0.207	0.345	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.410		0		1		6.411	10.707	
18:2 undifferentiated.....g	2.970		0		1		5.584	9.326	
18:3 undifferentiated.....g	0.150		0		1		0.282	0.471	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.226	0.377	
20:5 n-3.....g	0.010		0		1		0.019	0.031	
22:5 n-3.....g	0.020		0		1		0.038	0.063	
22:6 n-3.....g	0.050		0		1		0.094	0.157	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		169	283	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.323		0		1		0.607	1.014	
Threonine.....g	1.181		0		1		2.220	3.708	
Isoleucine.....g	1.439		0		1		2.705	4.518	
Leucine.....g	2.092		0		1		3.933	6.569	
Lysine.....g	2.320		0		1		4.362	7.285	
Methionine.....g	0.762		0		1		1.433	2.393	
Cystine.....g	0.382		0		1		0.718	1.199	
Phenylalanine.....g	1.121		0		1		2.107	3.520	
Tyrosine.....g	0.928		0		1		1.745	2.914	
Valine.....g	1.392		0		1		2.617	4.371	
Arginine.....g	1.766		0		1		3.320	5.545	
Histidine.....g	0.845		0		1		1.589	2.653	
Alanine.....g	1.632		0		1		3.068	5.124	
Aspartic acid.....g	2.526		0		1		4.749	7.932	
Glutamic acid.....g	4.297		0		1		8.078	13.493	
Glycine.....g	1.744		0		1		3.279	5.476	
Proline.....g	1.374		0		1		2.583	4.314	
Serine.....g	1.012		0		1		1.903	3.178	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 188g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 314g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.45	0.432	16		1		83.23	105.82	177.76
Energy	kcal	239		0	NC	4		335	425	715
Energy	kj	1000				4		1400	1780	2990
Protein (N x 6.25)	g	27.30	0.276	16		1		38.22	48.59	81.63
Total lipid (fat)	g	13.60	0.294	16		1		19.04	24.21	40.66
Ash	g	0.92	0.022	16		1		1.29	1.64	2.75
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.531	16		1		21	27	45
Iron, Fe	mg	1.26	0.050	16		1		1.76	2.24	3.77
Magnesium, Mg	mg	23	0.406	16		1		32	41	69
Phosphorus, P	mg	182	3.892	16		1		255	324	544
Potassium, K	mg	223	5.230	16		1		312	397	667
Sodium, Na	mg	82	1.881	16		1		115	146	245
Zinc, Zn	mg	1.94	0.034	16		1		2.72	3.45	5.80
Copper, Cu	mg	0.066	0.002	16		1		0.092	0.117	0.197
Manganese, Mn	mg	0.020	0.000	16		1		0.028	0.036	0.060
Selenium, Se	mcg	23.9	1.623	30	A	1		33.5	42.5	71.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.063	0.005	8		1		0.088	0.112	0.188
Riboflavin	mg	0.168	0.003	8		1		0.235	0.299	0.502
Niacin	mg	8.487	0.485	8		1		11.882	15.107	25.376
Pantothenic acid	mg	1.030		0		1		1.442	1.833	3.080
Vitamin B-6	mg	0.400		0		1		0.560	0.712	1.196
Folate, total	mcg	5		0		1		7	9	15
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5		0		1		7	9	15
Folate, DFE	mcg_DFE	5		0	NC	4		7	9	15
Vitamin B-12	mcg	0.30		0		1		0.42	0.53	0.90
Vitamin A, IU	IU	157		0	NC	4		219	279	468
Vitamin A, RAE	mcg_RAE	47		0	NC	4		66	84	141
Retinol	mcg	47		0	NR	4		66	84	141
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.47	0.79
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4		3.3	4.2	7.1
Lipids:										
Fatty acids, total saturated	g	3.790		0		1		5.306	6.746	11.332
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.036	0.060
13:0	g									
14:0	g	0.110		0		1		0.154	0.196	0.329
15:0	g									
16:0	g	2.780		0		1		3.892	4.948	8.312
17:0	g									
18:0	g	0.770		0		1		1.078	1.371	2.302
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.340		0		1		7.476	9.505	15.967
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		0		1		1.022	1.299	2.183
17:1.....g									
18:1 undifferentiated.....g	4.400		0		1		6.160	7.832	13.156
20:1.....g	0.130		0		1		0.182	0.231	0.389
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.970		0		1		4.158	5.287	8.880
18:2 undifferentiated.....g	2.570		0		1		3.598	4.575	7.684
18:3 undifferentiated.....g	0.110		0		1		0.154	0.196	0.329
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.154	0.196	0.329
20:5 n-3.....g	0.010		0		1		0.014	0.018	0.030
22:5 n-3.....g	0.020		0		1		0.028	0.036	0.060
22:6 n-3.....g	0.040		0		1		0.056	0.071	0.120
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0		1		123	157	263
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.427	0.543	0.912
Threonine.....g	1.128		0		1		1.579	2.008	3.373
Isoleucine.....g	1.362		0		1		1.907	2.424	4.072
Leucine.....g	1.986		0		1		2.780	3.535	5.938
Lysine.....g	2.223		0		1		3.112	3.957	6.647
Methionine.....g	0.726		0		1		1.016	1.292	2.171
Cystine.....g	0.364		0		1		0.510	0.648	1.088
Phenylalanine.....g	1.061		0		1		1.485	1.889	3.172
Tyrosine.....g	0.879		0		1		1.231	1.565	2.628
Valine.....g	1.325		0		1		1.855	2.359	3.962
Arginine.....g	1.711		0		1		2.395	3.046	5.116
Histidine.....g	0.802		0		1		1.123	1.428	2.398
Alanine.....g	1.591		0		1		2.227	2.832	4.757
Aspartic acid.....g	2.434		0		1		3.408	4.333	7.278
Glutamic acid.....g	3.991		0		1		5.587	7.104	11.933
Glycine.....g	1.764		0		1		2.470	3.140	5.274
Proline.....g	1.322		0		1		1.851	2.353	3.953
Serine.....g	0.963		0		1		1.348	1.714	2.879
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 178g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 299g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.93	0.546	16		1		89.50	127.86	213.53
Energy	kcal	219		0	NC	4		307	438	731
Energy	kj	916				4		1283	1833	3060
Protein (N x 6.25)	g	24.68	0.240	16		1		34.55	49.36	82.43
Total lipid (fat)	g	12.56	0.246	16		1		17.58	25.12	41.95
Ash	g	0.76	0.028	16		1		1.06	1.52	2.54
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.432	16		1		18	26	43
Iron, Fe	mg	1.16	0.046	16		1		1.62	2.32	3.87
Magnesium, Mg	mg	19	0.292	16		1		27	38	63
Phosphorus, P	mg	139	2.472	16		1		195	278	464
Potassium, K	mg	166	6.406	16		1		232	332	554
Sodium, Na	mg	67	1.724	16		1		94	134	224
Zinc, Zn	mg	1.76	0.023	16		1		2.46	3.52	5.88
Copper, Cu	mg	0.057	0.001	16		1		0.080	0.114	0.190
Manganese, Mn	mg	0.019	0.000	16		1		0.027	0.038	0.063
Selenium, Se	mcg	18.0		0	BFYN	4		25.2	36.0	60.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.046	0.003	8		1		0.064	0.092	0.154
Riboflavin	mg	0.148	0.003	8		1		0.207	0.296	0.494
Niacin	mg	5.594	0.215	8		1		7.832	11.188	18.684
Pantothenic acid	mg	0.667		0		1		0.934	1.334	2.228
Vitamin B-6	mg	0.220		0		1		0.308	0.440	0.735
Folate, total	mcg	5		0		1		7	10	17
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5		0		1		7	10	17
Folate, DFE	mcg_DFE	5		0	NC	4		7	10	17
Vitamin B-12	mcg	0.20		0		1		0.28	0.40	0.67
Vitamin A, IU	IU	140		0	NC	4		196	280	468
Vitamin A, RAE	mcg_RAE	42		0	NC	4		59	84	140
Retinol	mcg	42		0	NR	4		59	84	140
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.53	0.89
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.1		0	BFYN	4		3.0	4.2	7.1
Lipids:										
Fatty acids, total saturated	g	3.500		0		1		4.900	7.000	11.690
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.040	0.067
13:0	g									
14:0	g	0.100		0		1		0.140	0.200	0.334
15:0	g									
16:0	g	2.570		0		1		3.598	5.140	8.584
17:0	g									
18:0	g	0.710		0		1		0.994	1.420	2.371
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.930		0		1		6.902	9.860	16.466
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		0.952	1.360	2.271
17:1.....g									
18:1 undifferentiated.....g	4.070		0		1		5.698	8.140	13.594
20:1.....g	0.120		0		1		0.168	0.240	0.401
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.740		0		1		3.836	5.480	9.152
18:2 undifferentiated.....g	2.380		0		1		3.332	4.760	7.949
18:3 undifferentiated.....g	0.110		0		1		0.154	0.220	0.367
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.140	0.200	0.334
20:5 n-3.....g	0.010		0		1		0.014	0.020	0.033
22:5 n-3.....g	0.020		0		1		0.028	0.040	0.067
22:6 n-3.....g	0.040		0		1		0.056	0.080	0.134
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0		1		109	156	261
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.276		0		1		0.386	0.552	0.922
Threonine.....g	1.020		0		1		1.428	2.040	3.407
Isoleucine.....g	1.233		0		1		1.726	2.466	4.118
Leucine.....g	1.797		0		1		2.516	3.594	6.002
Lysine.....g	2.011		0		1		2.815	4.022	6.717
Methionine.....g	0.657		8		1		0.920	1.314	2.194
Cystine.....g	0.329		0		1		0.461	0.658	1.099
Phenylalanine.....g	0.959		0		1		1.343	1.918	3.203
Tyrosine.....g	0.796		0		1		1.114	1.592	2.659
Valine.....g	1.199		0		1		1.679	2.398	4.005
Arginine.....g	1.545		0		1		2.163	3.090	5.160
Histidine.....g	0.726		0		1		1.016	1.452	2.425
Alanine.....g	1.436		0		1		2.010	2.872	4.796
Aspartic acid.....g	2.200		0		1		3.080	4.400	7.348
Glutamic acid.....g	3.610		0		1		5.054	7.220	12.057
Glycine.....g	1.583		0		1		2.216	3.166	5.287
Proline.....g	1.190		0		1		1.666	2.380	3.975
Serine.....g	0.870		0		1		1.218	1.740	2.906
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 200g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 334g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 32% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.99	0.239	82		1		182.13	303.55	
Energy	kcal	215		0	NC	4		593	989	
Energy	kj	900				4		2483	4138	
Protein (N x 6.25)	g	18.60	0.085	82		1		51.34	85.56	
Total lipid (fat)	g	15.06	0.272	82		1		41.57	69.28	
Ash	g	0.79	0.020	25		1		2.18	3.63	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.410	24		1		30	51	
Iron, Fe	mg	0.90	0.025	24		1		2.48	4.14	
Magnesium, Mg	mg	20	0.292	24		1		55	92	
Phosphorus, P	mg	147	2.956	24		1		406	676	
Potassium, K	mg	189	4.592	24		1		522	869	
Sodium, Na	mg	70	1.232	24		1		193	322	
Zinc, Zn	mg	1.31	0.017	24		1		3.62	6.03	
Copper, Cu	mg	0.048	0.001	24		1		0.132	0.221	
Manganese, Mn	mg	0.019	0.000	24		1		0.052	0.087	
Selenium, Se	mcg	14.4		0	PAK	1		39.7	66.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.6		0		1		4.4	7.4	
Thiamin	mg	0.060	0.003	16		1		0.166	0.276	
Riboflavin	mg	0.120	0.003	16		1		0.331	0.552	
Niacin	mg	6.801	0.219	16		1		18.771	31.285	
Pantothenic acid	mg	0.910		0		1		2.512	4.186	
Vitamin B-6	mg	0.350		0		1		0.966	1.610	
Folate, total	mcg	6		0		1		17	28	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		17	28	
Folate, DFE	mcg_DFE	6		0	NC	4		17	28	
Vitamin B-12	mcg	0.31		0		1		0.86	1.43	
Vitamin A, IU	IU	137		0	NC	4		377	629	
Vitamin A, RAE	mcg_RAE	41		0	NC	4		113	189	
Retinol	mcg	41		0	NR	4		113	189	
Vitamin E (alpha-tocopherol)	mg	0.30		0	CASN	4		0.82	1.36	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.5		0	BFYN	4		4.3	7.1	
Lipids:										
Fatty acids, total saturated	g	4.310		0		1		11.896	19.826	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.055	0.092	
13:0	g									
14:0	g	0.120		0		1		0.331	0.552	
15:0	g									
16:0	g	3.150		0		1		8.694	14.490	
17:0	g									
18:0	g	0.870		0		1		2.401	4.002	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.240		0		1		17.222	28.704	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.830		0		1		2.291	3.818	
17:1.....g									
18:1 undifferentiated.....g	5.170		0		1		14.269	23.782	
20:1.....g	0.150		0		1		0.414	0.690	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.230		0		1		8.915	14.858	
18:2 undifferentiated.....g	2.880		0		1		7.949	13.248	
18:3 undifferentiated.....g	0.140		0		1		0.386	0.644	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.221	0.368	
20:5 n-3.....g	0.010		0		1		0.028	0.046	
22:5 n-3.....g	0.010		0		1		0.028	0.046	
22:6 n-3.....g	0.030		0		1		0.083	0.138	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		207	345	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0		1		0.571	0.952	
Threonine.....g	0.767		0		1		2.117	3.528	
Isoleucine.....g	0.924		0		1		2.550	4.250	
Leucine.....g	1.350		0		1		3.726	6.210	
Lysine.....g	1.509		0		1		4.165	6.941	
Methionine.....g	0.493		0		1		1.361	2.268	
Cystine.....g	0.249		0		1		0.687	1.145	
Phenylalanine.....g	0.721		0		1		1.990	3.317	
Tyrosine.....g	0.597		0		1		1.648	2.746	
Valine.....g	0.902		0		1		2.490	4.149	
Arginine.....g	1.169		0		1		3.226	5.377	
Histidine.....g	0.544		0		1		1.501	2.502	
Alanine.....g	1.089		0		1		3.006	5.009	
Aspartic acid.....g	1.659		0		1		4.579	7.631	
Glutamic acid.....g	2.714		0		1		7.491	12.484	
Glycine.....g	1.223		0		1		3.375	5.626	
Proline.....g	0.911		0		1		2.514	4.191	
Serine.....g	0.657		0		1		1.813	3.022	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 276g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 460g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.53		0		1		80.54	89.17	148.43
Energy	kcal	219		0	NC	4		307	339	565
Energy	kj	916				4		1283	1420	2364
Protein (N x 6.25)	g	30.57		0		1		42.80	47.38	78.87
Total lipid (fat)	g	9.12		0		1		12.77	14.14	23.53
Ash	g	1.09		0		1		1.53	1.69	2.81
Carbohydrate, by difference	g	1.69		0	NC	4		2.37	2.62	4.36
Fiber, total dietary	g	0.1		0		4		0.1	0.2	0.3
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		24	26	44
Iron, Fe	mg	1.35		0		1		1.89	2.09	3.48
Magnesium, Mg	mg	27		0		1		38	42	70
Phosphorus, P	mg	205		0		1		287	318	529
Potassium, K	mg	257		0		1		360	398	663
Sodium, Na	mg	91		0		1		127	141	235
Zinc, Zn	mg	2.24		0		1		3.14	3.47	5.78
Copper, Cu	mg	0.075		0		1		0.105	0.116	0.194
Manganese, Mn	mg	0.028		0		1		0.039	0.043	0.072
Selenium, Se	mcg	24.5		0	BFYN	4		34.3	38.0	63.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.085		0		1		0.119	0.132	0.219
Riboflavin	mg	0.198		0		1		0.277	0.307	0.511
Niacin	mg	9.663		0		1		13.528	14.978	24.931
Pantothenic acid	mg	1.166		0		1		1.632	1.807	3.008
Vitamin B-6	mg	0.480		0		1		0.672	0.744	1.238
Folate, total	mcg	7		0		1		10	11	18
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		1		10	11	18
Folate, DFE	mcg_DFE	7		0	NC	4		10	11	18
Vitamin B-12	mcg	0.34		0		1		0.48	0.53	0.88
Vitamin A, IU	IU	60		0	NC	4		84	93	155
Vitamin A, RAE	mcg_RAE	18		0	NC	4		25	28	46
Retinol	mcg	18		0	NR	4		25	28	46
Vitamin E (alpha-tocopherol)	mg	0.46		0	NR	4		0.64	0.71	1.19
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.8		0	BFSN	4		3.9	4.3	7.2
Lipids:										
Fatty acids, total saturated	g	2.460		0		1		3.444	3.813	6.347
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.031	0.052
13:0	g									
14:0	g	0.060		0		1		0.084	0.093	0.155
15:0	g									
16:0	g	1.650		0		1		2.310	2.558	4.257
17:0	g									
18:0	g	0.660		0		1		0.924	1.023	1.703
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.350		0		1		4.690	5.193	8.643
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		1		0.504	0.558	0.929
17:1.....g									
18:1 undifferentiated.....g	2.910		0		1		4.074	4.511	7.508
20:1.....g	0.040		0		1		0.056	0.062	0.103
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.150		0		1		3.010	3.333	5.547
18:2 undifferentiated.....g	1.780		0		1		2.492	2.759	4.592
18:3 undifferentiated.....g	0.090		0		1		0.126	0.140	0.232
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.168	0.186	0.310
20:5 n-3.....g	0.010		0		1		0.014	0.016	0.026
22:5 n-3.....g	0.030		0		1		0.042	0.047	0.077
22:6 n-3.....g	0.050		0		1		0.070	0.078	0.129
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		132	146	243
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.358		0		1		0.501	0.555	0.924
Threonine.....g	1.289		0		1		1.805	1.998	3.326
Isoleucine.....g	1.612		0		1		2.257	2.499	4.159
Leucine.....g	2.294		0		1		3.212	3.556	5.919
Lysine.....g	2.583		0		1		3.616	4.004	6.664
Methionine.....g	0.844		0		1		1.182	1.308	2.178
Cystine.....g	0.393		0		1		0.550	0.609	1.014
Phenylalanine.....g	1.217		0		1		1.704	1.886	3.140
Tyrosine.....g	1.031		0		1		1.443	1.598	2.660
Valine.....g	1.516		0		1		2.122	2.350	3.911
Arginine.....g	1.839		0		1		2.575	2.850	4.745
Histidine.....g	0.947		0		1		1.326	1.468	2.443
Alanine.....g	1.663		0		1		2.328	2.578	4.291
Aspartic acid.....g	2.714		0		1		3.800	4.207	7.002
Glutamic acid.....g	4.632		0		1		6.485	7.180	11.951
Glycine.....g	1.499		0		1		2.099	2.323	3.867
Proline.....g	1.277		0		1		1.788	1.979	3.295
Serine.....g	1.057		0		1		1.480	1.638	2.727
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 155g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 258g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.46	0.244	24		1		148.66	248.26	
Energy	kcal	119		0	NC	4		234	392	
Energy	kj	498				4		981	1638	
Protein (N x 6.25)	g	21.39	0.127	24		1		42.14	70.37	
Total lipid (fat)	g	3.08	0.146	25		1		6.07	10.13	
Ash	g	0.96	0.026	24		1		1.89	3.16	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.599	24		1		24	39	
Iron, Fe	mg	0.89	0.027	24		1		1.75	2.93	
Magnesium, Mg	mg	25	0.332	24		1		49	82	
Phosphorus, P	mg	173	3.401	24		1		341	569	
Potassium, K	mg	229	5.462	24		1		451	753	
Sodium, Na	mg	77	1.578	24		1		152	253	
Zinc, Zn	mg	1.54	0.022	24		1		3.03	5.07	
Copper, Cu	mg	0.053	0.001	24		1		0.104	0.174	
Manganese, Mn	mg	0.019	0.000	24		1		0.037	0.063	
Selenium, Se	mcg	15.7		0	PIE	4		30.9	51.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		0		1		4.5	7.6	
Thiamin	mg	0.073	0.003	16		1		0.144	0.240	
Riboflavin	mg	0.142	0.004	16		1		0.280	0.467	
Niacin	mg	8.239	0.276	16		1		16.231	27.106	
Pantothenic acid	mg	1.058		0		1		2.084	3.481	
Vitamin B-6	mg	0.430		0		1		0.847	1.415	
Folate, total	mcg	7		0		1		14	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		14	23	
Folate, DFE	mcg_DFE	7		0	NC	4		14	23	
Vitamin B-12	mcg	0.37		0		1		0.73	1.22	
Vitamin A, IU	IU	53		0	NC	4		105	175	
Vitamin A, RAE	mcg_RAE	16		0	NC	4		32	53	
Retinol	mcg	16		0	NR	4		32	53	
Vitamin E (alpha-tocopherol)	mg	0.21		0	CASN	4		0.42	0.70	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.8		0	BFYN	4		3.5	5.8	
Lipids:										
Fatty acids, total saturated	g	0.790		0		1		1.556	2.599	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.020	0.033	
13:0	g									
14:0	g	0.020		0		1		0.039	0.066	
15:0	g									
16:0	g	0.530		0		1		1.044	1.744	
17:0	g									
18:0	g	0.220		0		1		0.433	0.724	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.900		0		1		1.773	2.961	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		1		0.236	0.395	
17:1.....g									
18:1 undifferentiated.....g	0.760		0		1		1.497	2.500	
20:1.....g	0.010		0		1		0.020	0.033	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.478	2.468	
18:2 undifferentiated.....g	0.550		0		1		1.084	1.810	
18:3 undifferentiated.....g	0.020		0		1		0.039	0.066	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.158	0.263	
20:5 n-3.....g	0.010		0		1		0.020	0.033	
22:5 n-3.....g	0.020		0		1		0.039	0.066	
22:6 n-3.....g	0.030		0		1		0.059	0.099	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		138	230	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.250		0		1		0.493	0.823	
Threonine.....g	0.904		0		1		1.781	2.974	
Isoleucine.....g	1.130		0		1		2.226	3.718	
Leucine.....g	1.605		0		1		3.162	5.280	
Lysine.....g	1.818		0		1		3.581	5.981	
Methionine.....g	0.592		0		1		1.166	1.948	
Cystine.....g	0.274		0		1		0.540	0.901	
Phenylalanine.....g	0.849		0		1		1.673	2.793	
Tyrosine.....g	0.722		0		1		1.422	2.375	
Valine.....g	1.061		0		1		2.090	3.491	
Arginine.....g	1.290		0		1		2.541	4.244	
Histidine.....g	0.664		0		1		1.308	2.185	
Alanine.....g	1.167		0		1		2.299	3.839	
Aspartic acid.....g	1.907		0		1		3.757	6.274	
Glutamic acid.....g	3.204		0		1		6.312	10.541	
Glycine.....g	1.051		0		1		2.070	3.458	
Proline.....g	0.880		0		1		1.734	2.895	
Serine.....g	0.736		0		1		1.450	2.421	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 197g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 329g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.79	0.384	16		1		89.31	5.55	93.13
Energy	kcal	190		0	NC	4		266	17	277
Energy	kj	795				4		1113	69	1161
Protein (N x 6.25)	g	28.93	0.277	16		1		40.50	2.52	42.24
Total lipid (fat)	g	7.41	0.166	16		1		10.37	0.64	10.82
Ash	g	1.02	0.026	16		1		1.43	0.09	1.49
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.612	16		1		21	1	22
Iron, Fe	mg	1.21	0.044	16		1		1.69	0.11	1.77
Magnesium, Mg	mg	25	0.448	16		1		35	2	37
Phosphorus, P	mg	195	4.394	16		1		273	17	285
Potassium, K	mg	243	5.657	16		1		340	21	355
Sodium, Na	mg	86	1.898	16		1		120	7	126
Zinc, Zn	mg	2.10	0.032	16		1		2.94	0.18	3.07
Copper, Cu	mg	0.067	0.002	16		1		0.094	0.006	0.098
Manganese, Mn	mg	0.019	0.000	16		1		0.027	0.002	0.028
Selenium, Se	mcg	22.0		0	BFYN	4		30.8	1.9	32.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.069	0.006	8		1		0.097	0.006	0.101
Riboflavin	mg	0.178	0.006	8		1		0.249	0.015	0.260
Niacin	mg	9.173	0.528	8		1		12.842	0.798	13.393
Pantothenic acid	mg	1.104		0		1		1.546	0.096	1.612
Vitamin B-6	mg	0.470		0		1		0.658	0.041	0.686
Folate, total	mcg	6		0		1		8	1	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6		0		1		8	1	9
Folate, DFE	mcg_DFE	6		0	NC	4		8	1	9
Vitamin B-12	mcg	0.33		0		1		0.46	0.03	0.48
Vitamin A, IU	IU	53		0	NC	4		75	5	78
Vitamin A, RAE	mcg_RAE	16		0	NC	4		22	1	23
Retinol	mcg	16		0	NR	4		22	1	23
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.02	0.39
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		3.3	0.2	3.5
Lipids:										
Fatty acids, total saturated	g	2.040		0		1		2.856	0.177	2.978
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.002	0.029
13:0	g									
14:0	g	0.060		0		1		0.084	0.005	0.088
15:0	g									
16:0	g	1.410		0		1		1.974	0.123	2.059
17:0	g									
18:0	g	0.490		0		1		0.686	0.043	0.715
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.660		0		1		3.724	0.231	3.884
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0		1		0.490	0.030	0.511
17:1.....g									
18:1 undifferentiated.....g	2.220		0		1		3.108	0.193	3.241
20:1.....g	0.040		0		1		0.056	0.003	0.058
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.690		0		1		2.366	0.147	2.467
18:2 undifferentiated.....g	1.370		0		1		1.918	0.119	2.000
18:3 undifferentiated.....g	0.070		0		1		0.098	0.006	0.102
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.154	0.010	0.161
20:5 n-3.....g	0.010		0		1		0.014	0.001	0.015
22:5 n-3.....g	0.020		0		1		0.028	0.002	0.029
22:6 n-3.....g	0.040		0		1		0.056	0.003	0.058
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		125	8	130
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.338		0		1		0.473	0.029	0.493
Threonine.....g	1.222		0		1		1.711	0.106	1.784
Isoleucine.....g	1.528		0		1		2.139	0.133	2.231
Leucine.....g	2.171		0		1		3.039	0.189	3.170
Lysine.....g	2.458		0		1		3.441	0.214	3.589
Methionine.....g	0.801		0		1		1.121	0.070	1.169
Cystine.....g	0.370		0		1		0.518	0.032	0.540
Phenylalanine.....g	1.148		0		1		1.607	0.100	1.676
Tyrosine.....g	0.977		0		1		1.368	0.085	1.426
Valine.....g	1.435		0		1		2.009	0.125	2.095
Arginine.....g	1.745		0		1		2.443	0.152	2.548
Histidine.....g	0.898		0		1		1.257	0.078	1.311
Alanine.....g	1.578		0		1		2.209	0.137	2.304
Aspartic acid.....g	2.578		0		1		3.609	0.224	3.764
Glutamic acid.....g	4.333		0		1		6.066	0.377	6.326
Glycine.....g	1.421		0		1		1.989	0.124	2.075
Proline.....g	1.190		0		1		1.666	0.104	1.737
Serine.....g	0.995		0		1		1.393	0.087	1.453
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 8.7g: 1 tbsp

Measure 3 = 146g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.81	0.323	16		1		93.53	5.81	104.89
Energy	kcal	177		0	NC	4		248	15	278
Energy	kj	741				4		1037	64	1163
Protein (N x 6.25)	g	27.29	0.204	16		1		38.21	2.37	42.85
Total lipid (fat)	g	6.71	0.120	16		1		9.39	0.58	10.53
Ash	g	0.85	0.038	16		1		1.19	0.07	1.33
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.343	16		1		20	1	22
Iron, Fe	mg	1.17	0.053	16		1		1.64	0.10	1.84
Magnesium, Mg	mg	21	0.330	16		1		29	2	33
Phosphorus, P	mg	150	2.914	16		1		210	13	236
Potassium, K	mg	180	6.645	16		1		252	16	283
Sodium, Na	mg	70	2.033	16		1		98	6	110
Zinc, Zn	mg	1.99	0.028	16		1		2.79	0.17	3.12
Copper, Cu	mg	0.061	0.001	16		1		0.085	0.005	0.096
Manganese, Mn	mg	0.019	0.000	16		1		0.027	0.002	0.030
Selenium, Se	mcg	20.9		0	BFYN	4		29.3	1.8	32.8
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.049	0.003	8		1		0.069	0.004	0.077
Riboflavin	mg	0.163	0.004	8		1		0.228	0.014	0.256
Niacin	mg	6.117	0.241	8		1		8.564	0.532	9.604
Pantothenic acid	mg	0.746		0		1		1.044	0.065	1.171
Vitamin B-6	mg	0.260		0		1		0.364	0.023	0.408
Folate, total	mcg	6		0		1		8	1	9
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6		0		1		8	1	9
Folate, DFE	mcg_DFE	6		0	NC	4		8	1	9
Vitamin B-12	mcg	0.22		0		1		0.31	0.02	0.35
Vitamin A, IU	IU	50		0		1		70	4	79
Vitamin A, RAE	mcg_RAE	15		0	NC	4		21	1	24
Retinol	mcg	15		0	NR	4		21	1	24
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.02	0.42
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFYN	4		3.3	0.2	3.7
Lipids:										
Fatty acids, total saturated	g	1.840		0		1		2.576	0.160	2.889
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.002	0.031
13:0	g									
14:0	g	0.050		0		1		0.070	0.004	0.079
15:0	g									
16:0	g	1.270		0		1		1.778	0.110	1.994
17:0	g									
18:0	g	0.440		0		1		0.616	0.038	0.691
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.390		0		1		3.346	0.208	3.752
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		0		1		0.448	0.028	0.502
17:1.....g									
18:1 undifferentiated.....g	2.000		0		1		2.800	0.174	3.140
20:1.....g	0.040		0		1		0.056	0.003	0.063
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.540		0		1		2.156	0.134	2.418
18:2 undifferentiated.....g	1.240		0		1		1.736	0.108	1.947
18:3 undifferentiated.....g	0.060		0		1		0.084	0.005	0.094
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.154	0.010	0.173
20:5 n-3.....g	0.010		0		1		0.014	0.001	0.016
22:5 n-3.....g	0.020		0		1		0.028	0.002	0.031
22:6 n-3.....g	0.040		0		1		0.056	0.003	0.063
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		116	7	130
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.319		0		1		0.447	0.028	0.501
Threonine.....g	1.153		0		1		1.614	0.100	1.810
Isoleucine.....g	1.441		0		1		2.017	0.125	2.262
Leucine.....g	2.048		0		1		2.867	0.178	3.215
Lysine.....g	2.318		0		1		3.245	0.202	3.639
Methionine.....g	0.755		0		1		1.057	0.066	1.185
Cystine.....g	0.349		0		1		0.489	0.030	0.548
Phenylalanine.....g	1.083		0		1		1.516	0.094	1.700
Tyrosine.....g	0.921		0		1		1.289	0.080	1.446
Valine.....g	1.353		0		1		1.894	0.118	2.124
Arginine.....g	1.646		0		1		2.304	0.143	2.584
Histidine.....g	0.847		0		1		1.186	0.074	1.330
Alanine.....g	1.489		0		1		2.085	0.130	2.338
Aspartic acid.....g	2.432		0		1		3.405	0.212	3.818
Glutamic acid.....g	4.087		0		1		5.722	0.356	6.417
Glycine.....g	1.340		0		1		1.876	0.117	2.104
Proline.....g	1.122		0		1		1.571	0.098	1.762
Serine.....g	0.939		0		1		1.315	0.082	1.474
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 8.7g: 1 tbsp

Measure 3 = 157g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.73	1.057	8		1		6.79	23.46	
Energy	kcal	247		0	NC	4		27	94	
Energy	kj	1033				4		114	393	
Protein (N x 6.25)	g	19.61	0.186	8		1		2.16	7.45	
Total lipid (fat)	g	18.10	0.779	8		1		1.99	6.88	
Ash	g	0.61	0.020	8		1		0.07	0.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	27	1.063	8		1		3	10	
Iron, Fe	mg	2.30	0.027	8		1		0.25	0.87	
Magnesium, Mg	mg	13	0.325	8		1		1	5	
Phosphorus, P	mg	122	4.758	8		1		13	46	
Potassium, K	mg	108	4.259	8		1		12	41	
Sodium, Na	mg	52	2.128	8		1		6	20	
Zinc, Zn	mg	2.72	0.062	8		1		0.30	1.03	
Copper, Cu	mg	0.097	0.001	8		1		0.011	0.037	
Manganese, Mn	mg	0.046	0.002	8		1		0.005	0.017	
Selenium, Se	mcg	17.3		0	BFYN	4		1.9	6.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040	0.002	8		1		0.004	0.015	
Riboflavin	mg	0.248	0.012	8		1		0.027	0.094	
Niacin	mg	3.319	0.251	8		1		0.365	1.261	
Pantothenic acid	mg	0.525		0		1		0.058	0.200	
Vitamin B-6	mg	0.100		0		1		0.011	0.038	
Folate, total	mcg	3		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		0	1	
Folate, DFE	mcg_DFE	3		0	NC	4		0	1	
Vitamin B-12	mcg	0.14		0		1		0.02	0.05	
Vitamin A, IU	IU	160		0	NC	4		18	61	
Vitamin A, RAE	mcg_RAE	48		0	NC	4		5	18	
Retinol	mcg	48		0	NR	4		5	18	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.03	0.10	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		0.4	1.5	
Lipids:										
Fatty acids, total saturated	g	5.000		0		1		0.550	1.900	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030		0		1		0.003	0.011	
13:0	g									
14:0	g	0.140		0		1		0.015	0.053	
15:0	g									
16:0	g	3.750		0		1		0.413	1.425	
17:0	g									
18:0	g	0.960		0		1		0.106	0.365	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.220		0		1		0.794	2.744	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.020		0		1		0.112	0.388	
17:1.....g									
18:1 undifferentiated.....g	5.920		0		1		0.651	2.250	
20:1.....g	0.200		0		1		0.022	0.076	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.940		0		1		0.433	1.497	
18:2 undifferentiated.....g	3.480		0		1		0.383	1.322	
18:3 undifferentiated.....g	0.150		0		1		0.017	0.057	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.013	0.046	
20:5 n-3.....g	0.020		0		1		0.002	0.008	
22:5 n-3.....g	0.020		0		1		0.002	0.008	
22:6 n-3.....g	0.040		0		1		0.004	0.015	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		8	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.022	0.076	
Threonine.....g	0.776		0		1		0.085	0.295	
Isoleucine.....g	0.872		0		1		0.096	0.331	
Leucine.....g	1.342		0		1		0.148	0.510	
Lysine.....g	1.466		0		1		0.161	0.557	
Methionine.....g	0.482		0		1		0.053	0.183	
Cystine.....g	0.281		0		1		0.031	0.107	
Phenylalanine.....g	0.731		0		1		0.080	0.278	
Tyrosine.....g	0.574		0		1		0.063	0.218	
Valine.....g	0.913		0		1		0.100	0.347	
Arginine.....g	1.316		0		1		0.145	0.500	
Histidine.....g	0.515		0		1		0.057	0.196	
Alanine.....g	1.280		0		1		0.141	0.486	
Aspartic acid.....g	1.750		0		1		0.193	0.665	
Glutamic acid.....g	2.735		0		1		0.301	1.039	
Glycine.....g	1.837		0		1		0.202	0.698	
Proline.....g	1.219		0		1		0.134	0.463	
Serine.....g	0.724		0		1		0.080	0.275	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 38g: 1 neck, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.92		0		1		7.51	24.40	
Energy	kcal	330		0	NC	4		53	172	
Energy	kj	1381				4		221	718	
Protein (N x 6.25)	g	19.82		0		1		3.17	10.31	
Total lipid (fat)	g	23.52		0		1		3.76	12.23	
Ash	g	1.04		0		1		0.17	0.54	
Carbohydrate, by difference	g	8.70		0	NC	4		1.39	4.52	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0		1		5	16	
Iron, Fe	mg	2.15		0		1		0.34	1.12	
Magnesium, Mg	mg	16		0		1		3	8	
Phosphorus, P	mg	115		0		1		18	60	
Potassium, K	mg	151		0		1		24	79	
Sodium, Na	mg	276		0		1		44	144	
Zinc, Zn	mg	2.50		0		1		0.40	1.30	
Copper, Cu	mg	0.113		0		1		0.018	0.059	
Manganese, Mn	mg	0.065		0		1		0.010	0.034	
Selenium, Se	mcg	21.3		0	PIE	4		3.4	11.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.100		0		1		0.016	0.052	
Riboflavin	mg	0.237		0		1		0.038	0.123	
Niacin	mg	4.528		0		1		0.724	2.355	
Pantothenic acid	mg	0.839		0		1		0.134	0.436	
Vitamin B-6	mg	0.210		0		1		0.034	0.109	
Folate, total	mcg	15		0	RA	4		2	8	
Folic acid	mcg	8		0	NC	4		1	4	
Folate, food	mcg	7		0		1		1	4	
Folate, DFE	mcg_DFE	21		0	NC	4		3	11	
Vitamin B-12	mcg	0.24		0		1		0.04	0.12	
Vitamin A, IU	IU	170		0		1		27	88	
Vitamin A, RAE	mcg_RAE	51		0		1		8	27	
Retinol	mcg	51		0		1		8	27	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.220		0		1		0.995	3.234	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.003	0.010	
13:0	g									
14:0	g	0.140		0		1		0.022	0.073	
15:0	g									
16:0	g	4.180		0		1		0.669	2.174	
17:0	g									
18:0	g	1.790		0		1		0.286	0.931	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.790		0		1		1.566	5.091	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		0.118	0.385	
17:1.....g									
18:1 undifferentiated.....g	8.870		0		1		1.419	4.612	
20:1.....g	0.140		0		1		0.022	0.073	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.560		0		1		0.890	2.891	
18:2 undifferentiated.....g	5.050		0		1		0.808	2.626	
18:3 undifferentiated.....g	0.270		0		1		0.043	0.140	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.014	0.047	
20:5 n-3.....g	0.010		0		1		0.002	0.005	
22:5 n-3.....g	0.020		0		1		0.003	0.010	
22:6 n-3.....g	0.030		0		1		0.005	0.016	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		15	47	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.215		0		1		0.034	0.112	
Threonine.....g	0.790		0		1		0.126	0.411	
Isoleucine.....g	0.925		0		1		0.148	0.481	
Leucine.....g	1.403		0		1		0.224	0.730	
Lysine.....g	1.470		0		1		0.235	0.764	
Methionine.....g	0.495		0		1		0.079	0.257	
Cystine.....g	0.286		0		1		0.046	0.149	
Phenylalanine.....g	0.773		0		1		0.124	0.402	
Tyrosine.....g	0.609		0		1		0.097	0.317	
Valine.....g	0.944		0		1		0.151	0.491	
Arginine.....g	1.263		0		1		0.202	0.657	
Histidine.....g	0.539		0		1		0.086	0.280	
Alanine.....g	1.198		0		1		0.192	0.623	
Aspartic acid.....g	1.713		0		1		0.274	0.891	
Glutamic acid.....g	3.104		0		1		0.497	1.614	
Glycine.....g	1.555		0		1		0.249	0.809	
Proline.....g	1.203		0		1		0.192	0.626	
Serine.....g	0.753		0		1		0.120	0.392	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 52g: 1 neck, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	47.49		0		1		5.22	17.10	
Energy	kcal	332		0	NC	4		37	120	
Energy	kj	1389				4		153	500	
Protein (N x 6.25)	g	24.01		0		1		2.64	8.64	
Total lipid (fat)	g	23.61		0		1		2.60	8.50	
Ash	g	0.65		0		1		0.07	0.23	
Carbohydrate, by difference	g	4.24		0	NC	4		0.47	1.53	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0		1		3	11	
Iron, Fe	mg	2.42		0		1		0.27	0.87	
Magnesium, Mg	mg	19		0		1		2	7	
Phosphorus, P	mg	132		0		1		15	48	
Potassium, K	mg	180		0		1		20	65	
Sodium, Na	mg	82		0		1		9	30	
Zinc, Zn	mg	3.07		0		1		0.34	1.11	
Copper, Cu	mg	0.130		0		1		0.014	0.047	
Manganese, Mn	mg	0.052		0		1		0.006	0.019	
Selenium, Se	mcg	18.6		0	PIE	4		2.0	6.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.078		0		1		0.009	0.028	
Riboflavin	mg	0.259		0		1		0.028	0.093	
Niacin	mg	5.348		0		1		0.588	1.925	
Pantothenic acid	mg	0.982		0		1		0.108	0.354	
Vitamin B-6	mg	0.250		0		1		0.028	0.090	
Folate, total	mcg	11		0	RA	4		1	4	
Folic acid	mcg	5		0	NC	4		1	2	
Folate, food	mcg	6		0		1		1	2	
Folate, DFE	mcg_DFE	15		0	NC	4		2	5	
Vitamin B-12	mcg	0.26		0		1		0.03	0.09	
Vitamin A, IU	IU	190		0		1		21	68	
Vitamin A, RAE	mcg_RAE	57		0		1		6	21	
Retinol	mcg	57		0		1		6	21	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.320		0		1		0.695	2.275	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.003	0.011	
13:0	g									
14:0	g	0.150		0		1		0.017	0.054	
15:0	g									
16:0	g	4.400		0		1		0.484	1.584	
17:0	g									
18:0	g	1.630		0		1		0.179	0.587	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05086

Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.700		0		1		1.067	3.492	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.920		0		1		0.101	0.331	
17:1.....g									
18:1 undifferentiated.....g	8.530		0		1		0.938	3.071	
20:1.....g	0.180		0		1		0.020	0.065	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.470		0		1		0.602	1.969	
18:2 undifferentiated.....g	4.930		0		1		0.542	1.775	
18:3 undifferentiated.....g	0.250		0		1		0.028	0.090	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.013	0.043	
20:5 n-3.....g	0.010		0		1		0.001	0.004	
22:5 n-3.....g	0.020		0		1		0.002	0.007	
22:6 n-3.....g	0.040		0		1		0.004	0.014	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		10	34	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.256		0		1		0.028	0.092	
Threonine.....g	0.962		0		1		0.106	0.346	
Isoleucine.....g	1.120		0		1		0.123	0.403	
Leucine.....g	1.690		0		1		0.186	0.608	
Lysine.....g	1.829		0		1		0.201	0.658	
Methionine.....g	0.606		0		1		0.067	0.218	
Cystine.....g	0.340		0		1		0.037	0.122	
Phenylalanine.....g	0.920		0		1		0.101	0.331	
Tyrosine.....g	0.733		0		1		0.081	0.264	
Valine.....g	1.138		0		1		0.125	0.410	
Arginine.....g	1.553		0		1		0.171	0.559	
Histidine.....g	0.658		0		1		0.072	0.237	
Alanine.....g	1.482		0		1		0.163	0.534	
Aspartic acid.....g	2.116		0		1		0.233	0.762	
Glutamic acid.....g	3.556		0		1		0.391	1.280	
Glycine.....g	1.938		0		1		0.213	0.698	
Proline.....g	1.398		0		1		0.154	0.503	
Serine.....g	0.883		0		1		0.097	0.318	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 11.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 36g: 1 neck, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.99	0.899	8		1		9.00	30.00	
Energy	kcal	297		0	NC	4		45	149	
Energy	kj	1243				4		186	621	
Protein (N x 6.25)	g	14.07	0.239	8		1		2.11	7.04	
Total lipid (fat)	g	26.24	1.199	8		1		3.94	13.12	
Ash	g	0.55	0.022	8		1		0.08	0.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	0.704	8		1		3	9	
Iron, Fe	mg	1.90	0.089	8		1		0.29	0.95	
Magnesium, Mg	mg	13	0.297	8		1		2	7	
Phosphorus, P	mg	112	1.674	8		1		17	56	
Potassium, K	mg	137	7.240	8		1		21	69	
Sodium, Na	mg	64	1.179	8		1		10	32	
Zinc, Zn	mg	1.86	0.064	8		1		0.28	0.93	
Copper, Cu	mg	0.080	0.003	8		1		0.012	0.040	
Manganese, Mn	mg	0.033	0.001	8		1		0.005	0.017	
Selenium, Se	mcg	12.0		0	PAK	1		1.8	6.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.047	0.003	8		1		0.007	0.024	
Riboflavin	mg	0.191	0.011	8		1		0.029	0.096	
Niacin	mg	3.608	0.170	8		1		0.541	1.804	
Pantothenic acid	mg	0.850		0		1		0.128	0.425	
Vitamin B-6	mg	0.170		0		1		0.026	0.085	
Folate, total	mcg	5		0		1		1	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		1	3	
Folate, DFE	mcg_DFE	5		0	NC	4		1	3	
Vitamin B-12	mcg	0.26		0		1		0.04	0.13	
Vitamin A, IU	IU	216		0		1		32	108	
Vitamin A, RAE	mcg_RAE	65		0		1		10	32	
Retinol	mcg	65		0		1		10	32	
Vitamin E (alpha-tocopherol)	mg	0.30		0	NR	4		0.04	0.15	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.270		0		1		1.091	3.635	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.040		0		1		0.006	0.020	
13:0	g									
14:0	g	0.210		0		1		0.032	0.105	
15:0	g									
16:0	g	5.460		0		1		0.819	2.730	
17:0	g									
18:0	g	1.370		0		1		0.206	0.685	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.550		0		1		1.583	5.275	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.490		0		1		0.224	0.745	
17:1.....g									
18:1 undifferentiated.....g	8.640		0		1		1.296	4.320	
20:1.....g	0.300		0		1		0.045	0.150	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.680		0		1		0.852	2.840	
18:2 undifferentiated.....g	5.040		0		1		0.756	2.520	
18:3 undifferentiated.....g	0.210		0		1		0.032	0.105	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.024	0.080	
20:5 n-3.....g	0.020		0		1		0.003	0.010	
22:5 n-3.....g	0.030		0		1		0.005	0.015	
22:6 n-3.....g	0.060		0		1		0.009	0.030	
Fatty acids, total trans.....g									
Cholesterol.....mg	99		0		1		15	50	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0		1		0.021	0.069	
Threonine.....g	0.545		0		1		0.082	0.273	
Isoleucine.....g	0.588		0		1		0.088	0.294	
Leucine.....g	0.933		0		1		0.140	0.467	
Lysine.....g	1.005		0		1		0.151	0.503	
Methionine.....g	0.332		0		1		0.050	0.166	
Cystine.....g	0.209		0		1		0.031	0.105	
Phenylalanine.....g	0.514		0		1		0.077	0.257	
Tyrosine.....g	0.392		0		1		0.059	0.196	
Valine.....g	0.641		0		1		0.096	0.321	
Arginine.....g	0.975		0		1		0.146	0.488	
Histidine.....g	0.348		0		1		0.052	0.174	
Alanine.....g	0.967		0		1		0.145	0.484	
Aspartic acid.....g	1.256		0		1		0.188	0.628	
Glutamic acid.....g	1.916		0		1		0.287	0.958	
Glycine.....g	1.521		0		1		0.228	0.761	
Proline.....g	0.971		0		1		0.146	0.486	
Serine.....g	0.531		0		1		0.080	0.266	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 50g: 1 neck, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.71		0		1		4.11	12.92	
Energy	kcal	229		0	NC	4		16	50	
Energy	kj	958				4		67	211	
Protein (N x 6.25)	g	26.87		0		1		1.88	5.91	
Total lipid (fat)	g	11.88		0		1		0.83	2.61	
Ash	g	0.78		0		1		0.05	0.17	
Carbohydrate, by difference	g	1.77		0	NC	4		0.12	0.39	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	41		0		1		3	9	
Iron, Fe	mg	2.98		0		1		0.21	0.66	
Magnesium, Mg	mg	20		0		1		1	4	
Phosphorus, P	mg	135		0		1		9	30	
Potassium, K	mg	213		0		1		15	47	
Sodium, Na	mg	99		0		1		7	22	
Zinc, Zn	mg	4.24		0		1		0.30	0.93	
Copper, Cu	mg	0.161		0		1		0.011	0.035	
Manganese, Mn	mg	0.050		0		1		0.004	0.011	
Selenium, Se	mcg	20.5		0	BFYN	4		1.4	4.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0		1		0.005	0.015	
Riboflavin	mg	0.318		0		1		0.022	0.070	
Niacin	mg	5.027		0		1		0.352	1.106	
Pantothenic acid	mg	1.165		0		1		0.082	0.256	
Vitamin B-6	mg	0.350		0		1		0.025	0.077	
Folate, total	mcg	8		0		1		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		1	2	
Folate, DFE	mcg_DFE	8		0	NC	4		1	2	
Vitamin B-12	mcg	0.30		0		1		0.02	0.07	
Vitamin A, IU	IU	162		0		1		11	36	
Vitamin A, RAE	mcg_RAE	49		0		1		3	11	
Retinol	mcg	49		0		1		3	11	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.000		0		1		0.210	0.660	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.001	0.004	
13:0	g									
14:0	g	0.060		0		1		0.004	0.013	
15:0	g									
16:0	g	1.830		0		1		0.128	0.403	
17:0	g									
18:0	g	1.050		0		1		0.074	0.231	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.570		0		1		0.320	1.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.017	0.053	
17:1.....g									
18:1 undifferentiated.....g	4.300		0		1		0.301	0.946	
20:1.....g	0.010		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.040		0		1		0.213	0.669	
18:2 undifferentiated.....g	2.630		0		1		0.184	0.579	
18:3 undifferentiated.....g	0.150		0		1		0.011	0.033	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.009	0.029	
20:5 n-3.....g	0.010		0		1		0.001	0.002	
22:5 n-3.....g	0.030		0		1		0.002	0.007	
22:6 n-3.....g	0.050		0		1		0.004	0.011	
Fatty acids, total trans.....g									
Cholesterol.....mg	105		0		1		7	23	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.022	0.069	
Threonine.....g	1.132		0		1		0.079	0.249	
Isoleucine.....g	1.417		0		1		0.099	0.312	
Leucine.....g	2.016		0		1		0.141	0.444	
Lysine.....g	2.267		0		1		0.159	0.499	
Methionine.....g	0.742		0		1		0.052	0.163	
Cystine.....g	0.346		0		1		0.024	0.076	
Phenylalanine.....g	1.069		0		1		0.075	0.235	
Tyrosine.....g	0.907		0		1		0.063	0.200	
Valine.....g	1.333		0		1		0.093	0.293	
Arginine.....g	1.616		0		1		0.113	0.356	
Histidine.....g	0.832		0		1		0.058	0.183	
Alanine.....g	1.461		0		1		0.102	0.321	
Aspartic acid.....g	2.383		0		1		0.167	0.524	
Glutamic acid.....g	4.081		0		1		0.286	0.898	
Glycine.....g	1.317		0		1		0.092	0.290	
Proline.....g	1.125		0		1		0.079	0.248	
Serine.....g	0.930		0		1		0.065	0.205	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 7.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 22g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.05	0.580	8		1		3.35	12.07	
Energy	kcal	179		0	NC	4		9	32	
Energy	kj	749				4		37	135	
Protein (N x 6.25)	g	24.56	0.291	8		1		1.23	4.42	
Total lipid (fat)	g	8.18	0.288	8		1		0.41	1.47	
Ash	g	0.77	0.045	8		1		0.04	0.14	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	44	2.160	8		1		2	8	
Iron, Fe	mg	2.63	0.034	8		1		0.13	0.47	
Magnesium, Mg	mg	16	0.414	8		1		1	3	
Phosphorus, P	mg	128	6.450	8		1		6	23	
Potassium, K	mg	140	6.800	8		1		7	25	
Sodium, Na	mg	64	1.999	8		1		3	12	
Zinc, Zn	mg	3.77	0.118	8		1		0.19	0.68	
Copper, Cu	mg	0.129	0.002	8		1		0.006	0.023	
Manganese, Mn	mg	0.048	0.002	8		1		0.002	0.009	
Selenium, Se	mcg	20.5		0	BFYN	4		1.0	3.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.046	0.003	8		1		0.002	0.008	
Riboflavin	mg	0.283	0.015	8		1		0.014	0.051	
Niacin	mg	3.956	0.380	8		1		0.198	0.712	
Pantothenic acid	mg	0.671		0		1		0.034	0.121	
Vitamin B-6	mg	0.160		0		1		0.008	0.029	
Folate, total	mcg	6		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		0	1	
Folate, DFE	mcg_DFE	6		0	NC	4		0	1	
Vitamin B-12	mcg	0.17		0		1		0.01	0.03	
Vitamin A, IU	IU	121		0		1		6	22	
Vitamin A, RAE	mcg_RAE	36		0		1		2	7	
Retinol	mcg	36		0		1		2	7	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.100		0		1		0.105	0.378	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.040		0		1		0.002	0.007	
13:0	g									
14:0	g	0.050		0		1		0.003	0.009	
15:0	g									
16:0	g	1.400		0		1		0.070	0.252	
17:0	g									
18:0	g	0.550		0		1		0.028	0.099	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.540		0		1		0.127	0.457	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.019	0.067	
17:1.....g									
18:1 undifferentiated.....g	2.110		0		1		0.106	0.380	
20:1.....g	0.020		0		1		0.001	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.030		0		1		0.102	0.365	
18:2 undifferentiated.....g	1.560		0		1		0.078	0.281	
18:3 undifferentiated.....g	0.070		0		1		0.004	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.010	0.036	
20:5 n-3.....g	0.020		0		1		0.001	0.004	
22:5 n-3.....g	0.040		0		1		0.002	0.007	
22:6 n-3.....g	0.080		0		1		0.004	0.014	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		4	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.287		0		1		0.014	0.052	
Threonine.....g	1.037		0		1		0.052	0.187	
Isoleucine.....g	1.297		0		1		0.065	0.233	
Leucine.....g	1.843		0		1		0.092	0.332	
Lysine.....g	2.086		0		1		0.104	0.375	
Methionine.....g	0.680		0		1		0.034	0.122	
Cystine.....g	0.314		0		1		0.016	0.057	
Phenylalanine.....g	0.974		0		1		0.049	0.175	
Tyrosine.....g	0.829		0		1		0.041	0.149	
Valine.....g	1.218		0		1		0.061	0.219	
Arginine.....g	1.481		0		1		0.074	0.267	
Histidine.....g	0.762		0		1		0.038	0.137	
Alanine.....g	1.340		0		1		0.067	0.241	
Aspartic acid.....g	2.188		0		1		0.109	0.394	
Glutamic acid.....g	3.678		0		1		0.184	0.662	
Glycine.....g	1.206		0		1		0.060	0.217	
Proline.....g	1.010		0		1		0.051	0.182	
Serine.....g	0.845		0		1		0.042	0.152	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 18g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.17	1.068	8		1		4.27	14.23	
Energy	kcal	154		0	NC	4		9	31	
Energy	kj	644				4		39	129	
Protein (N x 6.25)	g	17.55	0.396	9		1		1.05	3.51	
Total lipid (fat)	g	8.78	0.546	8		1		0.53	1.76	
Ash	g	0.69	0.015	8		1		0.04	0.14	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27	1.445	8		1		2	5	
Iron, Fe	mg	2.06	0.064	8		1		0.12	0.41	
Magnesium, Mg	mg	17	0.553	8		1		1	3	
Phosphorus, P	mg	113	2.851	8		1		7	23	
Potassium, K	mg	175	8.374	8		1		11	35	
Sodium, Na	mg	81	1.034	8		1		5	16	
Zinc, Zn	mg	2.68	0.176	8		1		0.16	0.54	
Copper, Cu	mg	0.109	0.005	8		1		0.007	0.022	
Manganese, Mn	mg	0.035	0.002	8		1		0.002	0.007	
Selenium, Se	mcg	13.5	1.936	4	A	1		0.8	2.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.054	0.007	8		1		0.003	0.011	
Riboflavin	mg	0.228	0.017	8		1		0.014	0.046	
Niacin	mg	4.119	0.231	8		1		0.247	0.824	
Pantothenic acid	mg	1.090		0		1		0.065	0.218	
Vitamin B-6	mg	0.290		0		1		0.017	0.058	
Folate, total	mcg	8		0		1		0	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		0	2	
Folate, DFE	mcg_DFE	8		0	NC	4		0	2	
Vitamin B-12	mcg	0.32		0		1		0.02	0.06	
Vitamin A, IU	IU	146		0		1		9	29	
Vitamin A, RAE	mcg_RAE	44		0		1		3	9	
Retinol	mcg	44		0		1		3	9	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.250		0		1		0.135	0.450	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.040	0.008	17		1		0.002	0.008	
13:0	g									
14:0	g	0.050	0.006	24		1		0.003	0.010	
15:0	g									
16:0	g	1.500	0.065	24		1		0.090	0.300	
17:0	g									
18:0	g	0.590	0.037	24		1		0.035	0.118	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.730		0		1		0.164	0.546	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400	0.027	24		1		0.024	0.080	
17:1.....g									
18:1 undifferentiated.....g	2.270	0.104	24		1		0.136	0.454	
20:1.....g	0.020	0.006	6		1		0.001	0.004	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.180		0		1		0.131	0.436	
18:2 undifferentiated.....g	1.670	0.074	24		1		0.100	0.334	
18:3 undifferentiated.....g	0.070	0.005	18		1		0.004	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210	0.038	16		1		0.013	0.042	
20:5 n-3.....g	0.020	0.008	8		1		0.001	0.004	
22:5 n-3.....g	0.040	0.012	9		1		0.002	0.008	
22:6 n-3.....g	0.080	0.024	9		1		0.005	0.016	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		5	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.205		0		1		0.012	0.041	
Threonine.....g	0.741		0		1		0.044	0.148	
Isoleucine.....g	0.926		0		1		0.056	0.185	
Leucine.....g	1.316		0		1		0.079	0.263	
Lysine.....g	1.491		0		1		0.089	0.298	
Methionine.....g	0.486		0		1		0.029	0.097	
Cystine.....g	0.225		0		1		0.014	0.045	
Phenylalanine.....g	0.696		0		1		0.042	0.139	
Tyrosine.....g	0.592		0		1		0.036	0.118	
Valine.....g	0.870		0		1		0.052	0.174	
Arginine.....g	1.058		0		1		0.063	0.212	
Histidine.....g	0.545		0		1		0.033	0.109	
Alanine.....g	0.957		0		1		0.057	0.191	
Aspartic acid.....g	1.563		0		1		0.094	0.313	
Glutamic acid.....g	2.627		0		1		0.158	0.525	
Glycine.....g	0.862		0		1		0.052	0.172	
Proline.....g	0.721		0		1		0.043	0.144	
Serine.....g	0.604		0		1		0.036	0.121	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 20g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.91	1.156	34		1		3.70	9.25	15.03
Energy	kcal	629		0	NC	4		81	201	327
Energy	kj	2632				4		337	842	1369
Protein (N x 6.25)	g	3.73	0.257	40		1		0.48	1.19	1.94
Total lipid (fat)	g	67.95	1.240	40		1		8.70	21.74	35.33
Ash	g	0.28	0.019	24		1		0.04	0.09	0.15
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.518	24		1		1	2	4
Iron, Fe	mg	0.70	0.025	24		1		0.09	0.22	0.36
Magnesium, Mg	mg	6	0.374	24		1		1	2	3
Phosphorus, P	mg	54	1.517	24		1		7	17	28
Potassium, K	mg	64	2.899	24		1		8	20	33
Sodium, Na	mg	32	1.049	24		1		4	10	17
Zinc, Zn	mg	0.45	0.025	24		1		0.06	0.14	0.23
Copper, Cu	mg	0.029	0.002	24		1		0.004	0.009	0.015
Manganese, Mn	mg	0.014	0.001	24		1		0.002	0.004	0.007
Selenium, Se	mcg	9.7		2	A	1		1.2	3.1	5.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.021	0.002	16		1		0.003	0.007	0.011
Riboflavin	mg	0.059	0.002	16		1		0.008	0.019	0.031
Niacin	mg	2.041	0.147	16		1		0.261	0.653	1.061
Pantothenic acid	mg	0.190		0		1		0.024	0.061	0.099
Vitamin B-6	mg	0.020		0		1		0.003	0.006	0.010
Folate, total	mcg	1		0		1		0	0	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	1		0		1		0	0	1
Folate, DFE	mcg_DFE	1		0	NC	4		0	0	1
Vitamin B-12	mcg	0.07		0		1		0.01	0.02	0.04
Vitamin A, IU	IU	509		0	NC	4		65	163	265
Vitamin A, RAE	mcg_RAE	153		0	NC	4		20	49	80
Retinol	mcg	125		0	O	4		16	40	65
Vitamin E (alpha-tocopherol)	mg	2.73		0	NR	4		0.35	0.87	1.42
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		0.3	0.8	1.2
Lipids:										
Fatty acids, total saturated	g	20.250		0		1		2.592	6.480	10.530
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.040	0.011	14		1		0.005	0.013	0.021
13:0	g									
14:0	g	0.600	0.034	62		1		0.077	0.192	0.312
15:0	g									
16:0	g	14.650	0.330	70		1		1.875	4.688	7.618
17:0	g									
18:0	g	4.080	0.139	70		1		0.522	1.306	2.122
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	30.300		0		1		3.878	9.696	15.756
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.860	0.138	70		1		0.494	1.235	2.007
17:1.....g									
18:1 undifferentiated.....g	25.290	0.488	70		1		3.237	8.093	13.151
20:1.....g	0.730	0.210	12		1		0.093	0.234	0.380
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.200		0		1		1.818	4.544	7.384
18:2 undifferentiated.....g	13.260	0.459	70		1		1.697	4.243	6.895
18:3 undifferentiated.....g	0.700	0.053	56		1		0.090	0.224	0.364
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040	0.026	5		1		0.005	0.013	0.021
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2		1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.748		0	BFFN	4		0.096	0.239	0.389
Cholesterol.....mg	58	3.019	8		1		7	19	30
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.004	0.010	0.016
Threonine.....g	0.133		0		1		0.017	0.043	0.069
Isoleucine.....g	0.120		0		1		0.015	0.038	0.062
Leucine.....g	0.219		0		1		0.028	0.070	0.114
Lysine.....g	0.223		0		1		0.029	0.071	0.116
Methionine.....g	0.075		0		1		0.010	0.024	0.039
Cystine.....g	0.062		0		1		0.008	0.020	0.032
Phenylalanine.....g	0.126		0		1		0.016	0.040	0.066
Tyrosine.....g	0.085		0		1		0.011	0.027	0.044
Valine.....g	0.157		0		1		0.020	0.050	0.082
Arginine.....g	0.288		0		1		0.037	0.092	0.150
Histidine.....g	0.072		0		1		0.009	0.023	0.037
Alanine.....g	0.303		0		1		0.039	0.097	0.158
Aspartic acid.....g	0.334		0		1		0.043	0.107	0.174
Glutamic acid.....g	0.464		0		1		0.059	0.148	0.241
Glycine.....g	0.595		0		1		0.076	0.190	0.309
Proline.....g	0.348		0		1		0.045	0.111	0.181
Serine.....g	0.152		0		1		0.019	0.049	0.079
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	55		0	NR	4		7.040	17.600	28.600
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 32g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 52g: .5 chicken, separable fat

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	36.11		0		1		41.17	68.61	
Energy	kcal	394		0	NC	4		449	749	
Energy	kj	1648				4		1879	3132	
Protein (N x 6.25)	g	10.32		0		1		11.76	19.61	
Total lipid (fat)	g	28.83		0		1		32.87	54.78	
Ash	g	1.59		0		1		1.81	3.02	
Carbohydrate, by difference	g	23.15		0	NC	4		26.39	43.99	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		30	49	
Iron, Fe	mg	1.43		0		1		1.63	2.72	
Magnesium, Mg	mg	12		0		1		14	23	
Phosphorus, P	mg	80		0		1		91	152	
Potassium, K	mg	75		0		1		86	143	
Sodium, Na	mg	581		0		1		662	1104	
Zinc, Zn	mg	0.72		0		1		0.82	1.37	
Copper, Cu	mg	0.071		0		1		0.081	0.135	
Manganese, Mn	mg	0.108		0		1		0.123	0.205	
Selenium, Se	mcg	53.9		0	PIE	4		61.4	102.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.174		0		1		0.198	0.331	
Riboflavin	mg	0.178		0		1		0.203	0.338	
Niacin	mg	3.342		0		1		3.810	6.350	
Pantothenic acid	mg	0.453		0		1		0.516	0.861	
Vitamin B-6	mg	0.060		0		1		0.068	0.114	
Folate, total	mcg	40		0	RA	4		46	76	
Folic acid	mcg	31		0	NC	4		35	59	
Folate, food	mcg	9		0		1		10	17	
Folate, DFE	mcg_DFE	62		0	NC	4		70	117	
Vitamin B-12	mcg	0.17		0		1		0.19	0.32	
Vitamin A, IU	IU	138		0		1		157	262	
Vitamin A, RAE	mcg_RAE	41		0		1		47	79	
Retinol	mcg	41		0		1		47	79	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.610		0		1		8.675	14.459	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.011	0.019	
13:0	g									
14:0	g	0.160		0		1		0.182	0.304	
15:0	g									
16:0	g	5.050		0		1		5.757	9.595	
17:0	g									
18:0	g	2.300		0		1		2.622	4.370	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.350		0		1		14.079	23.465	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.760		0		1		0.866	1.444	
17:1.....g									
18:1 undifferentiated.....g	11.380		0		1		12.973	21.622	
20:1.....g	0.160		0		1		0.182	0.304	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.830		0		1		7.786	12.977	
18:2 undifferentiated.....g	6.340		0		1		7.228	12.046	
18:3 undifferentiated.....g	0.350		0		1		0.399	0.665	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.046	0.076	
20:5 n-3.....g	0.010		0		1		0.011	0.019	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.010		0		1		0.011	0.019	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		84	141	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.121	0.201	
Threonine.....g	0.363		0		1		0.414	0.690	
Isoleucine.....g	0.386		0		1		0.440	0.733	
Leucine.....g	0.681		0		1		0.776	1.294	
Lysine.....g	0.509		0		1		0.580	0.967	
Methionine.....g	0.205		0		1		0.234	0.390	
Cystine.....g	0.188		0		1		0.214	0.357	
Phenylalanine.....g	0.422		0		1		0.481	0.802	
Tyrosine.....g	0.277		0		1		0.316	0.526	
Valine.....g	0.467		0		1		0.532	0.887	
Arginine.....g	0.668		0		1		0.762	1.269	
Histidine.....g	0.211		0		1		0.241	0.401	
Alanine.....g	0.661		0		1		0.754	1.256	
Aspartic acid.....g	0.776		0		1		0.885	1.474	
Glutamic acid.....g	2.109		0		1		2.404	4.007	
Glycine.....g	1.170		0		1		1.334	2.223	
Proline.....g	1.039		0		1		1.184	1.974	
Serine.....g	0.493		0		1		0.562	0.937	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 114g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 190g: .5 chicken, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	28.54		0		1		9.42	15.98	
Energy	kcal	502		0	NC	4		166	281	
Energy	kj	2100				4		693	1176	
Protein (N x 6.25)	g	19.09		0		1		6.30	10.69	
Total lipid (fat)	g	42.58		0		1		14.05	23.84	
Ash	g	0.45		0		1		0.15	0.25	
Carbohydrate, by difference	g	9.34		0	NC	4		3.08	5.23	
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		5	8	
Iron, Fe	mg	1.52		0		1		0.50	0.85	
Magnesium, Mg	mg	17		0		1		6	10	
Phosphorus, P	mg	126		0		1		42	71	
Potassium, K	mg	125		0		1		41	70	
Sodium, Na	mg	53		0		1		17	30	
Zinc, Zn	mg	1.15		0		1		0.38	0.64	
Copper, Cu	mg	0.079		0		1		0.026	0.044	
Manganese, Mn	mg	0.060		0		1		0.020	0.034	
Selenium, Se	mcg	62.9		0	PIE	4		20.8	35.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.097		0		1		0.032	0.054	
Riboflavin	mg	0.165		0		1		0.054	0.092	
Niacin	mg	5.818		0		1		1.920	3.258	
Pantothenic acid	mg	0.674		0		1		0.222	0.377	
Vitamin B-6	mg	0.100		0		1		0.033	0.056	
Folate, total	mcg	33		0	RA	4		11	18	
Folic acid	mcg	29		0	NC	4		10	16	
Folate, food	mcg	4		0		1		1	2	
Folate, DFE	mcg_DFE	53		0	NC	4		18	30	
Vitamin B-12	mcg	0.18		0		1		0.06	0.10	
Vitamin A, IU	IU	232		0		1		77	130	
Vitamin A, RAE	mcg_RAE	70		0		1		23	39	
Retinol	mcg	70		0		1		23	39	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.670		0		1		3.851	6.535	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.010	0.017	
13:0	g									
14:0	g	0.310		0		1		0.102	0.174	
15:0	g									
16:0	g	8.490		0		1		2.802	4.754	
17:0	g									
18:0	g	2.600		0		1		0.858	1.456	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.010		0		1		5.943	10.086	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.990		0		1		0.657	1.114	
17:1.....g									
18:1 undifferentiated.....g	15.450		0		1		5.099	8.652	
20:1.....g	0.430		0		1		0.142	0.241	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.440		0		1		3.115	5.286	
18:2 undifferentiated.....g	8.680		0		1		2.864	4.861	
18:3 undifferentiated.....g	0.410		0		1		0.135	0.230	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.030	0.050	
20:5 n-3.....g	0.020		0		1		0.007	0.011	
22:5 n-3.....g	0.010		0		1		0.003	0.006	
22:6 n-3.....g	0.030		0		1		0.010	0.017	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		24	41	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.160		0		1		0.053	0.090	
Threonine.....g	0.674		0		1		0.222	0.377	
Isoleucine.....g	0.629		0		1		0.208	0.352	
Leucine.....g	1.144		0		1		0.378	0.641	
Lysine.....g	1.093		0		1		0.361	0.612	
Methionine.....g	0.380		0		1		0.125	0.213	
Cystine.....g	0.325		0		1		0.107	0.182	
Phenylalanine.....g	0.672		0		1		0.222	0.376	
Tyrosine.....g	0.445		0		1		0.147	0.249	
Valine.....g	0.811		0		1		0.268	0.454	
Arginine.....g	1.425		0		1		0.470	0.798	
Histidine.....g	0.370		0		1		0.122	0.207	
Alanine.....g	1.488		0		1		0.491	0.833	
Aspartic acid.....g	1.650		0		1		0.545	0.924	
Glutamic acid.....g	2.705		0		1		0.893	1.515	
Glycine.....g	2.888		0		1		0.953	1.617	
Proline.....g	1.822		0		1		0.601	1.020	
Serine.....g	0.797		0		1		0.263	0.446	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 56g: .5 chicken, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	40.29	1.705	16		1		13.70	22.56	
Energy	kcal	454		0	NC	4		154	254	
Energy	kj	1900				4		646	1064	
Protein (N x 6.25)	g	20.36	0.685	16		1		6.92	11.40	
Total lipid (fat)	g	40.68	1.350	16		1		13.83	22.78	
Ash	g	0.50	0.028	16		1		0.17	0.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.835	16		1		5	8	
Iron, Fe	mg	1.51	0.099	16		1		0.51	0.85	
Magnesium, Mg	mg	15	0.367	16		1		5	8	
Phosphorus, P	mg	125	2.963	16		1		43	70	
Potassium, K	mg	136	7.927	16		1		46	76	
Sodium, Na	mg	65	2.108	16		1		22	36	
Zinc, Zn	mg	1.23	0.067	16		1		0.42	0.69	
Copper, Cu	mg	0.064	0.006	16		1		0.022	0.036	
Manganese, Mn	mg	0.022	0.001	16		1		0.007	0.012	
Selenium, Se	mcg	137.0		0	BFYN	4		46.6	76.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.036	0.002	8		1		0.012	0.020	
Riboflavin	mg	0.127	0.013	8		1		0.043	0.071	
Niacin	mg	5.581	0.371	8		1		1.898	3.125	
Pantothenic acid	mg	0.710		0		1		0.241	0.398	
Vitamin B-6	mg	0.100		0		1		0.034	0.056	
Folate, total	mcg	2		0		1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		1	1	
Folate, DFE	mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12	mcg	0.20		0		1		0.07	0.11	
Vitamin A, IU	IU	262		0		1		89	147	
Vitamin A, RAE	mcg_RAE	79		0		1		27	44	
Retinol	mcg	78		0	NR	4		27	44	
Vitamin E (alpha-tocopherol)	mg	0.40		0	NR	4		0.14	0.22	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		0.8	1.3	
Lipids:										
Fatty acids, total saturated	g	11.420		0		1		3.883	6.395	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.040		0		1		0.014	0.022	
13:0	g									
14:0	g	0.330		0		1		0.112	0.185	
15:0	g									
16:0	g	8.740		0		1		2.972	4.894	
17:0	g									
18:0	g	2.020		0		1		0.687	1.131	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.030		0		1		5.790	9.537	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.400		0		1		0.816	1.344	
17:1.....g									
18:1 undifferentiated.....g	13.920		0		1		4.733	7.795	
20:1.....g	0.530		0		1		0.180	0.297	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.570		0		1		2.914	4.799	
18:2 undifferentiated.....g	7.830		0		1		2.662	4.385	
18:3 undifferentiated.....g	0.330		0		1		0.112	0.185	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.037	0.062	
20:5 n-3.....g	0.020		0		1		0.007	0.011	
22:5 n-3.....g	0.010		0		1		0.003	0.006	
22:6 n-3.....g	0.040		0		1		0.014	0.022	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0		1		28	46	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		1		0.055	0.091	
Threonine.....g	0.727		0		1		0.247	0.407	
Isoleucine.....g	0.655		0		1		0.223	0.367	
Leucine.....g	1.196		0		1		0.407	0.670	
Lysine.....g	1.215		0		1		0.413	0.680	
Methionine.....g	0.407		0		1		0.138	0.228	
Cystine.....g	0.339		0		1		0.115	0.190	
Phenylalanine.....g	0.687		0		1		0.234	0.385	
Tyrosine.....g	0.463		0		1		0.157	0.259	
Valine.....g	0.857		0		1		0.291	0.480	
Arginine.....g	1.570		0		1		0.534	0.879	
Histidine.....g	0.391		0		1		0.133	0.219	
Alanine.....g	1.652		0		1		0.562	0.925	
Aspartic acid.....g	1.821		0		1		0.619	1.020	
Glutamic acid.....g	2.531		0		1		0.861	1.417	
Glycine.....g	3.248		0		1		1.104	1.819	
Proline.....g	1.899		0		1		0.646	1.063	
Serine.....g	0.828		0		1		0.282	0.464	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 56g: .5 chicken, skin only

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.27	1.488	18		1		23.44	38.35	
Energy	kcal	363		0	NC	4		160	261	
Energy	kj	1519				4		668	1094	
Protein (N x 6.25)	g	15.22	0.415	18		1		6.70	10.96	
Total lipid (fat)	g	33.04	0.938	17		1		14.54	23.79	
Ash	g	0.43	0.020	16		1		0.19	0.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.183	16		1		5	9	
Iron, Fe	mg	1.13	0.045	16		1		0.50	0.81	
Magnesium, Mg	mg	13	0.225	16		1		6	9	
Phosphorus, P	mg	99	2.383	16		1		44	71	
Potassium, K	mg	117	6.743	16		1		51	84	
Sodium, Na	mg	56	1.624	16		1		25	40	
Zinc, Zn	mg	0.96	0.025	16		1		0.42	0.69	
Copper, Cu	mg	0.046	0.003	16		1		0.020	0.033	
Manganese, Mn	mg	0.018	0.001	16		1		0.008	0.013	
Selenium, Se	mcg	112.1		0	BFYN	4		49.3	80.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.034	0.005	8		1		0.015	0.024	
Riboflavin	mg	0.094	0.005	8		1		0.041	0.068	
Niacin	mg	3.756	0.235	8		1		1.653	2.704	
Pantothenic acid	mg	0.391		0		1		0.172	0.282	
Vitamin B-6	mg	0.050		0		1		0.022	0.036	
Folate, total	mcg	2		0		1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		1	1	
Folate, DFE	mcg_DFE	2		0	NC	4		1	1	
Vitamin B-12	mcg	0.11		0		1		0.05	0.08	
Vitamin A, IU	IU	198		0		1		87	143	
Vitamin A, RAE	mcg_RAE	59		0		1		26	43	
Retinol	mcg	59		0		1		26	43	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.280		0		1		4.083	6.682	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.013	0.022	
13:0	g									
14:0	g	0.270		0		1		0.119	0.194	
15:0	g									
16:0	g	7.100		0		1		3.124	5.112	
17:0	g									
18:0	g	1.640		0		1		0.722	1.181	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.830		0		1		6.085	9.958	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.950		0		1		0.858	1.404	
17:1.....g									
18:1 undifferentiated.....g	11.310		0		1		4.976	8.143	
20:1.....g	0.430		0		1		0.189	0.310	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.960		0		1		3.062	5.011	
18:2 undifferentiated.....g	6.360		0		1		2.798	4.579	
18:3 undifferentiated.....g	0.270		0		1		0.119	0.194	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.040	0.065	
20:5 n-3.....g	0.020		0		1		0.009	0.014	
22:5 n-3.....g	0.010		0		1		0.004	0.007	
22:6 n-3.....g	0.030		0		1		0.013	0.022	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		28	45	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		1		0.054	0.088	
Threonine.....g	0.543		0		1		0.239	0.391	
Isoleucine.....g	0.489		0		1		0.215	0.352	
Leucine.....g	0.894		0		1		0.393	0.644	
Lysine.....g	0.908		0		1		0.400	0.654	
Methionine.....g	0.304		0		1		0.134	0.219	
Cystine.....g	0.253		0		1		0.111	0.182	
Phenylalanine.....g	0.514		0		1		0.226	0.370	
Tyrosine.....g	0.346		0		1		0.152	0.249	
Valine.....g	0.640		0		1		0.282	0.461	
Arginine.....g	1.174		0		1		0.517	0.845	
Histidine.....g	0.292		0		1		0.128	0.210	
Alanine.....g	1.235		0		1		0.543	0.889	
Aspartic acid.....g	1.361		0		1		0.599	0.980	
Glutamic acid.....g	1.892		0		1		0.832	1.362	
Glycine.....g	2.428		0		1		1.068	1.748	
Proline.....g	1.420		0		1		0.625	1.022	
Serine.....g	0.618		0		1		0.272	0.445	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 44g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 72g: .5 chicken, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.22	0.847	30		1		25.48	42.83	
Energy	kcal	349		0	NC	4		164	276	
Energy	kj	1460				4		686	1154	
Protein (N x 6.25)	g	13.33	0.316	31		1		6.27	10.53	
Total lipid (fat)	g	32.35	0.692	35		1		15.20	25.56	
Ash	g	0.41	0.016	25		1		0.19	0.32	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.267	24		1		5	9	
Iron, Fe	mg	1.08	0.035	24		1		0.51	0.85	
Magnesium, Mg	mg	13	0.551	24		1		6	10	
Phosphorus, P	mg	100	3.096	24		1		47	79	
Potassium, K	mg	103	4.755	24		1		48	81	
Sodium, Na	mg	63	1.668	24		1		30	50	
Zinc, Zn	mg	0.93	0.046	24		1		0.44	0.73	
Copper, Cu	mg	0.041	0.004	24		1		0.019	0.032	
Manganese, Mn	mg	0.019	0.001	24		1		0.009	0.015	
Selenium, Se	mcg	12.3	2.403	3	A	1		5.8	9.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.033	0.003	16		1		0.016	0.026	
Riboflavin	mg	0.069	0.003	16		1		0.032	0.055	
Niacin	mg	3.987	0.255	16		1		1.874	3.150	
Pantothenic acid	mg	0.692		1		1		0.325	0.547	
Vitamin B-6	mg	0.090		1		1		0.042	0.071	
Folate, total	mcg	3		0		1		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		1	2	
Folate, DFE	mcg_DFE	3		0	NC	4		1	2	
Vitamin B-12	mcg	0.23		0		1		0.11	0.18	
Vitamin A, IU	IU	262	59.432	18		1		123	207	
Vitamin A, RAE	mcg_RAE	76		0	NC	4		36	60	
Retinol	mcg	76		0	NR	4		36	60	
Vitamin E (alpha-tocopherol)	mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFYN	4		1.4	2.3	
Lipids:										
Fatty acids, total saturated	g	9.080		0		1		4.268	7.173	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030	0.014	15		1		0.014	0.024	
13:0	g									
14:0	g	0.270	0.046	17		1		0.127	0.213	
15:0	g									
16:0	g	6.950	0.239	33		1		3.267	5.491	
17:0	g									
18:0	g	1.600	0.092	33		1		0.752	1.264	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.540		0		1		6.364	10.697	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.910	0.111	33		1		0.898	1.509	
17:1.....g									
18:1 undifferentiated.....g	11.070	0.304	33		1		5.203	8.745	
20:1.....g	0.420	0.119	8		1		0.197	0.332	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.810		0		1		3.201	5.380	
18:2 undifferentiated.....g	6.220	0.234	33		1		2.923	4.914	
18:3 undifferentiated.....g	0.260	0.034	27		1		0.122	0.205	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.026	10		1		0.042	0.071	
20:5 n-3.....g	0.020	0.010	6		1		0.009	0.016	
22:5 n-3.....g	0.010	0.010	3		1		0.005	0.008	
22:6 n-3.....g	0.030	0.029	3		1		0.014	0.024	
Fatty acids, total trans.....g	0.349		0	BFFN	4		0.164	0.276	
Cholesterol.....mg	109	3.532	8		1		51	86	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.050	0.085	
Threonine.....g	0.476		0		1		0.224	0.376	
Isoleucine.....g	0.429		0		1		0.202	0.339	
Leucine.....g	0.783		0		1		0.368	0.619	
Lysine.....g	0.796		0		1		0.374	0.629	
Methionine.....g	0.267		0		1		0.125	0.211	
Cystine.....g	0.222		0		1		0.104	0.175	
Phenylalanine.....g	0.450		0		1		0.212	0.356	
Tyrosine.....g	0.303		0		1		0.142	0.239	
Valine.....g	0.561		0		1		0.264	0.443	
Arginine.....g	1.028		0		1		0.483	0.812	
Histidine.....g	0.256		0		1		0.120	0.202	
Alanine.....g	1.081		0		1		0.508	0.854	
Aspartic acid.....g	1.192		0		1		0.560	0.942	
Glutamic acid.....g	1.657		0		1		0.779	1.309	
Glycine.....g	2.127		0		1		1.000	1.680	
Proline.....g	1.244		0		1		0.585	0.983	
Serine.....g	0.542		0		1		0.255	0.428	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	6		0	NR	4		2.820	4.740	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 47g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 79g: .5 chicken, skin only

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.50		0		1		26.78	44.29	
Energy	kcal	277		0	NC	4		144	238	
Energy	kj	1159				4		603	997	
Protein (N x 6.25)	g	21.61		0		1		11.24	18.58	
Total lipid (fat)	g	16.53		0		1		8.60	14.22	
Ash	g	1.27		0		1		0.66	1.09	
Carbohydrate, by difference	g	9.08		0	NC	4		4.72	7.81	
Fiber, total dietary	g	0.3		0		4		0.2	0.3	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		9	15	
Iron, Fe	mg	1.45		0		1		0.75	1.25	
Magnesium, Mg	mg	21		0		1		11	18	
Phosphorus, P	mg	155		0		1		81	133	
Potassium, K	mg	192		0		1		100	165	
Sodium, Na	mg	288		0		1		150	248	
Zinc, Zn	mg	2.04		0		1		1.06	1.75	
Copper, Cu	mg	0.082		0		1		0.043	0.071	
Manganese, Mn	mg	0.057		0		1		0.030	0.049	
Selenium, Se	mcg	23.2		0	PIE	4		12.1	20.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.119		0		1		0.062	0.102	
Riboflavin	mg	0.227		0		1		0.118	0.195	
Niacin	mg	5.715		0		1		2.972	4.915	
Pantothenic acid	mg	0.982		0		1		0.511	0.845	
Vitamin B-6	mg	0.260		0		1		0.135	0.224	
Folate, total	mcg	19		0	RA	4		10	16	
Folic acid	mcg	10		0	NC	4		5	9	
Folate, food	mcg	9		0		1		5	8	
Folate, DFE	mcg_DFE	26		0	NC	4		14	22	
Vitamin B-12	mcg	0.28		0		1		0.15	0.24	
Vitamin A, IU	IU	95		0		1		49	82	
Vitamin A, RAE	mcg_RAE	29		0		1		15	25	
Retinol	mcg	29		0		1		15	25	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.410		0		1		2.293	3.793	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.010	0.017	
13:0	g									
14:0	g	0.100		0		1		0.052	0.086	
15:0	g									
16:0	g	2.960		0		1		1.539	2.546	
17:0	g									
18:0	g	1.240		0		1		0.645	1.066	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05092

Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.700		0		1		3.484	5.762	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560		0		1		0.291	0.482	
17:1.....g									
18:1 undifferentiated.....g	6.010		0		1		3.125	5.169	
20:1.....g	0.090		0		1		0.047	0.077	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.900		0		1		2.028	3.354	
18:2 undifferentiated.....g	3.490		0		1		1.815	3.001	
18:3 undifferentiated.....g	0.190		0		1		0.099	0.163	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.052	0.086	
20:5 n-3.....g	0.010		0		1		0.005	0.009	
22:5 n-3.....g	0.020		0		1		0.010	0.017	
22:6 n-3.....g	0.040		0		1		0.021	0.034	
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		1		48	80	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		0.129	0.213	
Threonine.....g	0.886		0		1		0.461	0.762	
Isoleucine.....g	1.085		0		1		0.564	0.933	
Leucine.....g	1.590		0		1		0.827	1.367	
Lysine.....g	1.699		0		1		0.883	1.461	
Methionine.....g	0.568		0		1		0.295	0.488	
Cystine.....g	0.297		0		1		0.154	0.255	
Phenylalanine.....g	0.864		0		1		0.449	0.743	
Tyrosine.....g	0.705		0		1		0.367	0.606	
Valine.....g	1.056		0		1		0.549	0.908	
Arginine.....g	1.317		0		1		0.685	1.133	
Histidine.....g	0.632		0		1		0.329	0.544	
Alanine.....g	1.210		0		1		0.629	1.041	
Aspartic acid.....g	1.869		0		1		0.972	1.607	
Glutamic acid.....g	3.465		0		1		1.802	2.980	
Glycine.....g	1.288		0		1		0.670	1.108	
Proline.....g	1.114		0		1		0.579	0.958	
Serine.....g	0.796		0		1		0.414	0.685	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 52g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 86g: 1 thigh, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.14		0		1		20.57	33.57	
Energy	kcal	262		0	NC	4		100	162	
Energy	kj	1096				4		417	680	
Protein (N x 6.25)	g	26.75		0		1		10.17	16.59	
Total lipid (fat)	g	14.98		0		1		5.69	9.29	
Ash	g	0.94		0		1		0.36	0.58	
Carbohydrate, by difference	g	3.18		0	NC	4		1.21	1.97	
Fiber, total dietary	g	0.1		0		4		0.0	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		5	9	
Iron, Fe	mg	1.49		0		1		0.57	0.92	
Magnesium, Mg	mg	25		0		1		10	16	
Phosphorus, P	mg	187		0		1		71	116	
Potassium, K	mg	237		0		1		90	147	
Sodium, Na	mg	88		0		1		33	55	
Zinc, Zn	mg	2.52		0		1		0.96	1.56	
Copper, Cu	mg	0.089		0		1		0.034	0.055	
Manganese, Mn	mg	0.036		0		1		0.014	0.022	
Selenium, Se	mcg	19.9		0	PIE	4		7.6	12.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.094		0		1		0.036	0.058	
Riboflavin	mg	0.243		0		1		0.092	0.151	
Niacin	mg	6.946		0		1		2.639	4.307	
Pantothenic acid	mg	1.185		0		1		0.450	0.735	
Vitamin B-6	mg	0.330		0		1		0.125	0.205	
Folate, total	mcg	12		0	RA	4		5	7	
Folic acid	mcg	4		0	NC	4		2	2	
Folate, food	mcg	8		0		1		3	5	
Folate, DFE	mcg_DFE	15		0	NC	4		6	9	
Vitamin B-12	mcg	0.30		0		1		0.11	0.19	
Vitamin A, IU	IU	98		0		1		37	61	
Vitamin A, RAE	mcg_RAE	29		0		1		11	18	
Retinol	mcg	29		0		1		11	18	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.090		0		1		1.554	2.536	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.011	0.019	
13:0	g									
14:0	g	0.110		0		1		0.042	0.068	
15:0	g									
16:0	g	2.900		0		1		1.102	1.798	
17:0	g									
18:0	g	0.940		0		1		0.357	0.583	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05093

Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.870		0		1		2.231	3.639	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0		1		0.274	0.446	
17:1.....g									
18:1 undifferentiated.....g	4.970		0		1		1.889	3.081	
20:1.....g	0.120		0		1		0.046	0.074	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.410		0		1		1.296	2.114	
18:2 undifferentiated.....g	2.970		0		1		1.129	1.841	
18:3 undifferentiated.....g	0.140		0		1		0.053	0.087	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.049	0.081	
20:5 n-3.....g	0.010		0		1		0.004	0.006	
22:5 n-3.....g	0.030		0		1		0.011	0.019	
22:6 n-3.....g	0.050		0		1		0.019	0.031	
Fatty acids, total trans.....g									
Cholesterol.....mg	97		0		1		37	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.302		0		1		0.115	0.187	
Threonine.....g	1.105		0		1		0.420	0.685	
Isoleucine.....g	1.346		0		1		0.511	0.835	
Leucine.....g	1.958		0		1		0.744	1.214	
Lysine.....g	2.169		0		1		0.824	1.345	
Methionine.....g	0.713		0		1		0.271	0.442	
Cystine.....g	0.358		0		1		0.136	0.222	
Phenylalanine.....g	1.051		0		1		0.399	0.652	
Tyrosine.....g	0.869		0		1		0.330	0.539	
Valine.....g	1.303		0		1		0.495	0.808	
Arginine.....g	1.656		0		1		0.629	1.027	
Histidine.....g	0.791		0		1		0.301	0.490	
Alanine.....g	1.531		0		1		0.582	0.949	
Aspartic acid.....g	2.365		0		1		0.899	1.466	
Glutamic acid.....g	4.031		0		1		1.532	2.499	
Glycine.....g	1.643		0		1		0.624	1.019	
Proline.....g	1.295		0		1		0.492	0.803	
Serine.....g	0.949		0		1		0.361	0.588	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 62g: 1 thigh, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.42	0.418	16		1		83.19	21.99	36.84
Energy	kcal	247		0	NC	4		346	91	153
Energy	kj	1033				4		1447	382	641
Protein (N x 6.25)	g	25.06	0.304	16		1		35.08	9.27	15.54
Total lipid (fat)	g	15.49	0.216	16		1		21.69	5.73	9.60
Ash	g	0.88	0.022	16		1		1.23	0.33	0.55
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.678	16		1		17	4	7
Iron, Fe	mg	1.34	0.048	16		1		1.88	0.50	0.83
Magnesium, Mg	mg	22	0.393	16		1		31	8	14
Phosphorus, P	mg	174	4.528	16		1		244	64	108
Potassium, K	mg	222	5.739	16		1		311	82	138
Sodium, Na	mg	84	1.538	16		1		118	31	52
Zinc, Zn	mg	2.36	0.040	16		1		3.30	0.87	1.46
Copper, Cu	mg	0.078	0.002	16		1		0.109	0.029	0.048
Manganese, Mn	mg	0.021	0.001	16		1		0.029	0.008	0.013
Selenium, Se	mcg	19.5		0	BFYN	4		27.3	7.2	12.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.067	0.007	8		1		0.094	0.025	0.042
Riboflavin	mg	0.212	0.008	8		1		0.297	0.078	0.131
Niacin	mg	6.365	0.530	8		1		8.911	2.355	3.946
Pantothenic acid	mg	1.108		0		1		1.551	0.410	0.687
Vitamin B-6	mg	0.310		0		1		0.434	0.115	0.192
Folate, total	mcg	7		0		1		10	3	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		1		10	3	4
Folate, DFE	mcg_DFE	7		0	NC	4		10	3	4
Vitamin B-12	mcg	0.29		0		1		0.41	0.11	0.18
Vitamin A, IU	IU	160		0	NC	4		224	59	99
Vitamin A, RAE	mcg_RAE	48		0	NC	4		67	18	30
Retinol	mcg	48		0	NR	4		67	18	30
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.10	0.16
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.3		0	BFSN	4		6.0	1.6	2.7
Lipids:										
Fatty acids, total saturated	g	4.330		0		1		6.062	1.602	2.685
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.011	0.019
13:0	g									
14:0	g	0.120		0		1		0.168	0.044	0.074
15:0	g									
16:0	g	3.140		0		1		4.396	1.162	1.947
17:0	g									
18:0	g	0.890		0		1		1.246	0.329	0.552
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.150		0		1		8.610	2.276	3.813
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.840		0		1		1.176	0.311	0.521
17:1.....g									
18:1 undifferentiated.....g	5.080		0		1		7.112	1.880	3.150
20:1.....g	0.140		0		1		0.196	0.052	0.087
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.420		0		1		4.788	1.265	2.120
18:2 undifferentiated.....g	2.990		0		1		4.186	1.106	1.854
18:3 undifferentiated.....g	0.140		0		1		0.196	0.052	0.087
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.182	0.048	0.081
20:5 n-3.....g	0.010		0		1		0.014	0.004	0.006
22:5 n-3.....g	0.020		0		1		0.028	0.007	0.012
22:6 n-3.....g	0.050		0		1		0.070	0.019	0.031
Fatty acids, total trans.....g									
Cholesterol.....mg	93		0		1		130	34	58
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.281		0		1		0.393	0.104	0.174
Threonine.....g	1.037		0		1		1.452	0.384	0.643
Isoleucine.....g	1.256		0		1		1.758	0.465	0.779
Leucine.....g	1.827		0		1		2.558	0.676	1.133
Lysine.....g	2.047		0		1		2.866	0.757	1.269
Methionine.....g	0.669		0		1		0.937	0.248	0.415
Cystine.....g	0.333		0		1		0.466	0.123	0.206
Phenylalanine.....g	0.975		0		1		1.365	0.361	0.605
Tyrosine.....g	0.810		0		1		1.134	0.300	0.502
Valine.....g	1.218		0		1		1.705	0.451	0.755
Arginine.....g	1.566		0		1		2.192	0.579	0.971
Histidine.....g	0.739		0		1		1.035	0.273	0.458
Alanine.....g	1.454		0		1		2.036	0.538	0.901
Aspartic acid.....g	2.234		0		1		3.128	0.827	1.385
Glutamic acid.....g	3.670		0		1		5.138	1.358	2.275
Glycine.....g	1.590		0		1		2.226	0.588	0.986
Proline.....g	1.200		0		1		1.680	0.444	0.744
Serine.....g	0.882		0		1		1.235	0.326	0.547
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 37g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 62g: 1 thigh, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.11	0.540	16		1		25.88	42.91	
Energy	kcal	232		0	NC	4		95	158	
Energy	kj	971				4		398	660	
Protein (N x 6.25)	g	23.26	0.244	16		1		9.54	15.82	
Total lipid (fat)	g	14.74	0.213	16		1		6.04	10.02	
Ash	g	0.78	0.031	16		1		0.32	0.53	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.569	16		1		5	7	
Iron, Fe	mg	1.37	0.068	16		1		0.56	0.93	
Magnesium, Mg	mg	19	0.508	16		1		8	13	
Phosphorus, P	mg	139	2.677	16		1		57	95	
Potassium, K	mg	170	6.684	16		1		70	116	
Sodium, Na	mg	71	2.279	16		1		29	48	
Zinc, Zn	mg	2.25	0.050	16		1		0.92	1.53	
Copper, Cu	mg	0.070	0.002	16		1		0.029	0.048	
Manganese, Mn	mg	0.019	0.001	16		1		0.008	0.013	
Selenium, Se	mcg	17.9		0	BFYN	4		7.3	12.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.057	0.006	8		1		0.023	0.039	
Riboflavin	mg	0.191	0.007	8		1		0.078	0.130	
Niacin	mg	4.894	0.229	8		1		2.007	3.328	
Pantothenic acid	mg	0.776		0		1		0.318	0.528	
Vitamin B-6	mg	0.170		0		1		0.070	0.116	
Folate, total	mcg	6		0		1		2	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		2	4	
Folate, DFE	mcg_DFE	6		0	NC	4		2	4	
Vitamin B-12	mcg	0.19		0		1		0.08	0.13	
Vitamin A, IU	IU	147		0	NC	4		60	100	
Vitamin A, RAE	mcg_RAE	44		0	NC	4		18	30	
Retinol	mcg	44		0	NR	4		18	30	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.11	0.18	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		1.6	2.7	
Lipids:										
Fatty acids, total saturated	g	4.110		0		1		1.685	2.795	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030		0		1		0.012	0.020	
13:0	g									
14:0	g	0.120		0		1		0.049	0.082	
15:0	g									
16:0	g	3.000		0		1		1.230	2.040	
17:0	g									
18:0	g	0.840		0		1		0.344	0.571	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.840		0		1		2.394	3.971	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.810		0		1		0.332	0.551	
17:1.....g									
18:1 undifferentiated.....g	4.830		0		1		1.980	3.284	
20:1.....g	0.140		0		1		0.057	0.095	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.250		0		1		1.333	2.210	
18:2 undifferentiated.....g	2.840		0		1		1.164	1.931	
18:3 undifferentiated.....g	0.130		0		1		0.053	0.088	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.049	0.082	
20:5 n-3.....g	0.010		0		1		0.004	0.007	
22:5 n-3.....g	0.020		0		1		0.008	0.014	
22:6 n-3.....g	0.040		0		1		0.016	0.027	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		34	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.260		0		1		0.107	0.177	
Threonine.....g	0.962		0		1		0.394	0.654	
Isoleucine.....g	1.164		0		1		0.477	0.792	
Leucine.....g	1.695		0		1		0.695	1.153	
Lysine.....g	1.898		0		1		0.778	1.291	
Methionine.....g	0.620		0		1		0.254	0.422	
Cystine.....g	0.310		0		1		0.127	0.211	
Phenylalanine.....g	0.905		0		1		0.371	0.615	
Tyrosine.....g	0.751		0		1		0.308	0.511	
Valine.....g	1.130		0		1		0.463	0.768	
Arginine.....g	1.456		0		1		0.597	0.990	
Histidine.....g	0.685		0		1		0.281	0.466	
Alanine.....g	1.352		0		1		0.554	0.919	
Aspartic acid.....g	2.074		0		1		0.850	1.410	
Glutamic acid.....g	3.405		0		1		1.396	2.315	
Glycine.....g	1.487		0		1		0.610	1.011	
Proline.....g	1.119		0		1		0.459	0.761	
Serine.....g	0.820		0		1		0.336	0.558	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 68g: 1 thigh, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.68	0.317	25		1		38.58	63.62	
Energy	kcal	211		0	NC	4		120	198	
Energy	kj	883				4		503	830	
Protein (N x 6.25)	g	17.27	0.127	25		1		9.84	16.23	
Total lipid (fat)	g	15.25	0.221	25		1		8.69	14.34	
Ash	g	0.81	0.027	25		1		0.46	0.76	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.497	24		1		6	9	
Iron, Fe	mg	0.99	0.025	24		1		0.56	0.93	
Magnesium, Mg	mg	20	0.261	24		1		11	19	
Phosphorus, P	mg	145	2.676	24		1		83	136	
Potassium, K	mg	192	5.430	24		1		109	180	
Sodium, Na	mg	76	1.234	24		1		43	71	
Zinc, Zn	mg	1.60	0.028	24		1		0.91	1.50	
Copper, Cu	mg	0.058	0.002	24		1		0.033	0.055	
Manganese, Mn	mg	0.019	0.000	24		1		0.011	0.018	
Selenium, Se	mcg	12.9		0	PAK	1		7.4	12.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		0		1		1.3	2.2	
Thiamin	mg	0.062	0.003	16		1		0.035	0.058	
Riboflavin	mg	0.153	0.004	16		1		0.087	0.144	
Niacin	mg	5.426	0.184	16		1		3.093	5.100	
Pantothenic acid	mg	1.032		0		1		0.588	0.970	
Vitamin B-6	mg	0.260		0		1		0.148	0.244	
Folate, total	mcg	8		0	PAK	1		4	7	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	8		0	PAK	1		4	7	
Folate, DFE	mcg_DFE	8		0	NC	4		4	7	
Vitamin B-12	mcg	0.30		0		1		0.17	0.28	
Vitamin A, IU	IU	149		0	PIK	4		85	140	
Vitamin A, RAE	mcg_RAE	44		0	PIK	4		25	42	
Retinol	mcg	41		0	PIK	4		24	39	
Vitamin E (alpha-tocopherol)	mg	0.28		0	CASN	4		0.16	0.26	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFYN	4		1.6	2.7	
Lipids:										
Fatty acids, total saturated	g	4.386		0	PAK	1		2.500	4.123	
4:0	g	0.000		0	PIK	4		0.000	0.000	
6:0	g	0.000		0	PIK	4		0.000	0.000	
8:0	g	0.000		0	PIK	4		0.000	0.000	
10:0	g	0.000		0	PIK	4		0.000	0.000	
12:0	g	0.024		0	PAK	1		0.014	0.023	
13:0	g									
14:0	g	0.128		0	PAK	1		0.073	0.120	
15:0	g									
16:0	g	3.314		0	PAK	1		1.889	3.115	
17:0	g									
18:0	g	0.920		0	PAK	1		0.525	0.865	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.511		0	PAK	1		3.711	6.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.889		0	PAK	1		0.507	0.835	
17:1.....g									
18:1 undifferentiated.....g	5.462		0	PAK	1		3.113	5.134	
20:1.....g	0.160		0	PAK	1		0.091	0.151	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.381		0	PAK	1		1.927	3.178	
18:2 undifferentiated.....g	3.091		0	PAK	1		1.762	2.906	
18:3 undifferentiated.....g	0.145		0	PAK	1		0.083	0.136	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.084		0	PAK	1		0.048	0.079	
20:5 n-3.....g	0.011		0	PAK	1		0.006	0.010	
22:5 n-3.....g	0.016		0	PAK	1		0.009	0.015	
22:6 n-3.....g	0.034		0	PAK	1		0.019	0.032	
Fatty acids, total trans.....g	0.220		0	PIK	4		0.125	0.207	
Cholesterol.....mg	84		0		1		48	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0		1		0.109	0.180	
Threonine.....g	0.713		0		1		0.406	0.670	
Isoleucine.....g	0.858		0		1		0.489	0.807	
Leucine.....g	1.254		0		1		0.715	1.179	
Lysine.....g	1.402		0		1		0.799	1.318	
Methionine.....g	0.458		0		1		0.261	0.431	
Cystine.....g	0.231		0		1		0.132	0.217	
Phenylalanine.....g	0.670		0		1		0.382	0.630	
Tyrosine.....g	0.554		0		1		0.316	0.521	
Valine.....g	0.837		0		1		0.477	0.787	
Arginine.....g	1.086		0		1		0.619	1.021	
Histidine.....g	0.505		0		1		0.288	0.475	
Alanine.....g	1.012		0		1		0.577	0.951	
Aspartic acid.....g	1.540		0		1		0.878	1.448	
Glutamic acid.....g	2.521		0		1		1.437	2.370	
Glycine.....g	1.137		0		1		0.648	1.069	
Proline.....g	0.847		0		1		0.483	0.796	
Serine.....g	0.594		0	PAK	1		0.338	0.558	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7		0	PIK	4		4.170	6.876	
Carotene, alpha.....mcg	0		0	PIK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PIK	4		0.000	0.000	
Lycopene.....mcg	0		0	PIK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 57g: 1 thigh, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 94g: 1 thigh, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.31		0		1		18.39	30.84	
Energy	kcal	218		0	NC	4		68	113	
Energy	kj	912				4		283	474	
Protein (N x 6.25)	g	28.18		0		1		8.74	14.65	
Total lipid (fat)	g	10.30		0		1		3.19	5.36	
Ash	g	1.04		0		1		0.32	0.54	
Carbohydrate, by difference	g	1.18		0	NC	4		0.37	0.61	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		4	7	
Iron, Fe	mg	1.46		0		1		0.45	0.76	
Magnesium, Mg	mg	26		0		1		8	14	
Phosphorus, P	mg	199		0		1		62	103	
Potassium, K	mg	259		0		1		80	135	
Sodium, Na	mg	95		0		1		29	49	
Zinc, Zn	mg	2.79		0		1		0.86	1.45	
Copper, Cu	mg	0.090		0		1		0.028	0.047	
Manganese, Mn	mg	0.027		0		1		0.008	0.014	
Selenium, Se	mcg	20.5		0	BFYN	4		6.4	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.088		0		1		0.027	0.046	
Riboflavin	mg	0.255		0		1		0.079	0.133	
Niacin	mg	7.120		0		1		2.207	3.702	
Pantothenic acid	mg	1.285		0		1		0.398	0.668	
Vitamin B-6	mg	0.380		0		1		0.118	0.198	
Folate, total	mcg	9		0		1		3	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		3	5	
Folate, DFE	mcg_DFE	9		0	NC	4		3	5	
Vitamin B-12	mcg	0.33		0		1		0.10	0.17	
Vitamin A, IU	IU	70		0		1		22	36	
Vitamin A, RAE	mcg_RAE	21		0		1		7	11	
Retinol	mcg	21		0		1		7	11	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.780		0		1		0.862	1.446	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.009	0.016	
13:0	g									
14:0	g	0.070		0		1		0.022	0.036	
15:0	g									
16:0	g	1.900		0		1		0.589	0.988	
17:0	g									
18:0	g	0.700		0		1		0.217	0.364	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.820		0		1		1.184	1.986	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.143	0.239	
17:1.....g									
18:1 undifferentiated.....g	3.260		0		1		1.011	1.695	
20:1.....g	0.050		0		1		0.016	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.430		0		1		0.753	1.264	
18:2 undifferentiated.....g	2.040		0		1		0.632	1.061	
18:3 undifferentiated.....g	0.100		0		1		0.031	0.052	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.043	0.073	
20:5 n-3.....g	0.010		0		1		0.003	0.005	
22:5 n-3.....g	0.030		0		1		0.009	0.016	
22:6 n-3.....g	0.050		0		1		0.016	0.026	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		32	53	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.329		0		1		0.102	0.171	
Threonine.....g	1.188		0		1		0.368	0.618	
Isoleucine.....g	1.486		0		1		0.461	0.773	
Leucine.....g	2.115		0		1		0.656	1.100	
Lysine.....g	2.384		0		1		0.739	1.240	
Methionine.....g	0.778		0		1		0.241	0.405	
Cystine.....g	0.362		0		1		0.112	0.188	
Phenylalanine.....g	1.121		0		1		0.348	0.583	
Tyrosine.....g	0.951		0		1		0.295	0.495	
Valine.....g	1.397		0		1		0.433	0.726	
Arginine.....g	1.697		0		1		0.526	0.882	
Histidine.....g	0.874		0		1		0.271	0.454	
Alanine.....g	1.534		0		1		0.476	0.798	
Aspartic acid.....g	2.504		0		1		0.776	1.302	
Glutamic acid.....g	4.257		0		1		1.320	2.214	
Glycine.....g	1.382		0		1		0.428	0.719	
Proline.....g	1.172		0		1		0.363	0.609	
Serine.....g	0.973		0		1		0.302	0.506	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 52g: 1 thigh, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.87	0.409	16		1		88.02	19.49	32.69
Energy	kcal	209		0	NC	4		293	65	109
Energy	kj	874				4		1224	271	455
Protein (N x 6.25)	g	25.94	0.322	16		1		36.32	8.04	13.49
Total lipid (fat)	g	10.88	0.212	16		1		15.23	3.37	5.66
Ash	g	0.95	0.027	16		1		1.33	0.29	0.49
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.806	16		1		17	4	6
Iron, Fe	mg	1.31	0.051	16		1		1.83	0.41	0.68
Magnesium, Mg	mg	24	0.457	16		1		34	7	12
Phosphorus, P	mg	183	5.027	16		1		256	57	95
Potassium, K	mg	238	6.026	16		1		333	74	124
Sodium, Na	mg	88	1.736	16		1		123	27	46
Zinc, Zn	mg	2.57	0.039	16		1		3.60	0.80	1.34
Copper, Cu	mg	0.081	0.002	16		1		0.113	0.025	0.042
Manganese, Mn	mg	0.021	0.001	16		1		0.029	0.007	0.011
Selenium, Se	mcg	29.0	2.466	19	A	1		40.6	9.0	15.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.074	0.007	8		1		0.104	0.023	0.038
Riboflavin	mg	0.231	0.010	8		1		0.323	0.072	0.120
Niacin	mg	6.525	0.580	8		1		9.135	2.023	3.393
Pantothenic acid	mg	1.184		0		1		1.658	0.367	0.616
Vitamin B-6	mg	0.350		0		1		0.490	0.109	0.182
Folate, total	mcg	8		0		1		11	2	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		1		11	2	4
Folate, DFE	mcg_DFE	8		0	NC	4		11	2	4
Vitamin B-12	mcg	0.31		0		1		0.43	0.10	0.16
Vitamin A, IU	IU	67		0	NC	4		93	21	35
Vitamin A, RAE	mcg_RAE	20		0	NC	4		28	6	10
Retinol	mcg	20		0	NR	4		28	6	10
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.08	0.14
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		5.5	1.2	2.0
Lipids:										
Fatty acids, total saturated	g	3.030		0		1		4.242	0.939	1.576
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.009	0.016
13:0	g									
14:0	g	0.080		0		1		0.112	0.025	0.042
15:0	g									
16:0	g	2.120		0		1		2.968	0.657	1.102
17:0	g									
18:0	g	0.690		0		1		0.966	0.214	0.359
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.150		0		1		5.810	1.287	2.158
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.560		0		1		0.784	0.174	0.291
17:1.....g									
18:1 undifferentiated.....g	3.460		0		1		4.844	1.073	1.799
20:1.....g	0.070		0		1		0.098	0.022	0.036
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.480		0		1		3.472	0.769	1.290
18:2 undifferentiated.....g	2.100		0		1		2.940	0.651	1.092
18:3 undifferentiated.....g	0.100		0		1		0.140	0.031	0.052
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.182	0.040	0.068
20:5 n-3.....g	0.010		0		1		0.014	0.003	0.005
22:5 n-3.....g	0.030		0		1		0.042	0.009	0.016
22:6 n-3.....g	0.050		0		1		0.070	0.016	0.026
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		1		133	29	49
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.303		0		1		0.424	0.094	0.158
Threonine.....g	1.096		0		1		1.534	0.340	0.570
Isoleucine.....g	1.370		0		1		1.918	0.425	0.712
Leucine.....g	1.947		0		1		2.726	0.604	1.012
Lysine.....g	2.204		0		1		3.086	0.683	1.146
Methionine.....g	0.718		0		1		1.005	0.223	0.373
Cystine.....g	0.332		0		1		0.465	0.103	0.173
Phenylalanine.....g	1.029		0		1		1.441	0.319	0.535
Tyrosine.....g	0.876		0		1		1.226	0.272	0.456
Valine.....g	1.287		0		1		1.802	0.399	0.669
Arginine.....g	1.565		0		1		2.191	0.485	0.814
Histidine.....g	0.805		0		1		1.127	0.250	0.419
Alanine.....g	1.415		0		1		1.981	0.439	0.736
Aspartic acid.....g	2.312		0		1		3.237	0.717	1.202
Glutamic acid.....g	3.885		0		1		5.439	1.204	2.020
Glycine.....g	1.274		0		1		1.784	0.395	0.662
Proline.....g	1.067		0		1		1.494	0.331	0.555
Serine.....g	0.892		0		1		1.249	0.277	0.464
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 31g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 52g: 1 thigh, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.59	0.334	18		1		91.83	21.64	36.07
Energy	kcal	195		0	NC	4		273	64	107
Energy	kj	816				4		1142	269	449
Protein (N x 6.25)	g	25.00	0.284	18		1		35.00	8.25	13.75
Total lipid (fat)	g	9.79	0.214	18		1		13.71	3.23	5.38
Ash	g	0.86	0.037	16		1		1.20	0.28	0.47
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.691	16		1		15	4	6
Iron, Fe	mg	1.42	0.078	16		1		1.99	0.47	0.78
Magnesium, Mg	mg	21	0.613	16		1		29	7	12
Phosphorus, P	mg	149	3.302	16		1		209	49	82
Potassium, K	mg	183	6.836	16		1		256	60	101
Sodium, Na	mg	75	2.734	16		1		105	25	41
Zinc, Zn	mg	2.58	0.060	16		1		3.61	0.85	1.42
Copper, Cu	mg	0.077	0.002	16		1		0.108	0.025	0.042
Manganese, Mn	mg	0.020	0.001	16		1		0.028	0.007	0.011
Selenium, Se	mcg	17.1		0	BFYN	4		23.9	5.6	9.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.063	0.006	8		1		0.088	0.021	0.035
Riboflavin	mg	0.218	0.009	8		1		0.305	0.072	0.120
Niacin	mg	5.200	0.256	8		1		7.280	1.716	2.860
Pantothenic acid	mg	0.874		0		1		1.224	0.288	0.481
Vitamin B-6	mg	0.210		0		1		0.294	0.069	0.116
Folate, total	mcg	7		0		1		10	2	4
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		1		10	2	4
Folate, DFE	mcg_DFE	7		0	NC	4		10	2	4
Vitamin B-12	mcg	0.21		0		1		0.29	0.07	0.12
Vitamin A, IU	IU	63		0	NC	4		89	21	35
Vitamin A, RAE	mcg_RAE	19		0	NC	4		27	6	10
Retinol	mcg	19		0	NR	4		27	6	10
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.09	0.15
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.6		0	BFSN	4		5.1	1.2	2.0
Lipids:										
Fatty acids, total saturated	g	2.710		0		1		3.794	0.894	1.491
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.030		0		1		0.042	0.010	0.017
13:0	g									
14:0	g	0.070		0		1		0.098	0.023	0.039
15:0	g									
16:0	g	1.890		0		1		2.646	0.624	1.040
17:0	g									
18:0	g	0.620		0		1		0.868	0.205	0.341
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.700		0		1		5.180	1.221	2.035
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.700	0.165	0.275
17:1.....g									
18:1 undifferentiated.....g	3.080		0		1		4.312	1.016	1.694
20:1.....g	0.060		0		1		0.084	0.020	0.033
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.240		0		1		3.136	0.739	1.232
18:2 undifferentiated.....g	1.890		0		1		2.646	0.624	1.040
18:3 undifferentiated.....g	0.090		0		1		0.126	0.030	0.050
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.168	0.040	0.066
20:5 n-3.....g	0.010		0		1		0.014	0.003	0.006
22:5 n-3.....g	0.030		0		1		0.042	0.010	0.017
22:6 n-3.....g	0.050		0		1		0.070	0.017	0.028
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		126	30	50
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.292		0		1		0.409	0.096	0.161
Threonine.....g	1.056		0		1		1.478	0.348	0.581
Isoleucine.....g	1.320		0		1		1.848	0.436	0.726
Leucine.....g	1.876		0		1		2.626	0.619	1.032
Lysine.....g	2.123		0		1		2.972	0.701	1.168
Methionine.....g	0.692		0		1		0.969	0.228	0.381
Cystine.....g	0.320		0		1		0.448	0.106	0.176
Phenylalanine.....g	0.992		0		1		1.389	0.327	0.546
Tyrosine.....g	0.844		0		1		1.182	0.279	0.464
Valine.....g	1.240		0		1		1.736	0.409	0.682
Arginine.....g	1.508		0		1		2.111	0.498	0.829
Histidine.....g	0.776		0		1		1.086	0.256	0.427
Alanine.....g	1.364		0		1		1.910	0.450	0.750
Aspartic acid.....g	2.227		0		1		3.118	0.735	1.225
Glutamic acid.....g	3.743		0		1		5.240	1.235	2.059
Glycine.....g	1.228		0		1		1.719	0.405	0.675
Proline.....g	1.028		0		1		1.439	0.339	0.565
Serine.....g	0.860		0		1		1.204	0.284	0.473
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 33g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 55g: 1 thigh, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.81	0.303	29		1		31.08	52.31	
Energy	kcal	119		0	NC	4		49	82	
Energy	kj	498				4		204	344	
Protein (N x 6.25)	g	19.65	0.182	30		1		8.06	13.56	
Total lipid (fat)	g	3.91	0.203	36		1		1.60	2.70	
Ash	g	0.96	0.033	26		1		0.39	0.66	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.708	25		1		4	7	
Iron, Fe	mg	1.04	0.038	25		1		0.43	0.72	
Magnesium, Mg	mg	24	0.366	25		1		10	17	
Phosphorus, P	mg	168	3.031	25		1		69	116	
Potassium, K	mg	231	5.995	25		1		95	159	
Sodium, Na	mg	86	1.690	25		1		35	59	
Zinc, Zn	mg	1.91	0.036	25		1		0.78	1.32	
Copper, Cu	mg	0.067	0.003	25		1		0.027	0.046	
Manganese, Mn	mg	0.020	0.000	24		1		0.008	0.014	
Selenium, Se	mcg	13.5	1.936	4	A	1		5.5	9.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.076	0.004	16		1		0.031	0.052	
Riboflavin	mg	0.188	0.005	16		1		0.077	0.130	
Niacin	mg	6.328	0.216	16		1		2.594	4.366	
Pantothenic acid	mg	1.233		0		1		0.506	0.851	
Vitamin B-6	mg	0.330		0		1		0.135	0.228	
Folate, total	mcg	10		0		1		4	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		4	7	
Folate, DFE	mcg_DFE	10		0	NC	4		4	7	
Vitamin B-12	mcg	0.35	0.075	3		1		0.14	0.24	
Vitamin A, IU	IU	65		0		1		27	45	
Vitamin A, RAE	mcg_RAE	20		0		1		8	13	
Retinol	mcg	20		0	NR	4		8	14	
Vitamin E (alpha-tocopherol)	mg	0.31	0.103	6		1		0.13	0.22	
Tocopherol, beta	mg									
Tocopherol, gamma	mg	0.08	0.025	6		1		0.03	0.05	
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.9		0	BFYN	4		1.2	2.0	
Lipids:										
Fatty acids, total saturated	g	1.000		0		1		0.410	0.690	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020	0.004	17		1		0.008	0.014	
13:0	g									
14:0	g	0.020	0.003	24		1		0.008	0.014	
15:0	g									
16:0	g	0.670	0.046	24		1		0.275	0.462	
17:0	g									
18:0	g	0.260	0.022	24		1		0.107	0.179	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.210		0		1		0.496	0.835	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180	0.015	24		1		0.074	0.124	
17:1.....g									
18:1 undifferentiated.....g	1.010	0.071	24		1		0.414	0.697	
20:1.....g	0.010	0.003	6		1		0.004	0.007	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.970		0		1		0.398	0.669	
18:2 undifferentiated.....g	0.750	0.051	24		1		0.308	0.518	
18:3 undifferentiated.....g	0.030	0.003	18		1		0.012	0.021	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.018	16		1		0.037	0.062	
20:5 n-3.....g	0.010	0.003	8		1		0.004	0.007	
22:5 n-3.....g	0.020	0.006	9		1		0.008	0.014	
22:6 n-3.....g	0.040	0.011	9		1		0.016	0.028	
Fatty acids, total trans.....g	0.106		0	BFFN	4		0.044	0.073	
Cholesterol.....mg	83	5.915	8		1		34	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.094	0.159	
Threonine.....g	0.830		0		1		0.340	0.573	
Isoleucine.....g	1.038		0		1		0.426	0.716	
Leucine.....g	1.475		0		1		0.605	1.018	
Lysine.....g	1.670		0		1		0.685	1.152	
Methionine.....g	0.544		0		1		0.223	0.375	
Cystine.....g	0.252		0		1		0.103	0.174	
Phenylalanine.....g	0.780		0		1		0.320	0.538	
Tyrosine.....g	0.664		0		1		0.272	0.458	
Valine.....g	0.975		0		1		0.400	0.673	
Arginine.....g	1.186		0		1		0.486	0.818	
Histidine.....g	0.610		0		1		0.250	0.421	
Alanine.....g	1.072		0		1		0.440	0.740	
Aspartic acid.....g	1.752		0		1		0.718	1.209	
Glutamic acid.....g	2.944		0		1		1.207	2.031	
Glycine.....g	0.966		0		1		0.396	0.667	
Proline.....g	0.808		0		1		0.331	0.558	
Serine.....g	0.676		0		1		0.277	0.466	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 41g: 1 thigh, bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 69g: 1 thigh, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.21		0		1		13.40	22.64	
Energy	kcal	324		0	NC	4		94	159	
Energy	kj	1356				4		393	664	
Protein (N x 6.25)	g	19.87		0		1		5.76	9.74	
Total lipid (fat)	g	21.81		0		1		6.32	10.69	
Ash	g	1.17		0		1		0.34	0.57	
Carbohydrate, by difference	g	10.94		0	NC	4		3.17	5.36	
Fiber, total dietary	g	0.3		0		4		0.1	0.1	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20		0		1		6	10	
Iron, Fe	mg	1.29		0		1		0.37	0.63	
Magnesium, Mg	mg	16		0		1		5	8	
Phosphorus, P	mg	121		0		1		35	59	
Potassium, K	mg	138		0		1		40	68	
Sodium, Na	mg	320		0		1		93	157	
Zinc, Zn	mg	1.38		0		1		0.40	0.68	
Copper, Cu	mg	0.063		0		1		0.018	0.031	
Manganese, Mn	mg	0.060		0		1		0.017	0.029	
Selenium, Se	mcg	25.7		0	PIE	4		7.5	12.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.106		0		1		0.031	0.052	
Riboflavin	mg	0.152		0		1		0.044	0.074	
Niacin	mg	5.265		0		1		1.527	2.580	
Pantothenic acid	mg	0.710		0		1		0.206	0.348	
Vitamin B-6	mg	0.300		0		1		0.087	0.147	
Folate, total	mcg	18		0	RA	4		5	9	
Folic acid	mcg	12		0	NC	4		3	6	
Folate, food	mcg	6		0		1		2	3	
Folate, DFE	mcg_DFE	26		0	NC	4		8	13	
Vitamin B-12	mcg	0.25		0		1		0.07	0.12	
Vitamin A, IU	IU	113		0		1		33	55	
Vitamin A, RAE	mcg_RAE	34		0		1		10	17	
Retinol	mcg	34		0		1		10	17	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.830		0		1		1.691	2.857	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.003	0.005	
13:0	g									
14:0	g	0.130		0		1		0.038	0.064	
15:0	g									
16:0	g	3.920		0		1		1.137	1.921	
17:0	g									
18:0	g	1.670		0		1		0.484	0.818	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.960		0		1		2.598	4.390	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0		1		0.191	0.323	
17:1.....g									
18:1 undifferentiated.....g	8.100		0		1		2.349	3.969	
20:1.....g	0.130		0		1		0.038	0.064	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.070		0		1		1.470	2.484	
18:2 undifferentiated.....g	4.540		0		1		1.317	2.225	
18:3 undifferentiated.....g	0.240		0		1		0.070	0.118	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.029	0.049	
20:5 n-3.....g	0.010		0		1		0.003	0.005	
22:5 n-3.....g	0.020		0		1		0.006	0.010	
22:6 n-3.....g	0.040		0		1		0.012	0.020	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		23	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.064	0.107	
Threonine.....g	0.795		0		1		0.231	0.390	
Isoleucine.....g	0.941		0		1		0.273	0.461	
Leucine.....g	1.421		0		1		0.412	0.696	
Lysine.....g	1.474		0		1		0.427	0.722	
Methionine.....g	0.499		0		1		0.145	0.245	
Cystine.....g	0.287		0		1		0.083	0.141	
Phenylalanine.....g	0.785		0		1		0.228	0.385	
Tyrosine.....g	0.620		0		1		0.180	0.304	
Valine.....g	0.953		0		1		0.276	0.467	
Arginine.....g	1.247		0		1		0.362	0.611	
Histidine.....g	0.547		0		1		0.159	0.268	
Alanine.....g	1.173		0		1		0.340	0.575	
Aspartic acid.....g	1.703		0		1		0.494	0.834	
Glutamic acid.....g	3.202		0		1		0.929	1.569	
Glycine.....g	1.465		0		1		0.425	0.718	
Proline.....g	1.190		0		1		0.345	0.583	
Serine.....g	0.759		0		1		0.220	0.372	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 49g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.62		0		1		9.24	15.56	
Energy	kcal	321		0	NC	4		61	103	
Energy	kj	1343				4		255	430	
Protein (N x 6.25)	g	26.11		0		1		4.96	8.36	
Total lipid (fat)	g	22.16		0		1		4.21	7.09	
Ash	g	0.72		0		1		0.14	0.23	
Carbohydrate, by difference	g	2.39		0	NC	4		0.45	0.76	
Fiber, total dietary	g	0.1		0		4		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		3	5	
Iron, Fe	mg	1.25		0		1		0.24	0.40	
Magnesium, Mg	mg	19		0		1		4	6	
Phosphorus, P	mg	150		0		1		29	48	
Potassium, K	mg	177		0		1		34	57	
Sodium, Na	mg	77		0		1		15	25	
Zinc, Zn	mg	1.76		0		1		0.33	0.56	
Copper, Cu	mg	0.061		0		1		0.012	0.020	
Manganese, Mn	mg	0.028		0		1		0.005	0.009	
Selenium, Se	mcg	21.3		0	PIE	4		4.0	6.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.058		0		1		0.011	0.019	
Riboflavin	mg	0.137		0		1		0.026	0.044	
Niacin	mg	6.697		0		1		1.272	2.143	
Pantothenic acid	mg	0.874		0		1		0.166	0.280	
Vitamin B-6	mg	0.410		0		1		0.078	0.131	
Folate, total	mcg	6		0	RA	4		1	2	
Folic acid	mcg	3		0	NC	4		1	1	
Folate, food	mcg	3		0		1		1	1	
Folate, DFE	mcg_DFE	8		0	NC	4		2	3	
Vitamin B-12	mcg	0.28		0		1		0.05	0.09	
Vitamin A, IU	IU	125		0		1		24	40	
Vitamin A, RAE	mcg_RAE	38		0		1		7	12	
Retinol	mcg	38		0		1		7	12	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.060		0		1		1.151	1.939	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.004	0.006	
13:0	g									
14:0	g	0.160		0		1		0.030	0.051	
15:0	g									
16:0	g	4.280		0		1		0.813	1.370	
17:0	g									
18:0	g	1.480		0		1		0.281	0.474	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05102

Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.890		0		1		1.689	2.845	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.920		0		1		0.175	0.294	
17:1.....g									
18:1 undifferentiated.....g	7.690		0		1		1.461	2.461	
20:1.....g	0.190		0		1		0.036	0.061	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.950		0		1		0.941	1.584	
18:2 undifferentiated.....g	4.340		0		1		0.825	1.389	
18:3 undifferentiated.....g	0.210		0		1		0.040	0.067	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.027	0.045	
20:5 n-3.....g	0.020		0		1		0.004	0.006	
22:5 n-3.....g	0.030		0		1		0.006	0.010	
22:6 n-3.....g	0.050		0		1		0.010	0.016	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		15	26	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.281		0		1		0.053	0.090	
Threonine.....g	1.056		0		1		0.201	0.338	
Isoleucine.....g	1.239		0		1		0.235	0.396	
Leucine.....g	1.851		0		1		0.352	0.592	
Lysine.....g	2.030		0		1		0.386	0.650	
Methionine.....g	0.669		0		1		0.127	0.214	
Cystine.....g	0.363		0		1		0.069	0.116	
Phenylalanine.....g	1.002		0		1		0.190	0.321	
Tyrosine.....g	0.807		0		1		0.153	0.258	
Valine.....g	1.245		0		1		0.237	0.398	
Arginine.....g	1.680		0		1		0.319	0.538	
Histidine.....g	0.729		0		1		0.139	0.233	
Alanine.....g	1.595		0		1		0.303	0.510	
Aspartic acid.....g	2.315		0		1		0.440	0.741	
Glutamic acid.....g	3.818		0		1		0.725	1.222	
Glycine.....g	2.013		0		1		0.382	0.644	
Proline.....g	1.448		0		1		0.275	0.463	
Serine.....g	0.947		0		1		0.180	0.303	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 19g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 32g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.04	0.683	16		1		77.06	11.56	18.71
Energy	kcal	290		0	NC	4		406	61	99
Energy	kj	1213				4		1699	255	413
Protein (N x 6.25)	g	26.86	0.394	16		1		37.60	5.64	9.13
Total lipid (fat)	g	19.46	0.332	16		1		27.24	4.09	6.62
Ash	g	0.75	0.019	16		1		1.05	0.16	0.26
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.507	16		1		21	3	5
Iron, Fe	mg	1.27	0.056	16		1		1.78	0.27	0.43
Magnesium, Mg	mg	19	0.414	16		1		27	4	6
Phosphorus, P	mg	151	3.544	16		1		211	32	51
Potassium, K	mg	184	6.654	16		1		258	39	63
Sodium, Na	mg	82	2.414	16		1		115	17	28
Zinc, Zn	mg	1.82	0.044	16		1		2.55	0.38	0.62
Copper, Cu	mg	0.057	0.004	16		1		0.080	0.012	0.019
Manganese, Mn	mg	0.018	0.000	16		1		0.025	0.004	0.006
Selenium, Se	mcg	22.2		0	BFYN	4		31.1	4.7	7.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.042	0.003	8		1		0.059	0.009	0.014
Riboflavin	mg	0.128	0.006	8		1		0.179	0.027	0.044
Niacin	mg	6.648	0.572	8		1		9.307	1.396	2.260
Pantothenic acid	mg	0.897		0		1		1.256	0.188	0.305
Vitamin B-6	mg	0.420		0		1		0.588	0.088	0.143
Folate, total	mcg	3		0		1		4	1	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		4	1	1
Folate, DFE	mcg_DFE	3		0	NC	4		4	1	1
Vitamin B-12	mcg	0.29		0		1		0.41	0.06	0.10
Vitamin A, IU	IU	157		0	NC	4		219	33	53
Vitamin A, RAE	mcg_RAE	47		0	NC	4		66	10	16
Retinol	mcg	47		0	NR	4		66	10	16
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.06	0.09
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.1	0.1
Lipids:										
Fatty acids, total saturated	g	5.450		0		1		7.630	1.145	1.853
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.004	0.007
13:0	g									
14:0	g	0.160		0		1		0.224	0.034	0.054
15:0	g									
16:0	g	4.040		0		1		5.656	0.848	1.374
17:0	g									
18:0	g	1.090		0		1		1.526	0.229	0.371
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.640		0		1		10.696	1.604	2.598
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.030		0		1		1.442	0.216	0.350
17:1.....g									
18:1 undifferentiated.....g	6.290		0		1		8.806	1.321	2.139
20:1.....g	0.220		0		1		0.308	0.046	0.075
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.140		0		1		5.796	0.869	1.408
18:2 undifferentiated.....g	3.570		0		1		4.998	0.750	1.214
18:3 undifferentiated.....g	0.150		0		1		0.210	0.032	0.051
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.210	0.032	0.051
20:5 n-3.....g	0.020		0		1		0.028	0.004	0.007
22:5 n-3.....g	0.030		0		1		0.042	0.006	0.010
22:6 n-3.....g	0.060		0		1		0.084	0.013	0.020
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		118	18	29
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.287		0		1		0.402	0.060	0.098
Threonine.....g	1.087		0		1		1.522	0.228	0.370
Isoleucine.....g	1.270		0		1		1.778	0.267	0.432
Leucine.....g	1.898		0		1		2.657	0.399	0.645
Lysine.....g	2.100		0		1		2.940	0.441	0.714
Methionine.....g	0.688		0		1		0.963	0.144	0.234
Cystine.....g	0.371		0		1		0.519	0.078	0.126
Phenylalanine.....g	1.023		0		1		1.432	0.215	0.348
Tyrosine.....g	0.827		0		1		1.158	0.174	0.281
Valine.....g	1.278		0		1		1.789	0.268	0.435
Arginine.....g	1.741		0		1		2.437	0.366	0.592
Histidine.....g	0.749		0		1		1.049	0.157	0.255
Alanine.....g	1.657		0		1		2.320	0.348	0.563
Aspartic acid.....g	2.396		0		1		3.354	0.503	0.815
Glutamic acid.....g	3.840		0		1		5.376	0.806	1.306
Glycine.....g	2.115		0		1		2.961	0.444	0.719
Proline.....g	1.480		0		1		2.072	0.311	0.503
Serine.....g	0.969		0		1		1.357	0.203	0.329
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 21g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 34g: 1 wing, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.18	0.761	16		1		87.05	14.92	24.87
Energy	kcal	249		0	NC	4		349	60	100
Energy	kj	1042				4		1459	250	417
Protein (N x 6.25)	g	22.78	0.357	16		1		31.89	5.47	9.11
Total lipid (fat)	g	16.82	0.302	16		1		23.55	4.04	6.73
Ash	g	0.62	0.021	16		1		0.87	0.15	0.25
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.394	16		1		17	3	5
Iron, Fe	mg	1.13	0.036	16		1		1.58	0.27	0.45
Magnesium, Mg	mg	16	0.300	16		1		22	4	6
Phosphorus, P	mg	121	2.607	16		1		169	29	48
Potassium, K	mg	139	5.511	16		1		195	33	56
Sodium, Na	mg	67	2.211	16		1		94	16	27
Zinc, Zn	mg	1.63	0.029	16		1		2.28	0.39	0.65
Copper, Cu	mg	0.046	0.002	16		1		0.064	0.011	0.018
Manganese, Mn	mg	0.018	0.001	16		1		0.025	0.004	0.007
Selenium, Se	mcg	18.5		0	BFYN	4		25.9	4.4	7.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.040	0.004	8		1		0.056	0.010	0.016
Riboflavin	mg	0.103	0.004	8		1		0.144	0.025	0.041
Niacin	mg	4.621	0.268	8		1		6.469	1.109	1.848
Pantothenic acid	mg	0.504		0		1		0.706	0.121	0.202
Vitamin B-6	mg	0.220		0		1		0.308	0.053	0.088
Folate, total	mcg	3		0		1		4	1	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		4	1	1
Folate, DFE	mcg_DFE	3		0	NC	4		4	1	1
Vitamin B-12	mcg	0.18		0		1		0.25	0.04	0.07
Vitamin A, IU	IU	133		0	NC	4		187	32	53
Vitamin A, RAE	mcg_RAE	40		0	NC	4		56	10	16
Retinol	mcg	40		0	NR	4		56	10	16
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.06	0.11
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4		0.3	0.1	0.1
Lipids:										
Fatty acids, total saturated	g	4.710		0		1		6.594	1.130	1.884
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.020		0		1		0.028	0.005	0.008
13:0	g									
14:0	g	0.140		0		1		0.196	0.034	0.056
15:0	g									
16:0	g	3.500		0		1		4.900	0.840	1.400
17:0	g									
18:0	g	0.940		0		1		1.316	0.226	0.376
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.600		0		1		9.240	1.584	2.640
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		0		1		1.246	0.214	0.356
17:1.....g									
18:1 undifferentiated.....g	5.440		0		1		7.616	1.306	2.176
20:1.....g	0.190		0		1		0.266	0.046	0.076
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.580		0		1		5.012	0.859	1.432
18:2 undifferentiated.....g	3.080		0		1		4.312	0.739	1.232
18:3 undifferentiated.....g	0.130		0		1		0.182	0.031	0.052
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.182	0.031	0.052
20:5 n-3.....g	0.020		0		1		0.028	0.005	0.008
22:5 n-3.....g	0.030		0		1		0.042	0.007	0.012
22:6 n-3.....g	0.050		0		1		0.070	0.012	0.020
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		98	17	28
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		0.343	0.059	0.098
Threonine.....g	0.925		0		1		1.295	0.222	0.370
Isoleucine.....g	1.085		0		1		1.519	0.260	0.434
Leucine.....g	1.616		0		1		2.262	0.388	0.646
Lysine.....g	1.791		0		1		2.507	0.430	0.716
Methionine.....g	0.587		0		1		0.822	0.141	0.235
Cystine.....g	0.313		0		1		0.438	0.075	0.125
Phenylalanine.....g	0.870		0		1		1.218	0.209	0.348
Tyrosine.....g	0.706		0		1		0.988	0.169	0.282
Valine.....g	1.087		0		1		1.522	0.261	0.435
Arginine.....g	1.469		0		1		2.057	0.353	0.588
Histidine.....g	0.640		0		1		0.896	0.154	0.256
Alanine.....g	1.394		0		1		1.952	0.335	0.558
Aspartic acid.....g	2.032		0		1		2.845	0.488	0.813
Glutamic acid.....g	3.266		0		1		4.572	0.784	1.306
Glycine.....g	1.746		0		1		2.444	0.419	0.698
Proline.....g	1.233		0		1		1.726	0.296	0.493
Serine.....g	0.819		0		1		1.147	0.197	0.328
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 24g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 40g: 1 wing, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.21	0.444	26		1		19.20	32.44	
Energy	kcal	222		0	NC	4		64	109	
Energy	kj	929				4		269	455	
Protein (N x 6.25)	g	18.33	0.166	26		1		5.32	8.98	
Total lipid (fat)	g	15.97	0.310	26		1		4.63	7.83	
Ash	g	0.69	0.030	26		1		0.20	0.34	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.429	24		1		3	6	
Iron, Fe	mg	0.95	0.026	24		1		0.28	0.47	
Magnesium, Mg	mg	18	0.340	24		1		5	9	
Phosphorus, P	mg	132	3.210	24		1		38	65	
Potassium, K	mg	156	4.105	24		1		45	76	
Sodium, Na	mg	73	1.418	24		1		21	36	
Zinc, Zn	mg	1.33	0.027	24		1		0.39	0.65	
Copper, Cu	mg	0.041	0.002	24		1		0.012	0.020	
Manganese, Mn	mg	0.018	0.000	24		1		0.005	0.009	
Selenium, Se	mcg	15.5		0	PAK	1		4.5	7.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.7		0		1		0.2	0.3	
Thiamin	mg	0.048	0.003	16		1		0.014	0.024	
Riboflavin	mg	0.088	0.003	16		1		0.026	0.043	
Niacin	mg	5.926	0.276	16		1		1.719	2.904	
Pantothenic acid	mg	0.766		0		1		0.222	0.375	
Vitamin B-6	mg	0.350		0		1		0.102	0.172	
Folate, total	mcg	4		0		1		1	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	2	
Folate, DFE	mcg_DFE	4		0	NC	4		1	2	
Vitamin B-12	mcg	0.32		0		1		0.09	0.16	
Vitamin A, IU	IU	147		0		1		43	72	
Vitamin A, RAE	mcg_RAE	44		0		1		13	22	
Retinol	mcg	44		0	NC	4		13	22	
Vitamin E (alpha-tocopherol)	mg	0.30		0	NR	4		0.09	0.14	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	4.360		0	NC	4		1.264	2.136	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.006	0.010	
13:0	g									
14:0	g	0.130		0		1		0.038	0.064	
15:0	g									
16:0	g	3.340		0		1		0.969	1.637	
17:0	g									
18:0	g	0.870		0		1		0.252	0.426	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.280		0	NC	4		1.821	3.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.870		0		1		0.252	0.426	
17:1.....g									
18:1 undifferentiated.....g	5.230		0		1		1.517	2.563	
20:1.....g	0.180		0		1		0.052	0.088	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.260		0	NC	4		0.945	1.597	
18:2 undifferentiated.....g	2.950		0		1		0.856	1.446	
18:3 undifferentiated.....g	0.130		0		1		0.038	0.064	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.032	0.054	
20:5 n-3.....g	0.010		0		1		0.003	0.005	
22:5 n-3.....g	0.020		0		1		0.006	0.010	
22:6 n-3.....g	0.040		0		1		0.012	0.020	
Fatty acids, total trans.....g	0.191		0	PIK	4		0.055	0.093	
Cholesterol.....mg	77		0		1		22	38	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0		1		0.057	0.096	
Threonine.....g	0.740		0		1		0.215	0.363	
Isoleucine.....g	0.860		0		1		0.249	0.421	
Leucine.....g	1.290		0		1		0.374	0.632	
Lysine.....g	1.425		0		1		0.413	0.698	
Methionine.....g	0.467		0		1		0.135	0.229	
Cystine.....g	0.255		0		1		0.074	0.125	
Phenylalanine.....g	0.696		0		1		0.202	0.341	
Tyrosine.....g	0.561		0		1		0.163	0.275	
Valine.....g	0.870		0		1		0.252	0.426	
Arginine.....g	1.193		0		1		0.346	0.585	
Histidine.....g	0.507		0		1		0.147	0.248	
Alanine.....g	1.138		0		1		0.330	0.558	
Aspartic acid.....g	1.635		0		1		0.474	0.801	
Glutamic acid.....g	2.612		0		1		0.757	1.280	
Glycine.....g	1.475		0		1		0.428	0.723	
Proline.....g	1.025		0		1		0.297	0.502	
Serine.....g	0.663		0		1		0.192	0.325	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 29g: 1 wing, bone removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 49g: 1 wing, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.83		0		1		7.18	11.97	
Energy	kcal	211		0	NC	4		25	42	
Energy	kj	883				4		106	177	
Protein (N x 6.25)	g	30.15		0		1		3.62	6.03	
Total lipid (fat)	g	9.15		0		1		1.10	1.83	
Ash	g	0.87		0		1		0.10	0.17	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		2	3	
Iron, Fe	mg	1.14		0		1		0.14	0.23	
Magnesium, Mg	mg	21		0		1		3	4	
Phosphorus, P	mg	164		0		1		20	33	
Potassium, K	mg	208		0		1		25	42	
Sodium, Na	mg	91		0		1		11	18	
Zinc, Zn	mg	2.12		0		1		0.25	0.42	
Copper, Cu	mg	0.053		0		1		0.006	0.011	
Manganese, Mn	mg	0.016		0		1		0.002	0.003	
Selenium, Se	mcg	25.4		0	BFYN	4		3.0	5.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.046		0		1		0.006	0.009	
Riboflavin	mg	0.128		0		1		0.015	0.026	
Niacin	mg	7.239		0		1		0.869	1.448	
Pantothenic acid	mg	0.989		0		1		0.119	0.198	
Vitamin B-6	mg	0.590		0		1		0.071	0.118	
Folate, total	mcg	4		0		1		0	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		0	1	
Folate, DFE	mcg_DFE	4		0	NC	4		0	1	
Vitamin B-12	mcg	0.34		0		1		0.04	0.07	
Vitamin A, IU	IU	61		0		1		7	12	
Vitamin A, RAE	mcg_RAE	18		0		1		2	4	
Retinol	mcg	18		0		1		2	4	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.500		0		1		0.300	0.500	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.001	0.002	
13:0	g									
14:0	g	0.070		0		1		0.008	0.014	
15:0	g									
16:0	g	1.640		0		1		0.197	0.328	
17:0	g									
18:0	g	0.720		0		1		0.086	0.144	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.080		0		1		0.370	0.616	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.034	0.056	
17:1.....g									
18:1 undifferentiated.....g	2.700		0		1		0.324	0.540	
20:1.....g	0.040		0		1		0.005	0.008	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.070		0		1		0.248	0.414	
18:2 undifferentiated.....g	1.560		0		1		0.187	0.312	
18:3 undifferentiated.....g	0.080		0		1		0.010	0.016	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.020	0.034	
20:5 n-3.....g	0.020		0		1		0.002	0.004	
22:5 n-3.....g	0.040		0		1		0.005	0.008	
22:6 n-3.....g	0.070		0		1		0.008	0.014	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		10	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.352		0		1		0.042	0.070	
Threonine.....g	1.274		0		1		0.153	0.255	
Isoleucine.....g	1.592		0		1		0.191	0.318	
Leucine.....g	2.262		0		1		0.271	0.452	
Lysine.....g	2.562		0		1		0.307	0.512	
Methionine.....g	0.835		0		1		0.100	0.167	
Cystine.....g	0.386		0		1		0.046	0.077	
Phenylalanine.....g	1.196		0		1		0.144	0.239	
Tyrosine.....g	1.018		0		1		0.122	0.204	
Valine.....g	1.496		0		1		0.180	0.299	
Arginine.....g	1.819		0		1		0.218	0.364	
Histidine.....g	0.936		0		1		0.112	0.187	
Alanine.....g	1.645		0		1		0.197	0.329	
Aspartic acid.....g	2.687		0		1		0.322	0.537	
Glutamic acid.....g	4.516		0		1		0.542	0.903	
Glycine.....g	1.481		0		1		0.178	0.296	
Proline.....g	1.240		0		1		0.149	0.248	
Serine.....g	1.038		0		1		0.125	0.208	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 20g: 1 wing, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.78	0.619	16		1		8.16	13.18	
Energy	kcal	203		0	NC	4		26	43	
Energy	kj	849				4		110	178	
Protein (N x 6.25)	g	30.46	0.361	16		1		3.96	6.40	
Total lipid (fat)	g	8.13	0.254	16		1		1.06	1.71	
Ash	g	0.89	0.025	16		1		0.12	0.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	16	0.791	16		1		2	3	
Iron, Fe	mg	1.16	0.051	16		1		0.15	0.24	
Magnesium, Mg	mg	21	0.583	16		1		3	4	
Phosphorus, P	mg	166	4.638	16		1		22	35	
Potassium, K	mg	210	6.260	16		1		27	44	
Sodium, Na	mg	92	2.748	16		1		12	19	
Zinc, Zn	mg	2.14	0.050	16		1		0.28	0.45	
Copper, Cu	mg	0.054	0.003	16		1		0.007	0.011	
Manganese, Mn	mg	0.016	0.001	16		1		0.002	0.003	
Selenium, Se	mcg	24.7		0	BFYN	4		3.2	5.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.047	0.004	8		1		0.006	0.010	
Riboflavin	mg	0.129	0.005	8		1		0.017	0.027	
Niacin	mg	7.312	0.694	8		1		0.951	1.536	
Pantothenic acid	mg	0.999		0		1		0.130	0.210	
Vitamin B-6	mg	0.590		0		1		0.077	0.124	
Folate, total	mcg	4		0		1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	1	
Folate, DFE	mcg_DFE	4		0	NC	4		1	1	
Vitamin B-12	mcg	0.34		0		1		0.04	0.07	
Vitamin A, IU	IU	60		0	NC	4		8	13	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		2	4	
Retinol	mcg	18		0	NR	4		2	4	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.03	0.06	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.0	0.1	
Lipids:										
Fatty acids, total saturated	g	2.260		0		1		0.294	0.475	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.001	0.002	
13:0	g									
14:0	g	0.070		0		1		0.009	0.015	
15:0	g									
16:0	g	1.530		0		1		0.199	0.321	
17:0	g									
18:0	g	0.590		0		1		0.077	0.124	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.610		0		1		0.339	0.548	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.039	0.063	
17:1.....g									
18:1 undifferentiated.....g	2.210		0		1		0.287	0.464	
20:1.....g	0.050		0		1		0.007	0.011	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.780		0		1		0.231	0.374	
18:2 undifferentiated.....g	1.290		0		1		0.168	0.271	
18:3 undifferentiated.....g	0.060		0		1		0.008	0.013	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.022	0.036	
20:5 n-3.....g	0.020		0		1		0.003	0.004	
22:5 n-3.....g	0.040		0		1		0.005	0.008	
22:6 n-3.....g	0.070		0		1		0.009	0.015	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		11	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.356		0		1		0.046	0.075	
Threonine.....g	1.286		0		1		0.167	0.270	
Isoleucine.....g	1.608		0		1		0.209	0.338	
Leucine.....g	2.285		0		1		0.297	0.480	
Lysine.....g	2.588		0		1		0.336	0.543	
Methionine.....g	0.843		0		1		0.110	0.177	
Cystine.....g	0.390		0		1		0.051	0.082	
Phenylalanine.....g	1.209		0		1		0.157	0.254	
Tyrosine.....g	1.028		0		1		0.134	0.216	
Valine.....g	1.511		0		1		0.196	0.317	
Arginine.....g	1.837		0		1		0.239	0.386	
Histidine.....g	0.945		0		1		0.123	0.198	
Alanine.....g	1.662		0		1		0.216	0.349	
Aspartic acid.....g	2.714		0		1		0.353	0.570	
Glutamic acid.....g	4.561		0		1		0.593	0.958	
Glycine.....g	1.496		0		1		0.194	0.314	
Proline.....g	1.252		0		1		0.163	0.263	
Serine.....g	1.048		0		1		0.136	0.220	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 21g: 1 wing, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.01	0.484	16		1		93.81	9.38	16.08
Energy	kcal	181		0	NC	4		253	25	43
Energy	kj	757				4		1060	106	182
Protein (N x 6.25)	g	27.18	0.400	16		1		38.05	3.81	6.52
Total lipid (fat)	g	7.18	0.192	16		1		10.05	1.01	1.72
Ash	g	0.73	0.035	16		1		1.02	0.10	0.18
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.513	16		1		18	2	3
Iron, Fe	mg	1.12	0.046	16		1		1.57	0.16	0.27
Magnesium, Mg	mg	18	0.456	16		1		25	3	4
Phosphorus, P	mg	134	4.060	16		1		188	19	32
Potassium, K	mg	153	5.322	16		1		214	21	37
Sodium, Na	mg	73	2.842	16		1		102	10	18
Zinc, Zn	mg	2.02	0.047	16		1		2.83	0.28	0.48
Copper, Cu	mg	0.047	0.002	16		1		0.066	0.007	0.011
Manganese, Mn	mg	0.017	0.001	16		1		0.024	0.002	0.004
Selenium, Se	mcg	21.7		0	BFYN	4		30.4	3.0	5.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.044	0.003	8		1		0.062	0.006	0.011
Riboflavin	mg	0.110	0.006	8		1		0.154	0.015	0.026
Niacin	mg	5.200	0.375	8		1		7.280	0.728	1.248
Pantothenic acid	mg	0.571		0		1		0.799	0.080	0.137
Vitamin B-6	mg	0.320		0		1		0.448	0.045	0.077
Folate, total	mcg	3		0		1		4	0	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	3		0		1		4	0	1
Folate, DFE	mcg_DFE	3		0	NC	4		4	0	1
Vitamin B-12	mcg	0.22		0		1		0.31	0.03	0.05
Vitamin A, IU	IU	53		0	NC	4		75	7	13
Vitamin A, RAE	mcg_RAE	16		0	NC	4		22	2	4
Retinol	mcg	16		0	NR	4		22	2	4
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.04	0.06
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4		0.3	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	2.000		0		1		2.800	0.280	0.480
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.001	0.002
13:0	g									
14:0	g	0.060		0		1		0.084	0.008	0.014
15:0	g									
16:0	g	1.350		0		1		1.890	0.189	0.324
17:0	g									
18:0	g	0.520		0		1		0.728	0.073	0.125
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.310		0		1		3.234	0.323	0.554
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0		1		0.378	0.038	0.065
17:1.....g									
18:1 undifferentiated.....g	1.950		0		1		2.730	0.273	0.468
20:1.....g	0.040		0		1		0.056	0.006	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.570		0		1		2.198	0.220	0.377
18:2 undifferentiated.....g	1.140		0		1		1.596	0.160	0.274
18:3 undifferentiated.....g	0.050		0		1		0.070	0.007	0.012
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.210	0.021	0.036
20:5 n-3.....g	0.010		0		1		0.014	0.001	0.002
22:5 n-3.....g	0.040		0		1		0.056	0.006	0.010
22:6 n-3.....g	0.060		0		1		0.084	0.008	0.014
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		104	10	18
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.317		0		1		0.444	0.044	0.076
Threonine.....g	1.148		0		1		1.607	0.161	0.276
Isoleucine.....g	1.435		0		1		2.009	0.201	0.344
Leucine.....g	2.039		0		1		2.855	0.285	0.489
Lysine.....g	2.309		0		1		3.233	0.323	0.554
Methionine.....g	0.752		0		1		1.053	0.105	0.180
Cystine.....g	0.348		0		1		0.487	0.049	0.084
Phenylalanine.....g	1.078		0		1		1.509	0.151	0.259
Tyrosine.....g	0.917		0		1		1.284	0.128	0.220
Valine.....g	1.348		0		1		1.887	0.189	0.324
Arginine.....g	1.639		0		1		2.295	0.229	0.393
Histidine.....g	0.844		0		1		1.182	0.118	0.203
Alanine.....g	1.483		0		1		2.076	0.208	0.356
Aspartic acid.....g	2.422		0		1		3.391	0.339	0.581
Glutamic acid.....g	4.070		0		1		5.698	0.570	0.977
Glycine.....g	1.335		0		1		1.869	0.187	0.320
Proline.....g	1.117		0		1		1.564	0.156	0.268
Serine.....g	0.935		0		1		1.309	0.131	0.224
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 14.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 24g: 1 wing, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.95	0.244	24		1		12.74	21.74	
Energy	kcal	126		0	NC	4		21	37	
Energy	kj	527				4		90	153	
Protein (N x 6.25)	g	21.97	0.244	24		1		3.73	6.37	
Total lipid (fat)	g	3.54	0.099	24		1		0.60	1.03	
Ash	g	0.83	0.032	24		1		0.14	0.24	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.694	24		1		2	4	
Iron, Fe	mg	0.88	0.029	24		1		0.15	0.26	
Magnesium, Mg	mg	22	0.365	24		1		4	6	
Phosphorus, P	mg	155	3.934	24		1		26	45	
Potassium, K	mg	194	4.927	24		1		33	56	
Sodium, Na	mg	81	2.237	24		1		14	23	
Zinc, Zn	mg	1.63	0.031	24		1		0.28	0.47	
Copper, Cu	mg	0.041	0.002	24		1		0.007	0.012	
Manganese, Mn	mg	0.018	0.000	24		1		0.003	0.005	
Selenium, Se	mcg	17.8	3.652	5	A	1		3.0	5.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.2		0		1		0.2	0.3	
Thiamin	mg	0.059	0.003	16		1		0.010	0.017	
Riboflavin	mg	0.101	0.004	16		1		0.017	0.029	
Niacin	mg	7.359	0.382	16		1		1.251	2.134	
Pantothenic acid	mg	0.836		0		1		0.142	0.242	
Vitamin B-6	mg	0.530		0		1		0.090	0.154	
Folate, total	mcg	4		0		1		1	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	1	
Folate, DFE	mcg_DFE	4		0	NC	4		1	1	
Vitamin B-12	mcg	0.38		0		1		0.06	0.11	
Vitamin A, IU	IU	59		0		1		10	17	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		3	5	
Retinol	mcg	18		0	NR	4		3	5	
Vitamin E (alpha-tocopherol)	mg	0.13		0	NR	4		0.02	0.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFYN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.940		0		1		0.160	0.273	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.005	8		1		0.002	0.003	
13:0	g									
14:0	g	0.030	0.003	27		1		0.005	0.009	
15:0	g									
16:0	g	0.600	0.022	27		1		0.102	0.174	
17:0	g									
18:0	g	0.290	0.015	27		1		0.049	0.084	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.850		0		1		0.145	0.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080	0.005	27		1		0.014	0.023	
17:1.....g									
18:1 undifferentiated.....g	0.730	0.028	27		1		0.124	0.212	
20:1.....g	0.010	0.006	4		1		0.002	0.003	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0		1		0.136	0.232	
18:2 undifferentiated.....g	0.470	0.020	27		1		0.080	0.136	
18:3 undifferentiated.....g	0.020	0.002	15		1		0.003	0.006	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120	0.007	26		1		0.020	0.035	
20:5 n-3.....g	0.010	0.001	13		1		0.002	0.003	
22:5 n-3.....g	0.030	0.005	13		1		0.005	0.009	
22:6 n-3.....g	0.050	0.009	12		1		0.009	0.015	
Fatty acids, total trans.....g	0.070		0	BFFN	4		0.012	0.020	
Cholesterol.....mg	57		0		1		10	17	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.257		0		1		0.044	0.075	
Threonine.....g	0.928		0		1		0.158	0.269	
Isoleucine.....g	1.160		0		1		0.197	0.336	
Leucine.....g	1.649		0		1		0.280	0.478	
Lysine.....g	1.866		0		1		0.317	0.541	
Methionine.....g	0.608		0		1		0.103	0.176	
Cystine.....g	0.281		0		1		0.048	0.081	
Phenylalanine.....g	0.872		0		1		0.148	0.253	
Tyrosine.....g	0.742		0		1		0.126	0.215	
Valine.....g	1.090		0		1		0.185	0.316	
Arginine.....g	1.325		0		1		0.225	0.384	
Histidine.....g	0.682		0		1		0.116	0.198	
Alanine.....g	1.199		0		1		0.204	0.348	
Aspartic acid.....g	1.958		0		1		0.333	0.568	
Glutamic acid.....g	3.290		0		1		0.559	0.954	
Glycine.....g	1.079		0		1		0.183	0.313	
Proline.....g	0.903		0		1		0.154	0.262	
Serine.....g	0.756		0		1		0.129	0.219	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)

Measure 2 = 29g: 1 wing, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05277
Chicken, canned, meat only, with broth

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.65	0.572	13		1		97.48		
Energy	kcal	165		0	NC	4		234		
Energy	kj	690				4		980		
Protein (N x 6.25)	g	21.77	0.517	13		1		30.91		
Total lipid (fat)	g	7.95	0.322	13		1		11.29		
Ash	g	1.81	0.034	13		1		2.57		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	14	1.612	11		1		20		
Iron, Fe	mg	1.58	0.116	11		1		2.24		
Magnesium, Mg	mg	12		1		1		17		
Phosphorus, P	mg	111		0		4		158		
Potassium, K	mg	138	13.793	12		1		196		
Sodium, Na	mg	503	46.664	4		1		714		
Zinc, Zn	mg	1.41		0		4		2.00		
Copper, Cu	mg	0.046		0		4		0.065		
Manganese, Mn	mg	0.015		0		4		0.021		
Selenium, Se	mcg	15.8		0	BFNN	4		22.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0	0.000	6		1		2.8		
Thiamin	mg	0.015	0.003	12		1		0.021		
Riboflavin	mg	0.129	0.008	15		1		0.183		
Niacin	mg	6.329	0.257	14		1		8.987		
Pantothenic acid	mg	0.850		1		1		1.207		
Vitamin B-6	mg	0.350		2		1		0.497		
Folate, total	mcg	4		0		4		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	4		0		4		6		
Folate, DFE	mcg_DFE	4		0	NC	4		6		
Vitamin B-12	mcg	0.29	0.088	7		1		0.41		
Vitamin A, IU	IU	113		0	NC	4		161		
Vitamin A, RAE	mcg_RAE	34		0	NC	4		48		
Retinol	mcg	34		0	NR	4		48		
Vitamin E (alpha-tocopherol)	mg	0.26		0	PIK	4		0.37		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.8		0	PIK	4		2.6		
Lipids:										
Fatty acids, total saturated	g	2.200		0		1		3.124		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.010		0		1		0.014		
13:0	g									
14:0	g	0.060		0		1		0.085		
15:0	g									
16:0	g	1.620		0		1		2.300		
17:0	g									
18:0	g	0.440		0		1		0.625		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05277
Chicken, canned, meat only, with broth

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.150		0		1		4.473		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.625		
17:1.....g									
18:1 undifferentiated.....g	2.590		0		1		3.678		
20:1.....g	0.080		0		1		0.114		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0		1		2.485		
18:2 undifferentiated.....g	1.510		0		1		2.144		
18:3 undifferentiated.....g	0.070		0		1		0.099		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		0.099		
20:5 n-3.....g	0.010		0		1		0.014		
22:5 n-3.....g	0.010		0		1		0.014		
22:6 n-3.....g	0.020		0		1		0.028		
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		4		88		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.243		0		1		0.345		
Threonine.....g	0.895		0		1		1.271		
Isoleucine.....g	1.085		0		1		1.541		
Leucine.....g	1.578		0		1		2.241		
Lysine.....g	1.764		0		1		2.505		
Methionine.....g	0.574		0		1		0.815		
Cystine.....g	0.297		0		1		0.422		
Phenylalanine.....g	0.842		0		1		1.196		
Tyrosine.....g	0.699		0		1		0.993		
Valine.....g	1.052		0		1		1.494		
Arginine.....g	1.355		0		1		1.924		
Histidine.....g	0.636		0		1		0.903		
Alanine.....g	1.258		0		1		1.786		
Aspartic acid.....g	1.926		0		1		2.735		
Glutamic acid.....g	3.173		0		1		4.506		
Glycine.....g	1.389		0		1		1.972		
Proline.....g	1.040		0		1		1.477		
Serine.....g	0.762		0		1		1.082		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 142g: 1 can (5 oz)

NDB No. 05277
Chicken, canned, meat only, with broth

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05311
Chicken, canned, no broth

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.90				1		133.05	81.13	
Energy	kcal	184			NC	4		377	230	
Energy	kj	770				4		1578	962	
Protein	g	25.30				1		51.87	31.63	
Total lipid (fat)	g	8.10				1		16.61	10.13	
Ash	g	0.80				1		1.64	1.00	
Carbohydrate, by difference	g	0.80			NC	4		1.64	1.00	
Fiber, total dietary	g	0.0				7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	14				1		29	18	
Iron, Fe	mg	1.30				1		2.67	1.63	
Magnesium, Mg	mg	19				1		39	24	
Phosphorus, P	mg	153				1		314	191	
Potassium, K	mg	153				1		314	191	
Sodium, Na	mg	135				1		277	169	
Zinc, Zn	mg	2.50				1		5.13	3.13	
Copper, Cu	mg	0.050				4		0.103	0.063	
Manganese, Mn	mg									
Selenium, Se	mcg	18.4		0	BFNN	4		37.7	23.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7		0.0	0.0	
Thiamin	mg	0.000				1		0.000	0.000	
Riboflavin	mg	0.100				1		0.205	0.125	
Niacin	mg	2.400				1		4.920	3.000	
Pantothenic acid	mg									
Vitamin B-6	mg	0.190				1		0.390	0.238	
Folate, total	mcg	2				1		4	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2				1		4	3	
Folate, DFE	mcg_DFE	2		0	NC	4		4	3	
Vitamin B-12	mcg	1.00				1		2.05	1.25	
Vitamin A, IU	IU	113		0	NC	4		232	142	
Vitamin A, RAE	mcg_RAE	34		0	NC	4		70	43	
Retinol	mcg	34		0	NR	4		70	43	
Vitamin E (alpha-tocopherol)	mg	0.32		0	NR	4		0.66	0.40	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.3		0	BFSN	4		4.7	2.9	
Lipids:										
Fatty acids, total saturated	g	2.250				4		4.613	2.813	
4:0	g	0.000				4		0.000	0.000	
6:0	g	0.000				4		0.000	0.000	
8:0	g	0.000				4		0.000	0.000	
10:0	g	0.000				4		0.000	0.000	
12:0	g	0.011				4		0.023	0.014	
13:0	g									
14:0	g	0.063				4		0.129	0.079	
15:0	g									
16:0	g	1.713				4		3.512	2.141	
17:0	g									
18:0	g	0.465				4		0.953	0.581	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05311
Chicken, canned, no broth

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.279				4		6.722	4.099	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.465				4		0.953	0.581	
17:1.....g									
18:1 undifferentiated.....g	2.730				4		5.597	3.413	
20:1.....g	0.084				4		0.172	0.105	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.978				4		4.055	2.473	
18:2 undifferentiated.....g	1.597				4		3.274	1.996	
18:3 undifferentiated.....g	0.074				4		0.152	0.093	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.074				4		0.152	0.093	
20:5 n-3.....g	0.011				4		0.023	0.014	
22:5 n-3.....g	0.011				4		0.023	0.014	
22:6 n-3.....g	0.211				4		0.433	0.264	
Fatty acids, total trans.....g									
Cholesterol.....mg	50				4		103	63	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 125g: 1 can (5 oz) yields

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.54		0		1		96.48	7.32	
Energy	kcal	164		0	NC	4		238	18	
Energy	kj	686				4		995	75	
Protein (N x 6.25)	g	26.39		0		1		38.27	2.90	
Total lipid (fat)	g	5.40		0		1		7.83	0.59	
Ash	g	0.91		0		1		1.32	0.10	
Carbohydrate, by difference	g	0.76		0	NC	4		1.10	0.08	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		19	1	
Iron, Fe	mg	6.80		0		1		9.86	0.75	
Magnesium, Mg	mg	20		0		1		29	2	
Phosphorus, P	mg	235		0		1		341	26	
Potassium, K	mg	153		0		1		222	17	
Sodium, Na	mg	55		0		1		80	6	
Zinc, Zn	mg	4.67		0		1		6.77	0.51	
Copper, Cu	mg	0.294		0		1		0.426	0.032	
Manganese, Mn	mg	0.192		0		1		0.278	0.021	
Selenium, Se	mcg	95.0		0	BFNN	4		137.8	10.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	9.0		0		1		13.1	1.0	
Thiamin	mg	0.095		0		1		0.138	0.010	
Riboflavin	mg	1.061		0		1		1.538	0.117	
Niacin	mg	4.120		0		1		5.974	0.453	
Pantothenic acid	mg	3.296		0		1		4.779	0.363	
Vitamin B-6	mg	0.380		0		1		0.551	0.042	
Folate, total	mcg	414		0		1		600	46	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	414		0		1		600	46	
Folate, DFE	mcg_DFE	414		0	NC	4		600	46	
Vitamin B-12	mcg	1.14		0		1		1.65	0.13	
Vitamin A, IU	IU	13266		0		1		19236	1459	
Vitamin A, RAE	mcg_RAE	3984		0		1		5776	438	
Retinol	mcg	3984		0		1		5776	438	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.770		0		1		2.567	0.195	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.029	0.002	
15:0	g									
16:0	g	0.980		0		1		1.421	0.108	
17:0	g									
18:0	g	0.690		0		1		1.001	0.076	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.370		0		1		1.987	0.151	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.261	0.020	
17:1.....g									
18:1 undifferentiated.....g	1.180		0		1		1.711	0.130	
20:1.....g	0.010		0		1		0.015	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.130		0		1		1.639	0.124	
18:2 undifferentiated.....g	0.750		0		1		1.088	0.083	
18:3 undifferentiated.....g	0.020		0		1		0.029	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.250		0		1		0.363	0.028	
20:5 n-3.....g	0.020		0		1		0.029	0.002	
22:5 n-3.....g	0.010		0		1		0.015	0.001	
22:6 n-3.....g	0.050		0		1		0.073	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	434		0		1		629	48	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.313		0		1		0.454	0.034	
Threonine.....g	1.193		0		1		1.730	0.131	
Isoleucine.....g	1.339		0		1		1.942	0.147	
Leucine.....g	2.158		0		1		3.129	0.237	
Lysine.....g	1.942		0		1		2.816	0.214	
Methionine.....g	0.654		0		1		0.948	0.072	
Cystine.....g	0.352		0		1		0.510	0.039	
Phenylalanine.....g	1.215		0		1		1.762	0.134	
Tyrosine.....g	0.878		0		1		1.273	0.097	
Valine.....g	1.453		0		1		2.107	0.160	
Arginine.....g	1.738		0		1		2.520	0.191	
Histidine.....g	0.631		0		1		0.915	0.069	
Alanine.....g	1.339		0		1		1.942	0.147	
Aspartic acid.....g	2.480		0		1		3.596	0.273	
Glutamic acid.....g	3.907		0		1		5.665	0.430	
Glycine.....g	1.467		0		1		2.127	0.161	
Proline.....g	1.338		0		1		1.940	0.147	
Serine.....g	1.150		0		1		1.668	0.127	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 11.0g: 1 unit (yield from 1 lb ready-to cook capon)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05137
Chicken, capons, giblets, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.12		0		1		85.24	13.34	
Energy	kcal	130		0	NC	4		150	23	
Energy	kj	544				4		626	98	
Protein (N x 6.25)	g	18.28		0		1		21.02	3.29	
Total lipid (fat)	g	5.18		0		1		5.96	0.93	
Ash	g	1.00		0		1		1.15	0.18	
Carbohydrate, by difference	g	1.42		0	NC	4		1.63	0.26	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		12	2	
Iron, Fe	mg	6.25		0		1		7.19	1.13	
Magnesium, Mg	mg	18		0		1		21	3	
Phosphorus, P	mg	207		0		1		238	37	
Potassium, K	mg	226		0		1		260	41	
Sodium, Na	mg	77		0		1		89	14	
Zinc, Zn	mg	3.38		0		1		3.89	0.61	
Copper, Cu	mg	0.268		0		1		0.308	0.048	
Manganese, Mn	mg	0.163		0		1		0.187	0.029	
Selenium, Se	mcg	55.3		0	BFNN	4		63.6	10.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	18.4		0		1		21.2	3.3	
Thiamin	mg	0.097		0		1		0.112	0.017	
Riboflavin	mg	1.119		0		1		1.287	0.201	
Niacin	mg	6.984		0		1		8.032	1.257	
Pantothenic acid	mg	3.618		0		1		4.161	0.651	
Vitamin B-6	mg	0.470		0		1		0.541	0.085	
Folate, total	mcg	394		0		1		453	71	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	394		0		1		453	71	
Folate, DFE	mcg_DFE	394		0	NC	4		453	71	
Vitamin B-12	mcg	12.95		0		1		14.89	2.33	
Vitamin A, IU	IU	14566		0		1		16751	2622	
Vitamin A, RAE	mcg_RAE	4374		0		1		5030	787	
Retinol	mcg	4374		0		1		5030	787	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.640		0		1		1.886	0.295	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.023	0.004	
15:0	g									
16:0	g	0.910		0		1		1.047	0.164	
17:0	g									
18:0	g	0.600		0		1		0.690	0.108	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05137
Chicken, capons, giblets, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.320		0		1		1.518	0.238	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.207	0.032	
17:1.....g									
18:1 undifferentiated.....g	1.120		0		1		1.288	0.202	
20:1.....g	0.010		0		1		0.012	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.190		0		1		1.369	0.214	
18:2 undifferentiated.....g	0.810		0		1		0.932	0.146	
18:3 undifferentiated.....g	0.030		0		1		0.035	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.280		0		1		0.322	0.050	
20:5 n-3.....g	0.010		0		1		0.012	0.002	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.040		0		1		0.046	0.007	
Fatty acids, total trans.....g									
Cholesterol.....mg	292		0		1		336	53	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.217		0		1		0.250	0.039	
Threonine.....g	0.826		0		1		0.950	0.149	
Isoleucine.....g	0.927		0		1		1.066	0.167	
Leucine.....g	1.496		0		1		1.720	0.269	
Lysine.....g	1.346		0		1		1.548	0.242	
Methionine.....g	0.452		0		1		0.520	0.081	
Cystine.....g	0.243		0		1		0.279	0.044	
Phenylalanine.....g	0.841		0		1		0.967	0.151	
Tyrosine.....g	0.609		0		1		0.700	0.110	
Valine.....g	1.007		0		1		1.158	0.181	
Arginine.....g	1.203		0		1		1.383	0.217	
Histidine.....g	0.437		0		1		0.503	0.079	
Alanine.....g	0.930		0		1		1.070	0.167	
Aspartic acid.....g	1.718		0		1		1.976	0.309	
Glutamic acid.....g	2.703		0		1		3.108	0.487	
Glycine.....g	1.016		0		1		1.168	0.183	
Proline.....g	0.926		0		1		1.065	0.167	
Serine.....g	0.796		0		1		0.915	0.143	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 giblets

Measure 2 = 18g: 1 unit (yield from 1 lb ready-to cook capon)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.25		0		1		840.17	129.17	
Energy	kcal	226		0	NC	4		3205	493	
Energy	kj	946				4		13408	2061	
Protein (N x 6.25)	g	28.35		0		1		402.00	61.80	
Total lipid (fat)	g	11.67		0		1		165.48	25.44	
Ash	g	1.01		0		1		14.32	2.20	
Carbohydrate, by difference	g	0.04		0	NC	4		0.57	0.09	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		213	33	
Iron, Fe	mg	1.79		0		1		25.38	3.90	
Magnesium, Mg	mg	23		0		1		326	50	
Phosphorus, P	mg	239		0		1		3389	521	
Potassium, K	mg	243		0		1		3446	530	
Sodium, Na	mg	50		0		1		709	109	
Zinc, Zn	mg	1.94		0		1		27.51	4.23	
Copper, Cu	mg	0.081		0		1		1.149	0.177	
Manganese, Mn	mg	0.031		0		1		0.440	0.068	
Selenium, Se	mcg	19.3		0	BFYN	4		273.7	42.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		5.7	0.9	
Thiamin	mg	0.070		0		1		0.993	0.153	
Riboflavin	mg	0.219		0		1		3.105	0.477	
Niacin	mg	8.415		0		1		119.325	18.345	
Pantothenic acid	mg	1.184		0		1		16.789	2.581	
Vitamin B-6	mg	0.410		0		1		5.814	0.894	
Folate, total	mcg	26		0		1		369	57	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	26		0		1		369	57	
Folate, DFE	mcg_DFE	26		0	NC	4		369	57	
Vitamin B-12	mcg	0.36		0		1		5.10	0.78	
Vitamin A, IU	IU	734		0		1		10408	1600	
Vitamin A, RAE	mcg_RAE	220		0		1		3126	481	
Retinol	mcg	220		0		1		3126	481	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.280		0		1		46.510	7.150	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.142	0.022	
13:0	g									
14:0	g	0.090		0		1		1.276	0.196	
15:0	g									
16:0	g	2.420		0		1		34.316	5.276	
17:0	g									
18:0	g	0.650		0		1		9.217	1.417	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05134

Chicken, capons, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.710		0		1		66.788	10.268	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.650		0		1		9.217	1.417	
17:1.....g									
18:1 undifferentiated.....g	3.880		0		1		55.018	8.458	
20:1.....g	0.120		0		1		1.702	0.262	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.520		0		1		35.734	5.494	
18:2 undifferentiated.....g	2.220		0		1		31.480	4.840	
18:3 undifferentiated.....g	0.100		0		1		1.418	0.218	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		1.276	0.196	
20:5 n-3.....g	0.010		0		1		0.142	0.022	
22:5 n-3.....g	0.010		0		1		0.142	0.022	
22:6 n-3.....g	0.030		0		1		0.425	0.065	
Fatty acids, total trans.....g									
Cholesterol.....mg	103		0		1		1461	225	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		4.509	0.693	
Threonine.....g	1.178		0		1		16.704	2.568	
Isoleucine.....g	1.419		0		1		20.121	3.093	
Leucine.....g	2.077		0		1		29.452	4.528	
Lysine.....g	2.302		0		1		32.642	5.018	
Methionine.....g	0.753		0		1		10.678	1.642	
Cystine.....g	0.377		0		1		5.346	0.822	
Phenylalanine.....g	1.112		0		1		15.768	2.424	
Tyrosine.....g	0.916		0		1		12.989	1.997	
Valine.....g	1.386		0		1		19.653	3.021	
Arginine.....g	1.777		0		1		25.198	3.874	
Histidine.....g	0.828		0		1		11.741	1.805	
Alanine.....g	1.637		0		1		23.213	3.569	
Aspartic acid.....g	2.534		0		1		35.932	5.524	
Glutamic acid.....g	4.151		0		1		58.861	9.049	
Glycine.....g	1.799		0		1		25.510	3.922	
Proline.....g	1.366		0		1		19.370	2.978	
Serine.....g	1.009		0		1		14.308	2.200	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1418g: 1 capon

Measure 2 = 218g: 1 unit (yield from 1 lb ready-to cook capon)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.66		0		1		1369.96		
Energy	kcal	232		0	NC	4		4993		
Energy	kj	971				4		20889		
Protein (N x 6.25)	g	18.51		0		1		398.34		
Total lipid (fat)	g	16.90		0		1		363.69		
Ash	g	0.94		0		1		20.23		
Carbohydrate, by difference	g	0.08		0	NC	4		1.72		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		237		
Iron, Fe	mg	1.41		0		1		30.34		
Magnesium, Mg	mg	21		0		1		452		
Phosphorus, P	mg	181		0		1		3895		
Potassium, K	mg	213		0		1		4584		
Sodium, Na	mg	47		0		1		1011		
Zinc, Zn	mg	1.32		0		1		28.41		
Copper, Cu	mg	0.063		0		1		1.356		
Manganese, Mn	mg	0.028		0		1		0.603		
Selenium, Se	mcg	12.2		0	BFNN	4		262.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.6		0		1		56.0		
Thiamin	mg	0.065		0		1		1.399		
Riboflavin	mg	0.183		0		1		3.938		
Niacin	mg	7.074		0		1		152.232		
Pantothenic acid	mg	1.101		0		1		23.694		
Vitamin B-6	mg	0.360		0		1		7.747		
Folate, total	mcg	27		0		1		581		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	27		0		1		581		
Folate, DFE	mcg_DFE	27		0	NC	4		581		
Vitamin B-12	mcg	1.01		0		1		21.74		
Vitamin A, IU	IU	905		0		1		19476		
Vitamin A, RAE	mcg_RAE	272		0		1		5849		
Retinol	mcg	272		0		1		5849		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.890		0		1		105.233		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.020		0		1		0.430		
13:0	g									
14:0	g	0.140		0		1		3.013		
15:0	g									
16:0	g	3.570		0		1		76.826		
17:0	g									
18:0	g	0.980		0		1		21.090		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.160		0		1		154.083		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.950		0		1		20.444		
17:1.....g									
18:1 undifferentiated.....g	5.930		0		1		127.614		
20:1.....g	0.180		0		1		3.874		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.600		0		1		77.472		
18:2 undifferentiated.....g	3.250		0		1		69.940		
18:3 undifferentiated.....g	0.160		0		1		3.443		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		1		1.506		
20:5 n-3.....g	0.010		0		1		0.215		
22:5 n-3.....g	0.010		0		1		0.215		
22:6 n-3.....g	0.020		0		1		0.430		
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		1872		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.209		0		1		4.498		
Threonine.....g	0.776		0		1		16.700		
Isoleucine.....g	0.934		0		1		20.100		
Leucine.....g	1.369		0		1		29.461		
Lysine.....g	1.514		0		1		32.581		
Methionine.....g	0.495		0		1		10.652		
Cystine.....g	0.248		0		1		5.337		
Phenylalanine.....g	0.733		0		1		15.774		
Tyrosine.....g	0.603		0		1		12.977		
Valine.....g	0.913		0		1		19.648		
Arginine.....g	1.172		0		1		25.221		
Histidine.....g	0.545		0		1		11.728		
Alanine.....g	1.079		0		1		23.220		
Aspartic acid.....g	1.670		0		1		35.938		
Glutamic acid.....g	2.733		0		1		58.814		
Glycine.....g	1.189		0		1		25.587		
Proline.....g	0.902		0		1		19.411		
Serine.....g	0.666		0		1		14.332		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2152g: 1 capon

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 29% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.70		0		1		373.92	115.05	
Energy	kcal	229		0	NC	4		1459	449	
Energy	kj	958				4		6103	1878	
Protein (N x 6.25)	g	28.96		0		1		184.48	56.76	
Total lipid (fat)	g	11.65		0		1		74.21	22.83	
Ash	g	1.04		0		1		6.62	2.04	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		89	27	
Iron, Fe	mg	1.49		0		1		9.49	2.92	
Magnesium, Mg	mg	24		0		1		153	47	
Phosphorus, P	mg	246		0		1		1567	482	
Potassium, K	mg	255		0		1		1624	500	
Sodium, Na	mg	49		0		1		312	96	
Zinc, Zn	mg	1.74		0		1		11.08	3.41	
Copper, Cu	mg	0.069		0		1		0.440	0.135	
Manganese, Mn	mg	0.021		0		1		0.134	0.041	
Selenium, Se	mcg	21.6		0	BFYN	4		137.6	42.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070		0		1		0.446	0.137	
Riboflavin	mg	0.170		0		1		1.083	0.333	
Niacin	mg	8.947		0		1		56.992	17.536	
Pantothenic acid	mg	1.104		0		1		7.032	2.164	
Vitamin B-6	mg	0.430		0		1		2.739	0.843	
Folate, total	mcg	6		0		1		38	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		38	12	
Folate, DFE	mcg_DFE	6		0	NC	4		38	12	
Vitamin B-12	mcg	0.33		0		1		2.10	0.65	
Vitamin A, IU	IU	68		0		1		433	133	
Vitamin A, RAE	mcg_RAE	20		0		1		130	40	
Retinol	mcg	20		0		1		130	40	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.260		0		1		20.766	6.390	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.064	0.020	
13:0	g									
14:0	g	0.090		0		1		0.573	0.176	
15:0	g									
16:0	g	2.420		0		1		15.415	4.743	
17:0	g									
18:0	g	0.640		0		1		4.077	1.254	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.750		0		1		30.258	9.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0		1		4.204	1.294	
17:1.....g									
18:1 undifferentiated.....g	3.910		0		1		24.907	7.664	
20:1.....g	0.130		0		1		0.828	0.255	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.520		0		1		16.052	4.939	
18:2 undifferentiated.....g	2.220		0		1		14.141	4.351	
18:3 undifferentiated.....g	0.100		0		1		0.637	0.196	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.510	0.157	
20:5 n-3.....g	0.010		0		1		0.064	0.020	
22:5 n-3.....g	0.010		0		1		0.064	0.020	
22:6 n-3.....g	0.030		0		1		0.191	0.059	
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		548	169	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.325		0		1		2.070	0.637	
Threonine.....g	1.200		0		1		7.644	2.352	
Isoleucine.....g	1.455		0		1		9.268	2.852	
Leucine.....g	2.115		0		1		13.473	4.145	
Lysine.....g	2.370		0		1		15.097	4.645	
Methionine.....g	0.774		0		1		4.930	1.517	
Cystine.....g	0.384		0		1		2.446	0.753	
Phenylalanine.....g	1.128		0		1		7.185	2.211	
Tyrosine.....g	0.938		0		1		5.975	1.838	
Valine.....g	1.409		0		1		8.975	2.762	
Arginine.....g	1.806		0		1		11.504	3.540	
Histidine.....g	0.857		0		1		5.459	1.680	
Alanine.....g	1.674		0		1		10.663	3.281	
Aspartic acid.....g	2.582		0		1		16.447	5.061	
Glutamic acid.....g	4.246		0		1		27.047	8.322	
Glycine.....g	1.815		0		1		11.562	3.557	
Proline.....g	1.376		0		1		8.765	2.697	
Serine.....g	1.018		0		1		6.485	1.995	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 637g: .5 capon, bone removed

Measure 2 = 196g: 1 unit (yield from 1 lb ready-to cook capon)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 28% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.24		0		1		609.63	187.82	
Energy	kcal	234		0	NC	4		2256	695	
Energy	kj	979				4		9438	2908	
Protein (N x 6.25)	g	18.77		0		1		180.94	55.75	
Total lipid (fat)	g	17.07		0		1		164.55	50.70	
Ash	g	0.96		0		1		9.25	2.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		106	33	
Iron, Fe	mg	1.09		0		1		10.51	3.24	
Magnesium, Mg	mg	21		0		1		202	62	
Phosphorus, P	mg	183		0		1		1764	544	
Potassium, K	mg	217		0		1		2092	644	
Sodium, Na	mg	45		0		1		434	134	
Zinc, Zn	mg	1.17		0		1		11.28	3.47	
Copper, Cu	mg	0.050		0		1		0.482	0.149	
Manganese, Mn	mg	0.020		0		1		0.193	0.059	
Selenium, Se	mcg	14.6		0	BFNN	4		140.7	43.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		1		16.4	5.0	
Thiamin	mg	0.064		0		1		0.617	0.190	
Riboflavin	mg	0.127		0		1		1.224	0.377	
Niacin	mg	7.273		0		1		70.112	21.601	
Pantothenic acid	mg	0.965		0		1		9.303	2.866	
Vitamin B-6	mg	0.360		0		1		3.470	1.069	
Folate, total	mcg	6		0		1		58	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		58	18	
Folate, DFE	mcg_DFE	6		0	NC	4		58	18	
Vitamin B-12	mcg	0.34		0		1		3.28	1.01	
Vitamin A, IU	IU	129		0		1		1244	383	
Vitamin A, RAE	mcg_RAE	37		0	NC	4		357	110	
Retinol	mcg	37		0	NR	4		357	110	
Vitamin E (alpha-tocopherol)	mg	0.32		0	CASN	4		3.09	0.95	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		22.9	7.1	
Lipids:										
Fatty acids, total saturated	g	4.950		0		1		47.718	14.702	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.193	0.059	
13:0	g									
14:0	g	0.140		0		1		1.350	0.416	
15:0	g									
16:0	g	3.620		0		1		34.897	10.751	
17:0	g									
18:0	g	0.980		0		1		9.447	2.911	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.310		0		1		70.468	21.711	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		0		1		9.351	2.881	
17:1.....g									
18:1 undifferentiated.....g	6.070		0		1		58.515	18.028	
20:1.....g	0.180		0		1		1.735	0.535	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.620		0		1		34.897	10.751	
18:2 undifferentiated.....g	3.300		0		1		31.812	9.801	
18:3 undifferentiated.....g	0.160		0		1		1.542	0.475	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.578	0.178	
20:5 n-3.....g	0.010		0		1		0.096	0.030	
22:5 n-3.....g	0.010		0		1		0.096	0.030	
22:6 n-3.....g	0.020		0		1		0.193	0.059	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		723	223	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.213		0		1		2.053	0.633	
Threonine.....g	0.786		0		1		7.577	2.334	
Isoleucine.....g	0.954		0		1		9.197	2.833	
Leucine.....g	1.386		0		1		13.361	4.116	
Lysine.....g	1.553		0		1		14.971	4.612	
Methionine.....g	0.507		0		1		4.887	1.506	
Cystine.....g	0.251		0		1		2.420	0.745	
Phenylalanine.....g	0.739		0		1		7.124	2.195	
Tyrosine.....g	0.615		0		1		5.929	1.827	
Valine.....g	0.923		0		1		8.898	2.741	
Arginine.....g	1.181		0		1		11.385	3.508	
Histidine.....g	0.562		0		1		5.418	1.669	
Alanine.....g	1.094		0		1		10.546	3.249	
Aspartic acid.....g	1.690		0		1		16.292	5.019	
Glutamic acid.....g	2.781		0		1		26.809	8.260	
Glycine.....g	1.181		0		1		11.385	3.508	
Proline.....g	0.897		0		1		8.647	2.664	
Serine.....g	0.666		0		1		6.420	1.978	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 964g: .5 capon, bone removed

Measure 2 = 297g: 1 unit (yield from 1 lb ready-to cook capon)

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.68		0		1		150.81	75.70	
Energy	kcal	260		0	NC	4		668	335	
Energy	kj	1088				4		2796	1403	
Protein (N x 6.25)	g	22.27		0		1		57.23	28.73	
Total lipid (fat)	g	18.21		0		1		46.80	23.49	
Ash	g	1.04		0		1		2.67	1.34	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		33	17	
Iron, Fe	mg	0.91		0		1		2.34	1.17	
Magnesium, Mg	mg	18		0		1		46	23	
Phosphorus, P	mg	146		0		1		375	188	
Potassium, K	mg	245		0		1		630	316	
Sodium, Na	mg	64		0		1		164	83	
Zinc, Zn	mg	1.49		0		1		3.83	1.92	
Copper, Cu	mg	0.061		0		1		0.157	0.079	
Manganese, Mn	mg	0.015		0		1		0.039	0.019	
Selenium, Se	mcg	15.5		0	BFYN	4		39.8	20.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		1.3	0.6	
Thiamin	mg	0.067		0		1		0.172	0.086	
Riboflavin	mg	0.199		0		1		0.511	0.257	
Niacin	mg	5.897		0		1		15.155	7.607	
Pantothenic acid	mg	0.593		0		1		1.524	0.765	
Vitamin B-6	mg	0.307		0		1		0.789	0.396	
Folate, total	mcg	2		0		1		5	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		5	3	
Folate, DFE	mcg_DFE	2		0	NC	4		5	3	
Vitamin B-12	mcg	0.28		0		1		0.72	0.36	
Vitamin A, IU	IU	107		0	NC	4		274	138	
Vitamin A, RAE	mcg_RAE	32		0	NC	4		82	41	
Retinol	mcg	32		0	NR	4		82	41	
Vitamin E (alpha-tocopherol)	mg	0.36		0	CASN	4		0.93	0.46	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4		6.1	3.1	
Lipids:										
Fatty acids, total saturated	g	5.050		0		1		12.979	6.515	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030		0		1		0.077	0.039	
13:0	g									
14:0	g	0.150		0		1		0.386	0.194	
15:0	g									
16:0	g	3.850		0		1		9.895	4.967	
17:0	g									
18:0	g	1.010		0		1		2.596	1.303	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05308
Chicken, cornish game hens, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.000		0		1		20.560	10.320	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.250		0		1		3.213	1.613	
17:1.....g									
18:1 undifferentiated.....g	6.640		0		1		17.065	8.566	
20:1.....g	0.070		0		1		0.180	0.090	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.600		0		1		9.252	4.644	
18:2 undifferentiated.....g	3.200		0		1		8.224	4.128	
18:3 undifferentiated.....g	0.160		0		1		0.411	0.206	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190		0		1		0.488	0.245	
20:5 n-3.....g	0.020		0		1		0.051	0.026	
22:5 n-3.....g	0.010		0		1		0.026	0.013	
22:6 n-3.....g	0.020		0		1		0.051	0.026	
Fatty acids, total trans.....g									
Cholesterol.....mg	131		0		1		337	169	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.635	0.319	
Threonine.....g	0.916		0		1		2.354	1.182	
Isoleucine.....g	1.100		0		1		2.827	1.419	
Leucine.....g	1.610		0		1		4.138	2.077	
Lysine.....g	1.799		0		1		4.623	2.321	
Methionine.....g	0.588		0		1		1.511	0.759	
Cystine.....g	0.298		0		1		0.766	0.384	
Phenylalanine.....g	0.861		0		1		2.213	1.111	
Tyrosine.....g	0.711		0		1		1.827	0.917	
Valine.....g	1.075		0		1		2.763	1.387	
Arginine.....g	1.400		0		1		3.598	1.806	
Histidine.....g	0.648		0		1		1.665	0.836	
Alanine.....g	1.306		0		1		3.356	1.685	
Aspartic acid.....g	1.981		0		1		5.091	2.555	
Glutamic acid.....g	3.238		0		1		8.322	4.177	
Glycine.....g	1.482		0		1		3.809	1.912	
Proline.....g	1.098		0		1		2.822	1.416	
Serine.....g	0.787		0		1		2.023	1.015	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 257g: 1 bird whole

Measure 2 = 129g: .5 bird

NDB No. 05308
Chicken, cornish game hens, meat and skin, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05307
Chicken, cornish game hens, meat and skin, raw

Refuse: 39% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.18		0		1		114.54		
Energy	kcal	200		0	NC	4		336		
Energy	kj	837				4		1406		
Protein (N x 6.25)	g	17.15		0		1		28.81		
Total lipid (fat)	g	14.02		0		1		23.55		
Ash	g	0.80		0		1		1.34		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		18		
Iron, Fe	mg	0.78		0		1		1.31		
Magnesium, Mg	mg	18		0		1		30		
Phosphorus, P	mg	140		0		1		235		
Potassium, K	mg	236		0		1		396		
Sodium, Na	mg	61		0		1		102		
Zinc, Zn	mg	1.15		0		1		1.93		
Copper, Cu	mg	0.049		0		1		0.082		
Manganese, Mn	mg	0.016		0		1		0.027		
Selenium, Se	mcg	11.8		0	BFNN	4		19.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.5		0		1		0.8		
Thiamin	mg	0.073		0		1		0.123		
Riboflavin	mg	0.170		0		1		0.286		
Niacin	mg	5.675		0		1		9.534		
Pantothenic acid	mg	0.609		0		1		1.023		
Vitamin B-6	mg	0.295		0		1		0.496		
Folate, total	mcg	3		0		1		5		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	3		0		1		5		
Folate, DFE	mcg_DFE	3		0	NC	4		5		
Vitamin B-12	mcg	0.33		0		1		0.55		
Vitamin A, IU	IU	108		0		1		181		
Vitamin A, RAE	mcg_RAE	32		0	NC	4		54		
Retinol	mcg	32		0	NR	4		54		
Vitamin E (alpha-tocopherol)	mg	0.28		0	CASN	4		0.47		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		4.0		
Lipids:										
Fatty acids, total saturated	g	3.890		0		1		6.535		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		1		0.000		
12:0	g	0.030		0		1		0.050		
13:0	g									
14:0	g	0.120		0		1		0.202		
15:0	g									
16:0	g	2.970		0		1		4.990		
17:0	g									
18:0	g	0.780		0		1		1.310		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05307
Chicken, cornish game hens, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.160		0		1		10.349		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.960		0		1		1.613		
17:1.....g									
18:1 undifferentiated.....g	5.110		0		1		8.585		
20:1.....g	0.050		0		1		0.084		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.770		0		1		4.654		
18:2 undifferentiated.....g	2.460		0		1		4.133		
18:3 undifferentiated.....g	0.120		0		1		0.202		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.252		
20:5 n-3.....g	0.010		0		1		0.017		
22:5 n-3.....g	0.010		0		1		0.017		
22:6 n-3.....g	0.010		0		1		0.017		
Fatty acids, total trans.....g									
Cholesterol.....mg	101		0		1		170		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0		1		0.319		
Threonine.....g	0.705		0		1		1.184		
Isoleucine.....g	0.847		0		1		1.423		
Leucine.....g	1.240		0		1		2.083		
Lysine.....g	1.385		0		1		2.327		
Methionine.....g	0.453		0		1		0.761		
Cystine.....g	0.230		0		1		0.386		
Phenylalanine.....g	0.663		0		1		1.114		
Tyrosine.....g	0.548		0		1		0.921		
Valine.....g	0.828		0		1		1.391		
Arginine.....g	1.078		0		1		1.811		
Histidine.....g	0.499		0		1		0.838		
Alanine.....g	1.006		0		1		1.690		
Aspartic acid.....g	1.526		0		1		2.564		
Glutamic acid.....g	2.493		0		1		4.188		
Glycine.....g	1.141		0		1		1.917		
Proline.....g	0.846		0		1		1.421		
Serine.....g	0.606		0		1		1.018		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 168g: .5 bird

NDB No. 05307
Chicken, cornish game hens, meat and skin, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.90		0		1		158.18	79.09	
Energy	kcal	134		0	NC	4		295	147	
Energy	kj	561				4		1233	617	
Protein (N x 6.25)	g	23.30		0		1		51.26	25.63	
Total lipid (fat)	g	3.87		0		1		8.51	4.26	
Ash	g	1.04		0		1		2.29	1.14	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		29	14	
Iron, Fe	mg	0.77		0		1		1.69	0.85	
Magnesium, Mg	mg	19		0		1		42	21	
Phosphorus, P	mg	149		0		1		328	164	
Potassium, K	mg	250		0		1		550	275	
Sodium, Na	mg	63		0		1		139	69	
Zinc, Zn	mg	1.53		0		1		3.37	1.68	
Copper, Cu	mg	0.059		0		1		0.130	0.065	
Manganese, Mn	mg	0.015		0		1		0.033	0.017	
Selenium, Se	mcg	20.8		0	BFYN	4		45.8	22.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.3	0.7	
Thiamin	mg	0.075		0		1		0.165	0.083	
Riboflavin	mg	0.227		0		1		0.499	0.250	
Niacin	mg	6.273		0		1		13.801	6.900	
Pantothenic acid	mg	0.555		0		1		1.221	0.611	
Vitamin B-6	mg	0.358		0		1		0.788	0.394	
Folate, total	mcg	2		0		1		4	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	2		0		1		4	2	
Folate, DFE	mcg_DFE	2		0	NC	4		4	2	
Vitamin B-12	mcg	0.30		0		1		0.66	0.33	
Vitamin A, IU	IU	67		0	NC	4		147	73	
Vitamin A, RAE	mcg_RAE	20		0	NC	4		44	22	
Retinol	mcg	20		0	NR	4		44	22	
Vitamin E (alpha-tocopherol)	mg	0.24		0	CASN	4		0.54	0.27	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4		5.2	2.6	
Lipids:										
Fatty acids, total saturated	g	0.990		0		1		2.178	1.089	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.022	0.011	
13:0	g									
14:0	g	0.030		0		1		0.066	0.033	
15:0	g									
16:0	g	0.690		0		1		1.518	0.759	
17:0	g									
18:0	g	0.260		0		1		0.572	0.286	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05310
Chicken, cornish game hens, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.240		0		1		2.728	1.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		0		1		0.462	0.231	
17:1.....g									
18:1 undifferentiated.....g	1.010		0		1		2.222	1.111	
20:1.....g	0.010		0		1		0.022	0.011	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.940		0		1		2.068	1.034	
18:2 undifferentiated.....g	0.690		0		1		1.518	0.759	
18:3 undifferentiated.....g	0.030		0		1		0.066	0.033	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.374	0.187	
20:5 n-3.....g	0.010		0		1		0.022	0.011	
22:5 n-3.....g	0.020		0		1		0.044	0.022	
22:6 n-3.....g	0.020		0		1		0.044	0.022	
Fatty acids, total trans.....g									
Cholesterol.....mg	106		0		1		233	117	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.272		0		1		0.598	0.299	
Threonine.....g	0.984		0		1		2.165	1.082	
Isoleucine.....g	1.230		0		1		2.706	1.353	
Leucine.....g	1.748		0		1		3.846	1.923	
Lysine.....g	1.980		0		1		4.356	2.178	
Methionine.....g	0.645		0		1		1.419	0.710	
Cystine.....g	0.298		0		1		0.656	0.328	
Phenylalanine.....g	0.925		0		1		2.035	1.018	
Tyrosine.....g	0.787		0		1		1.731	0.866	
Valine.....g	1.156		0		1		2.543	1.272	
Arginine.....g	1.405		0		1		3.091	1.546	
Histidine.....g	0.723		0		1		1.591	0.795	
Alanine.....g	1.271		0		1		2.796	1.398	
Aspartic acid.....g	2.076		0		1		4.567	2.284	
Glutamic acid.....g	3.489		0		1		7.676	3.838	
Glycine.....g	1.144		0		1		2.517	1.258	
Proline.....g	0.958		0		1		2.108	1.054	
Serine.....g	0.801		0		1		1.762	0.881	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 220g: 1 bird whole

Measure 2 = 110g: .5 bird

NDB No. 05310
Chicken, cornish game hens, meat only, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.84		0		1		181.26	91.01	
Energy	kcal	116		0	NC	4		277	139	
Energy	kj	485				4		1160	582	
Protein (N x 6.25)	g	20.04		0		1		47.90	24.05	
Total lipid (fat)	g	3.33		0		1		7.96	4.00	
Ash	g	0.90		0		1		2.15	1.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		29	14	
Iron, Fe	mg	0.74		0		1		1.77	0.89	
Magnesium, Mg	mg	21		0		1		50	25	
Phosphorus, P	mg	160		0		1		382	192	
Potassium, K	mg	269		0		1		643	323	
Sodium, Na	mg	68		0		1		163	82	
Zinc, Zn	mg	1.31		0		1		3.13	1.57	
Copper, Cu	mg	0.053		0		1		0.127	0.064	
Manganese, Mn	mg	0.017		0		1		0.041	0.020	
Selenium, Se	mcg	15.8		0	BFNN	4		37.8	19.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.6		0		1		1.4	0.7	
Thiamin	mg	0.092		0		1		0.220	0.110	
Riboflavin	mg	0.216		0		1		0.516	0.259	
Niacin	mg	6.744		0		1		16.118	8.093	
Pantothenic acid	mg	0.636		0		1		1.520	0.763	
Vitamin B-6	mg	0.385		0		1		0.920	0.462	
Folate, total	mcg	3		0		1		7	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		7	4	
Folate, DFE	mcg_DFE	3		0	NC	4		7	4	
Vitamin B-12	mcg	0.40		0		1		0.96	0.48	
Vitamin A, IU	IU	75		0		1		179	90	
Vitamin A, RAE	mcg_RAE	22		0	NC	4		53	26	
Retinol	mcg	22		0	NR	4		53	26	
Vitamin E (alpha-tocopherol)	mg	0.21		0	CASN	4		0.50	0.25	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		5.7	2.9	
Lipids:										
Fatty acids, total saturated	g	0.850		0		1		2.032	1.020	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.024	0.012	
13:0	g									
14:0	g	0.020		0		1		0.048	0.024	
15:0	g									
16:0	g	0.590		0		1		1.410	0.708	
17:0	g									
18:0	g	0.230		0		1		0.550	0.276	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05309
Chicken, cornish game hens, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.070		0		1		2.557	1.284	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		0		1		0.430	0.216	
17:1.....g									
18:1 undifferentiated.....g	0.870		0		1		2.079	1.044	
20:1.....g	0.010		0		1		0.024	0.012	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.810		0		1		1.936	0.972	
18:2 undifferentiated.....g	0.600		0		1		1.434	0.720	
18:3 undifferentiated.....g	0.020		0		1		0.048	0.024	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.359	0.180	
20:5 n-3.....g	0.010		0		1		0.024	0.012	
22:5 n-3.....g	0.010		0		1		0.024	0.012	
22:6 n-3.....g	0.020		0		1		0.048	0.024	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		217	109	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.234		0		1		0.559	0.281	
Threonine.....g	0.846		0		1		2.022	1.015	
Isoleucine.....g	1.058		0		1		2.529	1.270	
Leucine.....g	1.504		0		1		3.595	1.805	
Lysine.....g	1.702		0		1		4.068	2.042	
Methionine.....g	0.555		0		1		1.326	0.666	
Cystine.....g	0.256		0		1		0.612	0.307	
Phenylalanine.....g	0.795		0		1		1.900	0.954	
Tyrosine.....g	0.676		0		1		1.616	0.811	
Valine.....g	0.994		0		1		2.376	1.193	
Arginine.....g	1.209		0		1		2.890	1.451	
Histidine.....g	0.622		0		1		1.487	0.746	
Alanine.....g	1.093		0		1		2.612	1.312	
Aspartic acid.....g	1.786		0		1		4.269	2.143	
Glutamic acid.....g	3.001		0		1		7.172	3.601	
Glycine.....g	0.984		0		1		2.352	1.181	
Proline.....g	0.824		0		1		1.969	0.989	
Serine.....g	0.689		0		1		1.647	0.827	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 bird whole

Measure 2 = 120g: .5 bird

NDB No. 05309
Chicken, cornish game hens, meat only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05335
Chicken, feet, boiled

Refuse:

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.80				1				
Energy	kcal	215			NC	4				
Energy	kj	900				4				
Protein	g	19.40				1				
Total lipid (fat)	g	14.60				1				
Ash	g	0.00		0	NC	4				
Carbohydrate, by difference	g	0.20			NC	4				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	88				1				
Iron, Fe	mg	0.91				1				
Magnesium, Mg	mg	5				1				
Phosphorus, P	mg	83				1				
Potassium, K	mg	31				1				
Sodium, Na	mg	67				1				
Zinc, Zn	mg	0.69				1				
Copper, Cu	mg	0.102				1				
Manganese, Mn	mg									
Selenium, Se	mcg	3.6		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0				7				
Thiamin	mg	0.060				1				
Riboflavin	mg	0.200				1				
Niacin	mg	0.400				1				
Pantothenic acid	mg									
Vitamin B-6	mg	0.010				1				
Folate, total	mcg	86				1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	86				1				
Folate, DFE	mcg_DFE	86		0	NC	4				
Vitamin B-12	mcg	0.47				1				
Vitamin A, IU	IU	100				1				
Vitamin A, RAE	mcg_RAE	30		0	NC	4				
Retinol	mcg	30		0	NR	4				
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.2		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	3.920				4				
4:0	g	0.000				4				
6:0	g	0.000				4				
8:0	g	0.000				4				
10:0	g	0.000				4				
12:0	g	0.014				4				
13:0	g									
14:0	g	0.115				4				
15:0	g									
16:0	g	2.908				4				
17:0	g									
18:0	g	0.785				4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 05335
Chicken, feet, boiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.500				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.742				4				
17:1.....g									
18:1 undifferentiated.....g	4.530				4				
20:1.....g	0.158				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.980				4				
18:2 undifferentiated.....g	2.570				4				
18:3 undifferentiated.....g	0.108				4				
18:4.....g	0.000				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4				
20:5 n-3.....g	0.014				4				
22:5 n-3.....g	0.022				4				
22:6 n-3.....g	0.043				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	84				4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	z	7				
Theobromine.....mg	0		0	z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7				
Carotene, alpha.....mcg	0		0	z	7				
Cryptoxanthin, beta.....mcg	0		0	z	7				
Lycopene.....mcg	0		0	z	7				
Lutein + zeaxanthin.....mcg	0		0	z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.93		1	A	1		98.50		
Energy	kcal	146		1	A	1		212		
Energy	kj	611		0	A	1		886		
Protein (N x 6.25)	g	30.39		1	A	1		44.06		
Total lipid (fat)	g	2.68		1	A	1		3.88		
Ash	g	0.89		1	A	1		1.29		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	17		1	A	1		25		
Iron, Fe	mg	3.19		1	A	1		4.63		
Magnesium, Mg	mg	3		1	A	1		5		
Phosphorus, P	mg	189		1	A	1		274		
Potassium, K	mg	179		1	A	1		260		
Sodium, Na	mg	56		1	A	1		82		
Zinc, Zn	mg	4.42		1	A	1		6.41		
Copper, Cu	mg	0.161		1	A	1		0.233		
Manganese, Mn	mg	0.074		1	A	1		0.107		
Selenium, Se	mcg	41.1		1	A	1		59.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0		
Thiamin	mg	0.026		1	A	1		0.038		
Riboflavin	mg	0.210		1	A	1		0.305		
Niacin	mg	3.120		1	A	1		4.524		
Pantothenic acid	mg	0.468		1	A	1		0.679		
Vitamin B-6	mg	0.071		1	A	1		0.103		
Folate, total	mcg	5		1	A	1		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		1	A	1		7		
Folate, DFE	mcg_DFE	5		0	NC	4		7		
Vitamin B-12	mcg	1.04		1	A	1		1.51		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol)	mg	0.20		2	A	1		0.29		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.12		2	A	1		0.17		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	0.670		1	A	1		0.972		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000		1	A	1		0.000		
13:0	g									
14:0	g	0.000		1	A	1		0.000		
15:0	g	0.003		1	A	1		0.004		
16:0	g	0.408		1	A	1		0.592		
17:0	g	0.004		1	A	1		0.006		
18:0	g	0.238		1	A	1		0.345		
20:0	g	0.005		1	A	1		0.007		
22:0	g	0.007		1	A	1		0.010		
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.528		1	A	1		0.766		
14:1.....g	0.000		1	A	1		0.000		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.074		1	A	1		0.107		
17:1.....g									
18:1 undifferentiated.....g	0.443		1	A	1		0.642		
20:1.....g	0.011		1	A	1		0.016		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.353		1	A	1		0.512		
18:2 undifferentiated.....g	0.223		1	A	1		0.323		
18:3 undifferentiated.....g	0.003		0	A	1		0.004		
18:3 n-6 c,c,c.....g	0.003		1	A	1		0.004		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.019		1	A	1		0.028		
20:3 undifferentiated.....g	0.003		1	A	1		0.004		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.104		1	A	1		0.151		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.130		1	A	1		0.189		
Cholesterol.....mg	370		1	A	1		537		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	79.33		1	A	1				
Energy	kcal	89		1	A	1				
Energy	kj	373		0	A	1				
Protein (N x 6.25)	g	17.66		1	A	1				
Total lipid (fat)	g	2.06		1	A	1				
Ash	g	0.95		1	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	11		1	A	1				
Iron, Fe	mg	2.49		1	A	1				
Magnesium, Mg	mg	15		1	A	1				
Phosphorus, P	mg	148		1	A	1				
Potassium, K	mg	237		1	A	1				
Sodium, Na	mg	69		1	A	1				
Zinc, Zn	mg	2.72		1	A	1				
Copper, Cu	mg	0.116		1	A	1				
Manganese, Mn	mg	0.055		1	A	1				
Selenium, Se	mcg	25.5		1	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.7		1	A	1				
Thiamin	mg	0.028		1	A	1				
Riboflavin	mg	0.231		1	A	1				
Niacin	mg	3.680		1	A	1				
Pantothenic acid	mg	0.631		1	A	1				
Vitamin B-6	mg	0.112		1	A	1				
Folate, total	mcg	5		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	5		1	A	1				
Folate, DFE	mcg_DFE	5		0	NC	4				
Vitamin B-12	mcg	1.21		1	A	1				
Vitamin A, IU	IU	64		0	AS	1				
Vitamin A, RAE	mcg_RAE	19		0	AS	1				
Retinol	mcg	19		1	A	1				
Vitamin E (alpha-tocopherol)	mg	0.33		2	A	1				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.15		2	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1				
Lipids:										
Fatty acids, total saturated	g	0.529		1	A	1				
4:0	g	0.000		0	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.000		1	A	1				
10:0	g	0.000		1	A	1				
12:0	g	0.000		1	A	1				
13:0	g									
14:0	g	0.007		1	A	1				
15:0	g	0.000		1	A	1				
16:0	g	0.347		1	A	1				
17:0	g	0.003		1	A	1				
18:0	g	0.165		1	A	1				
20:0	g	0.003		1	A	1				
22:0	g	0.004		1	A	1				
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.512		1	A	1				
14:1.....g	0.000		1	A	1				
15:1.....g	0.000		1	A	1				
16:1 undifferentiated.....g	0.073		1	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.430		1	A	1				
20:1.....g	0.009		1	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.357		1	A	1				
18:2 undifferentiated.....g	0.246		1	A	1				
18:3 undifferentiated.....g	0.003		0	A	1				
18:3 n-6 c,c,c.....g	0.003		1	A	1				
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.013		1	A	1				
20:3 undifferentiated.....g	0.000		1	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.086		1	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.060		1	A	1				
Cholesterol.....mg	240		1	A	1				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1				
Carotene, alpha.....mcg	0		1	A	1				
Cryptoxanthin, beta.....mcg	0		1	A	1				
Lycopene.....mcg	0		1	A	1				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.85	0.547	8		1		94.03	0.65	
Energy	kcal	185		0	NC	4		268	2	
Energy	kj	774				4		1122	8	
Protein (N x 6.25)	g	26.41	0.959	4		1		38.29	0.26	
Total lipid (fat)	g	7.92	0.373	8		1		11.48	0.08	
Ash	g	0.72	0.038	6		1		1.04	0.01	
Carbohydrate, by difference	g	0.10		0	NC	4		0.15	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	1.103	8		1		28	0	
Iron, Fe	mg	9.03	0.152	8		1		13.09	0.09	
Magnesium, Mg	mg	20	0.604	8		1		29	0	
Phosphorus, P	mg	199	2.271	8		1		289	2	
Potassium, K	mg	132	3.060	8		1		191	1	
Sodium, Na	mg	48	1.062	8		1		70	0	
Zinc, Zn	mg	7.30	0.072	8		1		10.59	0.07	
Copper, Cu	mg	0.502	0.013	8		1		0.728	0.005	
Manganese, Mn	mg	0.107	0.003	8		1		0.155	0.001	
Selenium, Se	mcg	8.0		0	BFYN	4		11.6	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8		0		1		2.6	0.0	
Thiamin	mg	0.070		0		1		0.102	0.001	
Riboflavin	mg	0.741		0		1		1.074	0.007	
Niacin	mg	2.803		0		1		4.064	0.028	
Pantothenic acid	mg	2.654		0		1		3.848	0.027	
Vitamin B-6	mg	0.320		0		1		0.464	0.003	
Folate, total	mcg	80		0		1		116	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	80		0		1		116	1	
Folate, DFE	mcg_DFE	80		0	NC	4		116	1	
Vitamin B-12	mcg	7.29		0		1		10.57	0.07	
Vitamin A, IU	IU	28		0		1		41	0	
Vitamin A, RAE	mcg_RAE	8		0		1		12	0	
Retinol	mcg	8		0		1		12	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.260		0		1		3.277	0.023	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.050		0		1		0.073	0.001	
15:0	g									
16:0	g	1.230		0		1		1.784	0.012	
17:0	g									
18:0	g	0.660		0		1		0.957	0.007	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.010		0		1		2.915	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.479	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.680		0		1		2.436	0.017	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0		1		3.335	0.023	
18:2 undifferentiated.....g	1.620		0		1		2.349	0.016	
18:3 undifferentiated.....g	0.060		0		1		0.087	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.610		0		1		0.885	0.006	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	242		0		1		351	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.338		0		1		0.490	0.003	
Threonine.....g	1.196		0		1		1.734	0.012	
Isoleucine.....g	1.415		0		1		2.052	0.014	
Leucine.....g	2.303		0		1		3.339	0.023	
Lysine.....g	2.214		0		1		3.210	0.022	
Methionine.....g	0.638		0		1		0.925	0.006	
Cystine.....g	0.359		0		1		0.521	0.004	
Phenylalanine.....g	1.183		0		1		1.715	0.012	
Tyrosine.....g	0.946		0		1		1.372	0.009	
Valine.....g	1.496		0		1		2.169	0.015	
Arginine.....g	1.694		0		1		2.456	0.017	
Histidine.....g	0.693		0		1		1.005	0.007	
Alanine.....g	1.665		0		1		2.414	0.017	
Aspartic acid.....g	2.569		0		1		3.725	0.026	
Glutamic acid.....g	3.921		0		1		5.685	0.039	
Glycine.....g	1.466		0		1		2.126	0.015	
Proline.....g	1.348		0		1		1.955	0.013	
Serine.....g	1.065		0		1		1.544	0.011	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 1.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.56	0.917	13		1		4.49	1.32	
Energy	kcal	153		0	NC	4		9	3	
Energy	kj	640				4		39	12	
Protein (N x 6.25)	g	15.55	0.433	15		1		0.95	0.28	
Total lipid (fat)	g	9.33	0.962	14		1		0.57	0.17	
Ash	g	0.85	0.062	10		1		0.05	0.02	
Carbohydrate, by difference	g	0.71		0	NC	4		0.04	0.01	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	1.028	9		1		1	0	
Iron, Fe	mg	5.96	0.528	11		1		0.36	0.11	
Magnesium, Mg	mg	15	0.392	11		1		1	0	
Phosphorus, P	mg	177	4.794	11		1		11	3	
Potassium, K	mg	176	6.256	11		1		11	3	
Sodium, Na	mg	74	2.117	11		1		5	1	
Zinc, Zn	mg	6.59	0.344	8		1		0.40	0.12	
Copper, Cu	mg	0.346	0.026	11		1		0.021	0.006	
Manganese, Mn	mg	0.089	0.001	8		1		0.005	0.002	
Selenium, Se	mcg	4.3		0	BFNN	4		0.3	0.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2	0.084	5		1		0.2	0.1	
Thiamin	mg	0.152	0.007	8		1		0.009	0.003	
Riboflavin	mg	0.728	0.161	8		1		0.044	0.013	
Niacin	mg	4.883	0.349	3		1		0.298	0.088	
Pantothenic acid	mg	2.559		1		1		0.156	0.046	
Vitamin B-6	mg	0.360	0.020	6		1		0.022	0.006	
Folate, total	mcg	72		3		1		4	1	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	72		3		1		4	1	
Folate, DFE	mcg_DFE	72		0	NC	4		4	1	
Vitamin B-12	mcg	7.29		2		1		0.44	0.13	
Vitamin A, IU	IU	30		0		1		2	1	
Vitamin A, RAE	mcg_RAE	9		0		1		1	0	
Retinol	mcg	9		0		1		1	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.660		0		1		0.162	0.048	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.060		1		1		0.004	0.001	
15:0	g									
16:0	g	1.450		1		1		0.088	0.026	
17:0	g									
18:0	g	0.780		1		1		0.048	0.014	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.370		0		1		0.145	0.043	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.390		1		1		0.024	0.007	
17:1.....g									
18:1 undifferentiated.....g	1.980		1		1		0.121	0.036	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.710		0		1		0.165	0.049	
18:2 undifferentiated.....g	1.910		1		1		0.117	0.034	
18:3 undifferentiated.....g	0.070		1		1		0.004	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.720		1		1		0.044	0.013	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	136		1		1		8	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.199		0		1		0.012	0.004	
Threonine.....g	0.704		0		1		0.043	0.013	
Isoleucine.....g	0.833		0		1		0.051	0.015	
Leucine.....g	1.355		0		1		0.083	0.024	
Lysine.....g	1.303		0		1		0.079	0.023	
Methionine.....g	0.376		0		1		0.023	0.007	
Cystine.....g	0.211		0		1		0.013	0.004	
Phenylalanine.....g	0.696		0		1		0.042	0.013	
Tyrosine.....g	0.557		0		1		0.034	0.010	
Valine.....g	0.880		0		1		0.054	0.016	
Arginine.....g	0.997		0		1		0.061	0.018	
Histidine.....g	0.408		0		1		0.025	0.007	
Alanine.....g	0.980		0		1		0.060	0.018	
Aspartic acid.....g	1.512		0		1		0.092	0.027	
Glutamic acid.....g	2.308		0		1		0.141	0.042	
Glycine.....g	0.863		0		1		0.053	0.016	
Proline.....g	0.793		0		1		0.048	0.014	
Serine.....g	0.627		0		1		0.038	0.011	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 6.1g: 1 heart

Measure 2 = 1.8g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05661
Chicken, liver, all classes, cooked, pan-fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.22	0.340	4	A	1		158.48		
Energy	kcal	172		0	NC	4		419		
Energy	kj	721		0	NC	4		1752		
Protein (N x 6.25)	g	25.78	0.426	4	A	1		62.64		
Total lipid (fat)	g	6.43	0.354	4	A	1		15.61		
Ash	g	1.47	0.035	4	A	1		3.57		
Carbohydrate, by difference	g	1.11		0	NC	4		2.69		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	10	1.462	4	A	1		25		
Iron, Fe	mg	12.88	0.881	4	A	1		31.29		
Magnesium, Mg	mg	27	0.416	4	A	1		66		
Phosphorus, P	mg	442	7.878	4	A	1		1075		
Potassium, K	mg	315	18.042	4	A	1		765		
Sodium, Na	mg	92	4.008	4	A	1		223		
Zinc, Zn	mg	4.01	0.062	4	A	1		9.73		
Copper, Cu	mg	0.535	0.035	4	A	1		1.301		
Manganese, Mn	mg	0.375	0.006	4	A	1		0.911		
Selenium, Se	mcg	88.2	11.454	4	A	1		214.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.7		1	A	1		6.6		
Thiamin	mg	0.292	0.008	4	A	1		0.709		
Riboflavin	mg	2.313	0.037	4	A	1		5.619		
Niacin	mg	13.925	0.448	4	A	1		33.838		
Pantothenic acid	mg	8.315	0.364	4	A	1		20.205		
Vitamin B-6	mg	0.840	0.043	4	A	1		2.040		
Folate, total	mcg	560	58.815	4	A	1		1361		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	560	58.815	4	A	1		1361		
Folate, DFE	mcg_DFE	560		0	NC	4		1361		
Vitamin B-12	mcg	21.13	2.638	4	A	1		51.33		
Vitamin A, IU	IU	14378		0	AS	1		34938		
Vitamin A, RAE	mcg_RAE	4296		0	AS	1		10439		
Retinol	mcg	4293	485.015	4	A	1		10431		
Vitamin E (alpha-tocopherol)	mg	0.77		8	A	1		1.87		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.33		6	A	1		0.81		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	4	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	2.033		0	NC	4		4.940		
4:0	g	0.000	0.000	4	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000	0.000	4	A	1		0.000		
10:0	g	0.003	0.003	4	A	1		0.006		
12:0	g	0.003	0.003	4	A	1		0.006		
13:0	g									
14:0	g	0.014	0.001	4	A	1		0.033		
15:0	g	0.000	0.000	4	A	1		0.000		
16:0	g	1.088	0.101	4	A	1		2.644		
17:0	g	0.000	0.000	4	A	1		0.000		
18:0	g	0.911	0.046	4	A	1		2.214		
20:0	g	0.000	0.000	4	A	1		0.000		
22:0	g	0.015	0.001	4	A	1		0.036		
24:0	g									

NDB No. 05661
Chicken, liver, all classes, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.387		0	NC	4		3.369		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.120	0.013	4	A	1		0.292		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	1.246	0.122	4	A	1		3.027		
20:1.....g	0.021	0.001	4	A	1		0.050		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.265		0	NC	4		3.073		
18:2 undifferentiated.....g	0.714		0	AS	1		1.735		
18:2 n-6 c,c.....g	0.714	0.021	4	A	1		1.735		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.026		0	AS	1		0.062		
18:3 n-6 c,c,c.....g	0.014	0.001	4	A	1		0.033		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.018	0.010	4	A	1		0.043		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.508	0.038	4	A	1		1.234		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.098	0.033	4	A	1		0.237		
Cholesterol.....mg	564	13.543	4	A	1		1369		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0	A	1		0.635		
Threonine.....g	1.076		0	A	1		2.614		
Isoleucine.....g	1.206		0	A	1		2.931		
Leucine.....g	2.243		0	A	1		5.451		
Lysine.....g	1.976		0	A	1		4.802		
Methionine.....g	0.641		0	A	1		1.557		
Cystine.....g	0.404		0	A	1		0.981		
Phenylalanine.....g	1.223		0	A	1		2.971		
Tyrosine.....g	0.969		0	A	1		2.354		
Valine.....g	1.481		0	A	1		3.598		
Arginine.....g	1.622		0	A	1		3.941		
Histidine.....g	0.752		0	A	1		1.828		
Alanine.....g	1.473		0	A	1		3.580		
Aspartic acid.....g	2.363		0	A	1		5.743		
Glutamic acid.....g	3.105		0	A	1		7.546		
Glycine.....g	1.260		0	A	1		3.061		
Proline.....g	1.077		0	A	1		2.617		
Serine.....g	1.090		0	A	1		2.650		
Hydroxyproline.....g	0.043		1	A	1		0.104		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	31	3.126	4	A	1		74.297		
Carotene, alpha.....mcg	11	0.000	4	A	1		27.168		
Cryptoxanthin, beta.....mcg	11	0.000	4	A	1		27.168		
Lycopene.....mcg	25	2.794	4	A	1		60.386		

NDB No. 05661
Chicken, liver, all classes, cooked, pan-fried

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	79		4	A	1		192.881		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 container (cooked, yield from 388g raw liver)

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.81	0.423	4	A	1		171.03		
Energy	kcal	167		0	NC	4		426		
Energy	kj	697		0	NC	4		1783		
Protein (N x 6.25)	g	24.46	0.290	4	A	1		62.62		
Total lipid (fat)	g	6.51	0.633	4	A	1		16.66		
Ash	g	1.36	0.013	4	A	1		3.47		
Carbohydrate, by difference	g	0.87		0	NC	4		2.22		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	11	2.356	4	A	1		28		
Iron, Fe	mg	11.63	0.345	4	A	1		29.76		
Magnesium, Mg	mg	25	0.214	4	A	1		63		
Phosphorus, P	mg	405	5.006	4	A	1		1037		
Potassium, K	mg	263	13.835	4	A	1		674		
Sodium, Na	mg	76	3.405	4	A	1		194		
Zinc, Zn	mg	3.98	0.103	4	A	1		10.18		
Copper, Cu	mg	0.496	0.041	4	A	1		1.268		
Manganese, Mn	mg	0.359	0.017	4	A	1		0.918		
Selenium, Se	mcg	82.4	10.469	4	A	1		210.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	27.9		0	BFYN	4		71.5		
Thiamin	mg	0.291	0.004	4	A	1		0.744		
Riboflavin	mg	1.993	0.059	4	A	1		5.101		
Niacin	mg	11.045	0.522	4	A	1		28.275		
Pantothenic acid	mg	6.668	0.185	4	A	1		17.069		
Vitamin B-6	mg	0.755	0.052	4	A	1		1.933		
Folate, total	mcg	578	46.650	4	A	1		1479		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	578	46.650	4	A	1		1479		
Folate, DFE	mcg_DFE	578		0	NC	4		1479		
Vitamin B-12	mcg	16.85	1.129	4	A	1		43.14		
Vitamin A, IU	IU	13328		0	AS	1		34119		
Vitamin A, RAE	mcg_RAE	3981		0	AS	1		10191		
Retinol	mcg	3978	437.824	4	A	1		10182		
Vitamin E (alpha-tocopherol)	mg	0.82		8	A	1		2.09		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.35		8	A	1		0.89		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	4	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	2.060		0	NC	4		5.272		
4:0	g	0.000	0.000	4	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000	0.000	4	A	1		0.000		
10:0	g	0.003	0.003	4	A	1		0.006		
12:0	g	0.000	0.000	4	A	1		0.000		
13:0	g									
14:0	g	0.013	0.005	4	A	1		0.033		
15:0	g	0.000	0.000	4	A	1		0.000		
16:0	g	1.107	0.158	4	A	1		2.834		
17:0	g	0.000	0.000	4	A	1		0.000		
18:0	g	0.923	0.102	4	A	1		2.364		
20:0	g	0.000	0.000	4	A	1		0.000		
22:0	g	0.014	0.001	4	A	1		0.035		
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.416		0	NC	4		3.626		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated.....g	0.120	0.015	4	A	1		0.307		
17:1.....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated.....g	1.276	0.164	4	A	1		3.265		
20:1.....g	0.021	0.001	4	A	1		0.053		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.269		0	NC	4		3.248		
18:2 undifferentiated.....g	0.719		0	AS	1		1.840		
18:2 n-6 c,c.....g	0.719	0.048	4	A	1		1.840		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.023		0	AS	1		0.060		
18:3 n-6 c,c,c.....g	0.011	0.004	4	A	1		0.029		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.019	0.011	4	A	1		0.048		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.508	0.052	4	A	1		1.300		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.090	0.032	4	A	1		0.230		
Cholesterol.....mg	563	22.823	4	A	1		1441		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0	A	1		0.634		
Threonine.....g	1.021		0	A	1		2.613		
Isoleucine.....g	1.144		0	A	1		2.930		
Leucine.....g	2.128		0	A	1		5.449		
Lysine.....g	1.875		0	A	1		4.800		
Methionine.....g	0.608		0	A	1		1.557		
Cystine.....g	0.383		0	A	1		0.980		
Phenylalanine.....g	1.160		0	A	1		2.970		
Tyrosine.....g	0.919		0	A	1		2.353		
Valine.....g	1.405		0	A	1		3.597		
Arginine.....g	1.539		0	A	1		3.939		
Histidine.....g	0.714		0	A	1		1.827		
Alanine.....g	1.398		0	A	1		3.579		
Aspartic acid.....g	2.243		0	A	1		5.741		
Glutamic acid.....g	2.946		0	A	1		7.543		
Glycine.....g	1.195		0	A	1		3.060		
Proline.....g	1.022		0	A	1		2.616		
Serine.....g	1.035		0	A	1		2.649		
Hydroxyproline.....g	0.043		1	A	1		0.110		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	30	8.739	4	A	1		77.939		
Carotene, alpha.....mcg	11	0.000	4	A	1		28.622		
Cryptoxanthin, beta.....mcg	11	0.000	4	A	1		28.622		
Lycopene.....mcg	21	7.388	4	A	1		53.952		

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	83		4	A	1		213.696		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 256g: 1 container (cooked, yield from 400g raw liver)

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.46	0.563	4	A	1				
Energy	kcal	119		0	NC	4				
Energy	kj	496		0	NC	4				
Protein (N x 6.25)	g	16.92	0.276	4	A	1				
Total lipid (fat)	g	4.83	0.774	4	A	1				
Ash	g	1.06	0.031	4	A	1				
Carbohydrate, by difference	g	0.73		0	NC	4				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	8	1.040	4	A	1				
Iron, Fe	mg	8.99	0.403	4	A	1				
Magnesium, Mg	mg	19	0.545	4	A	1				
Phosphorus, P	mg	297	8.109	4	A	1				
Potassium, K	mg	230	13.720	4	A	1				
Sodium, Na	mg	71	5.542	4	A	1				
Zinc, Zn	mg	2.67	0.045	4	A	1				
Copper, Cu	mg	0.492	0.102	4	A	1				
Manganese, Mn	mg	0.255	0.014	4	A	1				
Selenium, Se	mcg	54.6	8.247	4	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	17.9		1	A	1				
Thiamin	mg	0.305	0.006	4	A	1				
Riboflavin	mg	1.778	0.128	4	A	1				
Niacin	mg	9.728	0.333	4	A	1				
Pantothenic acid	mg	6.233	0.327	4	A	1				
Vitamin B-6	mg	0.853	0.036	4	A	1				
Folate, total	mcg	588	46.779	4	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	588	46.779	4	A	1				
Folate, DFE	mcg_DFE	588		0	NC	4				
Vitamin B-12	mcg	16.58	1.656	4	A	1				
Vitamin A, IU	IU	11078		0	AS	1				
Vitamin A, RAE	mcg_RAE	3296		0	AS	1				
Retinol	mcg	3290	239.548	4	A	1				
Vitamin E (alpha-tocopherol)	mg	0.70		8	A	1				
Tocopherol, beta	mg	0.00		2	A	1				
Tocopherol, gamma	mg	0.31		6	A	1				
Tocopherol, delta	mg	0.00		2	A	1				
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0	0.000	4	A	1				
Lipids:										
Fatty acids, total saturated	g	1.563		0	NC	4				
4:0	g	0.000	0.000	4	Z	7				
6:0	g	0.000		0	Z	7				
8:0	g	0.000	0.000	4	A	1				
10:0	g	0.000	0.000	4	A	1				
12:0	g	0.000	0.000	4	A	1				
13:0	g									
14:0	g	0.012	0.004	4	A	1				
15:0	g	0.000	0.000	4	A	1				
16:0	g	0.883	0.214	4	A	1				
17:0	g	0.002	0.001	4	A	1				
18:0	g	0.659	0.099	4	A	1				
20:0	g	0.000	0.000	4	A	1				
22:0	g	0.007	0.002	4	A	1				
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.249		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g	0.000	0.000	4	A	1				
16:1 undifferentiated.....g	0.106	0.026	4	A	1				
17:1.....g	0.000	0.000	4	A	1				
18:1 undifferentiated.....g	1.127	0.330	4	A	1				
20:1.....g	0.016	0.003	4	A	1				
22:1 undifferentiated.....g	0.000		0	Z	7				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.819		0	NC	4				
18:2 undifferentiated.....g	0.475		0	AS	1				
18:2 n-6 c,c.....g	0.475	0.028	4	A	1				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.012		0	AS	1				
18:3 n-6 c,c,c.....g	0.006	0.002	4	A	1				
18:4.....g	0.000		0	Z	7				
20:2 n-6 c,c.....g	0.005	0.005	4	A	1				
20:3 undifferentiated.....g	0.000	0.000	4	A	1				
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.326	0.020	4	A	1				
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7				
22:5 n-3.....g	0.000		0	Z	7				
22:6 n-3.....g	0.000		0	Z	7				
Fatty acids, total trans.....g	0.065	0.022	4	A	1				
Cholesterol.....mg	345	5.236	4	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		1	A	1				
Threonine.....g	0.725		1	A	1				
Isoleucine.....g	0.813		1	A	1				
Leucine.....g	1.512		1	A	1				
Lysine.....g	1.332		1	A	1				
Methionine.....g	0.432		1	A	1				
Cystine.....g	0.272		1	A	1				
Phenylalanine.....g	0.824		1	A	1				
Tyrosine.....g	0.653		1	A	1				
Valine.....g	0.998		1	A	1				
Arginine.....g	1.093		1	A	1				
Histidine.....g	0.507		1	A	1				
Alanine.....g	0.993		1	A	1				
Aspartic acid.....g	1.593		1	A	1				
Glutamic acid.....g	2.093		1	A	1				
Glycine.....g	0.849		1	A	1				
Proline.....g	0.726		1	A	1				
Serine.....g	0.735		1	A	1				
Hydroxyproline.....g	0.043		1	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	56		4	A	1				
Carotene, alpha.....mcg	11		4	A	1				
Cryptoxanthin, beta.....mcg	11		4	A	1				
Lycopene.....mcg	40		4	A	1				

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	133		4	A	1				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.05		0		1		93.87	63.03	
Energy	kcal	178		0	NC	4		249	167	
Energy	kj	745				4		1043	700	
Protein (N x 6.25)	g	23.25		0		1		32.55	21.86	
Total lipid (fat)	g	8.75		0		1		12.25	8.23	
Ash	g	0.94		0		1		1.32	0.88	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		15	10	
Iron, Fe	mg	1.33		0		1		1.86	1.25	
Magnesium, Mg	mg	20		0		1		28	19	
Phosphorus, P	mg	171		0		1		239	161	
Potassium, K	mg	224		0		1		314	211	
Sodium, Na	mg	95		0		1		133	89	
Zinc, Zn	mg	2.13		0		1		2.98	2.00	
Copper, Cu	mg	0.070		0		1		0.098	0.066	
Manganese, Mn	mg	0.019		0		1		0.027	0.018	
Selenium, Se	mcg	19.6		0	BFYN	4		27.4	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.063		0		1		0.088	0.059	
Riboflavin	mg	0.192		0		1		0.269	0.180	
Niacin	mg	5.736		0		1		8.030	5.392	
Pantothenic acid	mg	1.026		0		1		1.436	0.964	
Vitamin B-6	mg	0.310		0		1		0.434	0.291	
Folate, total	mcg	7		0		1		10	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		10	7	
Folate, DFE	mcg_DFE	7		0	NC	4		10	7	
Vitamin B-12	mcg	0.27		0		1		0.38	0.25	
Vitamin A, IU	IU	54		0		1		76	51	
Vitamin A, RAE	mcg_RAE	16		0		1		23	15	
Retinol	mcg	16		0		1		23	15	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.430		0		1		3.402	2.284	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.028	0.019	
13:0	g									
14:0	g	0.070		0		1		0.098	0.066	
15:0	g									
16:0	g	1.690		0		1		2.366	1.589	
17:0	g									
18:0	g	0.560		0		1		0.784	0.526	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.310		0		1		4.634	3.111	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		0.630	0.423	
17:1.....g									
18:1 undifferentiated.....g	2.760		0		1		3.864	2.594	
20:1.....g	0.060		0		1		0.084	0.056	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.000		0		1		2.800	1.880	
18:2 undifferentiated.....g	1.690		0		1		2.366	1.589	
18:3 undifferentiated.....g	0.080		0		1		0.112	0.075	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.154	0.103	
20:5 n-3.....g	0.010		0		1		0.014	0.009	
22:5 n-3.....g	0.020		0		1		0.028	0.019	
22:6 n-3.....g	0.040		0		1		0.056	0.038	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		105	71	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.272		0		1		0.381	0.256	
Threonine.....g	0.982		0		1		1.375	0.923	
Isoleucine.....g	1.228		0		1		1.719	1.154	
Leucine.....g	1.745		0		1		2.443	1.640	
Lysine.....g	1.975		0		1		2.765	1.857	
Methionine.....g	0.644		0		1		0.902	0.605	
Cystine.....g	0.298		0		1		0.417	0.280	
Phenylalanine.....g	0.923		0		1		1.292	0.868	
Tyrosine.....g	0.785		0		1		1.099	0.738	
Valine.....g	1.153		0		1		1.614	1.084	
Arginine.....g	1.402		0		1		1.963	1.318	
Histidine.....g	0.722		0		1		1.011	0.679	
Alanine.....g	1.269		0		1		1.777	1.193	
Aspartic acid.....g	2.072		0		1		2.901	1.948	
Glutamic acid.....g	3.482		0		1		4.875	3.273	
Glycine.....g	1.142		0		1		1.599	1.073	
Proline.....g	0.956		0		1		1.338	0.899	
Serine.....g	0.800		0		1		1.120	0.752	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 94g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.48	0.273	7		1		85.29	194.74	
Energy	kcal	113		0	NC	4		128	292	
Energy	kj	473				4		534	1220	
Protein (N x 6.25)	g	18.74	0.409	8		1		21.18	48.35	
Total lipid (fat)	g	3.61	0.485	10		1		4.08	9.31	
Ash	g	1.04		2		1		1.18	2.68	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9	1.252	3		1		10	23	
Iron, Fe	mg	1.15	0.135	3		1		1.30	2.97	
Magnesium, Mg	mg	21		2		1		24	54	
Phosphorus, P	mg	178	29.077	3		1		201	459	
Potassium, K	mg	227		2		1		257	586	
Sodium, Na	mg	95		2		1		107	245	
Zinc, Zn	mg	1.65		2		1		1.86	4.26	
Copper, Cu	mg	0.059		0		1		0.067	0.152	
Manganese, Mn	mg	0.020		0		1		0.023	0.052	
Selenium, Se	mcg	13.5	1.194	4	A	1		15.3	34.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.072		0		1		0.081	0.186	
Riboflavin	mg	0.173		0		1		0.195	0.446	
Niacin	mg	5.878		0		1		6.642	15.165	
Pantothenic acid	mg	1.183		0		1		1.337	3.052	
Vitamin B-6	mg	0.320		0		1		0.362	0.826	
Folate, total	mcg	9		0		1		10	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		10	23	
Folate, DFE	mcg_DFE	9		0	NC	4		10	23	
Vitamin B-12	mcg	0.34		0		1		0.38	0.88	
Vitamin A, IU	IU	60		0		1		68	155	
Vitamin A, RAE	mcg_RAE	18		0	NC	4		20	46	
Retinol	mcg	18		0	NR	4		20	46	
Vitamin E (alpha-tocopherol)	mg	0.21		0	CASN	4		0.24	0.55	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.7	6.1	
Lipids:										
Fatty acids, total saturated	g	0.930		0		1		1.051	2.399	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020	0.004	17		1		0.023	0.052	
13:0	g									
14:0	g	0.020	0.003	24		1		0.023	0.052	
15:0	g									
16:0	g	0.620	0.056	24		1		0.701	1.600	
17:0	g									
18:0	g	0.240	0.025	24		1		0.271	0.619	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.120		0		1		1.266	2.890	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160	0.017	24		1		0.181	0.413	
17:1.....g									
18:1 undifferentiated.....g	0.930	0.086	24		1		1.051	2.399	
20:1.....g	0.010	0.003	6		1		0.011	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0		1		1.017	2.322	
18:2 undifferentiated.....g	0.690	0.063	24		1		0.780	1.780	
18:3 undifferentiated.....g	0.030	0.003	18		1		0.034	0.077	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.018	16		1		0.102	0.232	
20:5 n-3.....g	0.010	0.003	8		1		0.011	0.026	
22:5 n-3.....g	0.020	0.006	9		1		0.023	0.052	
22:6 n-3.....g	0.030	0.011	9		1		0.034	0.077	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		81	186	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.247	0.565	
Threonine.....g	0.791		0		1		0.894	2.041	
Isoleucine.....g	0.989		0		1		1.118	2.552	
Leucine.....g	1.406		0		1		1.589	3.627	
Lysine.....g	1.592		0		1		1.799	4.107	
Methionine.....g	0.519		0		1		0.586	1.339	
Cystine.....g	0.240		0		1		0.271	0.619	
Phenylalanine.....g	0.744		0		1		0.841	1.920	
Tyrosine.....g	0.633		0		1		0.715	1.633	
Valine.....g	0.929		0		1		1.050	2.397	
Arginine.....g	1.130		0		1		1.277	2.915	
Histidine.....g	0.582		0		1		0.658	1.502	
Alanine.....g	1.022		0		1		1.155	2.637	
Aspartic acid.....g	1.670		0		1		1.887	4.309	
Glutamic acid.....g	2.806		0		1		3.171	7.239	
Glycine.....g	0.920		0		1		1.040	2.374	
Proline.....g	0.770		0		1		0.870	1.987	
Serine.....g	0.645		0		1		0.729	1.664	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 113g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 258g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.32		0		1		96.16	9.95	
Energy	kcal	165		0	NC	4		239	25	
Energy	kj	690				4		1001	104	
Protein (N x 6.25)	g	26.77		0		1		38.82	4.02	
Total lipid (fat)	g	5.22		0		1		7.57	0.78	
Ash	g	0.83		0		1		1.20	0.12	
Carbohydrate, by difference	g	0.86		0	NC	4		1.25	0.13	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		17	2	
Iron, Fe	mg	6.09		0		1		8.83	0.91	
Magnesium, Mg	mg	20		0		1		29	3	
Phosphorus, P	mg	213		0		1		309	32	
Potassium, K	mg	160		0		1		232	24	
Sodium, Na	mg	60		0		1		87	9	
Zinc, Zn	mg	4.63		0		1		6.71	0.69	
Copper, Cu	mg	0.236		0		1		0.342	0.035	
Manganese, Mn	mg	0.147		0		1		0.213	0.022	
Selenium, Se	mcg	100.1		0	BFYN	4		145.1	15.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.5		0		1		9.4	1.0	
Thiamin	mg	0.074		0		1		0.107	0.011	
Riboflavin	mg	0.808		0		1		1.172	0.121	
Niacin	mg	4.032		0		1		5.846	0.605	
Pantothenic acid	mg	2.512		0		1		3.642	0.377	
Vitamin B-6	mg	0.300		0		1		0.435	0.045	
Folate, total	mcg	303		0		1		439	45	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	303		0		1		439	45	
Folate, DFE	mcg_DFE	303		0	NC	4		439	45	
Vitamin B-12	mcg	8.45		0		1		12.25	1.27	
Vitamin A, IU	IU	8136		0		1		11797	1220	
Vitamin A, RAE	mcg_RAE	2443		0		1		3543	366	
Retinol	mcg	2443		0		1		3543	366	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.640		0		1		2.378	0.246	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		0		1		0.044	0.005	
15:0	g									
16:0	g	0.910		0		1		1.320	0.137	
17:0	g									
18:0	g	0.590		0		1		0.856	0.089	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.330		0		1		1.929	0.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.276	0.029	
17:1.....g									
18:1 undifferentiated.....g	1.130		0		1		1.639	0.170	
20:1.....g	0.010		0		1		0.015	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		0		1		1.769	0.183	
18:2 undifferentiated.....g	0.830		0		1		1.204	0.125	
18:3 undifferentiated.....g	0.030		0		1		0.044	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.290		0		1		0.421	0.044	
20:5 n-3.....g	0.010		0		1		0.015	0.002	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.040		0		1		0.058	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	357		0		1		518	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.428	0.044	
Threonine.....g	1.217		0		1		1.765	0.183	
Isoleucine.....g	1.333		0		1		1.933	0.200	
Leucine.....g	2.102		0		1		3.048	0.315	
Lysine.....g	1.945		0		1		2.820	0.292	
Methionine.....g	0.674		0		1		0.977	0.101	
Cystine.....g	0.355		0		1		0.515	0.053	
Phenylalanine.....g	1.195		0		1		1.733	0.179	
Tyrosine.....g	0.870		0		1		1.262	0.131	
Valine.....g	1.393		0		1		2.020	0.209	
Arginine.....g	1.809		0		1		2.623	0.271	
Histidine.....g	0.612		0		1		0.887	0.092	
Alanine.....g	1.280		0		1		1.856	0.192	
Aspartic acid.....g	2.503		0		1		3.629	0.375	
Glutamic acid.....g	4.146		0		1		6.012	0.622	
Glycine.....g	1.463		0		1		2.121	0.219	
Proline.....g	1.368		0		1		1.984	0.205	
Serine.....g	1.172		0		1		1.699	0.176	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 15.0g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05115
Chicken, roasting, giblets, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.73		0		1		18.68	84.44	
Energy	kcal	127		0	NC	4		32	144	
Energy	kj	531				4		133	600	
Protein (N x 6.25)	g	18.14		0		1		4.54	20.50	
Total lipid (fat)	g	5.04		0		1		1.26	5.70	
Ash	g	0.95		0		1		0.24	1.07	
Carbohydrate, by difference	g	1.14		0	NC	4		0.29	1.29	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		3	11	
Iron, Fe	mg	5.40		0		1		1.35	6.10	
Magnesium, Mg	mg	17		0		1		4	19	
Phosphorus, P	mg	184		0		1		46	208	
Potassium, K	mg	227		0		1		57	257	
Sodium, Na	mg	77		0		1		19	87	
Zinc, Zn	mg	3.39		0		1		0.85	3.83	
Copper, Cu	mg	0.218		0		1		0.055	0.246	
Manganese, Mn	mg	0.130		0		1		0.033	0.147	
Selenium, Se	mcg	54.1		0	BFNN	4		13.5	61.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.1		0		1		3.3	14.8	
Thiamin	mg	0.080		0		1		0.020	0.090	
Riboflavin	mg	0.818		0		1		0.205	0.924	
Niacin	mg	6.208		0		1		1.552	7.015	
Pantothenic acid	mg	2.696		0		1		0.674	3.046	
Vitamin B-6	mg	0.360		0		1		0.090	0.407	
Folate, total	mcg	276		0		1		69	312	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	276		0		1		69	312	
Folate, DFE	mcg_DFE	276		0	NC	4		69	312	
Vitamin B-12	mcg	9.40		0		1		2.35	10.62	
Vitamin A, IU	IU	9592		0		1		2398	10839	
Vitamin A, RAE	mcg_RAE	2880		0		1		720	3255	
Retinol	mcg	2880		0		1		720	3255	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.540		0		1		0.385	1.740	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		0		1		0.008	0.034	
15:0	g									
16:0	g	0.850		0		1		0.213	0.961	
17:0	g									
18:0	g	0.530		0		1		0.133	0.599	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05115
Chicken, roasting, giblets, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.280		0		1		0.320	1.446	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.048	0.215	
17:1.....g									
18:1 undifferentiated.....g	1.080		0		1		0.270	1.220	
20:1.....g	0.010		0		1		0.003	0.011	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0		1		0.315	1.424	
18:2 undifferentiated.....g	0.870		0		1		0.218	0.983	
18:3 undifferentiated.....g	0.030		0		1		0.008	0.034	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.310		0		1		0.078	0.350	
20:5 n-3.....g	0.010		0		1		0.003	0.011	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.020		0		1		0.005	0.023	
Fatty acids, total trans.....g									
Cholesterol.....mg	236		0		1		59	267	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		0.050	0.226	
Threonine.....g	0.825		0		1		0.206	0.932	
Isoleucine.....g	0.903		0		1		0.226	1.020	
Leucine.....g	1.424		0		1		0.356	1.609	
Lysine.....g	1.318		0		1		0.330	1.489	
Methionine.....g	0.457		0		1		0.114	0.516	
Cystine.....g	0.241		0		1		0.060	0.272	
Phenylalanine.....g	0.810		0		1		0.203	0.915	
Tyrosine.....g	0.590		0		1		0.148	0.667	
Valine.....g	0.943		0		1		0.236	1.066	
Arginine.....g	1.227		0		1		0.307	1.387	
Histidine.....g	0.415		0		1		0.104	0.469	
Alanine.....g	0.866		0		1		0.217	0.979	
Aspartic acid.....g	1.696		0		1		0.424	1.916	
Glutamic acid.....g	2.812		0		1		0.703	3.178	
Glycine.....g	0.991		0		1		0.248	1.120	
Proline.....g	0.927		0		1		0.232	1.048	
Serine.....g	0.795		0		1		0.199	0.898	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 113g: 1 giblets

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.85		0		1		94.99	52.92	
Energy	kcal	153		0	NC	4		214	119	
Energy	kj	640				4		896	499	
Protein (N x 6.25)	g	27.13		0		1		37.98	21.16	
Total lipid (fat)	g	4.07		0		1		5.70	3.17	
Ash	g	0.95		0		1		1.33	0.74	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		18	10	
Iron, Fe	mg	1.08		0		1		1.51	0.84	
Magnesium, Mg	mg	23		0		1		32	18	
Phosphorus, P	mg	217		0		1		304	169	
Potassium, K	mg	236		0		1		330	184	
Sodium, Na	mg	51		0		1		71	40	
Zinc, Zn	mg	0.78		0		1		1.09	0.61	
Copper, Cu	mg	0.042		0		1		0.059	0.033	
Manganese, Mn	mg	0.015		0		1		0.021	0.012	
Selenium, Se	mcg	25.8		0	BFYN	4		36.1	20.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.061		0		1		0.085	0.048	
Riboflavin	mg	0.093		0		1		0.130	0.073	
Niacin	mg	10.469		0		1		14.657	8.166	
Pantothenic acid	mg	0.907		0		1		1.270	0.707	
Vitamin B-6	mg	0.540		0		1		0.756	0.421	
Folate, total	mcg	3		0		1		4	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	3		0		1		4	2	
Folate, DFE	mcg_DFE	3		0	NC	4		4	2	
Vitamin B-12	mcg	0.31		0		1		0.43	0.24	
Vitamin A, IU	IU	27		0	NC	4		37	21	
Vitamin A, RAE	mcg_RAE	8		0	NC	4		11	6	
Retinol	mcg	8		0	NR	4		11	6	
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37	0.21	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.4	0.2	
Lipids:										
Fatty acids, total saturated	g	1.080		0		1		1.512	0.842	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		0		1		0.042	0.023	
15:0	g									
16:0	g	0.760		0		1		1.064	0.593	
17:0	g									
18:0	g	0.250		0		1		0.350	0.195	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0		1		2.128	1.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.280	0.156	
17:1.....g									
18:1 undifferentiated.....g	1.260		0		1		1.764	0.983	
20:1.....g	0.030		0		1		0.042	0.023	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.930		0		1		1.302	0.725	
18:2 undifferentiated.....g	0.690		0		1		0.966	0.538	
18:3 undifferentiated.....g	0.030		0		1		0.042	0.023	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.140	0.078	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.014	0.008	
22:6 n-3.....g	0.030		0		1		0.042	0.023	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		105	59	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.317		0		1		0.444	0.247	
Threonine.....g	1.146		0		1		1.604	0.894	
Isoleucine.....g	1.433		0		1		2.006	1.118	
Leucine.....g	2.036		0		1		2.850	1.588	
Lysine.....g	2.305		0		1		3.227	1.798	
Methionine.....g	0.751		0		1		1.051	0.586	
Cystine.....g	0.347		0		1		0.486	0.271	
Phenylalanine.....g	1.077		0		1		1.508	0.840	
Tyrosine.....g	0.916		0		1		1.282	0.714	
Valine.....g	1.346		0		1		1.884	1.050	
Arginine.....g	1.637		0		1		2.292	1.277	
Histidine.....g	0.842		0		1		1.179	0.657	
Alanine.....g	1.480		0		1		2.072	1.154	
Aspartic acid.....g	2.418		0		1		3.385	1.886	
Glutamic acid.....g	4.063		0		1		5.688	3.169	
Glycine.....g	1.333		0		1		1.866	1.040	
Proline.....g	1.116		0		1		1.562	0.870	
Serine.....g	0.933		0		1		1.306	0.728	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 78g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.30	0.294	13		1		73.56	163.46	
Energy	kcal	109		0	NC	4		108	240	
Energy	kj	456				4		451	1003	
Protein (N x 6.25)	g	22.20	0.568	14		1		21.98	48.84	
Total lipid (fat)	g	1.63	0.362	11		1		1.61	3.59	
Ash	g	1.10		2		1		1.09	2.42	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11	1.200	3		1		11	24	
Iron, Fe	mg	0.89	0.159	3		1		0.88	1.96	
Magnesium, Mg	mg	25		2		1		25	55	
Phosphorus, P	mg	223	17.785	7		1		221	491	
Potassium, K	mg	252		2		1		249	554	
Sodium, Na	mg	51	5.280	6		1		50	112	
Zinc, Zn	mg	0.66		2		1		0.65	1.45	
Copper, Cu	mg	0.038		0		1		0.038	0.084	
Manganese, Mn	mg	0.017		0		1		0.017	0.037	
Selenium, Se	mcg	17.8	3.652	5	A	1		17.6	39.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.066		0		1		0.065	0.145	
Riboflavin	mg	0.089		0		1		0.088	0.196	
Niacin	mg	10.217		0		1		10.115	22.477	
Pantothenic acid	mg	0.854		0		1		0.845	1.879	
Vitamin B-6	mg	0.550		0		1		0.545	1.210	
Folate, total	mcg	4		0		1		4	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		4	9	
Folate, DFE	mcg_DFE	4		0	NC	4		4	9	
Vitamin B-12	mcg	0.39		0		1		0.39	0.86	
Vitamin A, IU	IU	27		0		1		27	59	
Vitamin A, RAE	mcg_RAE	8		0		1		8	18	
Retinol	mcg	8		0	NR	4		8	18	
Vitamin E (alpha-tocopherol)	mg	0.22		0	CASN	4		0.22	0.49	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.4	5.2	
Lipids:										
Fatty acids, total saturated	g	0.370		0		1		0.366	0.814	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.010	0.004	5		1		0.010	0.022	
15:0	g									
16:0	g	0.260	0.091	5		1		0.257	0.572	
17:0	g									
18:0	g	0.100	0.034	5		1		0.099	0.220	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.480		0		1		0.475	1.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070	0.025	5		1		0.069	0.154	
17:1.....g									
18:1 undifferentiated.....g	0.400	0.136	5		1		0.396	0.880	
20:1.....g	0.010		1		1		0.010	0.022	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.396	0.880	
18:2 undifferentiated.....g	0.240	0.079	5		1		0.238	0.528	
18:3 undifferentiated.....g	0.010	0.004	5		1		0.010	0.022	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080	0.030	5		1		0.079	0.176	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010		1		1		0.010	0.022	
22:6 n-3.....g	0.020		1		1		0.020	0.044	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		1		56	125	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0		1		0.256	0.570	
Threonine.....g	0.938		0		1		0.929	2.064	
Isoleucine.....g	1.172		0		1		1.160	2.578	
Leucine.....g	1.666		0		1		1.649	3.665	
Lysine.....g	1.886		0		1		1.867	4.149	
Methionine.....g	0.614		0		1		0.608	1.351	
Cystine.....g	0.284		0		1		0.281	0.625	
Phenylalanine.....g	0.881		0		1		0.872	1.938	
Tyrosine.....g	0.749		0		1		0.742	1.648	
Valine.....g	1.101		0		1		1.090	2.422	
Arginine.....g	1.339		0		1		1.326	2.946	
Histidine.....g	0.689		0		1		0.682	1.516	
Alanine.....g	1.211		0		1		1.199	2.664	
Aspartic acid.....g	1.978		0		1		1.958	4.352	
Glutamic acid.....g	3.325		0		1		3.292	7.315	
Glycine.....g	1.090		0		1		1.079	2.398	
Proline.....g	0.913		0		1		0.904	2.009	
Serine.....g	0.764		0		1		0.756	1.681	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 220g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.35		0		1		668.39	146.52	
Energy	kcal	220		0	NC	4		2358	517	
Energy	kj	920				4		9868	2163	
Protein (N x 6.25)	g	23.96		0		1		256.85	56.31	
Total lipid (fat)	g	13.07		0		1		140.11	30.71	
Ash	g	0.85		0		1		9.11	2.00	
Carbohydrate, by difference	g	0.05		0	NC	4		0.54	0.12	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		139	31	
Iron, Fe	mg	1.61		0		1		17.26	3.78	
Magnesium, Mg	mg	20		0		1		214	47	
Phosphorus, P	mg	179		0		1		1919	421	
Potassium, K	mg	204		0		1		2187	479	
Sodium, Na	mg	71		0		1		761	167	
Zinc, Zn	mg	1.71		0		1		18.33	4.02	
Copper, Cu	mg	0.071		0		1		0.761	0.167	
Manganese, Mn	mg	0.027		0		1		0.289	0.063	
Selenium, Se	mcg	15.7		0	BFYN	4		168.3	36.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.4		0		1		4.3	0.9	
Thiamin	mg	0.057		0		1		0.611	0.134	
Riboflavin	mg	0.189		0		1		2.026	0.444	
Niacin	mg	7.031		0		1		75.372	16.523	
Pantothenic acid	mg	1.003		0		1		10.752	2.357	
Vitamin B-6	mg	0.340		0		1		3.645	0.799	
Folate, total	mcg	23		0		1		247	54	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	23		0		1		247	54	
Folate, DFE	mcg_DFE	23		0	NC	4		247	54	
Vitamin B-12	mcg	0.78		0		1		8.36	1.83	
Vitamin A, IU	IU	597		0		1		6400	1403	
Vitamin A, RAE	mcg_RAE	179		0		1		1922	421	
Retinol	mcg	179		0		1		1922	421	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.660		0		1		39.235	8.601	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.214	0.047	
13:0	g									
14:0	g	0.100		0		1		1.072	0.235	
15:0	g									
16:0	g	2.680		0		1		28.730	6.298	
17:0	g									
18:0	g	0.740		0		1		7.933	1.739	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.220		0		1		55.958	12.267	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.720		0		1		7.718	1.692	
17:1.....g									
18:1 undifferentiated.....g	4.300		0		1		46.096	10.105	
20:1.....g	0.130		0		1		1.394	0.306	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.850		0		1		30.552	6.698	
18:2 undifferentiated.....g	2.480		0		1		26.586	5.828	
18:3 undifferentiated.....g	0.110		0		1		1.179	0.259	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		1.286	0.282	
20:5 n-3.....g	0.010		0		1		0.107	0.024	
22:5 n-3.....g	0.020		0		1		0.214	0.047	
22:6 n-3.....g	0.030		0		1		0.322	0.071	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		1008	221	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.265		0		1		2.841	0.623	
Threonine.....g	0.994		0		1		10.656	2.336	
Isoleucine.....g	1.187		0		1		12.725	2.789	
Leucine.....g	1.746		0		1		18.717	4.103	
Lysine.....g	1.925		0		1		20.636	4.524	
Methionine.....g	0.632		0		1		6.775	1.485	
Cystine.....g	0.321		0		1		3.441	0.754	
Phenylalanine.....g	0.938		0		1		10.055	2.204	
Tyrosine.....g	0.767		0		1		8.222	1.802	
Valine.....g	1.166		0		1		12.500	2.740	
Arginine.....g	1.517		0		1		16.262	3.565	
Histidine.....g	0.688		0		1		7.375	1.617	
Alanine.....g	1.390		0		1		14.901	3.267	
Aspartic acid.....g	2.144		0		1		22.984	5.038	
Glutamic acid.....g	3.506		0		1		37.584	8.239	
Glycine.....g	1.578		0		1		16.916	3.708	
Proline.....g	1.188		0		1		12.735	2.792	
Serine.....g	0.862		0		1		9.241	2.026	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1072g: 1 chicken

Measure 2 = 235g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.98		0		1		995.64		
Energy	kcal	213		0	NC	4		3214		
Energy	kj	891				4		13448		
Protein (N x 6.25)	g	17.09		0		1		257.89		
Total lipid (fat)	g	15.46		0		1		233.29		
Ash	g	0.86		0		1		12.98		
Carbohydrate, by difference	g	0.09		0	NC	4		1.36		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		151		
Iron, Fe	mg	1.37		0		1		20.67		
Magnesium, Mg	mg	19		0		1		287		
Phosphorus, P	mg	165		0		1		2490		
Potassium, K	mg	196		0		1		2958		
Sodium, Na	mg	69		0		1		1041		
Zinc, Zn	mg	1.28		0		1		19.32		
Copper, Cu	mg	0.060		0		1		0.905		
Manganese, Mn	mg	0.027		0		1		0.407		
Selenium, Se	mcg	11.6		0	BFNN	4		175.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.4		0		1		36.2		
Thiamin	mg	0.059		0		1		0.890		
Riboflavin	mg	0.171		0		1		2.580		
Niacin	mg	6.427		0		1		96.983		
Pantothenic acid	mg	1.019		0		1		15.377		
Vitamin B-6	mg	0.320		0		1		4.829		
Folate, total	mcg	26		0		1		392		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26		0		1		392		
Folate, DFE	mcg_DFE	26		0	NC	4		392		
Vitamin B-12	mcg	0.99		0		1		14.94		
Vitamin A, IU	IU	843		0		1		12721		
Vitamin A, RAE	mcg_RAE	253		0		1		3820		
Retinol	mcg	253		0		1		3820		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.410		0		1		66.547		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.020		0		1		0.302		
13:0	g									
14:0	g	0.130		0		1		1.962		
15:0	g									
16:0	g	3.220		0		1		48.590		
17:0	g									
18:0	g	0.890		0		1		13.430		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.390		0		1		96.425		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.860		0		1		12.977		
17:1.....g									
18:1 undifferentiated.....g	5.290		0		1		79.826		
20:1.....g	0.160		0		1		2.414		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.330		0		1		50.250		
18:2 undifferentiated.....g	2.960		0		1		44.666		
18:3 undifferentiated.....g	0.140		0		1		2.113		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		1.509		
20:5 n-3.....g	0.010		0		1		0.151		
22:5 n-3.....g	0.010		0		1		0.151		
22:6 n-3.....g	0.030		0		1		0.453		
Fatty acids, total trans.....g									
Cholesterol.....mg	86		0		1		1298		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.189		0		1		2.852		
Threonine.....g	0.709		0		1		10.699		
Isoleucine.....g	0.844		0		1		12.736		
Leucine.....g	1.245		0		1		18.787		
Lysine.....g	1.369		0		1		20.658		
Methionine.....g	0.450		0		1		6.791		
Cystine.....g	0.230		0		1		3.471		
Phenylalanine.....g	0.670		0		1		10.110		
Tyrosine.....g	0.547		0		1		8.254		
Valine.....g	0.831		0		1		12.540		
Arginine.....g	1.085		0		1		16.373		
Histidine.....g	0.489		0		1		7.379		
Alanine.....g	0.993		0		1		14.984		
Aspartic acid.....g	1.530		0		1		23.088		
Glutamic acid.....g	2.500		0		1		37.725		
Glycine.....g	1.136		0		1		17.142		
Proline.....g	0.853		0		1		12.872		
Serine.....g	0.617		0		1		9.311		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1509g: 1 chicken

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 30% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.10		0		1		130.41	298.08	
Energy	kcal	223		0	NC	4		468	1070	
Energy	kj	933				4		1959	4479	
Protein (N x 6.25)	g	23.97		0		1		50.34	115.06	
Total lipid (fat)	g	13.39		0		1		28.12	64.27	
Ash	g	0.86		0		1		1.81	4.13	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		25	58	
Iron, Fe	mg	1.26		0		1		2.65	6.05	
Magnesium, Mg	mg	20		0		1		42	96	
Phosphorus, P	mg	179		0		1		376	859	
Potassium, K	mg	211		0		1		443	1013	
Sodium, Na	mg	73		0		1		153	350	
Zinc, Zn	mg	1.45		0		1		3.05	6.96	
Copper, Cu	mg	0.058		0		1		0.122	0.278	
Manganese, Mn	mg	0.018		0		1		0.038	0.086	
Selenium, Se	mcg	23.6		0	BFYN	4		49.6	113.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.057		0		1		0.120	0.274	
Riboflavin	mg	0.143		0		1		0.300	0.686	
Niacin	mg	7.418		0		1		15.578	35.606	
Pantothenic acid	mg	0.918		0		1		1.928	4.406	
Vitamin B-6	mg	0.350		0		1		0.735	1.680	
Folate, total	mcg	5		0		1		11	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		11	24	
Folate, DFE	mcg_DFE	5		0	NC	4		11	24	
Vitamin B-12	mcg	0.27		0		1		0.57	1.30	
Vitamin A, IU	IU	83		0		1		174	398	
Vitamin A, RAE	mcg_RAE	25		0		1		52	120	
Retinol	mcg	25		0		1		52	120	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.740		0		1		7.854	17.952	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.042	0.096	
13:0	g									
14:0	g	0.110		0		1		0.231	0.528	
15:0	g									
16:0	g	2.760		0		1		5.796	13.248	
17:0	g									
18:0	g	0.740		0		1		1.554	3.552	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.400		0		1		11.340	25.920	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		1.554	3.552	
17:1.....g									
18:1 undifferentiated.....g	4.450		0		1		9.345	21.360	
20:1.....g	0.140		0		1		0.294	0.672	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.920		0		1		6.132	14.016	
18:2 undifferentiated.....g	2.550		0		1		5.355	12.240	
18:3 undifferentiated.....g	0.120		0		1		0.252	0.576	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.231	0.528	
20:5 n-3.....g	0.010		0		1		0.021	0.048	
22:5 n-3.....g	0.020		0		1		0.042	0.096	
22:6 n-3.....g	0.030		0		1		0.063	0.144	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		160	365	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.266		0		1		0.559	1.277	
Threonine.....g	0.989		0		1		2.077	4.747	
Isoleucine.....g	1.191		0		1		2.501	5.717	
Leucine.....g	1.739		0		1		3.652	8.347	
Lysine.....g	1.945		0		1		4.085	9.336	
Methionine.....g	0.636		0		1		1.336	3.053	
Cystine.....g	0.320		0		1		0.672	1.536	
Phenylalanine.....g	0.929		0		1		1.951	4.459	
Tyrosine.....g	0.769		0		1		1.615	3.691	
Valine.....g	1.162		0		1		2.440	5.578	
Arginine.....g	1.506		0		1		3.163	7.229	
Histidine.....g	0.701		0		1		1.472	3.365	
Alanine.....g	1.403		0		1		2.946	6.734	
Aspartic acid.....g	2.137		0		1		4.488	10.258	
Glutamic acid.....g	3.497		0		1		7.344	16.786	
Glycine.....g	1.574		0		1		3.305	7.555	
Proline.....g	1.173		0		1		2.463	5.630	
Serine.....g	0.847		0		1		1.779	4.066	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 210g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 480g: .5 chicken, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 28% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.50		0		1		191.92	437.54	
Energy	kcal	216		0	NC	4		633	1443	
Energy	kj	904				4		2648	6037	
Protein (N x 6.25)	g	17.14		0		1		50.22	114.50	
Total lipid (fat)	g	15.85		0		1		46.44	105.88	
Ash	g	0.87		0		1		2.55	5.81	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		29	67	
Iron, Fe	mg	1.01		0		1		2.96	6.75	
Magnesium, Mg	mg	19		0		1		56	127	
Phosphorus, P	mg	166		0		1		486	1109	
Potassium, K	mg	196		0		1		574	1309	
Sodium, Na	mg	68		0		1		199	454	
Zinc, Zn	mg	1.07		0		1		3.14	7.15	
Copper, Cu	mg	0.046		0		1		0.135	0.307	
Manganese, Mn	mg	0.018		0		1		0.053	0.120	
Selenium, Se	mcg	15.3		0	PAK	1		44.8	102.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.058		0		1		0.170	0.387	
Riboflavin	mg	0.115		0		1		0.337	0.768	
Niacin	mg	6.572		0		1		19.256	43.901	
Pantothenic acid	mg	0.885		0		1		2.593	5.912	
Vitamin B-6	mg	0.320		0		1		0.938	2.138	
Folate, total	mcg	6		0		1		18	40	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		18	40	
Folate, DFE	mcg_DFE	6		0	NC	4		18	40	
Vitamin B-12	mcg	0.31		0		1		0.91	2.07	
Vitamin A, IU	IU	131		0		1		384	875	
Vitamin A, RAE	mcg_RAE	38		0	NC	4		111	254	
Retinol	mcg	38		0	NR	4		111	254	
Vitamin E (alpha-tocopherol)	mg	0.30		0	CASN	4		0.88	2.01	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		7.0	15.9	
Lipids:										
Fatty acids, total saturated	g	4.530		0		1		13.273	30.260	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.059	0.134	
13:0	g									
14:0	g	0.130		0		1		0.381	0.868	
15:0	g									
16:0	g	3.320		0		1		9.728	22.178	
17:0	g									
18:0	g	0.900		0		1		2.637	6.012	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.640		0		1		19.455	44.355	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.890		0		1		2.608	5.945	
17:1.....g									
18:1 undifferentiated.....g	5.490		0		1		16.086	36.673	
20:1.....g	0.170		0		1		0.498	1.136	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.400		0		1		9.962	22.712	
18:2 undifferentiated.....g	3.040		0		1		8.907	20.307	
18:3 undifferentiated.....g	0.150		0		1		0.440	1.002	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.234	0.534	
20:5 n-3.....g	0.010		0		1		0.029	0.067	
22:5 n-3.....g	0.010		0		1		0.029	0.067	
22:6 n-3.....g	0.030		0		1		0.088	0.200	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		214	488	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0		1		0.557	1.269	
Threonine.....g	0.706		0		1		2.069	4.716	
Isoleucine.....g	0.851		0		1		2.493	5.685	
Leucine.....g	1.244		0		1		3.645	8.310	
Lysine.....g	1.390		0		1		4.073	9.285	
Methionine.....g	0.454		0		1		1.330	3.033	
Cystine.....g	0.230		0		1		0.674	1.536	
Phenylalanine.....g	0.665		0		1		1.948	4.442	
Tyrosine.....g	0.550		0		1		1.612	3.674	
Valine.....g	0.831		0		1		2.435	5.551	
Arginine.....g	1.078		0		1		3.159	7.201	
Histidine.....g	0.501		0		1		1.468	3.347	
Alanine.....g	1.005		0		1		2.945	6.713	
Aspartic acid.....g	1.529		0		1		4.480	10.214	
Glutamic acid.....g	2.500		0		1		7.325	16.700	
Glycine.....g	1.131		0		1		3.314	7.555	
Proline.....g	0.842		0		1		2.467	5.625	
Serine.....g	0.606		0		1		1.776	4.048	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 293g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 668g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.41		0		1		94.37	115.27	
Energy	kcal	167		0	NC	4		234	286	
Energy	kj	699				4		978	1195	
Protein (N x 6.25)	g	25.01		0		1		35.01	42.77	
Total lipid (fat)	g	6.63		0		1		9.28	11.34	
Ash	g	0.95		0		1		1.33	1.62	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		17	21	
Iron, Fe	mg	1.21		0		1		1.69	2.07	
Magnesium, Mg	mg	21		0		1		29	36	
Phosphorus, P	mg	192		0		1		269	328	
Potassium, K	mg	229		0		1		321	392	
Sodium, Na	mg	75		0		1		105	128	
Zinc, Zn	mg	1.52		0		1		2.13	2.60	
Copper, Cu	mg	0.057		0		1		0.080	0.097	
Manganese, Mn	mg	0.017		0		1		0.024	0.029	
Selenium, Se	mcg	24.6		0	BFYN	4		34.4	42.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.062		0		1		0.087	0.106	
Riboflavin	mg	0.147		0		1		0.206	0.251	
Niacin	mg	7.881		0		1		11.033	13.477	
Pantothenic acid	mg	0.972		0		1		1.361	1.662	
Vitamin B-6	mg	0.410		0		1		0.574	0.701	
Folate, total	mcg	5		0		1		7	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		7	9	
Folate, DFE	mcg_DFE	5		0	NC	4		7	9	
Vitamin B-12	mcg	0.29		0		1		0.41	0.50	
Vitamin A, IU	IU	41		0		1		57	70	
Vitamin A, RAE	mcg_RAE	12		0		1		17	21	
Retinol	mcg	12		0		1		17	21	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.810		0		1		2.534	3.095	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.017	
13:0	g									
14:0	g	0.050		0		1		0.070	0.086	
15:0	g									
16:0	g	1.270		0		1		1.778	2.172	
17:0	g									
18:0	g	0.420		0		1		0.588	0.718	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.500		0		1		3.500	4.275	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		1		0.476	0.581	
17:1.....g									
18:1 undifferentiated.....g	2.080		0		1		2.912	3.557	
20:1.....g	0.040		0		1		0.056	0.068	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.510		0		1		2.114	2.582	
18:2 undifferentiated.....g	1.240		0		1		1.736	2.120	
18:3 undifferentiated.....g	0.060		0		1		0.084	0.103	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.140	0.171	
20:5 n-3.....g	0.010		0		1		0.014	0.017	
22:5 n-3.....g	0.020		0		1		0.028	0.034	
22:6 n-3.....g	0.030		0		1		0.042	0.051	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		105	128	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.292		0		1		0.409	0.499	
Threonine.....g	1.056		0		1		1.478	1.806	
Isoleucine.....g	1.321		0		1		1.849	2.259	
Leucine.....g	1.877		0		1		2.628	3.210	
Lysine.....g	2.125		0		1		2.975	3.634	
Methionine.....g	0.693		0		1		0.970	1.185	
Cystine.....g	0.320		0		1		0.448	0.547	
Phenylalanine.....g	0.993		0		1		1.390	1.698	
Tyrosine.....g	0.844		0		1		1.182	1.443	
Valine.....g	1.240		0		1		1.736	2.120	
Arginine.....g	1.509		0		1		2.113	2.580	
Histidine.....g	0.776		0		1		1.086	1.327	
Alanine.....g	1.365		0		1		1.911	2.334	
Aspartic acid.....g	2.229		0		1		3.121	3.812	
Glutamic acid.....g	3.745		0		1		5.243	6.404	
Glycine.....g	1.229		0		1		1.721	2.102	
Proline.....g	1.029		0		1		1.441	1.760	
Serine.....g	0.860		0		1		1.204	1.471	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 171g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.94		0		1		156.62	357.46	
Energy	kcal	111		0	NC	4		232	529	
Energy	kj	464				4		971	2215	
Protein (N x 6.25)	g	20.33		0		1		42.49	96.97	
Total lipid (fat)	g	2.70		0		1		5.64	12.88	
Ash	g	1.07		0		1		2.24	5.10	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		21	48	
Iron, Fe	mg	1.03		0		1		2.15	4.91	
Magnesium, Mg	mg	23		0		1		48	110	
Phosphorus, P	mg	198		0		1		414	944	
Potassium, K	mg	238		0		1		497	1135	
Sodium, Na	mg	75		0		1		157	358	
Zinc, Zn	mg	1.19		0		1		2.49	5.68	
Copper, Cu	mg	0.050		0		1		0.105	0.239	
Manganese, Mn	mg	0.018		0		1		0.038	0.086	
Selenium, Se	mcg	16.9		0	BFNN	4		35.3	80.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.069		0		1		0.144	0.329	
Riboflavin	mg	0.134		0		1		0.280	0.639	
Niacin	mg	7.875		0		1		16.459	37.564	
Pantothenic acid	mg	1.032		0		1		2.157	4.923	
Vitamin B-6	mg	0.420		0		1		0.878	2.003	
Folate, total	mcg	7		0		1		15	33	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		15	33	
Folate, DFE	mcg_DFE	7		0	NC	4		15	33	
Vitamin B-12	mcg	0.36		0		1		0.75	1.72	
Vitamin A, IU	IU	45		0		1		94	215	
Vitamin A, RAE	mcg_RAE	13		0	NC	4		27	62	
Retinol	mcg	13		0	NR	4		27	62	
Vitamin E (alpha-tocopherol)	mg	0.22		0	CASN	4		0.46	1.04	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		5.0	11.3	
Lipids:										
Fatty acids, total saturated	g	0.670		0		1		1.400	3.196	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.021	0.048	
13:0	g									
14:0	g	0.020		0		1		0.042	0.095	
15:0	g									
16:0	g	0.450		0		1		0.941	2.147	
17:0	g									
18:0	g	0.180		0		1		0.376	0.859	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.830		0		1		1.735	3.959	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		0		1		0.251	0.572	
17:1.....g									
18:1 undifferentiated.....g	0.690		0		1		1.442	3.291	
20:1.....g	0.010		0		1		0.021	0.048	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.670		0		1		1.400	3.196	
18:2 undifferentiated.....g	0.480		0		1		1.003	2.290	
18:3 undifferentiated.....g	0.020		0		1		0.042	0.095	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.167	0.382	
20:5 n-3.....g	0.010		0		1		0.021	0.048	
22:5 n-3.....g	0.010		0		1		0.021	0.048	
22:6 n-3.....g	0.030		0		1		0.063	0.143	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		136	310	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.495	1.130	
Threonine.....g	0.859		0		1		1.795	4.097	
Isoleucine.....g	1.073		0		1		2.243	5.118	
Leucine.....g	1.526		0		1		3.189	7.279	
Lysine.....g	1.727		0		1		3.609	8.238	
Methionine.....g	0.563		0		1		1.177	2.686	
Cystine.....g	0.260		0		1		0.543	1.240	
Phenylalanine.....g	0.807		0		1		1.687	3.849	
Tyrosine.....g	0.686		0		1		1.434	3.272	
Valine.....g	1.008		0		1		2.107	4.808	
Arginine.....g	1.226		0		1		2.562	5.848	
Histidine.....g	0.631		0		1		1.319	3.010	
Alanine.....g	1.109		0		1		2.318	5.290	
Aspartic acid.....g	1.812		0		1		3.787	8.643	
Glutamic acid.....g	3.045		0		1		6.364	14.525	
Glycine.....g	0.998		0		1		2.086	4.760	
Proline.....g	0.836		0		1		1.747	3.988	
Serine.....g	0.700		0		1		1.463	3.339	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 209g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 477g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.09		0		1		77.13	40.22	
Energy	kcal	258		0	NC	4		361	188	
Energy	kj	1079				4		1511	788	
Protein (N x 6.25)	g	28.14		0		1		39.40	20.54	
Total lipid (fat)	g	15.28		0		1		21.39	11.15	
Ash	g	1.49		0		1		2.09	1.09	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		17	9	
Iron, Fe	mg	1.64		0		1		2.30	1.20	
Magnesium, Mg	mg	22		0		1		31	16	
Phosphorus, P	mg	187		0		1		262	137	
Potassium, K	mg	204		0		1		286	149	
Sodium, Na	mg	95		0		1		133	69	
Zinc, Zn	mg	3.12		0		1		4.37	2.28	
Copper, Cu	mg	0.144		0		1		0.202	0.105	
Manganese, Mn	mg	0.023		0		1		0.032	0.017	
Selenium, Se	mcg	21.8		0	BFYN	4		30.5	15.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.128		0		1		0.179	0.093	
Riboflavin	mg	0.347		0		1		0.486	0.253	
Niacin	mg	4.556		0		1		6.378	3.326	
Pantothenic acid	mg	1.010		0		1		1.414	0.737	
Vitamin B-6	mg	0.240		0		1		0.336	0.175	
Folate, total	mcg	8		0		1		11	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		11	6	
Folate, DFE	mcg_DFE	8		0	NC	4		11	6	
Vitamin B-12	mcg	0.25		0		1		0.35	0.18	
Vitamin A, IU	IU	145		0		1		203	106	
Vitamin A, RAE	mcg_RAE	44		0		1		61	32	
Retinol	mcg	44		0		1		61	32	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.070		0		1		5.698	2.971	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.060		0		1		0.084	0.044	
13:0	g									
14:0	g	0.100		0		1		0.140	0.073	
15:0	g									
16:0	g	2.780		0		1		3.892	2.029	
17:0	g									
18:0	g	1.000		0		1		1.400	0.730	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.240		0		1		7.336	3.825	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.730		0		1		1.022	0.533	
17:1.....g									
18:1 undifferentiated.....g	4.370		0		1		6.118	3.190	
20:1.....g	0.060		0		1		0.084	0.044	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.650		0		1		5.110	2.665	
18:2 undifferentiated.....g	2.930		0		1		4.102	2.139	
18:3 undifferentiated.....g	0.130		0		1		0.182	0.095	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.280		0		1		0.392	0.204	
20:5 n-3.....g	0.030		0		1		0.042	0.022	
22:5 n-3.....g	0.060		0		1		0.084	0.044	
22:6 n-3.....g	0.110		0		1		0.154	0.080	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		1		133	69	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.329		0		1		0.461	0.240	
Threonine.....g	1.189		0		1		1.665	0.868	
Isoleucine.....g	1.486		0		1		2.080	1.085	
Leucine.....g	2.112		0		1		2.957	1.542	
Lysine.....g	2.391		0		1		3.347	1.745	
Methionine.....g	0.779		0		1		1.091	0.569	
Cystine.....g	0.360		0		1		0.504	0.263	
Phenylalanine.....g	1.117		0		1		1.564	0.815	
Tyrosine.....g	0.950		0		1		1.330	0.694	
Valine.....g	1.396		0		1		1.954	1.019	
Arginine.....g	1.698		0		1		2.377	1.240	
Histidine.....g	0.874		0		1		1.224	0.638	
Alanine.....g	1.536		0		1		2.150	1.121	
Aspartic acid.....g	2.508		0		1		3.511	1.831	
Glutamic acid.....g	4.215		0		1		5.901	3.077	
Glycine.....g	1.382		0		1		1.935	1.009	
Proline.....g	1.157		0		1		1.620	0.845	
Serine.....g	0.968		0		1		1.355	0.707	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 73g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.94	0.312	75		1		75.54	110.79	
Energy	kcal	157		0	NC	4		165	242	
Energy	kj	657				4		690	1012	
Protein (N x 6.25)	g	19.70	0.129	87		1		20.69	30.34	
Total lipid (fat)	g	8.12	0.437	55		1		8.53	12.50	
Ash	g	1.41		2		1		1.48	2.17	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		11	15	
Iron, Fe	mg	1.22		0		1		1.28	1.88	
Magnesium, Mg	mg	23		0		1		24	35	
Phosphorus, P	mg	190		0		1		200	293	
Potassium, K	mg	242		0		1		254	373	
Sodium, Na	mg	101		0		1		106	156	
Zinc, Zn	mg	2.08	0.038	5		1		2.18	3.20	
Copper, Cu	mg	0.107	0.012	43		1		0.112	0.165	
Manganese, Mn	mg	0.021		0		1		0.022	0.032	
Selenium, Se	mcg	13.5	1.936	4	A	1		14.2	20.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.6		0		1		4.8	7.1	
Thiamin	mg	0.163	0.004	6		1		0.171	0.251	
Riboflavin	mg	0.279	0.018	6		1		0.293	0.430	
Niacin	mg	5.405		2		1		5.675	8.324	
Pantothenic acid	mg	1.262		0		1		1.325	1.943	
Vitamin B-6	mg	0.340		0		1		0.357	0.524	
Folate, total	mcg	10		0		1		11	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		11	15	
Folate, DFE	mcg_DFE	10		0	NC	4		11	15	
Vitamin B-12	mcg	0.37		0		1		0.39	0.57	
Vitamin A, IU	IU	135		0		1		142	208	
Vitamin A, RAE	mcg_RAE	41		0		1		43	62	
Retinol	mcg	41		0	NR	4		43	63	
Vitamin E (alpha-tocopherol)	mg	0.24		0	CASN	4		0.26	0.38	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.5	3.7	
Lipids:										
Fatty acids, total saturated	g	2.080		0		1		2.184	3.203	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.040	0.007	17		1		0.042	0.062	
13:0	g									
14:0	g	0.050	0.006	24		1		0.053	0.077	
15:0	g									
16:0	g	1.390	0.074	24		1		1.460	2.141	
17:0	g									
18:0	g	0.550	0.038	24		1		0.578	0.847	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.520		0		1		2.646	3.881	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370	0.027	24		1		0.389	0.570	
17:1.....g									
18:1 undifferentiated.....g	2.100	0.117	24		1		2.205	3.234	
20:1.....g	0.020	0.006	6		1		0.021	0.031	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.020		0		1		2.121	3.111	
18:2 undifferentiated.....g	1.550	0.084	24		1		1.628	2.387	
18:3 undifferentiated.....g	0.070	0.006	18		1		0.074	0.108	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190	0.036	16		1		0.200	0.293	
20:5 n-3.....g	0.020	0.007	8		1		0.021	0.031	
22:5 n-3.....g	0.040	0.011	9		1		0.042	0.062	
22:6 n-3.....g	0.080	0.023	9		1		0.084	0.123	
Fatty acids, total trans.....g									
Cholesterol.....mg	77	3.341	4		1		81	119	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.242	0.354	
Threonine.....g	0.832		0		1		0.874	1.281	
Isoleucine.....g	1.040		0		1		1.092	1.602	
Leucine.....g	1.478		0		1		1.552	2.276	
Lysine.....g	1.674		0		1		1.758	2.578	
Methionine.....g	0.545		0		1		0.572	0.839	
Cystine.....g	0.252		0		1		0.265	0.388	
Phenylalanine.....g	0.782		0		1		0.821	1.204	
Tyrosine.....g	0.665		0		1		0.698	1.024	
Valine.....g	0.977		0		1		1.026	1.505	
Arginine.....g	1.188		0		1		1.247	1.830	
Histidine.....g	0.611		0		1		0.642	0.941	
Alanine.....g	1.075		0		1		1.129	1.656	
Aspartic acid.....g	1.756		0		1		1.844	2.704	
Glutamic acid.....g	2.950		0		1		3.098	4.543	
Glycine.....g	0.968		0		1		1.016	1.491	
Proline.....g	0.810		0		1		0.851	1.247	
Serine.....g	0.678		0		1		0.712	1.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 154g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.00		0		1		92.80	10.88	
Energy	kcal	194		0	NC	4		281	33	
Energy	kj	812				4		1177	138	
Protein (N x 6.25)	g	25.73		0		1		37.31	4.37	
Total lipid (fat)	g	9.30		0		1		13.49	1.58	
Ash	g	0.87		0		1		1.26	0.15	
Carbohydrate, by difference	g	0.11		0	NC	4		0.16	0.02	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		19	2	
Iron, Fe	mg	6.44		0		1		9.34	1.09	
Magnesium, Mg	mg	20		0		1		29	3	
Phosphorus, P	mg	223		0		1		323	38	
Potassium, K	mg	154		0		1		223	26	
Sodium, Na	mg	56		0		1		81	10	
Zinc, Zn	mg	4.28		0		1		6.21	0.73	
Copper, Cu	mg	0.299		0		1		0.434	0.051	
Manganese, Mn	mg	0.177		0		1		0.257	0.030	
Selenium, Se	mcg	90.4		0	BFNN	4		131.1	15.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.5		0		1		8.0	0.9	
Thiamin	mg	0.090		0		1		0.131	0.015	
Riboflavin	mg	1.047		0		1		1.518	0.178	
Niacin	mg	4.971		0		1		7.208	0.845	
Pantothenic acid	mg	2.971		0		1		4.308	0.505	
Vitamin B-6	mg	0.410		0		1		0.595	0.070	
Folate, total	mcg	367		0		1		532	62	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	367		0		1		532	62	
Folate, DFE	mcg_DFE	367		0	NC	4		532	62	
Vitamin B-12	mcg	9.48		0		1		13.75	1.61	
Vitamin A, IU	IU	9536		0		1		13827	1621	
Vitamin A, RAE	mcg_RAE	2864		0		1		4152	487	
Retinol	mcg	2864		0		1		4152	487	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.660		0		1		3.857	0.452	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.040		0		1		0.058	0.007	
15:0	g									
16:0	g	1.710		0		1		2.480	0.291	
17:0	g									
18:0	g	0.760		0		1		1.102	0.129	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.940		0		1		4.263	0.500	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		0		1		0.421	0.049	
17:1.....g									
18:1 undifferentiated.....g	2.660		0		1		3.857	0.452	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0		1		2.741	0.321	
18:2 undifferentiated.....g	1.430		0		1		2.074	0.243	
18:3 undifferentiated.....g	0.050		0		1		0.073	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.380		0		1		0.551	0.065	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	355		0		1		515	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.422	0.049	
Threonine.....g	1.167		0		1		1.692	0.198	
Isoleucine.....g	1.288		0		1		1.868	0.219	
Leucine.....g	2.046		0		1		2.967	0.348	
Lysine.....g	1.875		0		1		2.719	0.319	
Methionine.....g	0.645		0		1		0.935	0.110	
Cystine.....g	0.342		0		1		0.496	0.058	
Phenylalanine.....g	1.160		0		1		1.682	0.197	
Tyrosine.....g	0.842		0		1		1.221	0.143	
Valine.....g	1.363		0		1		1.976	0.232	
Arginine.....g	1.724		0		1		2.500	0.293	
Histidine.....g	0.596		0		1		0.864	0.101	
Alanine.....g	1.252		0		1		1.815	0.213	
Aspartic acid.....g	2.408		0		1		3.492	0.409	
Glutamic acid.....g	3.928		0		1		5.696	0.668	
Glycine.....g	1.414		0		1		2.050	0.240	
Proline.....g	1.311		0		1		1.901	0.223	
Serine.....g	1.125		0		1		1.631	0.191	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 17g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05127
Chicken, stewing, giblets, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.80		0		1		19.54	56.54	
Energy	kcal	168		0	NC	4		47	136	
Energy	kj	703				4		197	569	
Protein (N x 6.25)	g	17.89		0		1		5.01	14.49	
Total lipid (fat)	g	9.21		0		1		2.58	7.46	
Ash	g	0.97		0		1		0.27	0.79	
Carbohydrate, by difference	g	2.13		0	NC	4		0.60	1.73	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		3	8	
Iron, Fe	mg	5.93		0		1		1.66	4.80	
Magnesium, Mg	mg	18		0		1		5	15	
Phosphorus, P	mg	198		0		1		55	160	
Potassium, K	mg	226		0		1		63	183	
Sodium, Na	mg	77		0		1		22	62	
Zinc, Zn	mg	3.01		0		1		0.84	2.44	
Copper, Cu	mg	0.275		0		1		0.077	0.223	
Manganese, Mn	mg	0.151		0		1		0.042	0.122	
Selenium, Se	mcg	56.1		0	BFNN	4		15.7	45.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	11.4		0		1		3.2	9.2	
Thiamin	mg	0.097		0		1		0.027	0.079	
Riboflavin	mg	1.106		0		1		0.310	0.896	
Niacin	mg	8.530		0		1		2.388	6.909	
Pantothenic acid	mg	3.275		0		1		0.917	2.653	
Vitamin B-6	mg	0.520		0		1		0.146	0.421	
Folate, total	mcg	350		0		1		98	284	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	350		0		1		98	284	
Folate, DFE	mcg_DFE	350		0	NC	4		98	284	
Vitamin B-12	mcg	10.83		0		1		3.03	8.77	
Vitamin A, IU	IU	10497		0		1		2939	8503	
Vitamin A, RAE	mcg_RAE	3152		0		1		883	2553	
Retinol	mcg	3152		0		1		883	2553	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.630		0		1		0.736	2.130	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.050		0		1		0.014	0.041	
15:0	g									
16:0	g	1.620		0		1		0.454	1.312	
17:0	g									
18:0	g	0.750		0		1		0.210	0.608	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05127
Chicken, stewing, giblets, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.750		0		1		0.770	2.228	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.087	0.251	
17:1.....g									
18:1 undifferentiated.....g	2.440		0		1		0.683	1.976	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0		1		0.588	1.701	
18:2 undifferentiated.....g	1.550		0		1		0.434	1.256	
18:3 undifferentiated.....g	0.050		0		1		0.014	0.041	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.470		0		1		0.132	0.381	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	240		0		1		67	194	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.203		0		1		0.057	0.164	
Threonine.....g	0.812		0		1		0.227	0.658	
Isoleucine.....g	0.896		0		1		0.251	0.726	
Leucine.....g	1.425		0		1		0.399	1.154	
Lysine.....g	1.306		0		1		0.366	1.058	
Methionine.....g	0.448		0		1		0.125	0.363	
Cystine.....g	0.238		0		1		0.067	0.193	
Phenylalanine.....g	0.807		0		1		0.226	0.654	
Tyrosine.....g	0.586		0		1		0.164	0.475	
Valine.....g	0.949		0		1		0.266	0.769	
Arginine.....g	1.198		0		1		0.335	0.970	
Histidine.....g	0.416		0		1		0.116	0.337	
Alanine.....g	0.874		0		1		0.245	0.708	
Aspartic acid.....g	1.676		0		1		0.469	1.358	
Glutamic acid.....g	2.729		0		1		0.764	2.210	
Glycine.....g	0.983		0		1		0.275	0.796	
Proline.....g	0.912		0		1		0.255	0.739	
Serine.....g	0.782		0		1		0.219	0.633	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 81g: 1 giblets

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.79		0		1		80.91	36.99	
Energy	kcal	213		0	NC	4		298	136	
Energy	kj	891				4		1248	570	
Protein (N x 6.25)	g	33.04		0		1		46.26	21.15	
Total lipid (fat)	g	7.98		0		1		11.17	5.11	
Ash	g	1.19		0		1		1.67	0.76	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		20	9	
Iron, Fe	mg	1.19		0		1		1.67	0.76	
Magnesium, Mg	mg	23		0		1		32	15	
Phosphorus, P	mg	225		0		1		315	144	
Potassium, K	mg	199		0		1		279	127	
Sodium, Na	mg	58		0		1		81	37	
Zinc, Zn	mg	0.83		0		1		1.16	0.53	
Copper, Cu	mg	0.085		0		1		0.119	0.054	
Manganese, Mn	mg	0.020		0		1		0.028	0.013	
Selenium, Se	mcg	28.7		0	BFYN	4		40.2	18.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.094		0		1		0.132	0.060	
Riboflavin	mg	0.196		0		1		0.274	0.125	
Niacin	mg	8.538		0		1		11.953	5.464	
Pantothenic acid	mg	0.690		0		1		0.966	0.442	
Vitamin B-6	mg	0.390		0		1		0.546	0.250	
Folate, total	mcg	4		0		1		6	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		6	3	
Folate, DFE	mcg_DFE	4		0	NC	4		6	3	
Vitamin B-12	mcg	0.27		0		1		0.38	0.17	
Vitamin A, IU	IU	73		0		1		102	47	
Vitamin A, RAE	mcg_RAE	22		0		1		31	14	
Retinol	mcg	22		0		1		31	14	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.980		0		1		2.772	1.267	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.006	
13:0	g									
14:0	g	0.050		0		1		0.070	0.032	
15:0	g									
16:0	g	1.390		0		1		1.946	0.890	
17:0	g									
18:0	g	0.480		0		1		0.672	0.307	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.690		0		1		3.766	1.722	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		1		0.504	0.230	
17:1.....g									
18:1 undifferentiated.....g	2.220		0		1		3.108	1.421	
20:1.....g	0.050		0		1		0.070	0.032	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.890		0		1		2.646	1.210	
18:2 undifferentiated.....g	1.260		0		1		1.764	0.806	
18:3 undifferentiated.....g	0.060		0		1		0.084	0.038	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.290		0		1		0.406	0.186	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.019	
22:6 n-3.....g	0.080		0		1		0.112	0.051	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		98	45	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.386		0		1		0.540	0.247	
Threonine.....g	1.396		0		1		1.954	0.893	
Isoleucine.....g	1.744		0		1		2.442	1.116	
Leucine.....g	2.479		0		1		3.471	1.587	
Lysine.....g	2.807		0		1		3.930	1.796	
Methionine.....g	0.914		0		1		1.280	0.585	
Cystine.....g	0.423		0		1		0.592	0.271	
Phenylalanine.....g	1.311		0		1		1.835	0.839	
Tyrosine.....g	1.115		0		1		1.561	0.714	
Valine.....g	1.639		0		1		2.295	1.049	
Arginine.....g	1.993		0		1		2.790	1.276	
Histidine.....g	1.025		0		1		1.435	0.656	
Alanine.....g	1.803		0		1		2.524	1.154	
Aspartic acid.....g	2.944		0		1		4.122	1.884	
Glutamic acid.....g	4.948		0		1		6.927	3.167	
Glycine.....g	1.623		0		1		2.272	1.039	
Proline.....g	1.359		0		1		1.903	0.870	
Serine.....g	1.136		0		1		1.590	0.727	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 64g: 1 unit (yield from 1 lb ready-to-cook chicken)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.24	0.244	93		1		65.18	95.21	
Energy	kcal	137		0	NC	4		122	178	
Energy	kj	573				4		510	745	
Protein (N x 6.25)	g	23.10	0.143	89		1		20.56	30.03	
Total lipid (fat)	g	4.21	0.337	48		1		3.75	5.47	
Ash	g	1.10		2		1		0.98	1.43	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		10	14	
Iron, Fe	mg	0.92		0		1		0.82	1.20	
Magnesium, Mg	mg	26		0		1		23	34	
Phosphorus, P	mg	231		0		1		206	300	
Potassium, K	mg	261		0		1		232	339	
Sodium, Na	mg	53		0		1		47	69	
Zinc, Zn	mg	0.60		1		1		0.53	0.78	
Copper, Cu	mg	0.067		0		1		0.060	0.087	
Manganese, Mn	mg	0.018		0		1		0.016	0.023	
Selenium, Se	mcg	17.8	3.652	5	A	1		15.8	23.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.8	0.042	20		1		1.6	2.3	
Thiamin	mg	0.132	0.009	6		1		0.117	0.172	
Riboflavin	mg	0.123	0.006	8		1		0.109	0.160	
Niacin	mg	9.915		2		1		8.824	12.890	
Pantothenic acid	mg	0.887		0		1		0.789	1.153	
Vitamin B-6	mg	0.570		0		1		0.507	0.741	
Folate, total	mcg	4		0		1		4	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		4	5	
Folate, DFE	mcg_DFE	4		0	NC	4		4	5	
Vitamin B-12	mcg	0.40		0		1		0.36	0.52	
Vitamin A, IU	IU	70		0		1		62	91	
Vitamin A, RAE	mcg_RAE	21		0	NC	4		19	27	
Retinol	mcg	21		0	NR	4		19	27	
Vitamin E (alpha-tocopherol)	mg	0.23		0	CASN	4		0.21	0.30	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		2.1	3.1	
Lipids:										
Fatty acids, total saturated	g	0.970		0		1		0.863	1.261	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.020	0.010	5		1		0.018	0.026	
15:0	g									
16:0	g	0.670	0.182	5		1		0.596	0.871	
17:0	g									
18:0	g	0.260	0.067	5		1		0.231	0.338	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.250		0		1		1.113	1.625	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170	0.053	5		1		0.151	0.221	
17:1.....g									
18:1 undifferentiated.....g	1.020	0.269	5		1		0.908	1.326	
20:1.....g	0.020		0		1		0.018	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.040		0		1		0.926	1.352	
18:2 undifferentiated.....g	0.610	0.156	5		1		0.543	0.793	
18:3 undifferentiated.....g	0.030	0.009	5		1		0.027	0.039	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210	0.063	5		1		0.187	0.273	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		1		1		0.018	0.026	
22:6 n-3.....g	0.060		1		1		0.053	0.078	
Fatty acids, total trans.....g									
Cholesterol.....mg	47	1.279	24		1		42	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.270		0		1		0.240	0.351	
Threonine.....g	0.975		0		1		0.868	1.268	
Isoleucine.....g	1.219		0		1		1.085	1.585	
Leucine.....g	1.733		0		1		1.542	2.253	
Lysine.....g	1.962		0		1		1.746	2.551	
Methionine.....g	0.639		0		1		0.569	0.831	
Cystine.....g	0.296		0		1		0.263	0.385	
Phenylalanine.....g	0.916		0		1		0.815	1.191	
Tyrosine.....g	0.780		0		1		0.694	1.014	
Valine.....g	1.145		0		1		1.019	1.489	
Arginine.....g	1.393		0		1		1.240	1.811	
Histidine.....g	0.717		0		1		0.638	0.932	
Alanine.....g	1.260		0		1		1.121	1.638	
Aspartic acid.....g	2.058		0		1		1.832	2.675	
Glutamic acid.....g	3.459		0		1		3.079	4.497	
Glycine.....g	1.134		0		1		1.009	1.474	
Proline.....g	0.950		0		1		0.846	1.235	
Serine.....g	0.794		0		1		0.707	1.032	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 89g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 130g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.24		0	PIE	4		102.78	129.76	380.92
Energy	kcal	214		0	PIE	4		342	432	1268
Energy	kj	894		0	PIE	4		1431	1807	5304
Protein (N x 6.25)	g	24.88		0	PIE	4		39.81	50.26	147.54
Total lipid (fat)	g	11.91		0	PIE	4		19.05	24.05	70.61
Ash	g	0.79		0	PIE	4		1.26	1.59	4.68
Carbohydrate, by difference	g	0.03		0	PIE	4		0.06	0.07	0.21
Fiber, total dietary	g	0.0		0	PIE	4		0.0	0.0	0.0
Sugars, total	g	0.00		0	PIE	4		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0	PIE	4		21	26	77
Iron, Fe	mg	1.64		0	PIE	4		2.62	3.31	9.70
Magnesium, Mg	mg	19		0	PIE	4		30	38	110
Phosphorus, P	mg	151		0	PIE	4		242	305	896
Potassium, K	mg	171		0	PIE	4		273	345	1012
Sodium, Na	mg	67		0	PIE	4		107	135	397
Zinc, Zn	mg	1.96		0	PIE	4		3.14	3.96	11.62
Copper, Cu	mg	0.079		0	PIE	4		0.127	0.160	0.470
Manganese, Mn	mg	0.034		0	PIE	4		0.054	0.068	0.199
Selenium, Se	mcg	21.4		0	PIE	4		34.2	43.2	126.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.0		0	PIE	4		1.6	2.0	6.0
Thiamin	mg	0.054		0	PIE	4		0.086	0.109	0.319
Riboflavin	mg	0.221		0	PIE	4		0.354	0.447	1.312
Niacin	mg	5.677		0	PIE	4		9.084	11.469	33.667
Pantothenic acid	mg	0.878		0	PIE	4		1.405	1.774	5.207
Vitamin B-6	mg	0.234		0	PIE	4		0.375	0.473	1.389
Folate, total	mcg	25		0	PIE	4		41	51	151
Folic acid	mcg	0		0	PIE	4		0	0	0
Folate, food	mcg	25		0	PIE	4		41	51	151
Folate, DFE	mcg_DFE	25		0	NC	4		41	51	151
Vitamin B-12	mcg	0.95		0	PIE	4		1.52	1.92	5.62
Vitamin A, IU	IU	604		0	PIE	4		966	1220	3580
Vitamin A, RAE	mcg_RAE	181		0	PIE	4		289	365	1070
Retinol	mcg	180		0	PIE	4		289	364	1070
Vitamin E (alpha-tocopherol)	mg	0.28		0	PIE	4		0.45	0.57	1.67
Tocopherol, beta	mg	0.00		0	PIE	4		0.00	0.00	0.00
Tocopherol, gamma	mg	0.02		0	PIE	4		0.03	0.04	0.11
Tocopherol, delta	mg	0.00		0	PIE	4		0.00	0.00	0.00
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.9		0	PIE	4		3.1	3.9	11.5
Lipids:										
Fatty acids, total saturated	g	3.232		0	PIE	4		5.171	6.528	19.165
4:0	g	0.000		0	PIE	4		0.000	0.000	0.000
6:0	g	0.000		0	PIE	4		0.000	0.000	0.000
8:0	g	0.000		0	PIE	4		0.000	0.000	0.000
10:0	g	0.000		0	PIE	4		0.000	0.000	0.001
12:0	g	0.018		0	PIE	4		0.029	0.037	0.109
13:0	g									
14:0	g	0.092		0	PIE	4		0.148	0.187	0.548
15:0	g	0.000		0	PIE	4		0.000	0.000	0.001
16:0	g	2.422		0	PIE	4		3.876	4.893	14.364
17:0	g	0.000		0	PIE	4		0.000	0.000	0.001
18:0	g	0.697		0	PIE	4		1.116	1.409	4.135
20:0	g	0.000		0	PIE	4		0.000	0.000	0.001
22:0	g	0.001		0	PIE	4		0.001	0.002	0.005
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.554		0	PIE	4		7.286	9.198	27.003
14:1.....g	0.000		0	PIE	4		0.000	0.000	0.000
15:1.....g	0.000		0	PIE	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.633		0	PIE	4		1.013	1.279	3.754
17:1.....g	0.000		0	PIE	4		0.000	0.000	0.000
18:1 undifferentiated.....g	3.809		0	PIE	4		6.094	7.694	22.588
20:1.....g	0.112		0	PIE	4		0.178	0.225	0.661
22:1 undifferentiated.....g	0.000		0	PIE	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.510		0	PIE	4		4.017	5.071	14.887
18:2 undifferentiated.....g	2.227		0	PIE	4		3.562	4.498	13.203
18:2 n-6 c,c.....g	0.026		0	PIE	4		0.041	0.052	0.152
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.102		0	PIE	4		0.163	0.206	0.605
18:3 n-6 c,c,c.....g	0.001		0	PIE	4		0.001	0.001	0.003
18:4.....g	0.000		0	PIE	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.002		0	PIE	4		0.002	0.003	0.009
20:3 undifferentiated.....g	0.000		0	PIE	4		0.000	0.000	0.001
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.116		0	PIE	4		0.185	0.234	0.687
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.009		0	PIE	4		0.015	0.019	0.054
22:5 n-3.....g	0.018		0	PIE	4		0.029	0.037	0.109
22:6 n-3.....g	0.037		0	PIE	4		0.059	0.074	0.218
Fatty acids, total trans.....g	0.008		0	PIE	4		0.013	0.017	0.050
Cholesterol.....mg	107		0	PIE	4		172	217	637
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.262		0	PIE	4		0.420	0.530	1.557
Threonine.....g	0.974		0	PIE	4		1.558	1.967	5.775
Isoleucine.....g	1.174		0	PIE	4		1.878	2.371	6.962
Leucine.....g	1.727		0	PIE	4		2.764	3.489	10.243
Lysine.....g	1.915		0	PIE	4		3.064	3.868	11.356
Methionine.....g	0.625		0	PIE	4		1.001	1.263	3.709
Cystine.....g	0.316		0	PIE	4		0.506	0.638	1.874
Phenylalanine.....g	0.923		0	PIE	4		1.476	1.864	5.472
Tyrosine.....g	0.764		0	PIE	4		1.223	1.544	4.532
Valine.....g	1.152		0	PIE	4		1.843	2.327	6.831
Arginine.....g	1.475		0	PIE	4		2.360	2.979	8.745
Histidine.....g	0.693		0	PIE	4		1.108	1.399	4.107
Alanine.....g	1.370		0	PIE	4		2.191	2.766	8.121
Aspartic acid.....g	2.102		0	PIE	4		3.363	4.246	12.464
Glutamic acid.....g	3.423		0	PIE	4		5.476	6.914	20.297
Glycine.....g	1.497		0	PIE	4		2.396	3.025	8.880
Proline.....g	1.130		0	PIE	4		1.808	2.283	6.701
Serine.....g	0.836		0	PIE	4		1.338	1.690	4.960
Hydroxyproline.....g	0.002		0	PIE	4		0.002	0.003	0.009
Others:									
Alcohol, ethyl.....g	0.0		0	PIE	4		0.0	0.0	0.0
Caffeine.....mg	0		0	PIE	4		0	0	0
Theobromine.....mg	0		0	PIE	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	PIE	4		1.735	2.191	6.431
Carotene, alpha.....mcg	0		0	PIE	4		0.637	0.804	2.362
Cryptoxanthin, beta.....mcg	0		0	PIE	4		0.637	0.804	2.362
Lycopene.....mcg	1		0	PIE	4		1.491	1.883	5.527

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg	3		0	PIE	4		4.758	6.006	17.633

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 160g: 1 cup, chopped or diced

Measure 2 = 202g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 593g: 1 chicken, bone removed

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.50		0		1		565.63		
Energy	kcal	251		0	NC	4		2272		
Energy	kj	1050				4		9504		
Protein (N x 6.25)	g	17.48		0		1		158.19		
Total lipid (fat)	g	19.52		0		1		176.66		
Ash	g	1.02		0		1		9.23		
Carbohydrate, by difference	g	0.19		0	NC	4		1.72		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		91		
Iron, Fe	mg	1.51		0		1		13.67		
Magnesium, Mg	mg	20		0		1		181		
Phosphorus, P	mg	173		0		1		1566		
Potassium, K	mg	204		0		1		1846		
Sodium, Na	mg	71		0		1		643		
Zinc, Zn	mg	1.37		0		1		12.40		
Copper, Cu	mg	0.092		0		1		0.833		
Manganese, Mn	mg	0.031		0		1		0.281		
Selenium, Se	mcg	12.5		0	BFNN	4		113.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.1		0		1		28.1		
Thiamin	mg	0.111		0		1		1.005		
Riboflavin	mg	0.251		0		1		2.272		
Niacin	mg	6.383		0		1		57.766		
Pantothenic acid	mg	1.129		0		1		10.217		
Vitamin B-6	mg	0.350		0		1		3.168		
Folate, total	mcg	37		0		1		335		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	37		0		1		335		
Folate, DFE	mcg_DFE	37		0	NC	4		335		
Vitamin B-12	mcg	1.26		0		1		11.40		
Vitamin A, IU	IU	1102		0		1		9973		
Vitamin A, RAE	mcg_RAE	331		0		1		2995		
Retinol	mcg	331		0		1		2995		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.480		0		1		49.594		
4:0	g	0.000		0		1		0.000		
6:0	g	0.000		0		1		0.000		
8:0	g	0.000		0		1		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.030		0		1		0.272		
13:0	g									
14:0	g	0.150		0		1		1.358		
15:0	g									
16:0	g	3.970		0		1		35.929		
17:0	g									
18:0	g	1.140		0		1		10.317		
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.820		0		1		70.771		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.050		0		1		9.503		
17:1.....g									
18:1 undifferentiated.....g	6.480		0		1		58.644		
20:1.....g	0.180		0		1		1.629		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.270		0		1		38.644		
18:2 undifferentiated.....g	3.690		0		1		33.395		
18:3 undifferentiated.....g	0.170		0		1		1.539		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		1.810		
20:5 n-3.....g	0.010		0		1		0.091		
22:5 n-3.....g	0.020		0		1		0.181		
22:6 n-3.....g	0.050		0		1		0.453		
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		787		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0		1		1.765		
Threonine.....g	0.728		0		1		6.588		
Isoleucine.....g	0.870		0		1		7.874		
Leucine.....g	1.281		0		1		11.593		
Lysine.....g	1.407		0		1		12.733		
Methionine.....g	0.461		0		1		4.172		
Cystine.....g	0.234		0		1		2.118		
Phenylalanine.....g	0.688		0		1		6.226		
Tyrosine.....g	0.563		0		1		5.095		
Valine.....g	0.855		0		1		7.738		
Arginine.....g	1.104		0		1		9.991		
Histidine.....g	0.502		0		1		4.543		
Alanine.....g	1.006		0		1		9.104		
Aspartic acid.....g	1.566		0		1		14.172		
Glutamic acid.....g	2.563		0		1		23.195		
Glycine.....g	1.125		0		1		10.181		
Proline.....g	0.856		0		1		7.747		
Serine.....g	0.631		0		1		5.711		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 905g: 1 chicken

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 32% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	53.07		0		1		94.46	138.51	
Energy	kcal	285		0	NC	4		507	744	
Energy	kj	1192				4		2123	3112	
Protein (N x 6.25)	g	26.88		0		1		47.85	70.16	
Total lipid (fat)	g	18.87		0		1		33.59	49.25	
Ash	g	1.18		0		1		2.10	3.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		23	34	
Iron, Fe	mg	1.37		0		1		2.44	3.58	
Magnesium, Mg	mg	20		0		1		36	52	
Phosphorus, P	mg	180		0		1		320	470	
Potassium, K	mg	182		0		1		324	475	
Sodium, Na	mg	73		0		1		130	191	
Zinc, Zn	mg	1.77		0		1		3.15	4.62	
Copper, Cu	mg	0.100		0		1		0.178	0.261	
Manganese, Mn	mg	0.021		0		1		0.037	0.055	
Selenium, Se	mcg	19.7		0	BFYN	4		35.1	51.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.094		0		1		0.167	0.245	
Riboflavin	mg	0.235		0		1		0.418	0.613	
Niacin	mg	5.798		0		1		10.320	15.133	
Pantothenic acid	mg	0.753		0		1		1.340	1.965	
Vitamin B-6	mg	0.250		0		1		0.445	0.653	
Folate, total	mcg	5		0		1		9	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		9	13	
Folate, DFE	mcg_DFE	5		0	NC	4		9	13	
Vitamin B-12	mcg	0.23		0		1		0.41	0.60	
Vitamin A, IU	IU	131		0		1		233	342	
Vitamin A, RAE	mcg_RAE	39		0		1		70	103	
Retinol	mcg	39		0		1		70	103	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.110		0		1		9.096	13.337	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.053	0.078	
13:0	g									
14:0	g	0.140		0		1		0.249	0.365	
15:0	g									
16:0	g	3.730		0		1		6.639	9.735	
17:0	g									
18:0	g	1.070		0		1		1.905	2.793	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.190		0		1		12.798	18.766	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.000		0		1		1.780	2.610	
17:1.....g									
18:1 undifferentiated.....g	5.920		0		1		10.538	15.451	
20:1.....g	0.170		0		1		0.303	0.444	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.230		0		1		7.529	11.040	
18:2 undifferentiated.....g	3.530		0		1		6.283	9.213	
18:3 undifferentiated.....g	0.160		0		1		0.285	0.418	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.250		0		1		0.445	0.653	
20:5 n-3.....g	0.020		0		1		0.036	0.052	
22:5 n-3.....g	0.040		0		1		0.071	0.104	
22:6 n-3.....g	0.080		0		1		0.142	0.209	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		141	206	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.301		0		1		0.536	0.786	
Threonine.....g	1.113		0		1		1.981	2.905	
Isoleucine.....g	1.348		0		1		2.399	3.518	
Leucine.....g	1.961		0		1		3.491	5.118	
Lysine.....g	2.197		0		1		3.911	5.734	
Methionine.....g	0.717		0		1		1.276	1.871	
Cystine.....g	0.357		0		1		0.635	0.932	
Phenylalanine.....g	1.046		0		1		1.862	2.730	
Tyrosine.....g	0.869		0		1		1.547	2.268	
Valine.....g	1.307		0		1		2.326	3.411	
Arginine.....g	1.680		0		1		2.990	4.385	
Histidine.....g	0.793		0		1		1.412	2.070	
Alanine.....g	1.559		0		1		2.775	4.069	
Aspartic acid.....g	2.397		0		1		4.267	6.256	
Glutamic acid.....g	3.938		0		1		7.010	10.278	
Glycine.....g	1.702		0		1		3.030	4.442	
Proline.....g	1.286		0		1		2.289	3.356	
Serine.....g	0.946		0		1		1.684	2.469	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 178g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 261g: .5 chicken, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 30% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.84		0		1		167.59	246.12	
Energy	kcal	258		0	NC	4		699	1027	
Energy	kj	1079				4		2925	4296	
Protein (N x 6.25)	g	17.55		0		1		47.56	69.85	
Total lipid (fat)	g	20.33		0		1		55.09	80.91	
Ash	g	1.04		0		1		2.82	4.14	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		27	40	
Iron, Fe	mg	1.04		0		1		2.82	4.14	
Magnesium, Mg	mg	20		0		1		54	80	
Phosphorus, P	mg	172		0		1		466	685	
Potassium, K	mg	204		0		1		553	812	
Sodium, Na	mg	71		0		1		192	283	
Zinc, Zn	mg	1.19		0		1		3.22	4.74	
Copper, Cu	mg	0.074		0		1		0.201	0.295	
Manganese, Mn	mg	0.019		0		1		0.051	0.076	
Selenium, Se	mcg	14.4		0	PIE	4		39.0	57.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.114		0		1		0.309	0.454	
Riboflavin	mg	0.167		0		1		0.453	0.665	
Niacin	mg	6.262		0		1		16.970	24.923	
Pantothenic acid	mg	0.920		0		1		2.493	3.662	
Vitamin B-6	mg	0.330		0		1		0.894	1.313	
Folate, total	mcg	6		0		1		16	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		16	24	
Folate, DFE	mcg_DFE	6		0	NC	4		16	24	
Vitamin B-12	mcg	0.32		0		1		0.87	1.27	
Vitamin A, IU	IU	178		0		1		482	708	
Vitamin A, RAE	mcg_RAE	52		0	NC	4		141	207	
Retinol	mcg	52		0	NR	4		141	207	
Vitamin E (alpha-tocopherol)	mg	0.33		0	CASN	4		0.90	1.32	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	CAZN	4		6.4	9.5	
Lipids:										
Fatty acids, total saturated	g	5.710		0		1		15.474	22.726	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.081	0.119	
13:0	g									
14:0	g	0.160		0		1		0.434	0.637	
15:0	g									
16:0	g	4.160		0		1		11.274	16.557	
17:0	g									
18:0	g	1.170		0		1		3.171	4.657	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.240		0		1		22.330	32.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.110		0		1		3.008	4.418	
17:1.....g									
18:1 undifferentiated.....g	6.810		0		1		18.455	27.104	
20:1.....g	0.200		0		1		0.542	0.796	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.440		0		1		12.032	17.671	
18:2 undifferentiated.....g	3.860		0		1		10.461	15.363	
18:3 undifferentiated.....g	0.180		0		1		0.488	0.716	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.461	0.677	
20:5 n-3.....g	0.010		0		1		0.027	0.040	
22:5 n-3.....g	0.030		0		1		0.081	0.119	
22:6 n-3.....g	0.050		0		1		0.136	0.199	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		192	283	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.531	0.780	
Threonine.....g	0.726		0		1		1.967	2.889	
Isoleucine.....g	0.877		0		1		2.377	3.490	
Leucine.....g	1.278		0		1		3.463	5.086	
Lysine.....g	1.431		0		1		3.878	5.695	
Methionine.....g	0.467		0		1		1.266	1.859	
Cystine.....g	0.234		0		1		0.634	0.931	
Phenylalanine.....g	0.682		0		1		1.848	2.714	
Tyrosine.....g	0.566		0		1		1.534	2.253	
Valine.....g	0.853		0		1		2.312	3.395	
Arginine.....g	1.099		0		1		2.978	4.374	
Histidine.....g	0.517		0		1		1.401	2.058	
Alanine.....g	1.021		0		1		2.767	4.064	
Aspartic acid.....g	1.565		0		1		4.241	6.229	
Glutamic acid.....g	2.568		0		1		6.959	10.221	
Glycine.....g	1.126		0		1		3.051	4.481	
Proline.....g	0.846		0		1		2.293	3.367	
Serine.....g	0.619		0		1		1.677	2.464	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 271g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 398g: .5 chicken, bone removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 48% Bone, 32%, skin, 16%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.35		0		1		78.89	77.20	
Energy	kcal	237		0	NC	4		332	325	
Energy	kj	992				4		1388	1359	
Protein (N x 6.25)	g	30.42		0		1		42.59	41.68	
Total lipid (fat)	g	11.89		0		1		16.65	16.29	
Ash	g	1.35		0		1		1.89	1.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		18	18	
Iron, Fe	mg	1.43		0		1		2.00	1.96	
Magnesium, Mg	mg	22		0		1		31	30	
Phosphorus, P	mg	204		0		1		286	279	
Potassium, K	mg	202		0		1		283	277	
Sodium, Na	mg	78		0		1		109	107	
Zinc, Zn	mg	2.06		0		1		2.88	2.82	
Copper, Cu	mg	0.116		0		1		0.162	0.159	
Manganese, Mn	mg	0.022		0		1		0.031	0.030	
Selenium, Se	mcg	25.2		0	BFYN	4		35.3	34.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.112		0		1		0.157	0.153	
Riboflavin	mg	0.277		0		1		0.388	0.379	
Niacin	mg	6.408		0		1		8.971	8.779	
Pantothenic acid	mg	0.861		0		1		1.205	1.180	
Vitamin B-6	mg	0.310		0		1		0.434	0.425	
Folate, total	mcg	6		0		1		8	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	8	
Folate, DFE	mcg_DFE	6		0	NC	4		8	8	
Vitamin B-12	mcg	0.26		0		1		0.36	0.36	
Vitamin A, IU	IU	112		0	NC	4		157	154	
Vitamin A, RAE	mcg_RAE	34		0	NC	4		47	46	
Retinol	mcg	34		0	NR	4		47	46	
Vitamin E (alpha-tocopherol)	mg	0.30		0	NR	4		0.42	0.41	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.1		0	BFSN	4		4.4	4.3	
Lipids:										
Fatty acids, total saturated	g	3.100		0		1		4.340	4.247	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.042	0.041	
13:0	g									
14:0	g	0.080		0		1		0.112	0.110	
15:0	g									
16:0	g	2.130		0		1		2.982	2.918	
17:0	g									
18:0	g	0.760		0		1		1.064	1.041	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	4.050		0		1		5.670	5.549	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.560		0		1		0.784	0.767	
17:1....g									
18:1 undifferentiated....g	3.370		0		1		4.718	4.617	
20:1....g	0.050		0		1		0.070	0.069	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.830		0		1		3.962	3.877	
18:2 undifferentiated....g	2.150		0		1		3.010	2.946	
18:3 undifferentiated....g	0.100		0		1		0.140	0.137	
18:4....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.290		0		1		0.406	0.397	
20:5 n-3....g	0.020		0		1		0.028	0.027	
22:5 n-3....g	0.050		0		1		0.070	0.069	
22:6 n-3....g	0.090		0		1		0.126	0.123	
Fatty acids, total trans....g									
Cholesterol....mg	83		0		1		116	114	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.356		0		1		0.498	0.488	
Threonine....g	1.285		0		1		1.799	1.760	
Isoleucine....g	1.606		0		1		2.248	2.200	
Leucine....g	2.283		0		1		3.196	3.128	
Lysine....g	2.585		0		1		3.619	3.541	
Methionine....g	0.842		0		1		1.179	1.154	
Cystine....g	0.389		0		1		0.545	0.533	
Phenylalanine....g	1.207		0		1		1.690	1.654	
Tyrosine....g	1.027		0		1		1.438	1.407	
Valine....g	1.509		0		1		2.113	2.067	
Arginine....g	1.835		0		1		2.569	2.514	
Histidine....g	0.944		0		1		1.322	1.293	
Alanine....g	1.660		0		1		2.324	2.274	
Aspartic acid....g	2.711		0		1		3.795	3.714	
Glutamic acid....g	4.556		0		1		6.378	6.242	
Glycine....g	1.494		0		1		2.092	2.047	
Proline....g	1.251		0		1		1.751	1.714	
Serine....g	1.046		0		1		1.464	1.433	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	z	7		0.0	0.0	
Caffeine....mg	0		0	z	7		0	0	
Theobromine....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta....mcg	0		0	z	7		0.000	0.000	
Lycopene....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 137g: 1 unit (yield from 1 lb ready-to-cook chicken)

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

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

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.54		0		1		140.73	206.01	
Energy	kcal	148		0	NC	4		287	420	
Energy	kj	619				4		1201	1759	
Protein (N x 6.25)	g	21.26		0		1		41.24	60.38	
Total lipid (fat)	g	6.32		0		1		12.26	17.95	
Ash	g	1.27		0		1		2.46	3.61	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		1		19	28	
Iron, Fe	mg	1.09		0		1		2.11	3.10	
Magnesium, Mg	mg	24		0		1		47	68	
Phosphorus, P	mg	209		0		1		405	594	
Potassium, K	mg	251		0		1		487	713	
Sodium, Na	mg	79		0		1		153	224	
Zinc, Zn	mg	1.40		0		1		2.72	3.98	
Copper, Cu	mg	0.089		0		1		0.173	0.253	
Manganese, Mn	mg	0.019		0		1		0.037	0.054	
Selenium, Se	mcg	15.7		0	PIE	4		30.5	44.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.3		0		1		6.4	9.4	
Thiamin	mg	0.149		0		1		0.289	0.423	
Riboflavin	mg	0.207		0		1		0.402	0.588	
Niacin	mg	7.477		0		1		14.505	21.235	
Pantothenic acid	mg	1.090		0		1		2.115	3.096	
Vitamin B-6	mg	0.440		0		1		0.854	1.250	
Folate, total	mcg	7		0		1		14	20	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		14	20	
Folate, DFE	mcg_DFE	7		0	NC	4		14	20	
Vitamin B-12	mcg	0.38		0		1		0.74	1.08	
Vitamin A, IU	IU	105		0	NC	4		204	298	
Vitamin A, RAE	mcg_RAE	32		0	NC	4		61	90	
Retinol	mcg	32		0	NR	4		61	90	
Vitamin E (alpha-tocopherol)	mg	0.24		0	CASN	4		0.46	0.68	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.0		0	BFSN	4		3.8	5.6	
Lipids:										
Fatty acids, total saturated	g	1.570		0		1		3.046	4.459	
4:0	g	0.000		0	BFFN	4		0.000	0.000	
6:0	g	0.000		0	BFFN	4		0.000	0.000	
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.039	0.057	
13:0	g									
14:0	g	0.040		0		1		0.078	0.114	
15:0	g									
16:0	g	1.060		0		1		2.056	3.010	
17:0	g									
18:0	g	0.410		0		1		0.795	1.164	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.940		0		1		3.764	5.510	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0		1		0.543	0.795	
17:1.....g									
18:1 undifferentiated.....g	1.600		0		1		3.104	4.544	
20:1.....g	0.020		0		1		0.039	0.057	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.570		0		1		3.046	4.459	
18:2 undifferentiated.....g	1.120		0		1		2.173	3.181	
18:3 undifferentiated.....g	0.050		0		1		0.097	0.142	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.388	0.568	
20:5 n-3.....g	0.010		0		1		0.019	0.028	
22:5 n-3.....g	0.030		0		1		0.058	0.085	
22:6 n-3.....g	0.070		0		1		0.136	0.199	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		122	179	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.248		0		1		0.481	0.704	
Threonine.....g	0.898		0		1		1.742	2.550	
Isoleucine.....g	1.122		0		1		2.177	3.186	
Leucine.....g	1.595		0		1		3.094	4.530	
Lysine.....g	1.806		0		1		3.504	5.129	
Methionine.....g	0.588		0		1		1.141	1.670	
Cystine.....g	0.272		0		1		0.528	0.772	
Phenylalanine.....g	0.844		0		1		1.637	2.397	
Tyrosine.....g	0.718		0		1		1.393	2.039	
Valine.....g	1.054		0		1		2.045	2.993	
Arginine.....g	1.282		0		1		2.487	3.641	
Histidine.....g	0.660		0		1		1.280	1.874	
Alanine.....g	1.160		0		1		2.250	3.294	
Aspartic acid.....g	1.895		0		1		3.676	5.382	
Glutamic acid.....g	3.184		0		1		6.177	9.043	
Glycine.....g	1.044		0		1		2.025	2.965	
Proline.....g	0.874		0		1		1.696	2.482	
Serine.....g	0.731		0		1		1.418	2.076	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 194g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 2 = 284g: .5 chicken, bone and skin removed

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43287
Dove, cooked (includes squab)

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.00				4		86.80		
Energy	kcal	219				4		307		
Energy	kj	916				4		1283		
Protein	g	23.90				4		33.46		
Total lipid (fat)	g	13.00				4		18.20		
Ash	g	1.10		0	NC	4		1.54		
Carbohydrate, by difference	g	0.00			Z	7		0.00		
Fiber, total dietary	g	0.0				7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	17				4		24		
Iron, Fe	mg	5.91				4		8.27		
Magnesium, Mg	mg	26				4		36		
Phosphorus, P	mg	332				4		465		
Potassium, K	mg	256				4		358		
Sodium, Na	mg	57				4		80		
Zinc, Zn	mg	3.83				4		5.36		
Copper, Cu	mg	0.763				4		1.068		
Manganese, Mn	mg									
Selenium, Se	mcg	20.1		0	BFYN	4		28.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.9				4		4.1		
Thiamin	mg	0.280				4		0.392		
Riboflavin	mg	0.350				4		0.490		
Niacin	mg	7.600				4		10.640		
Pantothenic acid	mg									
Vitamin B-6	mg	0.570				4		0.798		
Folate, total	mcg	6				4		8		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6				4		8		
Folate, DFE	mcg_DFE	6		0	NC	4		8		
Vitamin B-12	mcg	0.41				4		0.57		
Vitamin A, IU	IU	93		0	NC	4		131		
Vitamin A, RAE	mcg_RAE	28		0	NC	4		39		
Retinol	mcg	28		0	NR	4		39		
Vitamin E (alpha-tocopherol)	mg	0.06		0	NR	4		0.08		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.0		0	BFSN	4		5.6		
Lipids:										
Fatty acids, total saturated	g	3.739				4		5.235		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.005				4		0.007		
13:0	g									
14:0	g	0.087				4		0.122		
15:0	g									
16:0	g	2.510				4		3.514		
17:0	g									
18:0	g	1.015				4		1.421		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43287
Dove, cooked (includes squab)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.462				4		7.647		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.677				4		0.948		
17:1.....g									
18:1 undifferentiated.....g	4.632				4		6.485		
20:1.....g	0.100				4		0.140		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.733				4		3.826		
18:2 undifferentiated.....g	2.324				4		3.254		
18:3 undifferentiated.....g	0.096				4		0.134		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.113				4		0.158		
20:5 n-3.....g	0.005				4		0.007		
22:5 n-3.....g	0.044				4		0.062		
22:6 n-3.....g	0.015				4		0.021		
Fatty acids, total trans.....g									
Cholesterol.....mg	116				4		162		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05143
Duck, domesticated, liver, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.78	0.462	37		1		31.58	7.18	
Energy	kcal	136		0	NC	4		60	14	
Energy	kj	569				4		250	57	
Protein (N x 6.25)	g	18.74	0.213	29		1		8.25	1.87	
Total lipid (fat)	g	4.64	0.123	47		1		2.04	0.46	
Ash	g	1.32	0.015	28		1		0.58	0.13	
Carbohydrate, by difference	g	3.53		0	NC	4		1.55	0.35	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.733	20		1		5	1	
Iron, Fe	mg	30.53	0.667	20		1		13.43	3.05	
Magnesium, Mg	mg	24		0		4		11	2	
Phosphorus, P	mg	269	5.984	20		1		118	27	
Potassium, K	mg	230		0		4		101	23	
Sodium, Na	mg	140		0		4		62	14	
Zinc, Zn	mg	3.07		0		4		1.35	0.31	
Copper, Cu	mg	5.962	0.171	290		1		2.623	0.596	
Manganese, Mn	mg	0.258		0		4		0.114	0.026	
Selenium, Se	mcg	67.0		0	BFNN	4		29.5	6.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		0		4		2.0	0.5	
Thiamin	mg	0.562		0		4		0.247	0.056	
Riboflavin	mg	0.892		0		4		0.392	0.089	
Niacin	mg	6.500		0		4		2.860	0.650	
Pantothenic acid	mg	6.184		0		4		2.721	0.618	
Vitamin B-6	mg	0.760		0		4		0.334	0.076	
Folate, total	mcg	738		0		4		325	74	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	738		0		4		325	74	
Folate, DFE	mcg_DFE	738		0	NC	4		325	74	
Vitamin B-12	mcg	54.00		1		1		23.76	5.40	
Vitamin A, IU	IU	39907	1166.888	8		1		17559	3991	
Vitamin A, RAE	mcg_RAE	11984	350.417	8		1		5273	1198	
Retinol	mcg	11984	350.417	8		1		5273	1198	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.440		0		1		0.634	0.144	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.010		2		1		0.004	0.001	
15:0	g									
16:0	g	0.800	0.100	4		1		0.352	0.080	
17:0	g									
18:0	g	0.630	0.090	4		1		0.277	0.063	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05143
Duck, domesticated, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.710		0		1		0.312	0.071	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050	0.021	4		1		0.022	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.650	0.152	4		1		0.286	0.065	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.277	0.063	
18:2 undifferentiated.....g	0.370	0.092	4		1		0.163	0.037	
18:3 undifferentiated.....g	0.000		2		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260	0.130	4		1		0.114	0.026	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	515	144.776	3		1		227	52	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.116	0.026	
Threonine.....g	0.833		0		1		0.367	0.083	
Isoleucine.....g	0.995		0		1		0.438	0.100	
Leucine.....g	1.691		0		1		0.744	0.169	
Lysine.....g	1.418		0		1		0.624	0.142	
Methionine.....g	0.444		0		1		0.195	0.044	
Cystine.....g	0.252		0		1		0.111	0.025	
Phenylalanine.....g	0.932		0		1		0.410	0.093	
Tyrosine.....g	0.660		0		1		0.290	0.066	
Valine.....g	1.181		0		1		0.520	0.118	
Arginine.....g	1.148		0		1		0.505	0.115	
Histidine.....g	0.498		0		1		0.219	0.050	
Alanine.....g	1.088		0		1		0.479	0.109	
Aspartic acid.....g	1.781		0		1		0.784	0.178	
Glutamic acid.....g	2.428		0		1		1.068	0.243	
Glycine.....g	1.088		0		1		0.479	0.109	
Proline.....g	0.929		0		1		0.409	0.093	
Serine.....g	0.806		0		1		0.355	0.081	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 44g: 1 liver

Measure 2 = 10.0g: 1 unit (yield from 1 lb ready-to-cook duck)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 35% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.84		0		1		72.58	89.68	198.03
Energy	kcal	337		0	NC	4		472	583	1287
Energy	kj	1410				4		1974	2439	5386
Protein (N x 6.25)	g	18.99		0		1		26.59	32.85	72.54
Total lipid (fat)	g	28.35		0		1		39.69	49.05	108.30
Ash	g	0.82		0		1		1.15	1.42	3.13
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		15	19	42
Iron, Fe	mg	2.70		0		1		3.78	4.67	10.31
Magnesium, Mg	mg	16		0		1		22	28	61
Phosphorus, P	mg	156		0		1		218	270	596
Potassium, K	mg	204		0		1		286	353	779
Sodium, Na	mg	59		0		1		83	102	225
Zinc, Zn	mg	1.86		0		1		2.60	3.22	7.11
Copper, Cu	mg	0.227		0		1		0.318	0.393	0.867
Manganese, Mn	mg	0.019		0		4		0.027	0.033	0.073
Selenium, Se	mcg	20.0		0	BFYN	4		28.0	34.6	76.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.174		0		1		0.244	0.301	0.665
Riboflavin	mg	0.269		0		1		0.377	0.465	1.028
Niacin	mg	4.825		0		1		6.755	8.347	18.432
Pantothenic acid	mg	1.098		0		1		1.537	1.900	4.194
Vitamin B-6	mg	0.180		0		1		0.252	0.311	0.688
Folate, total	mcg	6		0		1		8	10	23
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6		0		1		8	10	23
Folate, DFE	mcg_DFE	6		0	NC	4		8	10	23
Vitamin B-12	mcg	0.30		0		1		0.42	0.52	1.15
Vitamin A, IU	IU	210		0		1		294	363	802
Vitamin A, RAE	mcg_RAE	63		0	NC	4		88	109	241
Retinol	mcg	63		0	NR	4		88	109	241
Vitamin E (alpha-tocopherol)	mg	0.70		0	NR	4		0.98	1.21	2.67
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.1		0	BFSN	4		7.1	8.8	19.5
Lipids:										
Fatty acids, total saturated	g	9.670		0		1		13.538	16.729	36.939
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.040		0		1		0.056	0.069	0.153
13:0	g									
14:0	g	0.170		0		1		0.238	0.294	0.649
15:0	g									
16:0	g	6.800		0		1		9.520	11.764	25.976
17:0	g									
18:0	g	2.430		0		1		3.402	4.204	9.283
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.900		0		1		18.060	22.317	49.278
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.110		0		1		1.554	1.920	4.240
17:1.....g									
18:1 undifferentiated.....g	11.520		0		1		16.128	19.930	44.006
20:1.....g	0.260		0		1		0.364	0.450	0.993
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.650		0		1		5.110	6.315	13.943
18:2 undifferentiated.....g	3.360		0		1		4.704	5.813	12.835
18:3 undifferentiated.....g	0.290		0		1		0.406	0.502	1.108
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	84		0		1		118	145	321
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.232		0		1		0.325	0.401	0.886
Threonine.....g	0.773		0		1		1.082	1.337	2.953
Isoleucine.....g	0.872		0		1		1.221	1.509	3.331
Leucine.....g	1.465		0		1		2.051	2.534	5.596
Lysine.....g	1.486		0		1		2.080	2.571	5.677
Methionine.....g	0.475		0		1		0.665	0.822	1.815
Cystine.....g	0.299		0		1		0.419	0.517	1.142
Phenylalanine.....g	0.752		0		1		1.053	1.301	2.873
Tyrosine.....g	0.640		0		1		0.896	1.107	2.445
Valine.....g	0.938		0		1		1.313	1.623	3.583
Arginine.....g	1.284		0		1		1.798	2.221	4.905
Histidine.....g	0.462		0		1		0.647	0.799	1.765
Alanine.....g	1.300		0		1		1.820	2.249	4.966
Aspartic acid.....g	1.814		0		1		2.540	3.138	6.929
Glutamic acid.....g	2.798		0		1		3.917	4.841	10.688
Glycine.....g	1.624		0		1		2.274	2.810	6.204
Proline.....g	1.172		0		1		1.641	2.028	4.477
Serine.....g	0.804		0		1		1.126	1.391	3.071
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 173g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 382g: .5 duck

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05139

Duck, domesticated, meat and skin, raw

Anas platyrhynchos

Refuse: 28% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	48.50		0		1		139.20	307.49	
Energy	kcal	404		0	NC	4		1159	2561	
Energy	kj	1690		0		4		4851	10717	
Protein (N x 6.25)	g	11.49		0		1		32.98	72.85	
Total lipid (fat)	g	39.34		0		1		112.91	249.42	
Ash	g	0.68		0		1		1.95	4.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		1		32	70	
Iron, Fe	mg	2.40		0		1		6.89	15.22	
Magnesium, Mg	mg	15		0		1		43	95	
Phosphorus, P	mg	139		0		1		399	881	
Potassium, K	mg	209		0		1		600	1325	
Sodium, Na	mg	63		0		1		181	399	
Zinc, Zn	mg	1.36		0		1		3.90	8.62	
Copper, Cu	mg	0.236		0		1		0.677	1.496	
Manganese, Mn	mg	0.017		0		4		0.049	0.108	
Selenium, Se	mcg	12.4		0	PAK	1		35.6	78.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		0		1		8.0	17.8	
Thiamin	mg	0.197	0.014	20		1		0.565	1.249	
Riboflavin	mg	0.210	0.012	20		1		0.603	1.331	
Niacin	mg	3.934		0		1		11.291	24.942	
Pantothenic acid	mg	0.951		0		1		2.729	6.029	
Vitamin B-6	mg	0.190	0.012	20		1		0.545	1.205	
Folate, total	mcg	13		0		1		37	82	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0		1		37	82	
Folate, DFE	mcg_DFE	13		0	NC	4		37	82	
Vitamin B-12	mcg	0.25		0		1		0.72	1.59	
Vitamin A, IU	IU	168	5.334	20		1		482	1065	
Vitamin A, RAE	mcg_RAE	50		0	NC	4		144	317	
Retinol	mcg	50		0	NR	4		144	317	
Vitamin E (alpha-tocopherol)	mg	0.70		0	NR	4		2.01	4.44	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.5		0	BFSN	4		15.7	34.6	
Lipids:										
Fatty acids, total saturated	g	13.220		0		1		37.941	83.815	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.050		0		1		0.144	0.317	
13:0	g									
14:0	g	0.250		0		1		0.718	1.585	
15:0	g									
16:0	g	9.580		0		1		27.495	60.737	
17:0	g									
18:0	g	3.200		0		1		9.184	20.288	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.690		0		1		53.640	118.495	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.540		0		1		4.420	9.764	
17:1.....g									
18:1 undifferentiated.....g	16.730		0		1		48.015	106.068	
20:1.....g	0.400		0		1		1.148	2.536	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.080		0		1		14.580	32.207	
18:2 undifferentiated.....g	4.690		0		1		13.460	29.735	
18:3 undifferentiated.....g	0.390		0		1		1.119	2.473	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		218	482	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		0		1		0.413	0.913	
Threonine.....g	0.471		0		1		1.352	2.986	
Isoleucine.....g	0.537		0		1		1.541	3.405	
Leucine.....g	0.900		0		1		2.583	5.706	
Lysine.....g	0.912		0		1		2.617	5.782	
Methionine.....g	0.291		0		1		0.835	1.845	
Cystine.....g	0.180		0		1		0.517	1.141	
Phenylalanine.....g	0.459		0		1		1.317	2.910	
Tyrosine.....g	0.395		0		1		1.134	2.504	
Valine.....g	0.573		0		1		1.645	3.633	
Arginine.....g	0.770		0		1		2.210	4.882	
Histidine.....g	0.283		0		1		0.812	1.794	
Alanine.....g	0.777		0		1		2.230	4.926	
Aspartic acid.....g	1.102		0		1		3.163	6.987	
Glutamic acid.....g	1.709		0		1		4.905	10.835	
Glycine.....g	0.928		0		1		2.663	5.884	
Proline.....g	0.686		0		1		1.969	4.349	
Serine.....g	0.488		0		1		1.401	3.094	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 287g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 634g: .5 duck

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16-1 (2004)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.22		0		1		89.91	64.22	141.93
Energy	kcal	201		0	NC	4		281	201	444
Energy	kj	841				4		1177	841	1859
Protein (N x 6.25)	g	23.48		0		1		32.87	23.48	51.89
Total lipid (fat)	g	11.20		0		1		15.68	11.20	24.75
Ash	g	1.11		0		1		1.55	1.11	2.45
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		17	12	27
Iron, Fe	mg	2.70		0		1		3.78	2.70	5.97
Magnesium, Mg	mg	20		0		1		28	20	44
Phosphorus, P	mg	203		0		1		284	203	449
Potassium, K	mg	252		0		1		353	252	557
Sodium, Na	mg	65		0		1		91	65	144
Zinc, Zn	mg	2.60		0		1		3.64	2.60	5.75
Copper, Cu	mg	0.231		0		1		0.323	0.231	0.511
Manganese, Mn	mg	0.019		0		4		0.027	0.019	0.042
Selenium, Se	mcg	22.4		0	BFYN	4		31.4	22.4	49.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.260		0		1		0.364	0.260	0.575
Riboflavin	mg	0.470		0		1		0.658	0.470	1.039
Niacin	mg	5.100		0		1		7.140	5.100	11.271
Pantothenic acid	mg	1.500		0		1		2.100	1.500	3.315
Vitamin B-6	mg	0.250		0		1		0.350	0.250	0.553
Folate, total	mcg	10		0		1		14	10	22
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	10		0		1		14	10	22
Folate, DFE	mcg_DFE	10		0	NC	4		14	10	22
Vitamin B-12	mcg	0.40		0		1		0.56	0.40	0.88
Vitamin A, IU	IU	77		0	NC	4		107	77	169
Vitamin A, RAE	mcg_RAE	23		0	NC	4		32	23	51
Retinol	mcg	23		0	NR	4		32	23	51
Vitamin E (alpha-tocopherol)	mg	0.70		0	NR	4		0.98	0.70	1.55
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.8		0	BFSN	4		5.3	3.8	8.4
Lipids:										
Fatty acids, total saturated	g	4.170		0		1		5.838	4.170	9.216
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.040		0		1		0.056	0.040	0.088
13:0	g									
14:0	g	0.050		0		1		0.070	0.050	0.111
15:0	g									
16:0	g	2.440		0		1		3.416	2.440	5.392
17:0	g									
18:0	g	1.270		0		1		1.778	1.270	2.807
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.700		0		1		5.180	3.700	8.177
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0		1		0.602	0.430	0.950
17:1.....g									
18:1 undifferentiated.....g	3.240		0		1		4.536	3.240	7.160
20:1.....g	0.040		0		1		0.056	0.040	0.088
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.430		0		1		2.002	1.430	3.160
18:2 undifferentiated.....g	1.290		0		1		1.806	1.290	2.851
18:3 undifferentiated.....g	0.140		0		1		0.196	0.140	0.309
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		125	89	197
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.327		0		1		0.458	0.327	0.723
Threonine.....g	1.003		0		1		1.404	1.003	2.217
Isoleucine.....g	1.206		0		1		1.688	1.206	2.665
Leucine.....g	1.983		0		1		2.776	1.983	4.382
Lysine.....g	2.009		0		1		2.813	2.009	4.440
Methionine.....g	0.635		0		1		0.889	0.635	1.403
Cystine.....g	0.361		0		1		0.505	0.361	0.798
Phenylalanine.....g	0.984		0		1		1.378	0.984	2.175
Tyrosine.....g	0.894		0		1		1.252	0.894	1.976
Valine.....g	1.228		0		1		1.719	1.228	2.714
Arginine.....g	1.499		0		1		2.099	1.499	3.313
Histidine.....g	0.620		0		1		0.868	0.620	1.370
Alanine.....g	1.487		0		1		2.082	1.487	3.286
Aspartic acid.....g	2.299		0		1		3.219	2.299	5.081
Glutamic acid.....g	3.673		0		1		5.142	3.673	8.117
Glycine.....g	1.315		0		1		1.841	1.315	2.906
Proline.....g	1.153		0		1		1.614	1.153	2.548
Serine.....g	1.010		0		1		1.414	1.010	2.232
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 100g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 221g: .5 duck

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.77	0.233	13		1		101.06	223.52	
Energy	kcal	132		0	NC	4		181	400	
Energy	kj	552				4		757	1673	
Protein (N x 6.25)	g	18.28	0.273	13		1		25.04	55.39	
Total lipid (fat)	g	5.95	0.506	13		1		8.15	18.03	
Ash	g	1.06	0.028	13		1		1.45	3.21	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	11		2		1		15	33	
Iron, Fe	mg	2.40		1		1		3.29	7.27	
Magnesium, Mg	mg	19		1		1		26	58	
Phosphorus, P	mg	203		2		1		278	615	
Potassium, K	mg	271		3		1		371	821	
Sodium, Na	mg	74	7.480	5		1		101	224	
Zinc, Zn	mg	1.90		1		1		2.60	5.76	
Copper, Cu	mg	0.253	0.010	282		1		0.347	0.767	
Manganese, Mn	mg	0.019		0		4		0.026	0.058	
Selenium, Se	mcg	13.9		0	BFNN	4		19.0	42.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.8		1		1		7.9	17.6	
Thiamin	mg	0.360		1		1		0.493	1.091	
Riboflavin	mg	0.450		1		1		0.617	1.364	
Niacin	mg	5.300		1		1		7.261	16.059	
Pantothenic acid	mg	1.600		1		1		2.192	4.848	
Vitamin B-6	mg	0.340		1		1		0.466	1.030	
Folate, total	mcg	25		1		1		34	76	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	25		1		1		34	76	
Folate, DFE	mcg_DFE	25		0	NC	4		34	76	
Vitamin B-12	mcg	0.40		1		1		0.55	1.21	
Vitamin A, IU	IU	80		0	NC	4		110	242	
Vitamin A, RAE	mcg_RAE	24		0	NC	4		33	73	
Retinol	mcg	24		0	NR	4		33	73	
Vitamin E (alpha-tocopherol)	mg	0.70		0	NR	4		0.96	2.12	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.8		0	BFSN	4		3.8	8.4	
Lipids:										
Fatty acids, total saturated	g	2.320		0		1		3.178	7.030	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.030		1		1		0.041	0.091	
13:0	g									
14:0	g	0.020		1		1		0.027	0.061	
15:0	g									
16:0	g	1.220		1		1		1.671	3.697	
17:0	g									
18:0	g	0.770		1		1		1.055	2.333	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.540		0		1		2.110	4.666	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		1		1		0.301	0.667	
17:1.....g									
18:1 undifferentiated.....g	1.320		1		1		1.808	4.000	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.028	2.273	
18:2 undifferentiated.....g	0.670		1		1		0.918	2.030	
18:3 undifferentiated.....g	0.080		1		1		0.110	0.242	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		1		1		105	233	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0		1		0.348	0.770	
Threonine.....g	0.781		0		1		1.070	2.366	
Isoleucine.....g	0.939		0		1		1.286	2.845	
Leucine.....g	1.544		0		1		2.115	4.678	
Lysine.....g	1.564		0		1		2.143	4.739	
Methionine.....g	0.494		0		1		0.677	1.497	
Cystine.....g	0.281		0		1		0.385	0.851	
Phenylalanine.....g	0.766		0		1		1.049	2.321	
Tyrosine.....g	0.696		0		1		0.954	2.109	
Valine.....g	0.956		0		1		1.310	2.897	
Arginine.....g	1.166		0		1		1.597	3.533	
Histidine.....g	0.483		0		1		0.662	1.463	
Alanine.....g	1.158		0		1		1.586	3.509	
Aspartic acid.....g	1.790		0		1		2.452	5.424	
Glutamic acid.....g	2.860		0		1		3.918	8.666	
Glycine.....g	1.024		0		1		1.403	3.103	
Proline.....g	0.898		0		1		1.230	2.721	
Serine.....g	0.787		0		1		1.078	2.385	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 137g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 303g: .5 duck

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.51	0.351	17		1		55.12	62.67	
Energy	kcal	123		0	NC	4		90	102	
Energy	kj	515				4		376	427	
Protein (N x 6.25)	g	19.85	0.352	17		1		14.49	16.48	
Total lipid (fat)	g	4.25	0.272	17		1		3.10	3.53	
Ash	g	1.33	0.023	17		1		0.97	1.10	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.628	17		1		2	2	
Iron, Fe	mg	4.51	0.312	16		1		3.29	3.74	
Magnesium, Mg	mg	22	0.433	16		1		16	18	
Phosphorus, P	mg	186	5.141	17		1		136	154	
Potassium, K	mg	268	6.655	17		1		196	222	
Sodium, Na	mg	57	3.093	17		1		42	47	
Zinc, Zn	mg	0.74	0.025	16		1		0.54	0.61	
Copper, Cu	mg	0.330	0.024	16		1		0.241	0.274	
Manganese, Mn	mg	0.019		0		4		0.014	0.016	
Selenium, Se	mcg	13.9		0	BFNN	4		10.1	11.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.2		1		1		4.5	5.1	
Thiamin	mg	0.416	0.038	17		1		0.304	0.345	
Riboflavin	mg	0.310	0.027	17		1		0.226	0.257	
Niacin	mg	3.444	0.217	17		1		2.514	2.859	
Pantothenic acid	mg	0.770		1		1		0.562	0.639	
Vitamin B-6	mg	0.630		1		1		0.460	0.523	
Folate, total	mcg	25		0		4		18	21	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	25		0		4		18	21	
Folate, DFE	mcg_DFE	25		0	NC	4		18	21	
Vitamin B-12	mcg	0.76		1		1		0.55	0.63	
Vitamin A, IU	IU	53		0		1		39	44	
Vitamin A, RAE	mcg_RAE	16		0		1		12	13	
Retinol	mcg	16		0		1		12	13	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.320		0		1		0.964	1.096	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		1		1		0.022	0.025	
13:0	g									
14:0	g	0.020		1		1		0.015	0.017	
15:0	g									
16:0	g	0.690		1		1		0.504	0.573	
17:0	g									
18:0	g	0.410		1		1		0.299	0.340	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.210		0		1		0.883	1.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		1		1		0.124	0.141	
17:1.....g									
18:1 undifferentiated.....g	1.030		1		1		0.752	0.855	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0		1		0.423	0.481	
18:2 undifferentiated.....g	0.510		1		1		0.372	0.423	
18:3 undifferentiated.....g	0.070		1		1		0.051	0.058	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		4		56	64	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.276		0		1		0.201	0.229	
Threonine.....g	0.848		0		1		0.619	0.704	
Isoleucine.....g	1.019		0		1		0.744	0.846	
Leucine.....g	1.677		0		1		1.224	1.392	
Lysine.....g	1.699		0		1		1.240	1.410	
Methionine.....g	0.537		0		1		0.392	0.446	
Cystine.....g	0.305		0		1		0.223	0.253	
Phenylalanine.....g	0.832		0		1		0.607	0.691	
Tyrosine.....g	0.756		0		1		0.552	0.627	
Valine.....g	1.039		0		1		0.758	0.862	
Arginine.....g	1.267		0		1		0.925	1.052	
Histidine.....g	0.524		0		1		0.383	0.435	
Alanine.....g	1.258		0		1		0.918	1.044	
Aspartic acid.....g	1.944		0		1		1.419	1.614	
Glutamic acid.....g	3.106		0		1		2.267	2.578	
Glycine.....g	1.112		0		1		0.812	0.923	
Proline.....g	0.975		0		1		0.712	0.809	
Serine.....g	0.854		0		1		0.623	0.709	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 73g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 83g: .5 breast, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.52		0		1		158.98	179.60	
Energy	kcal	211		0	NC	4		504	570	
Energy	kj	883				4		2110	2384	
Protein (N x 6.25)	g	17.42		0		1		41.63	47.03	
Total lipid (fat)	g	15.20		0		1		36.33	41.04	
Ash	g	1.16		0		1		2.77	3.13	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	5		0		1		12	14	
Iron, Fe	mg	4.16		0		1		9.94	11.23	
Magnesium, Mg	mg	20		0		1		48	54	
Phosphorus, P	mg	168		0		1		402	454	
Potassium, K	mg	249		0		1		595	672	
Sodium, Na	mg	56		0		1		134	151	
Zinc, Zn	mg	0.77		0		1		1.84	2.08	
Copper, Cu	mg	0.312		0		1		0.746	0.842	
Manganese, Mn	mg	0.019		0		4		0.045	0.051	
Selenium, Se	mcg	12.8		0	PIE	4		30.6	34.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.2		0		1		12.4	14.0	
Thiamin	mg	0.351		0		1		0.839	0.948	
Riboflavin	mg	0.269		0		1		0.643	0.726	
Niacin	mg	3.317		0		1		7.928	8.956	
Pantothenic acid	mg	0.701		0		1		1.675	1.893	
Vitamin B-6	mg	0.530		0		1		1.267	1.431	
Folate, total	mcg	21		0		4		50	57	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		0		4		50	57	
Folate, DFE	mcg_DFE	21		0	NC	4		50	57	
Vitamin B-12	mcg	0.65		0		1		1.55	1.76	
Vitamin A, IU	IU	88		0		4		210	238	
Vitamin A, RAE	mcg_RAE	26		0		4		63	71	
Retinol	mcg	26		0		4		63	71	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.040		0		1		12.046	13.608	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.040		0		1		0.096	0.108	
13:0	g									
14:0	g	0.090		0		1		0.215	0.243	
15:0	g									
16:0	g	3.480		0		1		8.317	9.396	
17:0	g									
18:0	g	1.270		0		1		3.035	3.429	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.800		0		1		16.252	18.360	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.610		0		1		1.458	1.647	
17:1.....g									
18:1 undifferentiated.....g	6.060		0		1		14.483	16.362	
20:1.....g	0.130		0		1		0.311	0.351	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.020		0		1		4.828	5.454	
18:2 undifferentiated.....g	1.850		0		1		4.422	4.995	
18:3 undifferentiated.....g	0.170		0		1		0.406	0.459	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		1		1		191	216	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.566	0.640	
Threonine.....g	0.738		0		1		1.764	1.993	
Isoleucine.....g	0.878		0		1		2.098	2.371	
Leucine.....g	1.449		0		1		3.463	3.912	
Lysine.....g	1.468		0		1		3.509	3.964	
Methionine.....g	0.465		0		1		1.111	1.256	
Cystine.....g	0.269		0		1		0.643	0.726	
Phenylalanine.....g	0.723		0		1		1.728	1.952	
Tyrosine.....g	0.650		0		1		1.554	1.755	
Valine.....g	0.902		0		1		2.156	2.435	
Arginine.....g	1.124		0		1		2.686	3.035	
Histidine.....g	0.454		0		1		1.085	1.226	
Alanine.....g	1.119		0		1		2.674	3.021	
Aspartic acid.....g	1.698		0		1		4.058	4.585	
Glutamic acid.....g	2.697		0		1		6.446	7.282	
Glycine.....g	1.066		0		1		2.548	2.878	
Proline.....g	0.894		0		1		2.137	2.414	
Serine.....g	0.748		0		1		1.788	2.020	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 270g: .5 duck

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.25		2	A	1		35.42	53.76	75.90
Energy	kcal	202		0	NC	4		113	172	242
Energy	kj	845				4		473	718	1014
Protein (N x 6.25)	g	24.50		2	A	1		13.72	20.83	29.40
Total lipid (fat) (2)	g	10.85	0.740	8	A	1		6.08	9.22	13.02
Ash	g	1.15		2	A	1		0.64	0.98	1.38
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		2	A	1		4	7	10
Iron, Fe	mg	3.26		2	A	1		1.83	2.77	3.91
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	84		2	A	1		47	71	101
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	26.4		0	BFNN	4		14.8	22.4	31.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		2	A	1		1.6	2.4	3.4
Thiamin	mg									
Riboflavin	mg									
Niacin	mg	7.855		2	A	1		4.399	6.677	9.426
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.922		0		1		1.636	2.484	3.506
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.060		2	A	1		0.034	0.051	0.072
15:0	g									
16:0	g	2.259		2	A	1		1.265	1.920	2.711
17:0	g									
18:0	g	0.603		2	A	1		0.338	0.513	0.724
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.428		0		1		3.040	4.614	6.514
14:1	g									
15:1	g									

NDB No. 05315

Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.420		2	A	1		0.235	0.357	0.504
17:1....g									
18:1 undifferentiated....g	4.939		2	A	1		2.766	4.198	5.927
20:1....g	0.059		2	A	1		0.033	0.050	0.071
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.632		0		1		0.914	1.387	1.958
18:2 undifferentiated....g	1.496		2	A	1		0.838	1.272	1.795
18:3 undifferentiated....g	0.070		2	A	1		0.039	0.060	0.084
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.066		2	A	1		0.037	0.056	0.079
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol (3) ....mg	136		2	A	1		76	116	163
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.337		0		1		0.189	0.286	0.404
Threonine....g	1.039		0		1		0.582	0.883	1.247
Isoleucine....g	1.247		0		1		0.698	1.060	1.496
Leucine....g	2.050		0		1		1.148	1.743	2.460
Lysine....g	2.078		0		1		1.164	1.766	2.494
Methionine....g	0.655		0		1		0.367	0.557	0.786
Cystine....g	0.372		0		1		0.208	0.316	0.446
Phenylalanine....g	1.019		0		1		0.571	0.866	1.223
Tyrosine....g	0.925		0		1		0.518	0.786	1.110
Valine....g	1.270		0		1		0.711	1.080	1.524
Arginine....g	1.548		0		1		0.867	1.316	1.858
Histidine....g	0.643		0		1		0.360	0.547	0.772
Alanine....g	1.537		0		1		0.861	1.306	1.844
Aspartic acid....g	2.379		0		1		1.332	2.022	2.855
Glutamic acid....g	3.798		0		1		2.127	3.228	4.558
Glycine....g	1.360		0		1		0.762	1.156	1.632
Proline....g	1.192		0		1		0.668	1.013	1.430
Serine....g	1.047		0		1		0.586	0.890	1.256
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 56g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 2 = 85g: 3 oz

Measure 3 = 120g: .5 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

3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 05 Poultry Products

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.25		2	A	1		118.76	30.03	64.84
Energy	kcal	140		0	NC	4		244	62	133
Energy	kj	586				4		1019	258	556
Protein (N x 6.25)	g	27.60		2	A	1		48.02	12.14	26.22
Total lipid (fat) (2)	g	2.50	0.109	8	A	1		4.35	1.10	2.38
Ash	g	1.40		2	A	1		2.44	0.62	1.33
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9		2	A	1		16	4	9
Iron, Fe	mg	4.49		2	A	1		7.81	1.98	4.27
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	105		2	A	1		183	46	100
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	29.0		0	BFNN	4		50.5	12.8	27.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.2		2	A	1		5.6	1.4	3.0
Thiamin	mg									
Riboflavin	mg									
Niacin	mg	10.350		2	A	1		18.009	4.554	9.833
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.578		0		1		1.006	0.254	0.549
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.011		2	A	1		0.019	0.005	0.010
15:0	g									
16:0	g	0.415		2	A	1		0.722	0.183	0.394
17:0	g									
18:0	g	0.153		2	A	1		0.266	0.067	0.145
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	0.871		0		1		1.516	0.383	0.827
14:1	g									
15:1	g									

NDB No. 05316

Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.066		2	A	1		0.115	0.029	0.063
17:1....g									
18:1 undifferentiated....g	0.792		2	A	1		1.378	0.348	0.752
20:1....g	0.010		2	A	1		0.017	0.004	0.010
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.378		0		1		0.658	0.166	0.359
18:2 undifferentiated....g	0.302		2	A	1		0.525	0.133	0.287
18:3 undifferentiated....g	0.012		2	A	1		0.021	0.005	0.011
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.064		2	A	1		0.111	0.028	0.061
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol (3) ....mg	143	4.600	8	A	1		249	63	136
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.380		0		1		0.661	0.167	0.361
Threonine....g	1.170		0		1		2.036	0.515	1.112
Isoleucine....g	1.404		0		1		2.443	0.618	1.334
Leucine....g	2.310		0		1		4.019	1.016	2.195
Lysine....g	2.340		0		1		4.072	1.030	2.223
Methionine....g	0.737		0		1		1.282	0.324	0.700
Cystine....g	0.420		0		1		0.731	0.185	0.399
Phenylalanine....g	1.148		0		1		1.998	0.505	1.091
Tyrosine....g	1.042		0		1		1.813	0.458	0.990
Valine....g	1.431		0		1		2.490	0.630	1.359
Arginine....g	1.744		0		1		3.035	0.767	1.657
Histidine....g	0.724		0		1		1.260	0.319	0.688
Alanine....g	1.731		0		1		3.012	0.762	1.644
Aspartic acid....g	2.681		0		1		4.665	1.180	2.547
Glutamic acid....g	4.279		0		1		7.445	1.883	4.065
Glycine....g	1.532		0		1		2.666	0.674	1.455
Proline....g	1.342		0		1		2.335	0.590	1.275
Serine....g	1.179		0		1		2.051	0.519	1.120
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 174g: 1 cup, chopped or diced

Measure 2 = 44g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 95g: .5 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

3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 05 Poultry Products

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.90		2	A	1		56.03	26.19	51.77
Energy	kcal	217		0	NC	4		200	93	184
Energy	kj	908				4		835	390	772
Protein (N x 6.25)	g	26.75		2	A	1		24.61	11.50	22.74
Total lipid (fat) (2)	g	11.40	0.710	8	A	1		10.49	4.90	9.69
Ash	g	1.00		2	A	1		0.92	0.43	0.85
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		2	A	1		9	4	9
Iron, Fe	mg	2.08		2	A	1		1.91	0.89	1.77
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	110		2	A	1		101	47	94
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	21.8		0	BFNN	4		20.1	9.4	18.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		2	A	1		1.4	0.6	1.3
Thiamin	mg									
Riboflavin	mg									
Niacin	mg	5.770		2	A	1		5.308	2.481	4.905
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.975		0		1		2.737	1.279	2.529
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.069		2	A	1		0.063	0.030	0.059
15:0	g									
16:0	g	2.300		2	A	1		2.116	0.989	1.955
17:0	g									
18:0	g	0.606		2	A	1		0.558	0.261	0.515
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	5.617		0		1		5.168	2.415	4.774
14:1	g									
15:1	g									

NDB No. 05317

Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.440		2	A	1		0.405	0.189	0.374
17:1....g									
18:1 undifferentiated....g	5.109		2	A	1		4.700	2.197	4.343
20:1....g	0.058		2	A	1		0.053	0.025	0.049
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.896		0		1		1.744	0.815	1.612
18:2 undifferentiated....g	1.748		2	A	1		1.608	0.752	1.486
18:3 undifferentiated....g	0.083		2	A	1		0.076	0.036	0.071
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.065		2	A	1		0.060	0.028	0.055
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol (3) ....mg	114		2	A	1		105	49	97
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.368		0		1		0.339	0.158	0.313
Threonine....g	1.134		0		1		1.043	0.488	0.964
Isoleucine....g	1.361		0		1		1.252	0.585	1.157
Leucine....g	2.238		0		1		2.059	0.962	1.902
Lysine....g	2.268		0		1		2.087	0.975	1.928
Methionine....g	0.715		0		1		0.658	0.307	0.608
Cystine....g	0.407		0		1		0.374	0.175	0.346
Phenylalanine....g	1.113		0		1		1.024	0.479	0.946
Tyrosine....g	1.010		0		1		0.929	0.434	0.859
Valine....g	1.387		0		1		1.276	0.596	1.179
Arginine....g	1.691		0		1		1.556	0.727	1.437
Histidine....g	0.702		0		1		0.646	0.302	0.597
Alanine....g	1.678		0		1		1.544	0.722	1.426
Aspartic acid....g	2.598		0		1		2.390	1.117	2.208
Glutamic acid....g	4.147		0		1		3.815	1.783	3.525
Glycine....g	1.485		0		1		1.366	0.639	1.262
Proline....g	1.301		0		1		1.197	0.559	1.106
Serine....g	1.143		0		1		1.052	0.491	0.972
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: 1 leg, bone removed (yield after cooking)

Measure 2 = 43g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 85g: 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

3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 05 Poultry Products

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.60		2	A	1		112.40	22.61	54.91
Energy	kcal	178		0	NC	4		310	62	151
Energy	kj	745				4		1296	261	633
Protein (N x 6.25)	g	29.10		2	A	1		50.63	10.19	24.74
Total lipid (fat) (2)	g	5.96	0.416	8	A	1		10.37	2.09	5.07
Ash	g	1.10		2	A	1		1.91	0.39	0.94
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		2	A	1		17	4	9
Iron, Fe	mg	2.33		2	A	1		4.05	0.82	1.98
Magnesium, Mg	mg									
Phosphorus, P	mg									
Potassium, K	mg									
Sodium, Na	mg	108		2	A	1		188	38	92
Zinc, Zn	mg									
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	21.6		0	BFNN	4		37.6	7.6	18.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3		2	A	1		4.0	0.8	2.0
Thiamin	mg									
Riboflavin	mg									
Niacin	mg	5.330		2	A	1		9.274	1.866	4.531
Pantothenic acid	mg									
Vitamin B-6	mg									
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg									
Vitamin A, IU	IU									
Vitamin A, RAE	mcg_RAE									
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.339		0		1		2.330	0.469	1.138
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.029		2	A	1		0.050	0.010	0.025
15:0	g									
16:0	g	1.021		2	A	1		1.777	0.357	0.868
17:0	g									
18:0	g	0.289		2	A	1		0.503	0.101	0.246
20:0	g									
22:0	g									
24:0	g									
Fatty acids, total monounsaturated	g	2.637		0		1		4.588	0.923	2.241
14:1	g									
15:1	g									

NDB No. 05318

Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised (1)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
16:1 undifferentiated....g	0.216		2	A	1		0.376	0.076	0.184
17:1....g									
18:1 undifferentiated....g	2.387		2	A	1		4.153	0.835	2.029
20:1....g	0.024		2	A	1		0.042	0.008	0.020
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.909		0		1		1.582	0.318	0.773
18:2 undifferentiated....g	0.817		2	A	1		1.422	0.286	0.694
18:3 undifferentiated....g	0.039		2	A	1		0.068	0.014	0.033
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.054		2	A	1		0.094	0.019	0.046
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol (3) ....mg	105	3.200	8	A	1		183	37	89
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.400		0		1		0.696	0.140	0.340
Threonine....g	1.234		0		1		2.147	0.432	1.049
Isoleucine....g	1.481		0		1		2.577	0.518	1.259
Leucine....g	2.435		0		1		4.237	0.852	2.070
Lysine....g	2.468		0		1		4.294	0.864	2.098
Methionine....g	0.778		0		1		1.354	0.272	0.661
Cystine....g	0.442		0		1		0.769	0.155	0.376
Phenylalanine....g	1.211		0		1		2.107	0.424	1.029
Tyrosine....g	1.099		0		1		1.912	0.385	0.934
Valine....g	1.509		0		1		2.626	0.528	1.283
Arginine....g	1.839		0		1		3.200	0.644	1.563
Histidine....g	0.764		0		1		1.329	0.267	0.649
Alanine....g	1.825		0		1		3.176	0.639	1.551
Aspartic acid....g	2.826		0		1		4.917	0.989	2.402
Glutamic acid....g	4.512		0		1		7.851	1.579	3.835
Glycine....g	1.616		0		1		2.812	0.566	1.374
Proline....g	1.415		0		1		2.462	0.495	1.203
Serine....g	1.243		0		1		2.163	0.435	1.057
Hydroxyproline....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 174g: 1 cup chopped or diced, cooked

Measure 2 = 35g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 85g: 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

3 Data from the Duckling Council and a USDA contract

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate**

Food Group: 05 Poultry Products

NDB No. 05624
Emu, fan fillet, cooked, broiled
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.43	0.623	3	A	1		261.75	56.47	
Energy	kcal	154		0	NC	4		608	131	
Energy	kj	645		0	NC	4		2543	549	
Protein (N x 6.25)	g	31.27	0.333	3	A	1		123.19	26.58	
Total lipid (fat)	g	2.30	0.173	3	A	1		9.06	1.96	
Ash	g	1.30	0.000	3	A	1		5.12	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.519	3	A	1		23	5	
Iron, Fe	mg	4.56	0.267	3	A	1		17.97	3.88	
Magnesium, Mg	mg	30	1.629	3	A	1		118	26	
Phosphorus, P	mg	272	5.548	3	A	1		1070	231	
Potassium, K	mg	397	21.000	3	A	1		1564	337	
Sodium, Na	mg	53	3.219	3	A	1		210	45	
Zinc, Zn	mg	3.19	0.278	3	A	1		12.56	2.71	
Copper, Cu	mg	0.232	0.009	3	A	1		0.913	0.197	
Manganese, Mn	mg	0.026	0.003	3	A	1		0.104	0.022	
Selenium, Se	mcg	46.1		0	BFNN	4		181.6	39.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.350		0	BFPN	4		1.379	0.298	
Riboflavin	mg	0.599		0	BFPN	4		2.361	0.509	
Niacin	mg	9.814		0	BFPN	4		38.669	8.342	
Pantothenic acid	mg	3.387		0	BFPN	4		13.344	2.879	
Vitamin B-6	mg	0.916		0	BFPN	4		3.611	0.779	
Folate, total	mcg	9		0	BFPN	4		37	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0	BFPN	4		37	8	
Folate, DFE	mcg_DFE	9		0	NC	4		37	8	
Vitamin B-12	mcg	9.37		0	BFPN	4		36.92	7.97	
Vitamin A, IU	IU	0		0	BFSN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.92	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.583		0	NC	4		2.296	0.495	
4:0	g									
6:0	g									
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0	BFFN	4		0.000	0.000	
12:0	g	0.000		0	BFFN	4		0.000	0.000	
13:0	g									
14:0	g	0.007		0	BFFN	4		0.028	0.006	
15:0	g	0.000		0	BFFN	4		0.000	0.000	
16:0	g	0.374		0	BFFN	4		1.473	0.318	
17:0	g	0.003		0	BFFN	4		0.011	0.002	
18:0	g	0.198		0	BFFN	4		0.778	0.168	
20:0	g	0.001		0	BFFN	4		0.003	0.001	
22:0	g	0.001		0	BFFN	4		0.002	0.001	
24:0	g									

NDB No. 05624
Emu, fan fillet, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.917		0	NC	4		3.611	0.779	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.074		0	BFFN	4		0.294	0.063	
17:1.....g	0.000		0	BFFN	4		0.002	0.000	
18:1 undifferentiated.....g	0.835		0	BFFN	4		3.289	0.710	
20:1.....g	0.007		0	BFFN	4		0.027	0.006	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318		0	NC	4		1.252	0.270	
18:2 undifferentiated.....g	0.238		0	BFFN	4		0.937	0.202	
18:3 undifferentiated.....g	0.012		0	BFFN	4		0.048	0.010	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g	0.004		0	BFFN	4		0.015	0.003	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.064		0	BFFN	4		0.251	0.054	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	82	1.800	3	A	1		325	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0	A	1		0.814	0.176	
Threonine.....g	0.896		0	A	1		3.532	0.762	
Isoleucine.....g	1.016		0	A	1		4.003	0.864	
Leucine.....g	1.726		0	A	1		6.801	1.467	
Lysine.....g	1.840		0	A	1		7.249	1.564	
Methionine.....g	0.593		0	A	1		2.336	0.504	
Cystine.....g	0.226		0	A	1		0.890	0.192	
Phenylalanine.....g	0.892		0	A	1		3.515	0.758	
Tyrosine.....g	0.667		0	A	1		2.628	0.567	
Valine.....g	1.041		0	A	1		4.102	0.885	
Arginine.....g	1.407		0	A	1		5.545	1.196	
Histidine.....g	0.685		0	A	1		2.698	0.582	
Alanine.....g	1.216		0	A	1		4.789	1.033	
Aspartic acid.....g	2.720		0	A	1		10.719	2.312	
Glutamic acid.....g	3.053		0	A	1		12.027	2.595	
Glycine.....g	0.984		0	A	1		3.878	0.837	
Proline.....g	1.267		0	A	1		4.992	1.077	
Serine.....g	0.744		0	A	1		2.931	0.632	
Hydroxyproline.....g	0.205		0	A	1		0.806	0.174	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05624
Emu, fan fillet, cooked, broiled

Common Measures:

Measure 1 = 394g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05623
Emu, fan fillet, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.62		6	A	1		382.80	63.43	
Energy	kcal	103		0	NC	4		530	88	
Energy	kj	432		0	NC	4		2217	367	
Protein (N x 6.25)	g	22.50		6	A	1		115.43	19.13	
Total lipid (fat)	g	0.80		6	A	1		4.10	0.68	
Ash	g	1.10		6	A	1		5.64	0.94	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	3		6	A	1		15	3	
Iron, Fe	mg	4.50		6	A	1		23.09	3.83	
Magnesium, Mg	mg	42		6	A	1		215	36	
Phosphorus, P	mg	236		0	BFNN	4		1212	201	
Potassium, K	mg	300		6	A	1		1539	255	
Sodium, Na	mg	120		6	A	1		616	102	
Zinc, Zn	mg	3.50		6	A	1		17.96	2.98	
Copper, Cu	mg	0.211		0	BFNN	4		1.084	0.180	
Manganese, Mn	mg	0.029		0	BFNN	4		0.148	0.025	
Selenium, Se	mcg	32.5		0	BFNN	4		166.5	27.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.267		0	BFPN	4		1.369	0.227	
Riboflavin	mg	0.451		0	BFPN	4		2.315	0.384	
Niacin	mg	7.397		0	BFPN	4		37.948	6.288	
Pantothenic acid	mg	2.708		0	BFPN	4		13.892	2.302	
Vitamin B-6	mg	0.634		0	BFPN	4		3.253	0.539	
Folate, total	mcg	13		0	BFPN	4		65	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		0	BFPN	4		65	11	
Folate, DFE	mcg_DFE	13		0	NC	4		65	11	
Vitamin B-12	mcg	6.67		0	BFPN	4		34.21	5.67	
Vitamin A, IU	IU	0		0	BFSN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		1.14	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.201		0	NC	4		1.034	0.171	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0	BFFN	4		0.000	0.000	
12:0	g	0.000		0	BFFN	4		0.000	0.000	
13:0	g									
14:0	g	0.002		0	BFFN	4		0.013	0.002	
15:0	g									
16:0	g	0.130		0	BFFN	4		0.667	0.111	
17:0	g									
18:0	g	0.069		0	BFFN	4		0.352	0.058	
20:0	g	0.000		0	BFFN	4		0.001	0.000	
22:0	g									
24:0	g									

NDB No. 05623
Emu, fan fillet, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.319		0	NC	4		1.635	0.271	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.026		0	BFFN	4		0.133	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.290		0	BFFN	4		1.490	0.247	
20:1.....g	0.002		0	BFFN	4		0.012	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.109		0	NC	4		0.560	0.093	
18:2 undifferentiated.....g	0.083		0	BFFN	4		0.425	0.070	
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.022	0.004	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	BFFN	4		0.114	0.019	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		6	A	1		363	60	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0	A	1		0.763	0.126	
Threonine.....g	0.645		0	A	1		3.309	0.548	
Isoleucine.....g	0.731		0	A	1		3.751	0.622	
Leucine.....g	1.242		0	A	1		6.373	1.056	
Lysine.....g	1.324		0	A	1		6.792	1.125	
Methionine.....g	0.427		0	A	1		2.189	0.363	
Cystine.....g	0.163		0	A	1		0.834	0.138	
Phenylalanine.....g	0.642		0	A	1		3.294	0.546	
Tyrosine.....g	0.480		0	A	1		2.463	0.408	
Valine.....g	0.749		0	A	1		3.843	0.637	
Arginine.....g	1.013		0	A	1		5.195	0.861	
Histidine.....g	0.493		0	A	1		2.527	0.419	
Alanine.....g	0.875		0	A	1		4.487	0.744	
Aspartic acid.....g	1.958		0	A	1		10.043	1.664	
Glutamic acid.....g	2.197		0	A	1		11.269	1.867	
Glycine.....g	0.708		0	A	1		3.633	0.602	
Proline.....g	0.912		0	A	1		4.678	0.775	
Serine.....g	0.535		0	A	1		2.746	0.455	
Hydroxyproline.....g	0.147		0	A	1		0.755	0.125	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 513g: 1 fan fillet

Measure 2 = 85g: 1 serving (3 oz)

NDB No. 05623
Emu, fan fillet, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05625
Emu, flat fillet, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.40		6	A	1		266.92		
Energy	kcal	102		0	NC	4		360		
Energy	kj	425		0	NC	4		1506		
Protein (N x 6.25)	g	22.25		6	A	1		78.77		
Total lipid (fat)	g	0.74		6	A	1		2.62		
Ash	g	0.93		6	A	1		3.29		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		6	A	1		11		
Iron, Fe	mg	5.00		6	A	1		17.70		
Magnesium, Mg	mg	31		6	A	1		110		
Phosphorus, P	mg	229		0	BFNN	4		812		
Potassium, K	mg	240		6	A	1		850		
Sodium, Na	mg	150		6	A	1		531		
Zinc, Zn	mg	3.00		6	A	1		10.62		
Copper, Cu	mg	0.205		0	BFNN	4		0.726		
Manganese, Mn	mg	0.028		0	BFNN	4		0.099		
Selenium, Se	mcg	31.5		0	BFNN	4		111.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.245		0	BFSN	4		0.867		
Riboflavin	mg	0.414		0	BFSN	4		1.466		
Niacin	mg	6.786		0	BFSN	4		24.023		
Pantothenic acid	mg	2.484		0	BFSN	4		8.794		
Vitamin B-6	mg	0.582		0	BFSN	4		2.059		
Folate, total	mcg	12		0	BFSN	4		41		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0	BFSN	4		41		
Folate, DFE	mcg_DFE	12		0	NC	4		41		
Vitamin B-12	mcg	6.12		0	BFSN	4		21.66		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.76		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.187		0	NC	4		0.664		
4:0	g									
6:0	g									
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.002		0	BFFN	4		0.008		
15:0	g	0.000		0	BFFN	4		0.000		
16:0	g	0.120		0	BFFN	4		0.426		
17:0	g	0.001		0	BFFN	4		0.003		
18:0	g	0.064		0	BFFN	4		0.225		
20:0	g	0.000		0	BFFN	4		0.001		
22:0	g	0.000		0	BFFN	4		0.001		
24:0	g									

NDB No. 05625
Emu, flat fillet, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.295		0	NC	4		1.044		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.024		0	BFFN	4		0.085		
17:1.....g	0.000		0	BFFN	4		0.001		
18:1 undifferentiated.....g	0.269		0	BFFN	4		0.951		
20:1.....g	0.002		0	BFFN	4		0.008		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0	NC	4		0.362		
18:2 undifferentiated.....g	0.077		0	BFFN	4		0.271		
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.014		
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000		
18:4.....g									
20:2 n-6 c,c.....g	0.001		0	BFFN	4		0.004		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.021		0	BFFN	4		0.073		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	71		6	A	1		251		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0	A	1		0.520		
Threonine.....g	0.638		0	A	1		2.258		
Isoleucine.....g	0.723		0	A	1		2.560		
Leucine.....g	1.228		0	A	1		4.349		
Lysine.....g	1.309		0	A	1		4.635		
Methionine.....g	0.422		0	A	1		1.494		
Cystine.....g	0.161		0	A	1		0.569		
Phenylalanine.....g	0.635		0	A	1		2.247		
Tyrosine.....g	0.475		0	A	1		1.681		
Valine.....g	0.741		0	A	1		2.623		
Arginine.....g	1.001		0	A	1		3.545		
Histidine.....g	0.487		0	A	1		1.725		
Alanine.....g	0.865		0	A	1		3.062		
Aspartic acid.....g	1.936		0	A	1		6.853		
Glutamic acid.....g	2.172		0	A	1		7.690		
Glycine.....g	0.700		0	A	1		2.479		
Proline.....g	0.902		0	A	1		3.192		
Serine.....g	0.529		0	A	1		1.874		
Hydroxyproline.....g	0.146		0	A	1		0.515		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05625
Emu, flat fillet, raw

Common Measures:

Measure 1 = 354g: 1 flat fillet

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05627

Emu, full rump, cooked, broiled

Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.97	0.800	20	A	1		307.37	52.67	
Energy	kcal	168		0	NC	4		833	143	
Energy	kj	703		0	NC	4		3485	597	
Protein (N x 6.25)	g	33.67	0.340	20	A	1		167.00	28.62	
Total lipid (fat)	g	2.68	0.160	20	A	1		13.29	2.28	
Ash	g	1.35	0.060	20	A	1		6.70	1.15	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.410	20	A	1		35	6	
Iron, Fe	mg	6.89	0.230	20	A	1		34.17	5.86	
Magnesium, Mg	mg	34		0	BFNN	4		171	29	
Phosphorus, P	mg	323		0	BFNN	4		1600	274	
Potassium, K	mg	324	16.070	20	A	1		1607	275	
Sodium, Na	mg	110	4.140	20	A	1		546	94	
Zinc, Zn	mg	4.32	0.160	20	A	1		21.43	3.67	
Copper, Cu	mg	0.285		0	BFNN	4		1.415	0.242	
Manganese, Mn	mg	0.036		0	BFNN	4		0.176	0.030	
Selenium, Se	mcg	52.1		0	BFNN	4		258.4	44.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		5	A	1		0.0	0.0	
Thiamin	mg	0.430		5	A	1		2.133	0.366	
Riboflavin	mg	0.645		0	BFPN	4		3.201	0.549	
Niacin	mg	10.569		0	BFPN	4		52.421	8.983	
Pantothenic acid	mg	3.647		0	BFPN	4		18.090	3.100	
Vitamin B-6	mg	0.987		0	BFPN	4		4.895	0.839	
Folate, total	mcg	10		0	BFPN	4		51	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0	BFPN	4		51	9	
Folate, DFE	mcg_DFE	10		0	NC	4		51	9	
Vitamin B-12	mcg	2.20		5	A	1		10.91	1.87	
Vitamin A, IU	IU	11		0	AS	1		53	9	
Vitamin A, RAE	mcg_RAE	3		0	AS	1		16	3	
Retinol	mcg	3		5	A	1		16	3	
Vitamin E (alpha-tocopherol)	mg	0.26		0	BFSN	4		1.31	0.22	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.870		0	NC	4		4.313	0.739	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.015		5	A	1		0.076	0.013	
15:0	g	0.003		5	A	1		0.013	0.002	
16:0	g	0.595		5	A	1		2.951	0.506	
17:0	g	0.013		5	A	1		0.063	0.011	
18:0	g	0.218		5	A	1		1.082	0.185	
20:0	g	0.008		5	A	1		0.038	0.007	
22:0	g	0.005		5	A	1		0.026	0.004	
24:0	g	0.013		5	A	1		0.064	0.011	

NDB No. 05627
Emu, full rump, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.079		0	NC	4		5.353	0.917	
14:1.....g	0.005		5	A	1		0.025	0.004	
15:1.....g									
16:1 undifferentiated.....g	0.117		5	A	1		0.582	0.100	
17:1.....g	0.005		5	A	1		0.025	0.004	
18:1 undifferentiated.....g	0.928		5	A	1		4.605	0.789	
20:1.....g	0.023		5	A	1		0.115	0.020	
22:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.613		0	NC	4		3.041	0.521	
18:2 undifferentiated.....g	0.503		5	A	1		2.493	0.427	
18:3 undifferentiated.....g	0.044		5	A	1		0.216	0.037	
18:4.....g									
20:2 n-6 c,c.....g	0.003		5	A	1		0.013	0.002	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.039		5	A	1		0.191	0.033	
20:5 n-3.....g	0.010		5	A	1		0.051	0.009	
22:5 n-3.....g									
22:6 n-3.....g	0.015		5	A	1		0.077	0.013	
Fatty acids, total trans.....g									
Cholesterol.....mg	129	8.590	20	A	1		640	110	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0	A	1		1.104	0.189	
Threonine.....g	0.965		0	A	1		4.788	0.820	
Isoleucine.....g	1.094		0	A	1		5.427	0.930	
Leucine.....g	1.859		0	A	1		9.220	1.580	
Lysine.....g	1.981		0	A	1		9.828	1.684	
Methionine.....g	0.638		0	A	1		3.167	0.543	
Cystine.....g	0.243		0	A	1		1.206	0.207	
Phenylalanine.....g	0.961		0	A	1		4.765	0.817	
Tyrosine.....g	0.718		0	A	1		3.563	0.611	
Valine.....g	1.121		0	A	1		5.561	0.953	
Arginine.....g	1.516		0	A	1		7.517	1.288	
Histidine.....g	0.737		0	A	1		3.657	0.627	
Alanine.....g	1.309		0	A	1		6.493	1.113	
Aspartic acid.....g	2.930		0	A	1		14.531	2.490	
Glutamic acid.....g	3.287		0	A	1		16.305	2.794	
Glycine.....g	1.060		0	A	1		5.257	0.901	
Proline.....g	1.364		0	A	1		6.768	1.160	
Serine.....g	0.801		0	A	1		3.973	0.681	
Hydroxyproline.....g	0.220		0	A	1		1.092	0.187	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 496g: 1 full rump cooked (yield from 695 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

NDB No. 05627
Emu, full rump, cooked, broiled

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05626
Emu, full rump, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.79	0.285	26	A	1		512.81		
Energy	kcal	112		0	NC	4		780		
Energy	kj	469		0	NC	4		3263		
Protein (N x 6.25)	g	22.83	0.525	26	A	1		158.63		
Total lipid (fat)	g	1.64	0.395	26	A	1		11.36		
Ash	g	1.14	0.015	26	A	1		7.89		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	4	1.265	26	A	1		30		
Iron, Fe	mg	4.96	0.455	26	A	1		34.44		
Magnesium, Mg	mg	40		6	A	1		278		
Phosphorus, P	mg	236		0	BFNN	4		1642		
Potassium, K	mg	330	10.000	26	A	1		2294		
Sodium, Na	mg	90	0.350	26	A	1		623		
Zinc, Zn	mg	3.59	0.415	26	A	1		24.92		
Copper, Cu	mg	0.211		0	BFNN	4		1.469		
Manganese, Mn	mg	0.029		0	BFNN	4		0.201		
Selenium, Se	mcg	32.5		0	BFNN	4		225.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		14	A	1		0.0		
Thiamin	mg	0.360		14	A	1		2.502		
Riboflavin	mg	0.458		0	BFPN	4		3.182		
Niacin	mg	7.504		0	BFPN	4		52.154		
Pantothenic acid	mg	2.747		0	BFPN	4		19.092		
Vitamin B-6	mg	0.643		0	BFPN	4		4.471		
Folate, total	mcg	13		0	BFPN	4		89		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	13		0	BFPN	4		89		
Folate, DFE	mcg_DFE	13		0	NC	4		89		
Vitamin B-12	mcg	2.24		14	A	1		15.57		
Vitamin A, IU	IU	15		14	A	1		103		
Vitamin A, RAE	mcg_RAE	4		0	AS	1		31		
Retinol	mcg	4		14	A	1		31		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		1.60		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.672		0	NC	4		4.670		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.012		14	A	1		0.080		
15:0	g	0.004		14	A	1		0.027		
16:0	g	0.484		14	A	1		3.361		
17:0	g	0.008		14	A	1		0.054		
18:0	g	0.155		14	A	1		1.080		
20:0	g	0.004		14	A	1		0.027		
22:0	g	0.002		14	A	1		0.014		
24:0	g	0.004		14	A	1		0.027		

NDB No. 05626
Emu, full rump, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.773		0	NC	4		5.372		
14:1.....g	0.004		14	A	1		0.027		
15:1.....g									
16:1 undifferentiated.....g	0.043		14	A	1		0.296		
17:1.....g	0.004		14	A	1		0.027		
18:1 undifferentiated.....g	0.711		14	A	1		4.942		
20:1.....g	0.010		14	A	1		0.068		
22:1 undifferentiated.....g	0.002		14	A	1		0.014		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.491		0	NC	4		3.416		
18:2 undifferentiated.....g	0.416		14	A	1		2.888		
18:3 undifferentiated.....g	0.039		14	A	1		0.270		
18:4.....g									
20:2 n-6 c,c.....g	0.002		14	A	1		0.014		
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		14	A	1		0.149		
20:5 n-3.....g	0.006		14	A	1		0.041		
22:5 n-3.....g									
22:6 n-3.....g	0.008		14	A	1		0.054		
Fatty acids, total trans.....g									
Cholesterol.....mg	85		6	A	1		590		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0	A	1		1.048		
Threonine.....g	0.654		0	A	1		4.548		
Isoleucine.....g	0.742		0	A	1		5.155		
Leucine.....g	1.260		0	A	1		8.758		
Lysine.....g	1.343		0	A	1		9.335		
Methionine.....g	0.433		0	A	1		3.008		
Cystine.....g	0.165		0	A	1		1.146		
Phenylalanine.....g	0.651		0	A	1		4.526		
Tyrosine.....g	0.487		0	A	1		3.385		
Valine.....g	0.760		0	A	1		5.282		
Arginine.....g	1.027		0	A	1		7.140		
Histidine.....g	0.500		0	A	1		3.474		
Alanine.....g	0.887		0	A	1		6.167		
Aspartic acid.....g	1.986		0	A	1		13.802		
Glutamic acid.....g	2.228		0	A	1		15.488		
Glycine.....g	0.719		0	A	1		4.994		
Proline.....g	0.925		0	A	1		6.429		
Serine.....g	0.543		0	A	1		3.774		
Hydroxyproline.....g	0.149		0	A	1		1.038		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 695g: 1 full rump

NDB No. 05626
Emu, full rump, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05622
Emu, ground, cooked, pan-broiled
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.83	0.525	6	A	1		71.76	55.96	
Energy	kcal	163		0	NC	4		178	139	
Energy	kj	683		0	NC	4		745	581	
Protein (N x 6.25)	g	28.43	0.592	6	A	1		30.99	24.17	
Total lipid (fat)	g	4.65	0.884	6	A	1		5.07	3.95	
Ash	g	1.17	0.033	6	A	1		1.27	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.395	6	A	1		9	7	
Iron, Fe	mg	5.01	0.152	6	A	1		5.46	4.26	
Magnesium, Mg	mg	29	0.254	6	A	1		31	24	
Phosphorus, P	mg	269	2.216	6	A	1		294	229	
Potassium, K	mg	375	4.529	6	A	1		409	319	
Sodium, Na	mg	65	2.842	6	A	1		71	55	
Zinc, Zn	mg	4.56	0.230	6	A	1		4.97	3.88	
Copper, Cu	mg	0.238	0.012	6	A	1		0.260	0.202	
Manganese, Mn	mg	0.030	0.001	6	A	1		0.032	0.025	
Selenium, Se	mcg	43.5		2	A	1		47.4	37.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.318	0.009	6	A	1		0.347	0.271	
Riboflavin	mg	0.545	0.019	6	A	1		0.594	0.463	
Niacin	mg	8.925	0.400	6	A	1		9.728	7.586	
Pantothenic acid	mg	3.080		1	A	1		3.357	2.618	
Vitamin B-6	mg	0.833	0.022	6	A	1		0.908	0.708	
Folate, total	mcg	9		1	A	1		9	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		1	A	1		9	7	
Folate, DFE	mcg_DFE	9		0	NC	4		9	7	
Vitamin B-12	mcg	8.52	0.358	6	A	1		9.29	7.24	
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		1	A	1		0.26	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.6		0	BFSN	4		3.9	3.1	
Lipids:										
Fatty acids, total saturated	g	1.242		0	NC	4		1.353	1.055	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g									
14:0	g	0.015	0.007	3	A	1		0.017	0.013	
15:0	g	0.000	0.000	3	A	1		0.000	0.000	
16:0	g	0.797	0.348	3	A	1		0.868	0.677	
17:0	g	0.006	0.002	3	A	1		0.007	0.005	
18:0	g	0.421	0.124	3	A	1		0.459	0.358	
20:0	g	0.002	0.002	3	A	1		0.002	0.001	
22:0	g	0.001	0.001	3	A	1		0.001	0.001	
24:0	g									

NDB No. 05622
Emu, ground, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.953		0	NC	4		2.129	1.660	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.159	0.079	3	A	1		0.173	0.135	
17:1.....g	0.001	0.001	3	A	1		0.001	0.001	
18:1 undifferentiated.....g	1.779	0.682	3	A	1		1.939	1.512	
20:1.....g	0.014	0.003	3	A	1		0.016	0.012	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.677		0	NC	4		0.738	0.576	
18:2 undifferentiated.....g	0.507	0.070	3	A	1		0.553	0.431	
18:3 undifferentiated.....g	0.026	0.011	3	A	1		0.028	0.022	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.008	0.002	3	A	1		0.009	0.007	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.136	0.014	3	A	1		0.148	0.116	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.153		0	BFFN	4		0.167	0.130	
Cholesterol.....mg	87	1.103	6	A	1		95	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.188		0	A	1		0.205	0.160	
Threonine.....g	0.815		0	A	1		0.889	0.693	
Isoleucine.....g	0.924		0	A	1		1.007	0.785	
Leucine.....g	1.570		0	A	1		1.711	1.334	
Lysine.....g	1.673		0	A	1		1.824	1.422	
Methionine.....g	0.539		0	A	1		0.588	0.458	
Cystine.....g	0.205		0	A	1		0.224	0.175	
Phenylalanine.....g	0.811		0	A	1		0.884	0.690	
Tyrosine.....g	0.607		0	A	1		0.661	0.516	
Valine.....g	0.947		0	A	1		1.032	0.805	
Arginine.....g	1.280		0	A	1		1.395	1.088	
Histidine.....g	0.623		0	A	1		0.679	0.529	
Alanine.....g	1.105		0	A	1		1.205	0.940	
Aspartic acid.....g	2.474		0	A	1		2.697	2.103	
Glutamic acid.....g	2.776		0	A	1		3.026	2.360	
Glycine.....g	0.895		0	A	1		0.976	0.761	
Proline.....g	1.152		0	A	1		1.256	0.979	
Serine.....g	0.676		0	A	1		0.737	0.575	
Hydroxyproline.....g	0.186		0	A	1		0.203	0.158	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05622
Emu, ground, cooked, pan-broiled

Common Measures:

Measure 1 = 109g: 1 patty (yield from 135.8 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05621
Emu, ground, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.87	1.140	6	A	1		85.25		
Energy	kcal	134		0	NC	4		156		
Energy	kj	559		0	NC	4		654		
Protein (N x 6.25)	g	22.77	0.396	6	A	1		26.64		
Total lipid (fat)	g	4.03	0.944	6	A	1		4.72		
Ash	g	1.00	0.037	6	A	1		1.17		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.861	6	A	1		8		
Iron, Fe	mg	4.02	0.141	6	A	1		4.70		
Magnesium, Mg	mg	24	0.878	6	A	1		28		
Phosphorus, P	mg	222	9.388	6	A	1		260		
Potassium, K	mg	320	10.321	6	A	1		374		
Sodium, Na	mg	56	2.331	6	A	1		66		
Zinc, Zn	mg	3.48	0.210	6	A	1		4.08		
Copper, Cu	mg	0.199	0.024	6	A	1		0.232		
Manganese, Mn	mg	0.027	0.002	6	A	1		0.032		
Selenium, Se	mcg	30.5		2	A	1		35.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.270	0.007	6	A	1		0.316		
Riboflavin	mg	0.457	0.018	6	A	1		0.534		
Niacin	mg	7.485	0.470	6	A	1		8.757		
Pantothenic acid	mg	2.740		1	A	1		3.206		
Vitamin B-6	mg	0.642	0.021	6	A	1		0.751		
Folate, total	mcg	13		1	A	1		15		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	13		1	A	1		15		
Folate, DFE	mcg_DFE	13		0	NC	4		15		
Vitamin B-12	mcg	6.75	0.297	6	A	1		7.90		
Vitamin A, IU	IU	0		1	A	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol)	mg	0.24		1	A	1		0.28		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.022		0	NC	4		1.195		
4:0	g									
6:0	g									
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.012		0	BFFN	4		0.015		
15:0	g	0.000		0	BFFN	4		0.000		
16:0	g	0.656		0	BFFN	4		0.767		
17:0	g	0.005		0	BFFN	4		0.006		
18:0	g	0.346		0	BFFN	4		0.405		
20:0	g	0.001		0	BFFN	4		0.002		
22:0	g	0.001		0	BFFN	4		0.001		
24:0	g									

NDB No. 05621
Emu, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.607		0	NC	4		1.881		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.131		0	BFFN	4		0.153		
17:1.....g	0.001		0	BFFN	4		0.001		
18:1 undifferentiated.....g	1.464		0	BFFN	4		1.713		
20:1.....g	0.012		0	BFFN	4		0.014		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.557		0	NC	4		0.652		
18:2 undifferentiated.....g	0.417		0	BFFN	4		0.488		
18:3 undifferentiated.....g	0.022		0	BFFN	4		0.025		
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000		
18:4.....g									
20:2 n-6 c,c.....g	0.007		0	BFFN	4		0.008		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.112		0	BFFN	4		0.131		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	BFYN	4		81		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.150		0	A	1		0.176		
Threonine.....g	0.653		0	A	1		0.764		
Isoleucine.....g	0.740		0	A	1		0.866		
Leucine.....g	1.257		0	A	1		1.471		
Lysine.....g	1.340		0	A	1		1.568		
Methionine.....g	0.432		0	A	1		0.505		
Cystine.....g	0.164		0	A	1		0.192		
Phenylalanine.....g	0.650		0	A	1		0.760		
Tyrosine.....g	0.486		0	A	1		0.568		
Valine.....g	0.758		0	A	1		0.887		
Arginine.....g	1.025		0	A	1		1.199		
Histidine.....g	0.499		0	A	1		0.583		
Alanine.....g	0.885		0	A	1		1.036		
Aspartic acid.....g	1.981		0	A	1		2.318		
Glutamic acid.....g	2.223		0	A	1		2.601		
Glycine.....g	0.717		0	A	1		0.838		
Proline.....g	0.923		0	A	1		1.079		
Serine.....g	0.542		0	A	1		0.634		
Hydroxyproline.....g	0.149		0	A	1		0.174		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05621
Emu, ground, raw

Common Measures:

Measure 1 = 117g: 1 patty

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05628
Emu, inside drum, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.73	0.045	25	A	1		427.43		
Energy	kcal	108		0	NC	4		619		
Energy	kj	453		0	NC	4		2591		
Protein (N x 6.25)	g	22.22	0.045	25	A	1		127.07		
Total lipid (fat)	g	1.49	0.345	25	A	1		8.49		
Ash	g	1.15	0.095	25	A	1		6.55		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	4	1.095	25	A	1		23		
Iron, Fe	mg	5.23	0.225	25	A	1		29.89		
Magnesium, Mg	mg	26		6	A	1		149		
Phosphorus, P	mg	229		0	BFNN	4		1308		
Potassium, K	mg	318	2.500	25	A	1		1816		
Sodium, Na	mg	102	8.000	25	A	1		583		
Zinc, Zn	mg	4.33	0.675	25	A	1		24.74		
Copper, Cu	mg	0.205		0	BFNN	4		1.170		
Manganese, Mn	mg	0.028		0	BFNN	4		0.160		
Selenium, Se	mcg	31.4		0	BFNN	4		179.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		14	A	1		0.0		
Thiamin	mg	0.420		14	A	1		2.402		
Riboflavin	mg	0.446		0	BFPN	4		2.549		
Niacin	mg	7.304		0	BFPN	4		41.777		
Pantothenic acid	mg	2.674		0	BFPN	4		15.293		
Vitamin B-6	mg	0.626		0	BFPN	4		3.581		
Folate, total	mcg	12		0	BFPN	4		71		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	12		0	BFPN	4		71		
Folate, DFE	mcg_DFE	12		0	NC	4		71		
Vitamin B-12	mcg	2.26		14	A	1		12.93		
Vitamin A, IU	IU	17		14	A	1		97		
Vitamin A, RAE	mcg_RAE	5		0	AS	1		29		
Retinol	mcg	5		14	A	1		29		
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		1.27		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.574		0	NC	4		3.285		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.009		14	A	1		0.050		
15:0	g	0.003		14	A	1		0.020		
16:0	g	0.413		14	A	1		2.364		
17:0	g	0.003		14	A	1		0.020		
18:0	g	0.142		14	A	1		0.812		
20:0	g	0.000		14	A	1		0.000		
22:0	g	0.000		14	A	1		0.000		
24:0	g	0.004		14	A	1		0.020		

NDB No. 05628
Emu, inside drum, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.793		0	NC	4		4.536		
14:1.....g	0.003		14	A	1		0.020		
15:1.....g									
16:1 undifferentiated.....g	0.084		14	A	1		0.479		
17:1.....g	0.002		14	A	1		0.010		
18:1 undifferentiated.....g	0.697		14	A	1		3.987		
20:1.....g	0.007		14	A	1		0.040		
22:1 undifferentiated.....g	0.000		14	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.382		0	NC	4		2.184		
18:2 undifferentiated.....g	0.319		14	A	1		1.823		
18:3 undifferentiated.....g	0.028		14	A	1		0.160		
18:4.....g									
20:2 n-6 c,c.....g	0.002		14	A	1		0.010		
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		14	A	1		0.131		
20:5 n-3.....g	0.004		14	A	1		0.020		
22:5 n-3.....g									
22:6 n-3.....g	0.007		14	A	1		0.040		
Fatty acids, total trans.....g									
Cholesterol.....mg	67		6	A	1		383		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.147		0	A	1		0.840		
Threonine.....g	0.637		0	A	1		3.643		
Isoleucine.....g	0.722		0	A	1		4.130		
Leucine.....g	1.226		0	A	1		7.016		
Lysine.....g	1.307		0	A	1		7.478		
Methionine.....g	0.421		0	A	1		2.409		
Cystine.....g	0.160		0	A	1		0.918		
Phenylalanine.....g	0.634		0	A	1		3.626		
Tyrosine.....g	0.474		0	A	1		2.711		
Valine.....g	0.740		0	A	1		4.231		
Arginine.....g	1.000		0	A	1		5.720		
Histidine.....g	0.486		0	A	1		2.782		
Alanine.....g	0.864		0	A	1		4.940		
Aspartic acid.....g	1.933		0	A	1		11.056		
Glutamic acid.....g	2.169		0	A	1		12.406		
Glycine.....g	0.699		0	A	1		4.000		
Proline.....g	0.900		0	A	1		5.150		
Serine.....g	0.528		0	A	1		3.023		
Hydroxyproline.....g	0.145		0	A	1		0.831		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 572g: 1 inside drum

NDB No. 05628
Emu, inside drum, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05629

Emu, inside drums, cooked, broiled

Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.31	0.940	19	A	1		267.53	54.66	
Energy	kcal	156		0	NC	4		651	133	
Energy	kj	654		0	NC	4		2722	556	
Protein (N x 6.25)	g	32.38	0.380	19	A	1		134.70	27.52	
Total lipid (fat)	g	2.01	0.450	19	A	1		8.36	1.71	
Ash	g	1.30	0.040	19	A	1		5.41	1.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6	0.350	19	A	1		24	5	
Iron, Fe	mg	7.27	0.280	19	A	1		30.24	6.18	
Magnesium, Mg	mg	33		0	BFNN	4		136	28	
Phosphorus, P	mg	307		0	BFNN	4		1278	261	
Potassium, K	mg	312	15.300	19	A	1		1298	265	
Sodium, Na	mg	118	4.890	19	A	1		489	100	
Zinc, Zn	mg	5.09	0.210	19	A	1		21.17	4.33	
Copper, Cu	mg	0.272		0	BFNN	4		1.131	0.231	
Manganese, Mn	mg	0.034		0	BFNN	4		0.141	0.029	
Selenium, Se	mcg	49.6		0	BFNN	4		206.5	42.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		5	A	1		0.0	0.0	
Thiamin	mg	0.410		5	A	1		1.706	0.349	
Riboflavin	mg	0.621		0	BFPN	4		2.582	0.528	
Niacin	mg	10.164		0	BFPN	4		42.282	8.639	
Pantothenic acid	mg	3.508		0	BFPN	4		14.591	2.981	
Vitamin B-6	mg	0.949		0	BFPN	4		3.948	0.807	
Folate, total	mcg	10		0	BFPN	4		41	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0	BFPN	4		41	8	
Folate, DFE	mcg_DFE	10		0	NC	4		41	8	
Vitamin B-12	mcg	2.40		5	A	1		9.98	2.04	
Vitamin A, IU	IU	10		0	AS	1		40	8	
Vitamin A, RAE	mcg_RAE	3		0	AS	1		12	2	
Retinol	mcg	3		5	A	1		12	2	
Vitamin E (alpha-tocopherol)	mg	0.25		0	BFSN	4		1.03	0.21	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.654		0	NC	4		2.721	0.556	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.008		5	A	1		0.032	0.006	
15:0	g	0.006		5	A	1		0.024	0.005	
16:0	g	0.446		5	A	1		1.856	0.379	
17:0	g	0.010		5	A	1		0.040	0.008	
18:0	g	0.169		5	A	1		0.704	0.144	
20:0	g	0.006		5	A	1		0.024	0.005	
22:0	g	0.004		5	A	1		0.016	0.003	
24:0	g	0.006		5	A	1		0.024	0.005	

NDB No. 05629
Emu, inside drums, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.859		0	NC	4		3.575	0.731	
14:1.....g	0.004		5	A	1		0.016	0.003	
15:1.....g									
16:1 undifferentiated.....g	0.090		5	A	1		0.374	0.076	
17:1.....g	0.004		5	A	1		0.016	0.003	
18:1 undifferentiated.....g	0.742		5	A	1		3.089	0.631	
20:1.....g	0.019		5	A	1		0.080	0.016	
22:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.408		0	NC	4		1.697	0.347	
18:2 undifferentiated.....g	0.337		5	A	1		1.400	0.286	
18:3 undifferentiated.....g	0.027		5	A	1		0.112	0.023	
18:4.....g									
20:2 n-6 c,c.....g	0.002		5	A	1		0.008	0.002	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		5	A	1		0.112	0.023	
20:5 n-3.....g	0.004		5	A	1		0.016	0.003	
22:5 n-3.....g									
22:6 n-3.....g	0.012		5	A	1		0.048	0.010	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0	BFSN	4		377	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.214		0	A	1		0.890	0.182	
Threonine.....g	0.928		0	A	1		3.862	0.789	
Isoleucine.....g	1.052		0	A	1		4.378	0.894	
Leucine.....g	1.788		0	A	1		7.437	1.520	
Lysine.....g	1.905		0	A	1		7.927	1.620	
Methionine.....g	0.614		0	A	1		2.554	0.522	
Cystine.....g	0.234		0	A	1		0.973	0.199	
Phenylalanine.....g	0.924		0	A	1		3.844	0.785	
Tyrosine.....g	0.691		0	A	1		2.874	0.587	
Valine.....g	1.078		0	A	1		4.485	0.916	
Arginine.....g	1.457		0	A	1		6.063	1.239	
Histidine.....g	0.709		0	A	1		2.950	0.603	
Alanine.....g	1.259		0	A	1		5.237	1.070	
Aspartic acid.....g	2.817		0	A	1		11.720	2.395	
Glutamic acid.....g	3.161		0	A	1		13.151	2.687	
Glycine.....g	1.019		0	A	1		4.240	0.866	
Proline.....g	1.312		0	A	1		5.459	1.115	
Serine.....g	0.770		0	A	1		3.204	0.655	
Hydroxyproline.....g	0.212		0	A	1		0.881	0.180	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 416g: 1 inside drum cooked (yield from 572 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

NDB No. 05629
Emu, inside drums, cooked, broiled

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05630
Emu, outside drum, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.87		6	A	1		315.95		
Energy	kcal	103		0	NC	4		434		
Energy	kj	430		0	NC	4		1817		
Protein (N x 6.25)	g	23.08		6	A	1		97.40		
Total lipid (fat)	g	0.48		6	A	1		2.03		
Ash	g	1.00		6	A	1		4.22		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	3		6	A	1		13		
Iron, Fe	mg	4.50		6	A	1		18.99		
Magnesium, Mg	mg	29		6	A	1		122		
Phosphorus, P	mg	225		0	BFNN	4		949		
Potassium, K	mg	320		6	A	1		1350		
Sodium, Na	mg	100		6	A	1		422		
Zinc, Zn	mg	4.50		6	A	1		18.99		
Copper, Cu	mg	0.199		0	BFNN	4		0.839		
Manganese, Mn	mg	0.025		0	BFNN	4		0.105		
Selenium, Se	mcg	36.3		0	BFNN	4		153.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.258		0	BFPN	4		1.090		
Riboflavin	mg	0.442		0	BFPN	4		1.867		
Niacin	mg	7.245		0	BFPN	4		30.572		
Pantothenic acid	mg	2.500		0	BFPN	4		10.550		
Vitamin B-6	mg	0.676		0	BFPN	4		2.855		
Folate, total	mcg	7		0	BFPN	4		29		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7		0	BFPN	4		29		
Folate, DFE	mcg_DFE	7		0	NC	4		29		
Vitamin B-12	mcg	6.92		0	BFPN	4		29.19		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.17		0	BFSN	4		0.74		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.122		0	NC	4		0.513		
4:0	g									
6:0	g									
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.001		0	BFFN	4		0.006		
15:0	g	0.000		0	BFFN	4		0.000		
16:0	g	0.078		0	BFFN	4		0.329		
17:0	g	0.001		0	BFFN	4		0.003		
18:0	g	0.041		0	BFFN	4		0.174		
20:0	g	0.000		0	BFFN	4		0.001		
22:0	g	0.000		0	BFFN	4		0.001		
24:0	g									

NDB No. 05630
Emu, outside drum, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.202		0	BFFN	4		0.851		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.016		0	BFFN	4		0.066		
17:1.....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated.....g	0.174		0	BFFN	4		0.735		
20:1.....g	0.001		0	BFFN	4		0.006		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0	BFFN	4		0.295		
18:2 undifferentiated.....g	0.050		0	BFFN	4		0.210		
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.011		
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000		
18:4.....g									
20:2 n-6 c,c.....g	0.001		0	BFFN	4		0.003		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.013		0	BFFN	4		0.056		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	78		6	A	1		327		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.153		0	A	1		0.644		
Threonine.....g	0.662		0	A	1		2.792		
Isoleucine.....g	0.750		0	A	1		3.165		
Leucine.....g	1.274		0	A	1		5.377		
Lysine.....g	1.358		0	A	1		5.732		
Methionine.....g	0.438		0	A	1		1.847		
Cystine.....g	0.167		0	A	1		0.703		
Phenylalanine.....g	0.659		0	A	1		2.779		
Tyrosine.....g	0.492		0	A	1		2.078		
Valine.....g	0.769		0	A	1		3.243		
Arginine.....g	1.039		0	A	1		4.384		
Histidine.....g	0.505		0	A	1		2.133		
Alanine.....g	0.897		0	A	1		3.787		
Aspartic acid.....g	2.008		0	A	1		8.474		
Glutamic acid.....g	2.253		0	A	1		9.509		
Glycine.....g	0.727		0	A	1		3.066		
Proline.....g	0.935		0	A	1		3.947		
Serine.....g	0.549		0	A	1		2.317		
Hydroxyproline.....g	0.151		0	A	1		0.637		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05630
Emu, outside drum, raw

Common Measures:

Measure 1 = 422g: 1 outside drum

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05631
Emu, oyster, raw
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.57		6	A	1		217.71		
Energy	kcal	141		0	NC	4		424		
Energy	kj	591		0	NC	4		1773		
Protein (N x 6.25)	g	22.81		6	A	1		68.43		
Total lipid (fat)	g	4.86		6	A	1		14.58		
Ash	g	0.95		6	A	1		2.85		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	4		6	A	1		11		
Iron, Fe	mg	5.50		6	A	1		16.50		
Magnesium, Mg	mg	30		6	A	1		90		
Phosphorus, P	mg	217		0	BFNN	4		651		
Potassium, K	mg	250		6	A	1		750		
Sodium, Na	mg	150		6	A	1		450		
Zinc, Zn	mg	6.00		6	A	1		18.00		
Copper, Cu	mg	0.194		0	BFNN	4		0.582		
Manganese, Mn	mg	0.027		0	BFNN	4		0.080		
Selenium, Se	mcg	29.8		0	BFNN	4		89.4		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.271		0	BFPN	4		0.812		
Riboflavin	mg	0.458		0	BFPN	4		1.373		
Niacin	mg	7.499		0	BFPN	4		22.498		
Pantothenic acid	mg	2.745		0	BFPN	4		8.236		
Vitamin B-6	mg	0.643		0	BFPN	4		1.929		
Folate, total	mcg	13		0	BFPN	4		38		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	13		0	BFPN	4		38		
Folate, DFE	mcg_DFE	13		0	NC	4		38		
Vitamin B-12	mcg	6.76		0	BFPN	4		20.28		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFSN	4		0.72		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.231		0	NC	4		3.693		
4:0	g									
6:0	g									
8:0	g	0.000		0	BFFN	4		0.000		
10:0	g	0.000		0	BFFN	4		0.000		
12:0	g	0.000		0	BFFN	4		0.000		
13:0	g									
14:0	g	0.015		0	BFFN	4		0.045		
15:0	g	0.000		0	BFFN	4		0.000		
16:0	g	0.790		0	BFFN	4		2.370		
17:0	g	0.006		0	BFFN	4		0.018		
18:0	g	0.417		0	BFFN	4		1.252		
20:0	g	0.002		0	BFFN	4		0.005		
22:0	g	0.001		0	BFFN	4		0.004		
24:0	g									

NDB No. 05631
Emu, oyster, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.937		0	NC	4		5.810		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.157		0	BFFN	4		0.472		
17:1.....g	0.001		0	BFFN	4		0.003		
18:1 undifferentiated.....g	1.764		0	BFFN	4		5.292		
20:1.....g	0.014		0	BFFN	4		0.043		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0	NC	4		2.014		
18:2 undifferentiated.....g	0.503		0	BFFN	4		1.508		
18:3 undifferentiated.....g	0.026		0	BFFN	4		0.078		
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000		
18:4.....g									
20:2 n-6 c,c.....g	0.008		0	BFFN	4		0.024		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.135		0	BFFN	4		0.405		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	81		6	A	1		242		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0	A	1		0.452		
Threonine.....g	0.654		0	A	1		1.962		
Isoleucine.....g	0.741		0	A	1		2.224		
Leucine.....g	1.259		0	A	1		3.778		
Lysine.....g	1.342		0	A	1		4.027		
Methionine.....g	0.433		0	A	1		1.298		
Cystine.....g	0.165		0	A	1		0.494		
Phenylalanine.....g	0.651		0	A	1		1.953		
Tyrosine.....g	0.487		0	A	1		1.460		
Valine.....g	0.760		0	A	1		2.279		
Arginine.....g	1.027		0	A	1		3.080		
Histidine.....g	0.499		0	A	1		1.498		
Alanine.....g	0.887		0	A	1		2.660		
Aspartic acid.....g	1.985		0	A	1		5.954		
Glutamic acid.....g	2.227		0	A	1		6.681		
Glycine.....g	0.718		0	A	1		2.154		
Proline.....g	0.924		0	A	1		2.773		
Serine.....g	0.543		0	A	1		1.628		
Hydroxyproline.....g	0.149		0	A	1		0.448		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05631
Emu, oyster, raw

Common Measures:

Measure 1 = 300g: 1 steak

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05632
Emu, top loin, cooked, broiled
Dromaius novaehollandiae

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.37	2.436	3	A	1		164.37	57.26	
Energy	kcal	152		0	NC	4		372	130	
Energy	kj	638		0	NC	4		1556	542	
Protein (N x 6.25)	g	29.07	2.046	3	A	1		70.92	24.71	
Total lipid (fat)	g	3.13	0.240	3	A	1		7.65	2.66	
Ash	g	1.27	0.033	3	A	1		3.09	1.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	9	3.653	3	A	1		22	8	
Iron, Fe	mg	5.07	0.662	3	A	1		12.37	4.31	
Magnesium, Mg	mg	30	1.342	3	A	1		72	25	
Phosphorus, P	mg	274	10.116	3	A	1		669	233	
Potassium, K	mg	374	16.462	3	A	1		913	318	
Sodium, Na	mg	58	2.761	3	A	1		140	49	
Zinc, Zn	mg	3.42	0.295	3	A	1		8.34	2.91	
Copper, Cu	mg	0.280	0.044	3	A	1		0.683	0.238	
Manganese, Mn	mg	0.031	0.001	3	A	1		0.075	0.026	
Selenium, Se	mcg	43.5		0	BFNN	4		106.1	37.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.325		0	BFPN	4		0.794	0.277	
Riboflavin	mg	0.557		0	BFPN	4		1.359	0.474	
Niacin	mg	9.124		0	BFPN	4		22.262	7.755	
Pantothenic acid	mg	3.149		0	BFPN	4		7.683	2.676	
Vitamin B-6	mg	0.852		0	BFPN	4		2.079	0.724	
Folate, total	mcg	9		0	BFPN	4		21	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0	BFPN	4		21	7	
Folate, DFE	mcg_DFE	9		0	NC	4		21	7	
Vitamin B-12	mcg	8.71		0	BFPN	4		21.26	7.40	
Vitamin A, IU	IU	0		0	BFSN	4		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	BFSN	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.55	0.19	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.794		0	NC	4		1.937	0.675	
4:0	g									
6:0	g									
8:0	g	0.000		0	BFFN	4		0.000	0.000	
10:0	g	0.000		0	BFFN	4		0.000	0.000	
12:0	g	0.000		0	BFFN	4		0.000	0.000	
13:0	g									
14:0	g	0.010		0	BFFN	4		0.024	0.008	
15:0	g	0.000		0	BFFN	4		0.000	0.000	
16:0	g	0.509		0	BFFN	4		1.243	0.433	
17:0	g	0.004		0	BFFN	4		0.009	0.003	
18:0	g	0.269		0	BFFN	4		0.657	0.229	
20:0	g	0.001		0	BFFN	4		0.002	0.001	
22:0	g	0.001		0	BFFN	4		0.002	0.001	
24:0	g									

NDB No. 05632
Emu, top loin, cooked, broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.249		0	NC	4		3.047	1.061	
14:1.....g	0.000		0	BFFN	4		0.000	0.000	
15:1.....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated.....g	0.101		0	BFFN	4		0.248	0.086	
17:1.....g	0.001		0	BFFN	4		0.001	0.001	
18:1 undifferentiated.....g	1.137		0	BFFN	4		2.775	0.967	
20:1.....g	0.009		0	BFFN	4		0.022	0.008	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.433		0	NC	4		1.056	0.368	
18:2 undifferentiated.....g	0.324		0	BFFN	4		0.791	0.276	
18:3 undifferentiated.....g	0.017		0	BFFN	4		0.041	0.014	
18:3 n-6 c,c,c.....g	0.000		0	BFFN	4		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g	0.005		0	BFFN	4		0.012	0.004	
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.087		0	BFFN	4		0.212	0.074	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	88	4.011	3	A	1		214	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	A	1		0.469	0.163	
Threonine.....g	0.833		0	A	1		2.033	0.708	
Isoleucine.....g	0.945		0	A	1		2.305	0.803	
Leucine.....g	1.605		0	A	1		3.916	1.364	
Lysine.....g	1.711		0	A	1		4.174	1.454	
Methionine.....g	0.551		0	A	1		1.345	0.468	
Cystine.....g	0.210		0	A	1		0.512	0.178	
Phenylalanine.....g	0.829		0	A	1		2.024	0.705	
Tyrosine.....g	0.620		0	A	1		1.513	0.527	
Valine.....g	0.968		0	A	1		2.362	0.823	
Arginine.....g	1.308		0	A	1		3.192	1.112	
Histidine.....g	0.636		0	A	1		1.553	0.541	
Alanine.....g	1.130		0	A	1		2.757	0.961	
Aspartic acid.....g	2.529		0	A	1		6.171	2.150	
Glutamic acid.....g	2.838		0	A	1		6.924	2.412	
Glycine.....g	0.915		0	A	1		2.233	0.778	
Proline.....g	1.178		0	A	1		2.874	1.001	
Serine.....g	0.691		0	A	1		1.687	0.588	
Hydroxyproline.....g	0.190		0	A	1		0.464	0.162	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05632
Emu, top loin, cooked, broiled

Common Measures:

Measure 1 = 244g: 1 steak

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 28% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.95		0		1		72.73	97.67	402.09
Energy	kcal	305		0	NC	4		427	573	2361
Energy	kj	1276				4		1787	2399	9877
Protein (N x 6.25)	g	25.16		0		1		35.22	47.30	194.74
Total lipid (fat)	g	21.92		0		1		30.69	41.21	169.66
Ash	g	0.97		0		1		1.36	1.82	7.51
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		18	24	101
Iron, Fe	mg	2.83		0		1		3.96	5.32	21.90
Magnesium, Mg	mg	22		0		1		31	41	170
Phosphorus, P	mg	270		0		1		378	508	2090
Potassium, K	mg	329		0		1		461	619	2546
Sodium, Na	mg	70		0		1		98	132	542
Zinc, Zn	mg	2.62		0		4		3.67	4.93	20.28
Copper, Cu	mg	0.264		0		1		0.370	0.496	2.043
Manganese, Mn	mg	0.023		0		4		0.032	0.043	0.178
Selenium, Se	mcg	21.8		0	BFYN	4		30.5	41.0	168.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.077		0		1		0.108	0.145	0.596
Riboflavin	mg	0.323		0		1		0.452	0.607	2.500
Niacin	mg	4.168		0		1		5.835	7.836	32.260
Pantothenic acid	mg	1.530		0		4		2.142	2.876	11.842
Vitamin B-6	mg	0.370		0		1		0.518	0.696	2.864
Folate, total	mcg	2		0		1		3	4	15
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	2		0		1		3	4	15
Folate, DFE	mcg_DFE	2		0	NC	4		3	4	15
Vitamin B-12	mcg	0.41		0		4		0.57	0.77	3.17
Vitamin A, IU	IU	70		0		1		98	132	542
Vitamin A, RAE	mcg_RAE	21		0	NC	4		29	39	163
Retinol	mcg	21		0	NR	4		29	39	163
Vitamin E (alpha-tocopherol)	mg	1.74		0	NR	4		2.44	3.27	13.47
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	5.1		0	BFSN	4		7.1	9.6	39.4
Lipids:										
Fatty acids, total saturated	g	6.870		0		1		9.618	12.916	53.174
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.040		0		1		0.056	0.075	0.310
13:0	g									
14:0	g	0.110		0		1		0.154	0.207	0.851
15:0	g									
16:0	g	4.530		0		1		6.342	8.516	35.062
17:0	g									
18:0	g	1.810		0		1		2.534	3.403	14.009
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.250		0		1		14.350	19.270	79.335
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.680		0		1		0.952	1.278	5.263
17:1.....g									
18:1 undifferentiated.....g	9.520		0		1		13.328	17.898	73.685
20:1.....g	0.020		0		1		0.028	0.038	0.155
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.520		0		1		3.528	4.738	19.505
18:2 undifferentiated.....g	2.240		0		1		3.136	4.211	17.338
18:3 undifferentiated.....g	0.180		0		1		0.252	0.338	1.393
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		127	171	704
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.332		0		4		0.465	0.624	2.570
Threonine.....g	1.123		0		1		1.572	2.111	8.692
Isoleucine.....g	1.183		0		1		1.656	2.224	9.156
Leucine.....g	2.109		0		1		2.953	3.965	16.324
Lysine.....g	1.988		0		1		2.783	3.737	15.387
Methionine.....g	0.608		0		1		0.851	1.143	4.706
Cystine.....g	0.390		0		4		0.546	0.733	3.019
Phenylalanine.....g	1.055		0		1		1.477	1.983	8.166
Tyrosine.....g	0.805		0		1		1.127	1.513	6.231
Valine.....g	1.232		0		1		1.725	2.316	9.536
Arginine.....g	1.566		0		1		2.192	2.944	12.121
Histidine.....g	0.700		0		1		0.980	1.316	5.418
Alanine.....g	1.550		0		1		2.170	2.914	11.997
Aspartic acid.....g	2.262		0		1		3.167	4.253	17.508
Glutamic acid.....g	3.739		0		1		5.235	7.029	28.940
Glycine.....g	1.594		0		1		2.232	2.997	12.338
Proline.....g	1.216		0		1		1.702	2.286	9.412
Serine.....g	1.002		0		1		1.403	1.884	7.755
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 188g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 3 = 774g: .5 goose

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

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05146

Goose, domesticated, meat and skin, raw

Anser anser

Refuse: 19% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.66	1.704	5		1		158.91	655.02	
Energy	kcal	371		0	NC	4		1187	4893	
Energy	kj	1552				4		4967	20474	
Protein (N x 6.25)	g	15.86	0.793	5		1		50.75	209.19	
Total lipid (fat)	g	33.62	2.566	5		1		107.58	443.45	
Ash	g	0.87	0.058	5		1		2.78	11.48	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		2		1		38	158	
Iron, Fe	mg	2.50	0.603	3		1		8.00	32.98	
Magnesium, Mg	mg	18		0		1		58	237	
Phosphorus, P	mg	234	49.720	3		1		749	3086	
Potassium, K	mg	308		0		1		986	4063	
Sodium, Na	mg	73		0		1		234	963	
Zinc, Zn	mg	1.72		0		4		5.50	22.69	
Copper, Cu	mg	0.270		0		1		0.864	3.561	
Manganese, Mn	mg	0.020		0		4		0.064	0.264	
Selenium, Se	mcg	14.4		0	PIE	4		46.1	189.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.2		0		4		13.4	55.4	
Thiamin	mg	0.085	0.002	10		1		0.272	1.121	
Riboflavin	mg	0.245	0.005	10		1		0.784	3.232	
Niacin	mg	3.608	0.673	13		1		11.546	47.590	
Pantothenic acid	mg	1.294		0		4		4.141	17.068	
Vitamin B-6	mg	0.390	0.011	11		1		1.248	5.144	
Folate, total	mcg	4	0.178	10		1		13	53	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4	0.178	10		1		13	53	
Folate, DFE	mcg_DFE	4		0	NC	4		13	53	
Vitamin B-12	mcg	0.34		0		4		1.09	4.48	
Vitamin A, IU	IU	55	1.138	10		1		176	725	
Vitamin A, RAE	mcg_RAE	17	0.342	10		1		53	218	
Retinol	mcg	17	0.342	10		1		53	218	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.780		0		1		31.296	128.998	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.096	0.396	
13:0	g									
14:0	g	0.170		0		1		0.544	2.242	
15:0	g									
16:0	g	6.950		0		1		22.240	91.671	
17:0	g									
18:0	g	2.330		0		1		7.456	30.733	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.770		0		1		56.864	234.386	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.980		0		1		3.136	12.926	
17:1.....g									
18:1 undifferentiated.....g	16.680		0		1		53.376	220.009	
20:1.....g	0.040		0		1		0.128	0.528	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.760		0		1		12.032	49.594	
18:2 undifferentiated.....g	3.340		0		1		10.688	44.055	
18:3 undifferentiated.....g	0.210		0		1		0.672	2.770	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		1		256	1055	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.207		0		4		0.662	2.730	
Threonine.....g	0.708		0		1		2.266	9.339	
Isoleucine.....g	0.746		0		1		2.387	9.840	
Leucine.....g	1.330		0		1		4.256	17.543	
Lysine.....g	1.254		0		1		4.013	16.540	
Methionine.....g	0.383		0		1		1.226	5.052	
Cystine.....g	0.247		0		4		0.790	3.258	
Phenylalanine.....g	0.665		0		1		2.128	8.771	
Tyrosine.....g	0.508		0		1		1.626	6.701	
Valine.....g	0.777		0		1		2.486	10.249	
Arginine.....g	0.987		0		1		3.158	13.019	
Histidine.....g	0.442		0		1		1.414	5.830	
Alanine.....g	0.977		0		1		3.126	12.887	
Aspartic acid.....g	1.426		0		1		4.563	18.809	
Glutamic acid.....g	2.358		0		1		7.546	31.102	
Glycine.....g	1.005		0		1		3.216	13.256	
Proline.....g	0.766		0		1		2.451	10.104	
Serine.....g	0.632		0		1		2.022	8.336	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 320g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 1319g: .5 goose

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.23		0		1		81.84	338.23	
Energy	kcal	238		0	NC	4		340	1407	
Energy	kj	996				4		1424	5885	
Protein (N x 6.25)	g	28.97		0		1		41.43	171.21	
Total lipid (fat)	g	12.67		0		1		18.12	74.88	
Ash	g	1.14		0		1		1.63	6.74	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		20	83	
Iron, Fe	mg	2.87		0		1		4.10	16.96	
Magnesium, Mg	mg	25		0		1		36	148	
Phosphorus, P	mg	309		0		1		442	1826	
Potassium, K	mg	388		0		1		555	2293	
Sodium, Na	mg	76		0		1		109	449	
Zinc, Zn	mg	3.17		0		4		4.53	18.73	
Copper, Cu	mg	0.276		0		1		0.395	1.631	
Manganese, Mn	mg	0.024		0		4		0.034	0.142	
Selenium, Se	mcg	25.5		0	BFYN	4		36.5	150.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.092		0		1		0.132	0.544	
Riboflavin	mg	0.390		0		1		0.558	2.305	
Niacin	mg	4.081		0		1		5.836	24.119	
Pantothenic acid	mg	1.834		0		4		2.623	10.839	
Vitamin B-6	mg	0.470		0		1		0.672	2.778	
Folate, total	mcg	12		0		4		17	71	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	12		0		4		17	71	
Folate, DFE	mcg_DFE	12		0	NC	4		17	71	
Vitamin B-12	mcg	0.49		0		4		0.70	2.90	
Vitamin A, IU	IU	40		0		4		57	236	
Vitamin A, RAE	mcg_RAE	12		0		4		17	71	
Retinol	mcg	12		0		4		17	71	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.560		0		1		6.521	26.950	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.040		0		1		0.057	0.236	
13:0	g									
14:0	g	0.050		0		1		0.072	0.296	
15:0	g									
16:0	g	2.610		0		1		3.732	15.425	
17:0	g									
18:0	g	1.400		0		1		2.002	8.274	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.340		0		1		6.206	25.649	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.629	2.600	
17:1.....g									
18:1 undifferentiated.....g	3.880		0		1		5.548	22.931	
20:1.....g	0.010		0		1		0.014	0.059	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.540		0		1		2.202	9.101	
18:2 undifferentiated.....g	1.370		0		1		1.959	8.097	
18:3 undifferentiated.....g	0.150		0		1		0.215	0.887	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		137	567	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.403		0		4		0.576	2.382	
Threonine.....g	1.238		0		4		1.770	7.317	
Isoleucine.....g	1.488		0		4		2.128	8.794	
Leucine.....g	2.447		0		4		3.499	14.462	
Lysine.....g	2.480		0		4		3.546	14.657	
Methionine.....g	0.783		0		4		1.120	4.628	
Cystine.....g	0.445		0		4		0.636	2.630	
Phenylalanine.....g	1.214		0		4		1.736	7.175	
Tyrosine.....g	1.103		0		4		1.577	6.519	
Valine.....g	1.516		0		4		2.168	8.960	
Arginine.....g	1.849		0		4		2.644	10.928	
Histidine.....g	0.765		0		4		1.094	4.521	
Alanine.....g	1.835		0		4		2.624	10.845	
Aspartic acid.....g	2.837		0		4		4.057	16.767	
Glutamic acid.....g	4.533		0		4		6.482	26.790	
Glycine.....g	1.622		0		4		2.319	9.586	
Proline.....g	1.423		0		4		2.035	8.410	
Serine.....g	1.247		0		4		1.783	7.370	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 143g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 591g: .5 goose

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.30		1		1		126.36	523.18	
Energy	kcal	161		0	NC	4		298	1233	
Energy	kj	674				4		1246	5160	
Protein (N x 6.25)	g	22.75	0.241	4		1		42.09	174.27	
Total lipid (fat)	g	7.13	0.098	4		1		13.19	54.62	
Ash	g	1.10		1		1		2.04	8.43	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		24	100	
Iron, Fe	mg	2.57		0		1		4.75	19.69	
Magnesium, Mg	mg	24		1		1		44	184	
Phosphorus, P	mg	312		1		1		577	2390	
Potassium, K	mg	420		0		1		777	3217	
Sodium, Na	mg	87		0		1		161	666	
Zinc, Zn	mg	2.34		0		4		4.33	17.92	
Copper, Cu	mg	0.306	0.032	19		1		0.566	2.344	
Manganese, Mn	mg	0.024		0		4		0.044	0.184	
Selenium, Se	mcg	16.8		0	BFNN	4		31.1	128.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.2		0		4		13.3	55.2	
Thiamin	mg	0.129		0		1		0.239	0.988	
Riboflavin	mg	0.377		0		1		0.697	2.888	
Niacin	mg	4.278		0		1		7.914	32.769	
Pantothenic acid	mg	1.973		0		4		3.650	15.113	
Vitamin B-6	mg	0.640		0		1		1.184	4.902	
Folate, total	mcg	31		0		4		57	237	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	31		0		4		57	237	
Folate, DFE	mcg_DFE	31		0	NC	4		57	237	
Vitamin B-12	mcg	0.49		0		4		0.91	3.75	
Vitamin A, IU	IU	40		0		4		74	306	
Vitamin A, RAE	mcg_RAE	12		0		4		22	92	
Retinol	mcg	12		0		4		22	92	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.790		0		1		5.162	21.371	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.056	0.230	
13:0	g									
14:0	g	0.030		0		1		0.056	0.230	
15:0	g									
16:0	g	1.470		0		1		2.720	11.260	
17:0	g									
18:0	g	0.920		0		1		1.702	7.047	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.850		0		1		3.423	14.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0		1		0.500	2.068	
17:1.....g									
18:1 undifferentiated.....g	1.580		0		1		2.923	12.103	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.900		0		1		1.665	6.894	
18:2 undifferentiated.....g	0.800		0		1		1.480	6.128	
18:3 undifferentiated.....g	0.100		0		1		0.185	0.766	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	84		1		1		155	643	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.317		0		4		0.586	2.428	
Threonine.....g	0.972		0		4		1.798	7.446	
Isoleucine.....g	1.168		0		4		2.161	8.947	
Leucine.....g	1.922		0		4		3.556	14.723	
Lysine.....g	1.947		0		4		3.602	14.914	
Methionine.....g	0.615		0		4		1.138	4.711	
Cystine.....g	0.349		0		4		0.646	2.673	
Phenylalanine.....g	0.954		0		4		1.765	7.308	
Tyrosine.....g	0.866		0		4		1.602	6.634	
Valine.....g	1.190		0		4		2.202	9.115	
Arginine.....g	1.452		0		4		2.686	11.122	
Histidine.....g	0.601		0		4		1.112	4.604	
Alanine.....g	1.441		0		4		2.666	11.038	
Aspartic acid.....g	2.228		0		4		4.122	17.066	
Glutamic acid.....g	3.560		0		4		6.586	27.270	
Glycine.....g	1.274		0		4		2.357	9.759	
Proline.....g	1.117		0		4		2.066	8.556	
Serine.....g	0.979		0		4		1.811	7.499	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 2 = 766g: .5 goose

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05150
Goose, liver, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.78	0.520	17		1		67.47	7.90	
Energy	kcal	133		0	NC	4		125	15	
Energy	kj	556				4		523	61	
Protein (N x 6.25)	g	16.37	0.948	10		1		15.39	1.80	
Total lipid (fat)	g	4.28	0.157	40		1		4.02	0.47	
Ash	g	1.25	0.104	4		1		1.18	0.14	
Carbohydrate, by difference	g	6.32		0	NC	4		5.94	0.70	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	43	6.587	4		1		40	5	
Iron, Fe	mg	30.53		0		4		28.70	3.36	
Magnesium, Mg	mg	24	2.449	4		1		23	3	
Phosphorus, P	mg	261	27.693	4		1		245	29	
Potassium, K	mg	230		1		1		216	25	
Sodium, Na	mg	140		1		1		132	15	
Zinc, Zn	mg	3.07		0		4		2.89	0.34	
Copper, Cu	mg	7.522	1.323	19		1		7.071	0.827	
Manganese, Mn	mg	0.000		0		4		0.000	0.000	
Selenium, Se	mcg	68.1		0	BFNN	4		64.0	7.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	4.5		0		4		4.2	0.5	
Thiamin	mg	0.562		1		1		0.528	0.062	
Riboflavin	mg	0.892		1		1		0.838	0.098	
Niacin	mg	6.500		1		1		6.110	0.715	
Pantothenic acid	mg	6.184		0		4		5.813	0.680	
Vitamin B-6	mg	0.760		2		1		0.714	0.084	
Folate, total	mcg	738		0		4		694	81	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	738		0		4		694	81	
Folate, DFE	mcg_DFE	738		0	NC	4		694	81	
Vitamin B-12	mcg	54.00		0		4		50.76	5.94	
Vitamin A, IU	IU	30998	1467.843	13		1		29138	3410	
Vitamin A, RAE	mcg_RAE	9309	440.794	13		1		8750	1024	
Retinol	mcg	9309	440.794	13		1		8750	1024	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.590		0		1		1.495	0.175	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		1		1		0.000	0.000	
13:0	g									
14:0	g	0.010		1		1		0.009	0.001	
15:0	g									
16:0	g	0.800		1		1		0.752	0.088	
17:0	g									
18:0	g	0.760		1		1		0.714	0.084	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05150
Goose, liver, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.810		0		1		0.761	0.089	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		1		1		0.056	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.740		1		1		0.696	0.081	
20:1.....g	0.010		1		1		0.009	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.244	0.029	
18:2 undifferentiated.....g	0.180		1		1		0.169	0.020	
18:3 undifferentiated.....g	0.010		1		1		0.009	0.001	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		1		1		0.066	0.008	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	515		0		4		484	57	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.230		0		1		0.216	0.025	
Threonine.....g	0.728		0		1		0.684	0.080	
Isoleucine.....g	0.870		0		1		0.818	0.096	
Leucine.....g	1.477		0		1		1.388	0.162	
Lysine.....g	1.239		0		1		1.165	0.136	
Methionine.....g	0.388		0		1		0.365	0.043	
Cystine.....g	0.220		0		1		0.207	0.024	
Phenylalanine.....g	0.815		0		1		0.766	0.090	
Tyrosine.....g	0.576		0		1		0.541	0.063	
Valine.....g	1.032		0		1		0.970	0.114	
Arginine.....g	1.003		0		1		0.943	0.110	
Histidine.....g	0.435		0		1		0.409	0.048	
Alanine.....g	0.951		0		1		0.894	0.105	
Aspartic acid.....g	1.556		0		1		1.463	0.171	
Glutamic acid.....g	2.121		0		1		1.994	0.233	
Glycine.....g	0.951		0		1		0.894	0.105	
Proline.....g	0.812		0		1		0.763	0.089	
Serine.....g	0.705		0		1		0.663	0.078	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 94g: 1 liver

Measure 2 = 11.0g: 1 unit (yield from 1 lb ready-to-cook goose)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.90		2		1		247.35	237.71	
Energy	kcal	158		0	NC	4		567	545	
Energy	kj	661				4		2373	2281	
Protein (N x 6.25)	g	23.40		2		1		84.01	80.73	
Total lipid (fat)	g	6.45		2		1		23.16	22.25	
Ash	g	1.25		2		1		4.49	4.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		4		39	38	
Iron, Fe	mg	0.84		0		4		3.02	2.90	
Magnesium, Mg	mg	22		0		4		79	76	
Phosphorus, P	mg	153		0		4		549	528	
Potassium, K	mg	193		0		4		693	666	
Sodium, Na	mg	67		0		4		241	231	
Zinc, Zn	mg	1.13		0		4		4.06	3.90	
Copper, Cu	mg	0.043		0		4		0.154	0.148	
Manganese, Mn	mg	0.018		0		4		0.065	0.062	
Selenium, Se	mcg	16.3		0	PIE	4		58.5	56.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.3		0		4		4.7	4.5	
Thiamin	mg	0.059		0		4		0.212	0.204	
Riboflavin	mg	0.102		0		4		0.366	0.352	
Niacin	mg	7.667		0		4		27.525	26.451	
Pantothenic acid	mg	0.879		0		4		3.156	3.033	
Vitamin B-6	mg	0.380		0		4		1.364	1.311	
Folate, total	mcg	5		0		4		18	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		18	17	
Folate, DFE	mcg_DFE	5		0	NC	4		18	17	
Vitamin B-12	mcg	0.34		0		4		1.22	1.17	
Vitamin A, IU	IU	92		0		4		330	317	
Vitamin A, RAE	mcg_RAE	28		0		4		99	95	
Retinol	mcg	28		0		4		99	95	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.770		0		4		6.354	6.107	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		4		0.036	0.035	
13:0	g									
14:0	g	0.050		0		4		0.180	0.173	
15:0	g									
16:0	g	1.300		0		4		4.667	4.485	
17:0	g									
18:0	g	0.370		0		4		1.328	1.277	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.430		0		4		8.724	8.384	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.340		0		4		1.221	1.173	
17:1.....g									
18:1 undifferentiated.....g	2.000		0		4		7.180	6.900	
20:1.....g	0.060		0		4		0.215	0.207	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.410		0		4		5.062	4.865	
18:2 undifferentiated.....g	1.190		0		4		4.272	4.106	
18:3 undifferentiated.....g	0.050		0		4		0.180	0.173	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		4		0.251	0.242	
20:5 n-3.....g	0.010		0		4		0.036	0.035	
22:5 n-3.....g	0.010		0		4		0.036	0.035	
22:6 n-3.....g	0.030		0		4		0.108	0.104	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		4		266	255	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0		4		0.930	0.894	
Threonine.....g	0.963		0		4		3.457	3.322	
Isoleucine.....g	1.156		0		4		4.150	3.988	
Leucine.....g	1.693		0		4		6.078	5.841	
Lysine.....g	1.891		0		4		6.789	6.524	
Methionine.....g	0.618		0		4		2.219	2.132	
Cystine.....g	0.314		0		4		1.127	1.083	
Phenylalanine.....g	0.906		0		4		3.253	3.126	
Tyrosine.....g	0.748		0		4		2.685	2.581	
Valine.....g	1.132		0		4		4.064	3.905	
Arginine.....g	1.476		0		4		5.299	5.092	
Histidine.....g	0.681		0		4		2.445	2.349	
Alanine.....g	1.378		0		4		4.947	4.754	
Aspartic acid.....g	2.087		0		4		7.492	7.200	
Glutamic acid.....g	3.407		0		4		12.231	11.754	
Glycine.....g	1.572		0		4		5.643	5.423	
Proline.....g	1.162		0		4		4.172	4.009	
Serine.....g	0.829		0		4		2.976	2.860	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 359g: 1 unit (yield from 1 lb ready-to-cook guinea)

Measure 2 = 345g: .5 guinea

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.44	0.442	10		1		204.71	196.52	
Energy	kcal	110		0	NC	4		303	290	
Energy	kj	460				4		1266	1215	
Protein (N x 6.25)	g	20.64	0.362	10		1		56.76	54.49	
Total lipid (fat)	g	2.47	0.442	10		1		6.79	6.52	
Ash	g	1.25	0.035	9		1		3.44	3.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11		0		4		30	29	
Iron, Fe	mg	0.77		0		4		2.12	2.03	
Magnesium, Mg	mg	24		0		4		66	63	
Phosphorus, P	mg	169		0		4		465	446	
Potassium, K	mg	220		0		4		605	581	
Sodium, Na	mg	69		0		4		190	182	
Zinc, Zn	mg	1.20		0		4		3.30	3.17	
Copper, Cu	mg	0.044		0		4		0.121	0.116	
Manganese, Mn	mg	0.018		0		4		0.050	0.048	
Selenium, Se	mcg	17.5		0	BFNN	4		48.1	46.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.7		0		4		4.7	4.5	
Thiamin	mg	0.067		0		4		0.184	0.177	
Riboflavin	mg	0.112		0		4		0.308	0.296	
Niacin	mg	8.782		0		4		24.151	23.184	
Pantothenic acid	mg	0.936		0		4		2.574	2.471	
Vitamin B-6	mg	0.470		0		4		1.293	1.241	
Folate, total	mcg	6		0		4		17	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		17	16	
Folate, DFE	mcg_DFE	6		0	NC	4		17	16	
Vitamin B-12	mcg	0.37		0		4		1.02	0.98	
Vitamin A, IU	IU	41		0		4		113	108	
Vitamin A, RAE	mcg_RAE	12		0		4		34	33	
Retinol	mcg	12		0		4		34	33	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.640		0		4		1.760	1.690	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		4		0.028	0.026	
13:0	g									
14:0	g	0.020		0		4		0.055	0.053	
15:0	g									
16:0	g	0.420		0		4		1.155	1.109	
17:0	g									
18:0	g	0.180		0		4		0.495	0.475	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05152
Guinea hen, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.680		0		4		1.870	1.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		0		4		0.248	0.238	
17:1.....g									
18:1 undifferentiated.....g	0.570		0		4		1.568	1.505	
20:1.....g	0.010		0		4		0.028	0.026	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.590		0		4		1.623	1.558	
18:2 undifferentiated.....g	0.400		0		4		1.100	1.056	
18:3 undifferentiated.....g	0.020		0		4		0.055	0.053	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		0		4		0.193	0.185	
20:5 n-3.....g	0.010		0		4		0.028	0.026	
22:5 n-3.....g	0.020		0		4		0.055	0.053	
22:6 n-3.....g	0.030		0		4		0.083	0.079	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		1		1		173	166	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.241		0		4		0.663	0.636	
Threonine.....g	0.872		0		4		2.398	2.302	
Isoleucine.....g	1.090		0		4		2.998	2.878	
Leucine.....g	1.549		0		4		4.260	4.089	
Lysine.....g	1.754		0		4		4.824	4.631	
Methionine.....g	0.571		0		4		1.570	1.507	
Cystine.....g	0.264		0		4		0.726	0.697	
Phenylalanine.....g	0.819		0		4		2.252	2.162	
Tyrosine.....g	0.697		0		4		1.917	1.840	
Valine.....g	1.024		0		4		2.816	2.703	
Arginine.....g	1.245		0		4		3.424	3.287	
Histidine.....g	0.641		0		4		1.763	1.692	
Alanine.....g	1.126		0		4		3.097	2.973	
Aspartic acid.....g	1.840		0		4		5.060	4.858	
Glutamic acid.....g	3.092		0		4		8.503	8.163	
Glycine.....g	1.014		0		4		2.789	2.677	
Proline.....g	0.849		0		4		2.335	2.241	
Serine.....g	0.710		0		4		1.953	1.874	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 275g: 1 unit (yield from 1 lb ready-to-cook guinea)

Measure 2 = 264g: .5 guinea

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05643
Ostrich, fan, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.93		3	A	1				
Energy	kcal	117		0	NC	4				
Energy	kj	490		0	NC	4				
Protein (N x 6.25)	g	21.81		3	A	1				
Total lipid (fat)	g	2.65		3	A	1				
Ash	g	0.61		0	BFSN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1				
Iron, Fe	mg	4.38		3	A	1				
Magnesium, Mg	mg	22		0	BFNN	4				
Phosphorus, P	mg	211		0	BFNN	4				
Potassium, K	mg	308		0	BFNN	4				
Sodium, Na	mg	75		3	A	1				
Zinc, Zn	mg	3.71		0	BFNN	4				
Copper, Cu	mg	0.136		0	BFNN	4				
Manganese, Mn	mg	0.017		0	BFNN	4				
Selenium, Se	mcg	34.9		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.196		0	BFPN	4				
Riboflavin	mg	0.288		0	BFPN	4				
Niacin	mg	4.722		0	BFPN	4				
Pantothenic acid	mg	1.165		0	BFPN	4				
Vitamin B-6	mg	0.513		0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFPN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	4.97		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.950		0	NC	4				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.030		3	A	1				
15:0	g									
16:0	g	0.690		3	A	1				
17:0	g									
18:0	g	0.230		3	A	1				
20:0	g									
22:0	g									
24:0	g									

NDB No. 05643
Ostrich, fan, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.950		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.220		3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.730		3	A	1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0	NC	4				
18:2 undifferentiated.....g	0.330		3	A	1				
18:3 undifferentiated.....g	0.030		3	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		3	A	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		3	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.194		0	A	1				
Threonine.....g	0.957		0	A	1				
Isoleucine.....g	1.036		0	A	1				
Leucine.....g	1.772		0	A	1				
Lysine.....g	1.926		0	A	1				
Methionine.....g	0.610		0	A	1				
Cystine.....g	0.224		0	A	1				
Phenylalanine.....g	0.900		0	A	1				
Tyrosine.....g	0.709		0	A	1				
Valine.....g	1.077		0	A	1				
Arginine.....g	1.492		0	A	1				
Histidine.....g	0.548		0	A	1				
Alanine.....g	1.399		0	A	1				
Aspartic acid.....g	2.040		0	A	1				
Glutamic acid.....g	3.343		0	A	1				
Glycine.....g	1.458		0	A	1				
Proline.....g	1.137		0	A	1				
Serine.....g	0.873		0	A	1				
Hydroxyproline.....g	0.389		0	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05643
Ostrich, fan, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05642
Ostrich, ground, cooked, pan-broiled
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.12	1.028	6	A	1		62.42	57.05	
Energy	kcal	175		0	NC	4		163	149	
Energy	kj	734		0	NC	4		683	624	
Protein (N x 6.25)	g	26.15	0.380	6	A	1		24.32	22.23	
Total lipid (fat)	g	7.07	1.050	6	A	1		6.57	6.01	
Ash	g	0.83	0.033	6	A	1		0.77	0.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	8	0.456	6	A	1		8	7	
Iron, Fe	mg	3.43	0.126	6	A	1		3.19	2.91	
Magnesium, Mg	mg	23	0.304	6	A	1		21	19	
Phosphorus, P	mg	224	2.236	6	A	1		208	190	
Potassium, K	mg	323	5.199	6	A	1		301	275	
Sodium, Na	mg	80	0.912	6	A	1		75	68	
Zinc, Zn	mg	4.33	0.233	6	A	1		4.03	3.68	
Copper, Cu	mg	0.136	0.013	6	A	1		0.126	0.115	
Manganese, Mn	mg	0.017	0.001	6	A	1		0.016	0.014	
Selenium, Se	mcg	33.5		2	A	1		31.2	28.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.213	0.014	6	A	1		0.198	0.181	
Riboflavin	mg	0.268	0.012	6	A	1		0.250	0.228	
Niacin	mg	6.557	0.365	6	A	1		6.098	5.573	
Pantothenic acid	mg	1.210		1	A	1		1.125	1.029	
Vitamin B-6	mg	0.501	0.023	6	A	1		0.465	0.425	
Folate, total	mcg	14		1	A	1		13	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	14		1	A	1		13	12	
Folate, DFE	mcg_DFE	14		0	NC	4		13	12	
Vitamin B-12	mcg	5.74	0.613	6	A	1		5.33	4.87	
Vitamin A, IU	IU	0		1	A	1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol)	mg	0.24		1	A	1		0.22	0.20	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.5		0	BFSN	4		3.2	3.0	
Lipids:										
Fatty acids, total saturated	g	1.793		0	NC	4		1.667	1.524	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000	0.000	3	A	1		0.000	0.000	
10:0	g	0.000	0.000	3	A	1		0.000	0.000	
12:0	g	0.000	0.000	3	A	1		0.000	0.000	
13:0	g									
14:0	g	0.040	0.007	3	A	1		0.038	0.034	
15:0	g	0.012	0.003	3	A	1		0.011	0.011	
16:0	g	1.339	0.253	3	A	1		1.245	1.138	
17:0	g	0.012	0.004	3	A	1		0.011	0.010	
18:0	g	0.388	0.068	3	A	1		0.361	0.330	
20:0	g	0.002	0.002	3	A	1		0.001	0.001	
22:0	g	0.000	0.000	3	A	1		0.000	0.000	
24:0	g									

NDB No. 05642
Ostrich, ground, cooked, pan-broiled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.156		0	NC	4		2.005	1.832	
14:1.....g	0.001	0.001	3	A	1		0.001	0.001	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.342	0.059	3	A	1		0.318	0.291	
17:1.....g	0.005	0.003	3	A	1		0.004	0.004	
18:1 undifferentiated.....g	1.783	0.346	3	A	1		1.658	1.516	
20:1.....g	0.024	0.004	3	A	1		0.023	0.021	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0	NC	4		0.687	0.628	
18:2 undifferentiated.....g	0.631	0.127	3	A	1		0.587	0.537	
18:3 undifferentiated.....g	0.045	0.008	3	A	1		0.042	0.038	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.005	0.003	3	A	1		0.005	0.005	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.057	0.015	3	A	1		0.053	0.048	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.233		0	BFFN	4		0.217	0.198	
Cholesterol.....mg	83	2.991	6	A	1		77	70	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.233		0	A	1		0.217	0.198	
Threonine.....g	1.147		0	A	1		1.067	0.975	
Isoleucine.....g	1.242		0	A	1		1.155	1.056	
Leucine.....g	2.125		0	A	1		1.976	1.806	
Lysine.....g	2.309		0	A	1		2.147	1.963	
Methionine.....g	0.731		0	A	1		0.680	0.621	
Cystine.....g	0.269		0	A	1		0.250	0.228	
Phenylalanine.....g	1.079		0	A	1		1.004	0.917	
Tyrosine.....g	0.850		0	A	1		0.791	0.723	
Valine.....g	1.291		0	A	1		1.201	1.098	
Arginine.....g	1.788		0	A	1		1.663	1.520	
Histidine.....g	0.657		0	A	1		0.611	0.558	
Alanine.....g	1.678		0	A	1		1.560	1.426	
Aspartic acid.....g	2.446		0	A	1		2.275	2.079	
Glutamic acid.....g	4.009		0	A	1		3.728	3.407	
Glycine.....g	1.748		0	A	1		1.626	1.486	
Proline.....g	1.363		0	A	1		1.268	1.159	
Serine.....g	1.046		0	A	1		0.973	0.889	
Hydroxyproline.....g	0.467		0	A	1		0.434	0.397	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05642
Ostrich, ground, cooked, pan-broiled

Common Measures:

Measure 1 = 93g: 1 patty (yield from 108.8 g raw meat)

Measure 2 = 85g: 1 serving (3 oz)

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05641
Ostrich, ground, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.07	1.750	6	A	1				
Energy	kcal	165		0	NC	4				
Energy	kj	690		0	NC	4				
Protein (N x 6.25)	g	20.22	0.413	6	A	1				
Total lipid (fat)	g	8.70	2.278	6	A	1				
Ash	g	0.73	0.021	6	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	7	0.503	6	A	1				
Iron, Fe	mg	2.91	0.041	6	A	1				
Magnesium, Mg	mg	20	0.173	6	A	1				
Phosphorus, P	mg	199	1.308	6	A	1				
Potassium, K	mg	291	6.737	6	A	1				
Sodium, Na	mg	72	1.730	6	A	1				
Zinc, Zn	mg	3.51	0.267	6	A	1				
Copper, Cu	mg	0.128	0.004	6	A	1				
Manganese, Mn	mg	0.017	0.001	6	A	1				
Selenium, Se	mcg	33.0		2	A	1				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.182	0.010	6	A	1				
Riboflavin	mg	0.267	0.019	6	A	1				
Niacin	mg	4.377	0.197	6	A	1				
Pantothenic acid	mg	1.080		1	A	1				
Vitamin B-6	mg	0.475	0.023	6	A	1				
Folate, total	mcg	7		1	A	1				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	7		0	NR	4				
Folate, DFE	mcg_DFE	7		0	NC	4				
Vitamin B-12	mcg	4.61	0.504	6	A	1				
Vitamin A, IU	IU	0		1	A	1				
Vitamin A, RAE	mcg_RAE	0		0	AS	1				
Retinol	mcg	0		1	A	1				
Vitamin E (alpha-tocopherol)	mg	0.24		1	A	1				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.177		0	NC	4				
4:0	g									
6:0	g									
8:0	g	0.000		0	BFFN	4				
10:0	g	0.000		0	BFFN	4				
12:0	g	0.000		0	BFFN	4				
13:0	g									
14:0	g	0.050		0	BFFN	4				
15:0	g									
16:0	g	1.648		0	BFFN	4				
17:0	g									
18:0	g	0.477		0	BFFN	4				
20:0	g	0.002		0	BFFN	4				
22:0	g	0.000		0	BFFN	4				
24:0	g									

NDB No. 05641
Ostrich, ground, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	2.654		0	NC	4				
14:1....g	0.002		0	BFFN	4				
15:1....g	0.000		0	BFFN	4				
16:1 undifferentiated....g	0.421		0	BFFN	4				
17:1....g	0.006		0	BFFN	4				
18:1 undifferentiated....g	2.195		0	BFFN	4				
20:1....g	0.030		0	BFFN	4				
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0	NC	4				
18:2 undifferentiated....g	0.777		0	BFFN	4				
18:3 undifferentiated....g	0.056		0	BFFN	4				
18:3 n-6 c,c,c....g	0.000		0	BFFN	4				
18:4....g									
20:2 n-6 c,c....g	0.007		0	BFFN	4				
20:3 undifferentiated....g	0.000		0	BFFN	4				
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.070		0	BFFN	4				
20:4 n-3....g									
20:4 n-6....g									
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	BFYN	4				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	A	1				
Threonine....g	0.887		0	A	1				
Isoleucine....g	0.961		0	A	1				
Leucine....g	1.643		0	A	1				
Lysine....g	1.785		0	A	1				
Methionine....g	0.565		0	A	1				
Cystine....g	0.208		0	A	1				
Phenylalanine....g	0.834		0	A	1				
Tyrosine....g	0.657		0	A	1				
Valine....g	0.998		0	A	1				
Arginine....g	1.383		0	A	1				
Histidine....g	0.508		0	A	1				
Alanine....g	1.297		0	A	1				
Aspartic acid....g	1.891		0	A	1				
Glutamic acid....g	3.099		0	A	1				
Glycine....g	1.351		0	A	1				
Proline....g	1.054		0	A	1				
Serine....g	0.809		0	A	1				
Hydroxyproline....g	0.361		0	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

NDB No. 05641
Ostrich, ground, raw

Common Measures:

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05645
Ostrich, inside leg, cooked
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.95		3	A	1		59.46		
Energy	kcal	141		0	NC	4		120		
Energy	kj	591		0	NC	4		503		
Protein (N x 6.25)	g	29.01		3	A	1		24.66		
Total lipid (fat)	g	1.94		3	A	1		1.65		
Ash	g	0.76		0	BFSN	4		0.65		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1		5		
Iron, Fe	mg	3.12		3	A	1		2.65		
Magnesium, Mg	mg	25		0	BFNN	4		21		
Phosphorus, P	mg	244		0	BFNN	4		207		
Potassium, K	mg	352		0	BFNN	4		299		
Sodium, Na	mg	83		3	A	1		71		
Zinc, Zn	mg	4.71		0	BFNN	4		4.01		
Copper, Cu	mg	0.148		0	BFNN	4		0.125		
Manganese, Mn	mg	0.018		0	BFNN	4		0.015		
Selenium, Se	mcg	36.5		0	BFNN	4		31.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.237		0	BFPN	4		0.201		
Riboflavin	mg	0.298		0	BFPN	4		0.253		
Niacin	mg	7.274		0	BFPN	4		6.183		
Pantothenic acid	mg	1.342		0	BFPN	4		1.141		
Vitamin B-6	mg	0.555		0	BFPN	4		0.472		
Folate, total	mcg	16		0	BFPN	4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0	BFPN	4		13		
Folate, DFE	mcg_DFE	16		0	NC	4		13		
Vitamin B-12	mcg	6.36		0	BFPN	4		5.41		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.22		0	BFSN	4		0.18		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.700		0	NC	4		0.595		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		3	A	1		0.009		
15:0	g									
16:0	g	0.440		3	A	1		0.374		
17:0	g									
18:0	g	0.250		3	A	1		0.213		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05645
Ostrich, inside leg, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.670		0	NC	4		0.570		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		3	A	1		0.111		
17:1.....g									
18:1 undifferentiated.....g	0.540		3	A	1		0.459		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		0	NC	4		0.272		
18:2 undifferentiated.....g	0.180		3	A	1		0.153		
18:3 undifferentiated.....g	0.010		3	A	1		0.009		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		3	A	1		0.111		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		3	A	1		62		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.259		0	A	1		0.220		
Threonine.....g	1.272		0	A	1		1.082		
Isoleucine.....g	1.378		0	A	1		1.172		
Leucine.....g	2.357		0	A	1		2.003		
Lysine.....g	2.562		0	A	1		2.177		
Methionine.....g	0.811		0	A	1		0.689		
Cystine.....g	0.298		0	A	1		0.253		
Phenylalanine.....g	1.197		0	A	1		1.018		
Tyrosine.....g	0.943		0	A	1		0.802		
Valine.....g	1.433		0	A	1		1.218		
Arginine.....g	1.984		0	A	1		1.686		
Histidine.....g	0.729		0	A	1		0.619		
Alanine.....g	1.861		0	A	1		1.582		
Aspartic acid.....g	2.713		0	A	1		2.306		
Glutamic acid.....g	4.447		0	A	1		3.780		
Glycine.....g	1.939		0	A	1		1.648		
Proline.....g	1.512		0	A	1		1.286		
Serine.....g	1.161		0	A	1		0.987		
Hydroxyproline.....g	0.518		0	A	1		0.440		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05645
Ostrich, inside leg, cooked

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05644
Ostrich, inside leg, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.97		3	A	1		64.57		
Energy	kcal	111		0	NC	4		94		
Energy	kj	465		0	NC	4		395		
Protein (N x 6.25)	g	22.39		3	A	1		19.03		
Total lipid (fat)	g	1.72		3	A	1		1.46		
Ash	g	0.61		0	BFSN	4		0.52		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1		4		
Iron, Fe	mg	2.30		3	A	1		1.96		
Magnesium, Mg	mg	22		0	BFNN	4		19		
Phosphorus, P	mg	220		0	BFNN	4		187		
Potassium, K	mg	320		0	BFNN	4		272		
Sodium, Na	mg	72		3	A	1		61		
Zinc, Zn	mg	3.87		0	BFNN	4		3.29		
Copper, Cu	mg	0.141		0	BFNN	4		0.120		
Manganese, Mn	mg	0.018		0	BFNN	4		0.015		
Selenium, Se	mcg	36.4		0	BFNN	4		30.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.201		0	BFPN	4		0.171		
Riboflavin	mg	0.295		0	BFPN	4		0.251		
Niacin	mg	4.847		0	BFPN	4		4.120		
Pantothenic acid	mg	1.196		0	BFPN	4		1.017		
Vitamin B-6	mg	0.526		0	BFPN	4		0.447		
Folate, total	mcg	8		0	BFPN	4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	8		0	BFPN	4		7		
Folate, DFE	mcg_DFE	8		0	NC	4		7		
Vitamin B-12	mcg	5.10		0	BFPN	4		4.34		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4		0.17		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.600		0	NC	4		0.510		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		3	A	1		0.009		
15:0	g									
16:0	g	0.400		3	A	1		0.340		
17:0	g									
18:0	g	0.190		3	A	1		0.162		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05644
Ostrich, inside leg, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.600		0	NC	4		0.510		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		3	A	1		0.102		
17:1.....g									
18:1 undifferentiated.....g	0.480		3	A	1		0.408		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0	NC	4		0.323		
18:2 undifferentiated.....g	0.220		3	A	1		0.187		
18:3 undifferentiated.....g	0.020		3	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		3	A	1		0.119		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	66		3	A	1		56		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0	A	1		0.170		
Threonine.....g	0.982		0	A	1		0.835		
Isoleucine.....g	1.064		0	A	1		0.904		
Leucine.....g	1.819		0	A	1		1.546		
Lysine.....g	1.977		0	A	1		1.681		
Methionine.....g	0.626		0	A	1		0.532		
Cystine.....g	0.230		0	A	1		0.195		
Phenylalanine.....g	0.924		0	A	1		0.786		
Tyrosine.....g	0.728		0	A	1		0.619		
Valine.....g	1.106		0	A	1		0.940		
Arginine.....g	1.531		0	A	1		1.302		
Histidine.....g	0.562		0	A	1		0.478		
Alanine.....g	1.437		0	A	1		1.221		
Aspartic acid.....g	2.094		0	A	1		1.780		
Glutamic acid.....g	3.432		0	A	1		2.917		
Glycine.....g	1.497		0	A	1		1.272		
Proline.....g	1.167		0	A	1		0.992		
Serine.....g	0.896		0	A	1		0.761		
Hydroxyproline.....g	0.400		0	A	1		0.340		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05644
Ostrich, inside leg, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05647
Ostrich, inside strip, cooked
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.53		3	A	1		56.55		
Energy	kcal	164		0	NC	4		139		
Energy	kj	685		0	NC	4		583		
Protein (N x 6.25)	g	29.37		3	A	1		24.96		
Total lipid (fat)	g	4.26		3	A	1		3.62		
Ash	g	0.85		0	BFSN	4		0.72		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1		4		
Iron, Fe	mg	4.80		3	A	1		4.08		
Magnesium, Mg	mg	26		0	BFNN	4		22		
Phosphorus, P	mg	253		0	BFNN	4		215		
Potassium, K	mg	366		0	BFNN	4		311		
Sodium, Na	mg	73		3	A	1		62		
Zinc, Zn	mg	4.90		0	BFNN	4		4.16		
Copper, Cu	mg	0.153		0	BFNN	4		0.130		
Manganese, Mn	mg	0.019		0	BFNN	4		0.016		
Selenium, Se	mcg	37.9		0	BFNN	4		32.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.240		0	BFPN	4		0.204		
Riboflavin	mg	0.301		0	BFPN	4		0.256		
Niacin	mg	7.364		0	BFPN	4		6.259		
Pantothenic acid	mg	1.359		0	BFPN	4		1.155		
Vitamin B-6	mg	0.562		0	BFPN	4		0.478		
Folate, total	mcg	16		0	BFPN	4		14		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0	BFPN	4		14		
Folate, DFE	mcg_DFE	16		0	NC	4		14		
Vitamin B-12	mcg	6.44		0	BFPN	4		5.48		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFSN	4		0.21		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.710		0	NC	4		1.454		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.040		3	A	1		0.034		
15:0	g									
16:0	g	1.230		3	A	1		1.046		
17:0	g									
18:0	g	0.440		3	A	1		0.374		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05647
Ostrich, inside strip, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.740		0	NC	4		1.479		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.380		3	A	1		0.323		
17:1.....g									
18:1 undifferentiated.....g	1.360		3	A	1		1.156		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.740		0	NC	4		0.629		
18:2 undifferentiated.....g	0.540		3	A	1		0.459		
18:3 undifferentiated.....g	0.040		3	A	1		0.034		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		3	A	1		0.136		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	97		3	A	1		82		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.262		0	A	1		0.223		
Threonine.....g	1.288		0	A	1		1.095		
Isoleucine.....g	1.395		0	A	1		1.186		
Leucine.....g	2.386		0	A	1		2.028		
Lysine.....g	2.593		0	A	1		2.204		
Methionine.....g	0.821		0	A	1		0.698		
Cystine.....g	0.302		0	A	1		0.256		
Phenylalanine.....g	1.212		0	A	1		1.030		
Tyrosine.....g	0.955		0	A	1		0.812		
Valine.....g	1.450		0	A	1		1.233		
Arginine.....g	2.009		0	A	1		1.707		
Histidine.....g	0.738		0	A	1		0.627		
Alanine.....g	1.884		0	A	1		1.602		
Aspartic acid.....g	2.747		0	A	1		2.335		
Glutamic acid.....g	4.502		0	A	1		3.827		
Glycine.....g	1.963		0	A	1		1.669		
Proline.....g	1.531		0	A	1		1.301		
Serine.....g	1.175		0	A	1		0.999		
Hydroxyproline.....g	0.524		0	A	1		0.445		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05647
Ostrich, inside strip, cooked

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05646
Ostrich, inside strip, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.16	0.330	9	A	1				
Energy	kcal	127		0	NC	4				
Energy	kj	532		0	NC	4				
Protein (N x 6.25)	g	23.69	0.886	9	A	1				
Total lipid (fat)	g	2.87	0.106	9	A	1				
Ash	g	1.22	0.055	6	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1				
Iron, Fe	mg	4.20		3	A	1				
Magnesium, Mg	mg	23		0	BFNN	4				
Phosphorus, P	mg	226		0	BFNN	4				
Potassium, K	mg	330		0	BFNN	4				
Sodium, Na	mg	76		3	A	1				
Zinc, Zn	mg	3.98		0	BFNN	4				
Copper, Cu	mg	0.145		0	BFNN	4				
Manganese, Mn	mg	0.019		0	BFNN	4				
Selenium, Se	mcg	37.5		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.213		0	BFPN	4				
Riboflavin	mg	0.312		0	BFPN	4				
Niacin	mg	5.129		0	BFPN	4				
Pantothenic acid	mg	1.266		0	BFPN	4				
Vitamin B-6	mg	0.557		0	BFPN	4				
Folate, total	mcg	9		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	9		0	BFPN	4				
Folate, DFE	mcg_DFE	9		0	NC	4				
Vitamin B-12	mcg	5.40		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.923		0	NC	4				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001	0.001	6	A	1				
13:0	g									
14:0	g	0.030	0.000	9	A	1				
15:0	g	0.005	0.000	6	A	1				
16:0	g	0.712	0.045	9	A	1				
17:0	g	0.009	0.001	6	A	1				
18:0	g	0.162	0.051	9	A	1				
20:0	g									
22:0	g	0.004	0.004	6	A	1				
24:0	g									

NDB No. 05646
Ostrich, inside strip, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.179		0	NC	4				
14:1.....g	0.005	0.001	6	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.270	0.019	9	A	1				
17:1.....g	0.010	0.001	6	A	1				
18:1 undifferentiated.....g	0.884	0.007	9	A	1				
20:1.....g	0.010	0.001	6	A	1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.591		0	NC	4				
18:2 undifferentiated.....g	0.461	0.026	9	A	1				
18:3 undifferentiated.....g	0.052	0.011	9	A	1				
18:4.....g									
20:2 n-6 c,c.....g	0.002	0.002	6	A	1				
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.065	0.047	9	A	1				
20:5 n-3.....g	0.011	0.006	6	A	1				
22:5 n-3.....g									
22:6 n-3.....g	0.000	0.000	6	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	73	1.685	9	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0	A	1				
Threonine.....g	1.039		0	A	1				
Isoleucine.....g	1.126		0	A	1				
Leucine.....g	1.925		0	A	1				
Lysine.....g	2.092		0	A	1				
Methionine.....g	0.662		0	A	1				
Cystine.....g	0.243		0	A	1				
Phenylalanine.....g	0.978		0	A	1				
Tyrosine.....g	0.770		0	A	1				
Valine.....g	1.170		0	A	1				
Arginine.....g	1.620		0	A	1				
Histidine.....g	0.595		0	A	1				
Alanine.....g	1.520		0	A	1				
Aspartic acid.....g	2.216		0	A	1				
Glutamic acid.....g	3.632		0	A	1				
Glycine.....g	1.584		0	A	1				
Proline.....g	1.235		0	A	1				
Serine.....g	0.948		0	A	1				
Hydroxyproline.....g	0.423		0	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05646
Ostrich, inside strip, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05648
Ostrich, outside leg, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.59		3	A	1				
Energy	kcal	115		0	NC	4				
Energy	kj	482		0	NC	4				
Protein (N x 6.25)	g	22.86		3	A	1				
Total lipid (fat)	g	1.96		3	A	1				
Ash	g	0.62		0	BFSN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1				
Iron, Fe	mg	2.65		3	A	1				
Magnesium, Mg	mg	23		0	BFNN	4				
Phosphorus, P	mg	221		0	BFNN	4				
Potassium, K	mg	322		0	BFNN	4				
Sodium, Na	mg	90		3	A	1				
Zinc, Zn	mg	3.89		0	BFNN	4				
Copper, Cu	mg	0.142		0	BFNN	4				
Manganese, Mn	mg	0.018		0	BFNN	4				
Selenium, Se	mcg	36.6		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.205		0	BFPN	4				
Riboflavin	mg	0.302		0	BFPN	4				
Niacin	mg	4.949		0	BFPN	4				
Pantothenic acid	mg	1.221		0	BFPN	4				
Vitamin B-6	mg	0.537		0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFPN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	5.21		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.610		0	NC	4				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		3	A	1				
15:0	g									
16:0	g	0.420		3	A	1				
17:0	g									
18:0	g	0.180		3	A	1				
20:0	g									
22:0	g									
24:0	g									

NDB No. 05648
Ostrich, outside leg, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.590		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120		3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.470		3	A	1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.430		0	NC	4				
18:2 undifferentiated.....g	0.260		3	A	1				
18:3 undifferentiated.....g	0.010		3	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		3	A	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	65		3	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.204		0	A	1				
Threonine.....g	1.003		0	A	1				
Isoleucine.....g	1.086		0	A	1				
Leucine.....g	1.857		0	A	1				
Lysine.....g	2.019		0	A	1				
Methionine.....g	0.639		0	A	1				
Cystine.....g	0.235		0	A	1				
Phenylalanine.....g	0.944		0	A	1				
Tyrosine.....g	0.743		0	A	1				
Valine.....g	1.129		0	A	1				
Arginine.....g	1.563		0	A	1				
Histidine.....g	0.574		0	A	1				
Alanine.....g	1.467		0	A	1				
Aspartic acid.....g	2.138		0	A	1				
Glutamic acid.....g	3.504		0	A	1				
Glycine.....g	1.528		0	A	1				
Proline.....g	1.192		0	A	1				
Serine.....g	0.915		0	A	1				
Hydroxyproline.....g	0.408		0	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05648
Ostrich, outside leg, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05650
Ostrich, outside strip, cooked
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.88		3	A	1		56.85		
Energy	kcal	156		0	NC	4		133		
Energy	kj	655		0	NC	4		556		
Protein (N x 6.25)	g	28.55		3	A	1		24.27		
Total lipid (fat)	g	3.83		3	A	1		3.26		
Ash	g	0.83		0	BFZN	4		0.71		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1		4		
Iron, Fe	mg	4.30		3	A	1		3.66		
Magnesium, Mg	mg	26		0	BFNN	4		22		
Phosphorus, P	mg	254		0	BFNN	4		216		
Potassium, K	mg	367		0	BFNN	4		312		
Sodium, Na	mg	72		3	A	1		61		
Zinc, Zn	mg	4.91		0	BFNN	4		4.17		
Copper, Cu	mg	0.154		0	BFNN	4		0.131		
Manganese, Mn	mg	0.019		0	BFNN	4		0.016		
Selenium, Se	mcg	38.0		0	BFNN	4		32.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.233		0	BFPN	4		0.198		
Riboflavin	mg	0.293		0	BFPN	4		0.249		
Niacin	mg	7.158		0	BFPN	4		6.085		
Pantothenic acid	mg	1.321		0	BFPN	4		1.123		
Vitamin B-6	mg	0.546		0	BFPN	4		0.464		
Folate, total	mcg	16		0	BFPN	4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0	BFPN	4		13		
Folate, DFE	mcg_DFE	16		0	NC	4		13		
Vitamin B-12	mcg	6.26		0	BFPN	4		5.32		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.24		0	BFSN	4		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.430		0	NC	4		1.216		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.030		3	A	1		0.026		
15:0	g									
16:0	g	1.020		3	A	1		0.867		
17:0	g									
18:0	g	0.380		3	A	1		0.323		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05650
Ostrich, outside strip, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.590		0	NC	4		1.352		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		3	A	1		0.264		
17:1.....g									
18:1 undifferentiated.....g	1.280		3	A	1		1.088		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0	NC	4		0.374		
18:2 undifferentiated.....g	0.340		3	A	1		0.289		
18:3 undifferentiated.....g	0.030		3	A	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.070		3	A	1		0.060		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	93		3	A	1		79		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0	A	1		0.216		
Threonine.....g	1.252		0	A	1		1.064		
Isoleucine.....g	1.356		0	A	1		1.153		
Leucine.....g	2.320		0	A	1		1.972		
Lysine.....g	2.521		0	A	1		2.143		
Methionine.....g	0.798		0	A	1		0.678		
Cystine.....g	0.293		0	A	1		0.249		
Phenylalanine.....g	1.178		0	A	1		1.002		
Tyrosine.....g	0.928		0	A	1		0.789		
Valine.....g	1.410		0	A	1		1.198		
Arginine.....g	1.952		0	A	1		1.660		
Histidine.....g	0.717		0	A	1		0.610		
Alanine.....g	1.832		0	A	1		1.557		
Aspartic acid.....g	2.670		0	A	1		2.270		
Glutamic acid.....g	4.377		0	A	1		3.720		
Glycine.....g	1.908		0	A	1		1.622		
Proline.....g	1.488		0	A	1		1.265		
Serine.....g	1.142		0	A	1		0.971		
Hydroxyproline.....g	0.509		0	A	1		0.433		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05650
Ostrich, outside strip, cooked

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05649
Ostrich, outside strip, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.58	0.219	9	A	1				
Energy	kcal	120		0	NC	4				
Energy	kj	501		0	NC	4				
Protein (N x 6.25)	g	23.36	0.555	9	A	1				
Total lipid (fat)	g	2.21	0.594	9	A	1				
Ash	g	1.13	0.030	6	A	1				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1				
Iron, Fe	mg	3.69		3	A	1				
Magnesium, Mg	mg	23		0	BFNN	4				
Phosphorus, P	mg	229		0	BFNN	4				
Potassium, K	mg	333		0	BFNN	4				
Sodium, Na	mg	70		3	A	1				
Zinc, Zn	mg	4.02		0	BFNN	4				
Copper, Cu	mg	0.147		0	BFNN	4				
Manganese, Mn	mg	0.019		0	BFNN	4				
Selenium, Se	mcg	37.9		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.210		0	BFPN	4				
Riboflavin	mg	0.308		0	BFPN	4				
Niacin	mg	5.058		0	BFPN	4				
Pantothenic acid	mg	1.248		0	BFPN	4				
Vitamin B-6	mg	0.549		0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFPN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	5.33		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.771		0	NC	4				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g	0.001	0.001	6	A	1				
13:0	g									
14:0	g	0.026	0.007	9	A	1				
15:0	g	0.006	0.001	6	A	1				
16:0	g	0.556	0.188	9	A	1				
17:0	g	0.002	0.002	6	A	1				
18:0	g	0.178	0.051	9	A	1				
20:0	g									
22:0	g	0.002	0.002	6	A	1				
24:0	g									

NDB No. 05649
Ostrich, outside strip, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.874		0	NC	4				
14:1....g	0.004	0.001	6	A	1				
15:1....g									
16:1 undifferentiated....g	0.162	0.079	9	A	1				
17:1....g	0.001	0.001	6	A	1				
18:1 undifferentiated....g	0.697	0.154	9	A	1				
20:1....g	0.010	0.001	6	A	1				
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.462		0	NC	4				
18:2 undifferentiated....g	0.348	0.057	9	A	1				
18:3 undifferentiated....g	0.044	0.007	9	A	1				
18:4....g									
20:2 n-6 c,c....g	0.001	0.001	6	A	1				
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060	0.045	9	A	1				
20:5 n-3....g	0.008	0.005	6	A	1				
22:5 n-3....g									
22:6 n-3....g	0.001	0.001	6	A	1				
Fatty acids, total trans....g									
Cholesterol....mg	79	1.889	9	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0	A	1				
Threonine....g	1.025		0	A	1				
Isoleucine....g	1.110		0	A	1				
Leucine....g	1.898		0	A	1				
Lysine....g	2.063		0	A	1				
Methionine....g	0.653		0	A	1				
Cystine....g	0.240		0	A	1				
Phenylalanine....g	0.964		0	A	1				
Tyrosine....g	0.760		0	A	1				
Valine....g	1.154		0	A	1				
Arginine....g	1.598		0	A	1				
Histidine....g	0.587		0	A	1				
Alanine....g	1.499		0	A	1				
Aspartic acid....g	2.185		0	A	1				
Glutamic acid....g	3.581		0	A	1				
Glycine....g	1.562		0	A	1				
Proline....g	1.218		0	A	1				
Serine....g	0.935		0	A	1				
Hydroxyproline....g	0.417		0	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05649
Ostrich, outside strip, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05652
Ostrich, oyster, cooked
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.55		3	A	1		57.42		
Energy	kcal	159		0	NC	4		135		
Energy	kj	665		0	NC	4		565		
Protein (N x 6.25)	g	28.81		3	A	1		24.49		
Total lipid (fat)	g	3.97		3	A	1		3.37		
Ash	g	0.82		0	BFSN	4		0.70		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1		5		
Iron, Fe	mg	4.90		3	A	1		4.17		
Magnesium, Mg	mg	29		0	BFNN	4		24		
Phosphorus, P	mg	281		0	BFNN	4		238		
Potassium, K	mg	409		0	BFNN	4		348		
Sodium, Na	mg	81		3	A	1		69		
Zinc, Zn	mg	4.94		0	BFNN	4		4.20		
Copper, Cu	mg	0.180		0	BFNN	4		0.153		
Manganese, Mn	mg	0.023		0	BFNN	4		0.020		
Selenium, Se	mcg	46.5		0	BFNN	4		39.5		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.235		0	BFPN	4		0.200		
Riboflavin	mg	0.296		0	BFPN	4		0.251		
Niacin	mg	7.224		0	BFPN	4		6.140		
Pantothenic acid	mg	1.333		0	BFPN	4		1.133		
Vitamin B-6	mg	0.551		0	BFPN	4		0.469		
Folate, total	mcg	16		0	BFPN	4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	16		0	BFPN	4		13		
Folate, DFE	mcg_DFE	16		0	NC	4		13		
Vitamin B-12	mcg	6.32		0	BFPN	4		5.37		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.690		0	NC	4		1.437		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.030		3	A	1		0.026		
15:0	g									
16:0	g	1.090		3	A	1		0.927		
17:0	g									
18:0	g	0.570		3	A	1		0.485		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05652
Ostrich, oyster, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.450		0	NC	4		1.233		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		3	A	1		0.204		
17:1.....g									
18:1 undifferentiated.....g	1.210		3	A	1		1.029		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.510		0	NC	4		0.434		
18:2 undifferentiated.....g	0.360		3	A	1		0.306		
18:3 undifferentiated.....g	0.030		3	A	1		0.026		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		3	A	1		0.102		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	90		3	A	1		77		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.257		0	A	1		0.218		
Threonine.....g	1.264		0	A	1		1.074		
Isoleucine.....g	1.369		0	A	1		1.164		
Leucine.....g	2.341		0	A	1		1.990		
Lysine.....g	2.544		0	A	1		2.162		
Methionine.....g	0.805		0	A	1		0.684		
Cystine.....g	0.296		0	A	1		0.252		
Phenylalanine.....g	1.189		0	A	1		1.011		
Tyrosine.....g	0.937		0	A	1		0.796		
Valine.....g	1.423		0	A	1		1.209		
Arginine.....g	1.970		0	A	1		1.675		
Histidine.....g	0.724		0	A	1		0.615		
Alanine.....g	1.849		0	A	1		1.571		
Aspartic acid.....g	2.695		0	A	1		2.290		
Glutamic acid.....g	4.416		0	A	1		3.754		
Glycine.....g	1.926		0	A	1		1.637		
Proline.....g	1.502		0	A	1		1.277		
Serine.....g	1.153		0	A	1		0.980		
Hydroxyproline.....g	0.514		0	A	1		0.437		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05652
Ostrich, oyster, cooked

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05651
Ostrich, oyster, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.62		3	A	1				
Energy	kcal	125		0	NC	4				
Energy	kj	524		0	NC	4				
Protein (N x 6.25)	g	21.55		3	A	1				
Total lipid (fat)	g	3.67		3	A	1				
Ash	g	0.62		0	BFSN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1				
Iron, Fe	mg	3.86		3	A	1				
Magnesium, Mg	mg	21		0	BFNN	4				
Phosphorus, P	mg	204		0	BFNN	4				
Potassium, K	mg	297		0	BFNN	4				
Sodium, Na	mg	83		3	A	1				
Zinc, Zn	mg	3.59		0	BFNN	4				
Copper, Cu	mg	0.131		0	BFNN	4				
Manganese, Mn	mg	0.017		0	BFNN	4				
Selenium, Se	mcg	33.8		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.194		0	BFPN	4				
Riboflavin	mg	0.284		0	BFPN	4				
Niacin	mg	4.665		0	BFPN	4				
Pantothenic acid	mg	1.151		0	BFPN	4				
Vitamin B-6	mg	0.507		0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFPN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	4.91		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g									
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.040		3	A	1				
15:0	g									
16:0	g	0.920		3	A	1				
17:0	g									
18:0	g	0.260		3	A	1				
20:0	g									
22:0	g									
24:0	g									

NDB No. 05651
Ostrich, oyster, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.920		3	A	1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.430		3	A	1				
18:3 undifferentiated.....g	0.040		3	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		3	A	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		3	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.192		0	A	1				
Threonine.....g	0.945		0	A	1				
Isoleucine.....g	1.024		0	A	1				
Leucine.....g	1.751		0	A	1				
Lysine.....g	1.903		0	A	1				
Methionine.....g	0.602		0	A	1				
Cystine.....g	0.221		0	A	1				
Phenylalanine.....g	0.889		0	A	1				
Tyrosine.....g	0.701		0	A	1				
Valine.....g	1.064		0	A	1				
Arginine.....g	1.474		0	A	1				
Histidine.....g	0.541		0	A	1				
Alanine.....g	1.383		0	A	1				
Aspartic acid.....g	2.016		0	A	1				
Glutamic acid.....g	3.303		0	A	1				
Glycine.....g	1.440		0	A	1				
Proline.....g	1.123		0	A	1				
Serine.....g	0.862		0	A	1				
Hydroxyproline.....g	0.385		0	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05651
Ostrich, oyster, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05653
Ostrich, round, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.68		3	A	1				
Energy	kcal	116		0	NC	4				
Energy	kj	483		0	NC	4				
Protein (N x 6.25)	g	21.99		3	A	1				
Total lipid (fat)	g	2.40		3	A	1				
Ash	g	0.62		0	BFSN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1				
Iron, Fe	mg	3.54		3	A	1				
Magnesium, Mg	mg	22		0	BFNN	4				
Phosphorus, P	mg	216		0	BFNN	4				
Potassium, K	mg	315		0	BFNN	4				
Sodium, Na	mg	72		3	A	1				
Zinc, Zn	mg	3.80		0	BFNN	4				
Copper, Cu	mg	0.139		0	BFNN	4				
Manganese, Mn	mg	0.018		0	BFNN	4				
Selenium, Se	mcg	35.8		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.198		0	BFPN	4				
Riboflavin	mg	0.290		0	BFPN	4				
Niacin	mg	4.761		0	BFPN	4				
Pantothenic acid	mg	1.175		0	BFPN	4				
Vitamin B-6	mg	0.517		0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFPN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	5.01		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.810		0	NC	4				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.010		3	A	1				
15:0	g									
16:0	g	0.550		3	A	1				
17:0	g									
18:0	g	0.250		3	A	1				
20:0	g									
22:0	g									
24:0	g									

NDB No. 05653
Ostrich, round, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated....g	0.850		0	NC	4				
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.170		3	A	1				
17:1....g									
18:1 undifferentiated....g	0.680		3	A	1				
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520		0	NC	4				
18:2 undifferentiated....g	0.330		3	A	1				
18:3 undifferentiated....g	0.020		3	A	1				
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.170		3	A	1				
20:5 n-3....g									
22:5 n-3....g									
22:6 n-3....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		3	A	1				
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1				
Threonine....g	0.965		0	A	1				
Isoleucine....g	1.045		0	A	1				
Leucine....g	1.787		0	A	1				
Lysine....g	1.942		0	A	1				
Methionine....g	0.615		0	A	1				
Cystine....g	0.226		0	A	1				
Phenylalanine....g	0.908		0	A	1				
Tyrosine....g	0.715		0	A	1				
Valine....g	1.086		0	A	1				
Arginine....g	1.504		0	A	1				
Histidine....g	0.552		0	A	1				
Alanine....g	1.411		0	A	1				
Aspartic acid....g	2.057		0	A	1				
Glutamic acid....g	3.371		0	A	1				
Glycine....g	1.470		0	A	1				
Proline....g	1.146		0	A	1				
Serine....g	0.880		0	A	1				
Hydroxyproline....g	0.392		0	A	1				
Others:									
Alcohol, ethyl....g	0.0		0	Z	7				
Caffeine....mg	0		0	Z	7				
Theobromine....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta....mcg	0		0	Z	7				
Carotene, alpha....mcg	0		0	Z	7				
Cryptoxanthin, beta....mcg	0		0	Z	7				
Lycopene....mcg	0		0	Z	7				
Lutein + zeaxanthin....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05653
Ostrich, round, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05654
Ostrich, tenderloin, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.50		3	A	1				
Energy	kcal	123		0	NC	4				
Energy	kj	515		0	NC	4				
Protein (N x 6.25)	g	22.07		3	A	1				
Total lipid (fat)	g	3.19		3	A	1				
Ash	g	0.73		0	BFZN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1				
Iron, Fe	mg	4.88		3	A	1				
Magnesium, Mg	mg	22		0	BFNN	4				
Phosphorus, P	mg	220		0	BFNN	4				
Potassium, K	mg	320		0	BFNN	4				
Sodium, Na	mg	86		3	A	1				
Zinc, Zn	mg	3.87		0	BFNN	4				
Copper, Cu	mg	0.141		0	BFNN	4				
Manganese, Mn	mg	0.018		0	BFNN	4				
Selenium, Se	mcg	36.4		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.198		0	BFPN	4				
Riboflavin	mg	0.291		0	BFPN	4				
Niacin	mg	4.778		0	BFPN	4				
Pantothenic acid	mg	1.179		0	BFPN	4				
Vitamin B-6	mg	0.519		0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFPN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	5.03		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.21		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.170		0	NC	4				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.040		3	A	1				
15:0	g									
16:0	g	0.810		3	A	1				
17:0	g									
18:0	g	0.320		3	A	1				
20:0	g									
22:0	g									
24:0	g									

NDB No. 05654
Ostrich, tenderloin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.230		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.990		3	A	1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0	NC	4				
18:2 undifferentiated.....g	0.480		3	A	1				
18:3 undifferentiated.....g	0.040		3	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		3	A	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	80		3	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.197		0	A	1				
Threonine.....g	0.968		0	A	1				
Isoleucine.....g	1.049		0	A	1				
Leucine.....g	1.793		0	A	1				
Lysine.....g	1.949		0	A	1				
Methionine.....g	0.617		0	A	1				
Cystine.....g	0.227		0	A	1				
Phenylalanine.....g	0.911		0	A	1				
Tyrosine.....g	0.718		0	A	1				
Valine.....g	1.090		0	A	1				
Arginine.....g	1.509		0	A	1				
Histidine.....g	0.554		0	A	1				
Alanine.....g	1.416		0	A	1				
Aspartic acid.....g	2.064		0	A	1				
Glutamic acid.....g	3.383		0	A	1				
Glycine.....g	1.475		0	A	1				
Proline.....g	1.151		0	A	1				
Serine.....g	0.883		0	A	1				
Hydroxyproline.....g	0.394		0	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05654
Ostrich, tenderloin, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05656
Ostrich, tip trimmed, cooked
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.51		3	A	1		58.23		
Energy	kcal	145		0	NC	4		123		
Energy	kj	606		0	NC	4		515		
Protein (N x 6.25)	g	28.49		3	A	1		24.22		
Total lipid (fat)	g	2.57		3	A	1		2.18		
Ash	g	0.83		0	BFZN	4		0.71		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1		5		
Iron, Fe	mg	2.79		3	A	1		2.37		
Magnesium, Mg	mg	25		0	BFNN	4		21		
Phosphorus, P	mg	251		0	BFNN	4		213		
Potassium, K	mg	362		0	BFNN	4		308		
Sodium, Na	mg	80		3	A	1		68		
Zinc, Zn	mg	4.85		0	BFNN	4		4.12		
Copper, Cu	mg	0.152		0	BFNN	4		0.129		
Manganese, Mn	mg	0.019		0	BFNN	4		0.016		
Selenium, Se	mcg	37.5		0	BFNN	4		31.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.232		0	BFPN	4		0.198		
Riboflavin	mg	0.292		0	BFPN	4		0.248		
Niacin	mg	7.143		0	BFPN	4		6.072		
Pantothenic acid	mg	1.318		0	BFPN	4		1.121		
Vitamin B-6	mg	0.545		0	BFPN	4		0.463		
Folate, total	mcg	15		0	BFPN	4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	15		0	BFPN	4		13		
Folate, DFE	mcg_DFE	15		0	NC	4		13		
Vitamin B-12	mcg	6.25		0	BFPN	4		5.31		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.19		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.000		0	NC	4		0.850		
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.040		3	A	1		0.034		
15:0	g									
16:0	g	0.680		3	A	1		0.578		
17:0	g									
18:0	g	0.280		3	A	1		0.238		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05656
Ostrich, tip trimmed, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.970		0	NC	4		0.825		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		3	A	1		0.179		
17:1.....g									
18:1 undifferentiated.....g	0.760		3	A	1		0.646		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0	NC	4		0.374		
18:2 undifferentiated.....g	0.300		3	A	1		0.255		
18:3 undifferentiated.....g	0.020		3	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		3	A	1		0.102		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	85		3	A	1		72		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0	A	1		0.216		
Threonine.....g	1.250		0	A	1		1.062		
Isoleucine.....g	1.354		0	A	1		1.151		
Leucine.....g	2.315		0	A	1		1.968		
Lysine.....g	2.516		0	A	1		2.138		
Methionine.....g	0.796		0	A	1		0.677		
Cystine.....g	0.293		0	A	1		0.249		
Phenylalanine.....g	1.176		0	A	1		1.000		
Tyrosine.....g	0.927		0	A	1		0.788		
Valine.....g	1.407		0	A	1		1.196		
Arginine.....g	1.948		0	A	1		1.656		
Histidine.....g	0.716		0	A	1		0.608		
Alanine.....g	1.828		0	A	1		1.554		
Aspartic acid.....g	2.665		0	A	1		2.265		
Glutamic acid.....g	4.367		0	A	1		3.712		
Glycine.....g	1.904		0	A	1		1.619		
Proline.....g	1.485		0	A	1		1.262		
Serine.....g	1.140		0	A	1		0.969		
Hydroxyproline.....g	0.508		0	A	1		0.432		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05656
Ostrich, tip trimmed, cooked

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05655
Ostrich, tip trimmed, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.12		3	A	1				
Energy	kcal	114		0	NC	4				
Energy	kj	477		0	NC	4				
Protein (N x 6.25)	g	21.85		3	A	1				
Total lipid (fat)	g	2.30		3	A	1				
Ash	g	0.61		0	BFSN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	5		3	A	1				
Iron, Fe	mg	2.86		3	A	1				
Magnesium, Mg	mg	22		0	BFNN	4				
Phosphorus, P	mg	213		0	BFNN	4				
Potassium, K	mg	310		0	BFNN	4				
Sodium, Na	mg	67		3	A	1				
Zinc, Zn	mg	3.74		0	BFNN	4				
Copper, Cu	mg	0.137		0	BFNN	4				
Manganese, Mn	mg	0.018		0	BFNN	4				
Selenium, Se	mcg	35.2		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.196		0	BFPN	4				
Riboflavin	mg	0.288		0	BFPN	4				
Niacin	mg	4.730		0	BFPN	4				
Pantothenic acid	mg	1.167		0	BFPN	4				
Vitamin B-6	mg	0.514		0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFPN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	4.98		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.860		0	NC	4				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.030		3	A	1				
15:0	g									
16:0	g	0.640		3	A	1				
17:0	g									
18:0	g	0.190		3	A	1				
20:0	g									
22:0	g									
24:0	g									

NDB No. 05655
Ostrich, tip trimmed, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.790		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.580		3	A	1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		0	NC	4				
18:2 undifferentiated.....g	0.290		3	A	1				
18:3 undifferentiated.....g	0.020		3	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		3	A	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	72		3	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0	A	1				
Threonine.....g	0.958		0	A	1				
Isoleucine.....g	1.038		0	A	1				
Leucine.....g	1.775		0	A	1				
Lysine.....g	1.929		0	A	1				
Methionine.....g	0.611		0	A	1				
Cystine.....g	0.224		0	A	1				
Phenylalanine.....g	0.902		0	A	1				
Tyrosine.....g	0.711		0	A	1				
Valine.....g	1.079		0	A	1				
Arginine.....g	1.494		0	A	1				
Histidine.....g	0.549		0	A	1				
Alanine.....g	1.402		0	A	1				
Aspartic acid.....g	2.044		0	A	1				
Glutamic acid.....g	3.349		0	A	1				
Glycine.....g	1.461		0	A	1				
Proline.....g	1.139		0	A	1				
Serine.....g	0.874		0	A	1				
Hydroxyproline.....g	0.390		0	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05655
Ostrich, tip trimmed, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05658
Ostrich, top loin, cooked
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.95		3	A	1		57.76		
Energy	kcal	155		0	NC	4		132		
Energy	kj	648		0	NC	4		551		
Protein (N x 6.25)	g	28.12		3	A	1		23.90		
Total lipid (fat)	g	3.87		3	A	1		3.29		
Ash	g	0.83		0	BFZN	4		0.71		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1		5		
Iron, Fe	mg	3.31		3	A	1		2.81		
Magnesium, Mg	mg	25		0	BFNN	4		21		
Phosphorus, P	mg	245		0	BFNN	4		208		
Potassium, K	mg	353		0	BFNN	4		300		
Sodium, Na	mg	77		3	A	1		65		
Zinc, Zn	mg	4.72		0	BFNN	4		4.02		
Copper, Cu	mg	0.148		0	BFNN	4		0.126		
Manganese, Mn	mg	0.018		0	BFNN	4		0.015		
Selenium, Se	mcg	36.6		0	BFNN	4		31.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.229		0	BFPN	4		0.195		
Riboflavin	mg	0.289		0	BFPN	4		0.245		
Niacin	mg	7.051		0	BFPN	4		5.993		
Pantothenic acid	mg	1.301		0	BFPN	4		1.106		
Vitamin B-6	mg	0.538		0	BFPN	4		0.457		
Folate, total	mcg	15		0	BFPN	4		13		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	15		0	BFPN	4		13		
Folate, DFE	mcg_DFE	15		0	NC	4		13		
Vitamin B-12	mcg	6.17		0	BFPN	4		5.24		
Vitamin A, IU	IU	0		0	BFSN	4		0		
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0		
Retinol	mcg	0		0	BFSN	4		0		
Vitamin E (alpha-tocopherol)	mg	0.23		0	BFSN	4		0.20		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.4		0	BFSN	4		2.9		
Lipids:										
Fatty acids, total saturated	g	1.320		0	NC	4		1.122		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		0	Z	7		0.000		
10:0	g	0.000		0	Z	7		0.000		
12:0	g	0.000		0	Z	7		0.000		
13:0	g									
14:0	g	0.030		3	A	1		0.026		
15:0	g									
16:0	g	0.920		3	A	1		0.782		
17:0	g									
18:0	g	0.370		3	A	1		0.315		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05658
Ostrich, top loin, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.270		0	NC	4		1.080		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		3	A	1		0.213		
17:1.....g									
18:1 undifferentiated.....g	1.020		3	A	1		0.867		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.380		0	NC	4		0.323		
18:2 undifferentiated.....g	0.280		3	A	1		0.238		
18:3 undifferentiated.....g	0.020		3	A	1		0.017		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		3	A	1		0.068		
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.128		0	BFFN	4		0.108		
Cholesterol.....mg	93		3	A	1		79		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.251		0	A	1		0.213		
Threonine.....g	1.233		0	A	1		1.048		
Isoleucine.....g	1.336		0	A	1		1.136		
Leucine.....g	2.285		0	A	1		1.942		
Lysine.....g	2.483		0	A	1		2.111		
Methionine.....g	0.786		0	A	1		0.668		
Cystine.....g	0.289		0	A	1		0.245		
Phenylalanine.....g	1.161		0	A	1		0.987		
Tyrosine.....g	0.914		0	A	1		0.777		
Valine.....g	1.389		0	A	1		1.180		
Arginine.....g	1.923		0	A	1		1.635		
Histidine.....g	0.706		0	A	1		0.600		
Alanine.....g	1.804		0	A	1		1.534		
Aspartic acid.....g	2.630		0	A	1		2.236		
Glutamic acid.....g	4.311		0	A	1		3.664		
Glycine.....g	1.880		0	A	1		1.598		
Proline.....g	1.466		0	A	1		1.246		
Serine.....g	1.125		0	A	1		0.956		
Hydroxyproline.....g	0.502		0	A	1		0.427		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 85g: 1 serving (3 oz)

NDB No. 05658
Ostrich, top loin, cooked

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05657
Ostrich, top loin, raw
Struthio camelus

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.35		3	A	1				
Energy	kcal	119		0	NC	4				
Energy	kj	498		0	NC	4				
Protein (N x 6.25)	g	21.67		3	A	1				
Total lipid (fat)	g	2.95		3	A	1				
Ash	g	0.73		0	BFZN	4				
Carbohydrate, by difference	g	0.00		0	Z	7				
Fiber, total dietary	g	0.0		0	Z	7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	6		3	A	1				
Iron, Fe	mg	3.13		3	A	1				
Magnesium, Mg	mg	22		0	BFNN	4				
Phosphorus, P	mg	214		0	BFNN	4				
Potassium, K	mg	312		0	BFNN	4				
Sodium, Na	mg	81		3	A	1				
Zinc, Zn	mg	3.76		0	BFNN	4				
Copper, Cu	mg	0.137		0	BFNN	4				
Manganese, Mn	mg	0.018		0	BFNN	4				
Selenium, Se	mcg	35.4		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7				
Thiamin	mg	0.195		0	BFPN	4				
Riboflavin	mg	0.286		0	BFPN	4				
Niacin	mg	4.691		0	BFPN	4				
Pantothenic acid	mg	1.158		0	BFPN	4				
Vitamin B-6	mg	0.509		0	BFPN	4				
Folate, total	mcg	8		0	BFPN	4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	8		0	BFPN	4				
Folate, DFE	mcg_DFE	8		0	NC	4				
Vitamin B-12	mcg	4.94		0	BFPN	4				
Vitamin A, IU	IU	0		0	BFSN	4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	BFSN	4				
Vitamin E (alpha-tocopherol)	mg	0.20		0	BFSN	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.200		0	NC	4				
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.060		3	A	1				
15:0	g									
16:0	g	0.930		3	A	1				
17:0	g									
18:0	g	0.210		3	A	1				
20:0	g									
22:0	g									
24:0	g									

NDB No. 05657
Ostrich, top loin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.060		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		3	A	1				
17:1.....g									
18:1 undifferentiated.....g	0.730		3	A	1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.580		0	NC	4				
18:2 undifferentiated.....g	0.380		3	A	1				
18:3 undifferentiated.....g	0.050		3	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		3	A	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	75		3	A	1				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.193		0	A	1				
Threonine.....g	0.951		0	A	1				
Isoleucine.....g	1.030		0	A	1				
Leucine.....g	1.761		0	A	1				
Lysine.....g	1.914		0	A	1				
Methionine.....g	0.606		0	A	1				
Cystine.....g	0.223		0	A	1				
Phenylalanine.....g	0.894		0	A	1				
Tyrosine.....g	0.705		0	A	1				
Valine.....g	1.070		0	A	1				
Arginine.....g	1.482		0	A	1				
Histidine.....g	0.544		0	A	1				
Alanine.....g	1.390		0	A	1				
Aspartic acid.....g	2.027		0	A	1				
Glutamic acid.....g	3.322		0	A	1				
Glycine.....g	1.448		0	A	1				
Proline.....g	1.130		0	A	1				
Serine.....g	0.867		0	A	1				
Hydroxyproline.....g	0.387		0	A	1				
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

NDB No. 05657
Ostrich, top loin, raw

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05282
Pate de foie gras, canned (goose liver pate), smoked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	37.04	2.599	15		1		4.82	10.50	
Energy	kcal	462		0	NC	4		60	131	
Energy	kj	1933				4		251	548	
Protein (N x 6.25)	g	11.40	0.778	15		1		1.48	3.23	
Total lipid (fat)	g	43.84	2.666	14		1		5.70	12.43	
Ash	g	3.05	0.258	15		1		0.40	0.86	
Carbohydrate, by difference	g	4.67		0	NC	4		0.61	1.32	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	70		0		4		9	20	
Iron, Fe	mg	5.50		0		4		0.72	1.56	
Magnesium, Mg	mg	13		0		4		2	4	
Phosphorus, P	mg	200		0		4		26	57	
Potassium, K	mg	138		0		4		18	39	
Sodium, Na	mg	697		0		4		91	198	
Zinc, Zn	mg	0.92		0		4		0.12	0.26	
Copper, Cu	mg	0.400		0		4		0.052	0.113	
Manganese, Mn	mg	0.120		0		4		0.016	0.034	
Selenium, Se	mcg	44.0		0	BFZN	4		5.7	12.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		0.3	0.6	
Thiamin	mg	0.088	0.007	5		1		0.011	0.025	
Riboflavin	mg	0.299	0.005	5		1		0.039	0.085	
Niacin	mg	2.510	0.056	5		1		0.326	0.712	
Pantothenic acid	mg	1.200		0		4		0.156	0.340	
Vitamin B-6	mg	0.060		0		4		0.008	0.017	
Folate, total	mcg	60		0		4		8	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	60		0		4		8	17	
Folate, DFE	mcg_DFE	60		0	NC	4		8	17	
Vitamin B-12	mcg	9.40		2		1		1.22	2.66	
Vitamin A, IU	IU	3333		0		4		433	945	
Vitamin A, RAE	mcg_RAE	1001		0		4		130	284	
Retinol	mcg	1001		0		4		130	284	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	14.450		0		4		1.879	4.097	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		4		0.004	0.009	
13:0	g									
14:0	g	0.290		0		4		0.038	0.082	
15:0	g									
16:0	g	9.450		0		4		1.229	2.679	
17:0	g									
18:0	g	4.580		0		4		0.595	1.298	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05282
Pate de foie gras, canned (goose liver pate), smoked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	25.610		0		4		3.329	7.260	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.400		0		4		0.182	0.397	
17:1.....g									
18:1 undifferentiated.....g	24.040		0		4		3.125	6.815	
20:1.....g	0.130		0		4		0.017	0.037	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.840		0		4		0.109	0.238	
18:2 undifferentiated.....g	0.570		0		4		0.074	0.162	
18:3 undifferentiated.....g	0.010		0		4		0.001	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.250		0		4		0.033	0.071	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	150		1		1		20	43	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		4		0.021	0.046	
Threonine.....g	0.507		0		4		0.066	0.144	
Isoleucine.....g	0.606		0		4		0.079	0.172	
Leucine.....g	1.029		0		4		0.134	0.292	
Lysine.....g	0.863		0		4		0.112	0.245	
Methionine.....g	0.270		0		4		0.035	0.077	
Cystine.....g	0.153		0		4		0.020	0.043	
Phenylalanine.....g	0.567		0		4		0.074	0.161	
Tyrosine.....g	0.401		0		4		0.052	0.114	
Valine.....g	0.719		0		4		0.093	0.204	
Arginine.....g	0.699		0		4		0.091	0.198	
Histidine.....g	0.303		0		4		0.039	0.086	
Alanine.....g	0.662		0		4		0.086	0.188	
Aspartic acid.....g	1.083		0		4		0.141	0.307	
Glutamic acid.....g	1.477		0		4		0.192	0.419	
Glycine.....g	0.662		0		4		0.086	0.188	
Proline.....g	0.565		0		4		0.073	0.160	
Serine.....g	0.491		0		4		0.064	0.139	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 13.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.40	0.368	9		1		122.36	131.77	
Energy	kcal	133		0	NC	4		225	242	
Energy	kj	556				4		940	1013	
Protein (N x 6.25)	g	24.37	0.345	9		1		41.19	44.35	
Total lipid (fat)	g	3.25	0.595	9		1		5.49	5.92	
Ash	g	1.30	0.020	25		1		2.20	2.37	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	3	0.570	25		1		5	5	
Iron, Fe	mg	0.79	0.033	14		1		1.34	1.44	
Magnesium, Mg	mg	21	1.047	24		1		35	38	
Phosphorus, P	mg	200	9.446	25		1		338	364	
Potassium, K	mg	242	15.073	25		1		409	440	
Sodium, Na	mg	33	1.418	25		1		56	60	
Zinc, Zn	mg	0.63	0.083	14		1		1.06	1.15	
Copper, Cu	mg	0.046	0.009	14		1		0.078	0.084	
Manganese, Mn	mg	0.015	0.001	7		1		0.025	0.027	
Selenium, Se	mcg	16.7		0	BFNN	4		28.2	30.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		1		1		10.1	10.9	
Thiamin	mg	0.081	0.042	7		1		0.137	0.147	
Riboflavin	mg	0.119	0.039	7		1		0.201	0.217	
Niacin	mg	8.554	0.410	7		1		14.456	15.568	
Pantothenic acid	mg	0.960		1		1		1.622	1.747	
Vitamin B-6	mg	0.740		1		1		1.251	1.347	
Folate, total	mcg	4		0		4		7	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		7	7	
Folate, DFE	mcg_DFE	4		0	NC	4		7	7	
Vitamin B-12	mcg	0.84		1		1		1.42	1.53	
Vitamin A, IU	IU	147		0		1		248	268	
Vitamin A, RAE	mcg_RAE	44		0		1		75	80	
Retinol	mcg	44		0		1		75	80	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.100		0		1		1.859	2.002	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.040		1		1		0.068	0.073	
13:0	g									
14:0	g	0.030		1		1		0.051	0.055	
15:0	g									
16:0	g	0.670		1		1		1.132	1.219	
17:0	g									
18:0	g	0.320		1		1		0.541	0.582	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.040		0		1		1.758	1.893	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		1		1		0.304	0.328	
17:1.....g									
18:1 undifferentiated.....g	0.860		1		1		1.453	1.565	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.550		0		1		0.930	1.001	
18:2 undifferentiated.....g	0.480		1		1		0.811	0.874	
18:3 undifferentiated.....g	0.070		1		1		0.118	0.127	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		4		98	106	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.339		0		1		0.573	0.617	
Threonine.....g	1.220		0		1		2.062	2.220	
Isoleucine.....g	1.369		0		1		2.314	2.492	
Leucine.....g	2.063		0		1		3.486	3.755	
Lysine.....g	2.230		0		1		3.769	4.059	
Methionine.....g	0.710		0		1		1.200	1.292	
Cystine.....g	0.320		0		1		0.541	0.582	
Phenylalanine.....g	0.951		0		1		1.607	1.731	
Tyrosine.....g	0.799		0		1		1.350	1.454	
Valine.....g	1.349		0		1		2.280	2.455	
Arginine.....g	1.482		0		1		2.505	2.697	
Histidine.....g	0.971		0		1		1.641	1.767	
Alanine.....g	1.470		0		1		2.484	2.675	
Aspartic acid.....g	2.363		0		1		3.993	4.301	
Glutamic acid.....g	3.603		0		1		6.089	6.557	
Glycine.....g	1.080		0		1		1.825	1.966	
Proline.....g	0.889		0		1		1.502	1.618	
Serine.....g	1.049		0		1		1.773	1.909	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 169g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 182g: .5 breast, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43283
Pheasant, cooked, total edible

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	54.20				4		75.88		
Energy	kcal	247				4		346		
Energy	kj	1033				4		1447		
Protein	g	32.40				4		45.36		
Total lipid (fat)	g	12.10				4		16.94		
Ash	g	1.30		0	NC	4		1.82		
Carbohydrate, by difference	g	0.00			Z	7		0.00		
Fiber, total dietary	g	0.0				7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	16				4		22		
Iron, Fe	mg	1.43				4		2.00		
Magnesium, Mg	mg	22				4		31		
Phosphorus, P	mg	242				4		339		
Potassium, K	mg	271				4		379		
Sodium, Na	mg	43				4		60		
Zinc, Zn	mg	1.37				4		1.92		
Copper, Cu	mg	0.084				4		0.118		
Manganese, Mn	mg									
Selenium, Se	mcg	20.7		0	BFYN	4		29.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3				4		3.2		
Thiamin	mg	0.070				4		0.098		
Riboflavin	mg	0.180				4		0.252		
Niacin	mg	7.530				4		10.542		
Pantothenic acid	mg									
Vitamin B-6	mg	0.750				4		1.050		
Folate, total	mcg	5				4		7		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5				4		7		
Folate, DFE	mcg_DFE	5		0	NC	4		7		
Vitamin B-12	mcg	0.72				4		1.01		
Vitamin A, IU	IU	190				4		266		
Vitamin A, RAE	mcg_RAE	57		0	NC	4		80		
Retinol	mcg	57		0	NR	4		80		
Vitamin E (alpha-tocopherol)	mg	0.27		0	NR	4		0.37		
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.9		0	BFSN	4		6.8		
Lipids:										
Fatty acids, total saturated	g	3.517				4		4.924		
4:0	g	0.000				4		0.000		
6:0	g	0.000				4		0.000		
8:0	g	0.000				4		0.000		
10:0	g	0.000				4		0.000		
12:0	g	0.065				4		0.091		
13:0	g									
14:0	g	0.117				4		0.164		
15:0	g									
16:0	g	2.879				4		4.031		
17:0	g									
18:0	g	0.847				4		1.186		
20:0	g									
22:0	g									
24:0	g									

NDB No. 43283
Pheasant, cooked, total edible

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.627				4		7.878		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.055				4		1.477		
17:1.....g									
18:1 undifferentiated.....g	4.012				4		5.617		
20:1.....g	0.013				4		0.018		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.537				4		2.152		
18:2 undifferentiated.....g	1.055				4		1.477		
18:3 undifferentiated.....g	0.130				4		0.182		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	89				4		125		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000		
Carotene, alpha.....mcg	0		0	z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000		
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.40	0.245	6		1		72.67	78.54	
Energy	kcal	134		0	NC	4		133	143	
Energy	kj	561				4		555	600	
Protein (N x 6.25)	g	22.20	0.204	6		1		21.98	23.75	
Total lipid (fat)	g	4.30	0.122	6		1		4.26	4.60	
Ash	g	1.44	0.034	14		1		1.43	1.54	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	6.249	14		1		29	31	
Iron, Fe	mg	1.78	0.224	14		1		1.76	1.90	
Magnesium, Mg	mg	20	0.431	14		1		20	21	
Phosphorus, P	mg	280	23.583	14		1		277	300	
Potassium, K	mg	296	12.997	14		1		293	317	
Sodium, Na	mg	45	1.472	14		1		45	48	
Zinc, Zn	mg	1.53	0.098	14		1		1.51	1.64	
Copper, Cu	mg	0.108	0.008	14		1		0.107	0.116	
Manganese, Mn	mg	0.020	0.003	8		1		0.020	0.021	
Selenium, Se	mcg	15.3		0	BFNN	4		15.1	16.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0		1		5.9	6.4	
Thiamin	mg	0.070	0.012	6		1		0.069	0.075	
Riboflavin	mg	0.210	0.029	6		1		0.208	0.225	
Niacin	mg	3.700	0.245	6		1		3.663	3.959	
Pantothenic acid	mg	0.960		0		1		0.950	1.027	
Vitamin B-6	mg	0.740		0		1		0.733	0.792	
Folate, total	mcg	10		0		4		10	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		4		10	11	
Folate, DFE	mcg_DFE	10		0	NC	4		10	11	
Vitamin B-12	mcg	0.84		0		1		0.83	0.90	
Vitamin A, IU	IU	195		0		1		193	209	
Vitamin A, RAE	mcg_RAE	59		0		1		58	63	
Retinol	mcg	59		0		1		58	63	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.460		0		1		1.445	1.562	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.060		0		1		0.059	0.064	
13:0	g									
14:0	g	0.040		0		1		0.040	0.043	
15:0	g									
16:0	g	0.880		0		1		0.871	0.942	
17:0	g									
18:0	g	0.430		0		1		0.426	0.460	
20:0	g									
22:0	g									
24:0	g									

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

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.380		0		1		1.366	1.477	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.238	0.257	
17:1.....g									
18:1 undifferentiated.....g	1.140		0		1		1.129	1.220	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730		0		1		0.723	0.781	
18:2 undifferentiated.....g	0.640		0		1		0.634	0.685	
18:3 undifferentiated.....g	0.090		0		1		0.089	0.096	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	80		0		4		79	86	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.309		0		1		0.306	0.331	
Threonine.....g	1.112		0		1		1.101	1.190	
Isoleucine.....g	1.247		0		1		1.235	1.334	
Leucine.....g	1.879		0		1		1.860	2.011	
Lysine.....g	2.032		0		1		2.012	2.174	
Methionine.....g	0.646		0		1		0.640	0.691	
Cystine.....g	0.291		0		1		0.288	0.311	
Phenylalanine.....g	0.867		0		1		0.858	0.928	
Tyrosine.....g	0.728		0		1		0.721	0.779	
Valine.....g	1.229		0		1		1.217	1.315	
Arginine.....g	1.350		0		1		1.337	1.445	
Histidine.....g	0.884		0		1		0.875	0.946	
Alanine.....g	1.339		0		1		1.326	1.433	
Aspartic acid.....g	2.153		0		1		2.131	2.304	
Glutamic acid.....g	3.282		0		1		3.249	3.512	
Glycine.....g	0.984		0		1		0.974	1.053	
Proline.....g	0.810		0		1		0.802	0.867	
Serine.....g	0.955		0		1		0.945	1.022	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 107g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05153
Pheasant, raw, meat and skin
Phasianus colchicus

Refuse: 14% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.77		0		1		251.43	271.08	
Energy	kcal	181		0	NC	4		672	724	
Energy	kj	757				4		2810	3029	
Protein (N x 6.25)	g	22.70		0		1		84.22	90.80	
Total lipid (fat)	g	9.29		0		1		34.47	37.16	
Ash	g	1.27		0		1		4.71	5.08	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		45	48	
Iron, Fe	mg	1.15		0		1		4.27	4.60	
Magnesium, Mg	mg	20		0		1		74	80	
Phosphorus, P	mg	214		0		1		794	856	
Potassium, K	mg	243		0		1		902	972	
Sodium, Na	mg	40		0		1		148	160	
Zinc, Zn	mg	0.96		0		1		3.56	3.84	
Copper, Cu	mg	0.065		0		1		0.241	0.260	
Manganese, Mn	mg	0.017		0		1		0.063	0.068	
Selenium, Se	mcg	15.7		0	PIE	4		58.2	62.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.3		0		1		19.7	21.2	
Thiamin	mg	0.072		0		1		0.267	0.288	
Riboflavin	mg	0.143		0		1		0.531	0.572	
Niacin	mg	6.426		0		1		23.840	25.704	
Pantothenic acid	mg	0.928		0		1		3.443	3.712	
Vitamin B-6	mg	0.660		0		1		2.449	2.640	
Folate, total	mcg	6		0		4		22	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		22	24	
Folate, DFE	mcg_DFE	6		0	NC	4		22	24	
Vitamin B-12	mcg	0.77		0		1		2.86	3.08	
Vitamin A, IU	IU	177		0		1		657	708	
Vitamin A, RAE	mcg_RAE	53		0		1		197	213	
Retinol	mcg	53		0		1		197	213	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.700		0		1		10.017	10.800	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.050		0		1		0.186	0.200	
13:0	g									
14:0	g	0.090		0		1		0.334	0.360	
15:0	g									
16:0	g	2.210		0		1		8.199	8.840	
17:0	g									
18:0	g	0.650		0		1		2.412	2.600	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05153
Pheasant, raw, meat and skin

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.320		0		1		16.027	17.280	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.810		0		1		3.005	3.240	
17:1.....g									
18:1 undifferentiated.....g	3.080		0		1		11.427	12.320	
20:1.....g	0.010		0		1		0.037	0.040	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.180		0		1		4.378	4.720	
18:2 undifferentiated.....g	0.810		0		1		3.005	3.240	
18:3 undifferentiated.....g	0.100		0		1		0.371	0.400	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		4		263	284	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.304		0		1		1.128	1.216	
Threonine.....g	1.108		0		1		4.111	4.432	
Isoleucine.....g	1.228		0		1		4.556	4.912	
Leucine.....g	1.870		0		1		6.938	7.480	
Lysine.....g	2.015		0		1		7.476	8.060	
Methionine.....g	0.643		0		1		2.386	2.572	
Cystine.....g	0.305		0		1		1.132	1.220	
Phenylalanine.....g	0.876		0		1		3.250	3.504	
Tyrosine.....g	0.724		0		1		2.686	2.896	
Valine.....g	1.230		0		1		4.563	4.920	
Arginine.....g	1.412		0		1		5.239	5.648	
Histidine.....g	0.864		0		1		3.205	3.456	
Alanine.....g	1.410		0		1		5.231	5.640	
Aspartic acid.....g	2.186		0		1		8.110	8.744	
Glutamic acid.....g	3.309		0		1		12.276	13.236	
Glycine.....g	1.231		0		1		4.567	4.924	
Proline.....g	0.939		0		1		3.484	3.756	
Serine.....g	0.972		0		1		3.606	3.888	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 371g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 400g: .5 pheasant

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05154
Pheasant, raw, meat only

Refuse: 24% 14% bone, 10% skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.77		0		1		237.23	256.15	
Energy	kcal	133		0	NC	4		434	468	
Energy	kj	556				4		1814	1959	
Protein (N x 6.25)	g	23.57		0		1		76.84	82.97	
Total lipid (fat)	g	3.64		0		1		11.87	12.81	
Ash	g	1.35		0		1		4.40	4.75	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		42	46	
Iron, Fe	mg	1.15		0		1		3.75	4.05	
Magnesium, Mg	mg	20		0		1		65	70	
Phosphorus, P	mg	230		0		1		750	810	
Potassium, K	mg	262		0		1		854	922	
Sodium, Na	mg	37		0		1		121	130	
Zinc, Zn	mg	0.97		0		1		3.16	3.41	
Copper, Cu	mg	0.069		0		1		0.225	0.243	
Manganese, Mn	mg	0.016		0		1		0.052	0.056	
Selenium, Se	mcg	16.2		0	BFNN	4		52.8	57.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.0		0		1		19.6	21.1	
Thiamin	mg	0.077		0		1		0.251	0.271	
Riboflavin	mg	0.153		0		1		0.499	0.539	
Niacin	mg	6.759		0		1		22.034	23.792	
Pantothenic acid	mg	0.960		0		1		3.130	3.379	
Vitamin B-6	mg	0.740		0		1		2.412	2.605	
Folate, total	mcg	6		0		4		20	21	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		20	21	
Folate, DFE	mcg_DFE	6		0	NC	4		20	21	
Vitamin B-12	mcg	0.84		0		1		2.74	2.96	
Vitamin A, IU	IU	165		0		1		538	581	
Vitamin A, RAE	mcg_RAE	50		0		1		162	174	
Retinol	mcg	50		0		1		162	174	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.240		0		1		4.042	4.365	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.050		0		1		0.163	0.176	
13:0	g									
14:0	g	0.030		0		1		0.098	0.106	
15:0	g									
16:0	g	0.750		0		1		2.445	2.640	
17:0	g									
18:0	g	0.360		0		1		1.174	1.267	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05154
Pheasant, raw, meat only

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.170		0		1		3.814	4.118	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.652	0.704	
17:1.....g									
18:1 undifferentiated.....g	0.960		0		1		3.130	3.379	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.620		0		1		2.021	2.182	
18:2 undifferentiated.....g	0.540		0		1		1.760	1.901	
18:3 undifferentiated.....g	0.080		0		1		0.261	0.282	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0		4		215	232	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.328		0		1		1.069	1.155	
Threonine.....g	1.180		0		1		3.847	4.154	
Isoleucine.....g	1.324		0		1		4.316	4.660	
Leucine.....g	1.995		0		1		6.504	7.022	
Lysine.....g	2.157		0		1		7.032	7.593	
Methionine.....g	0.686		0		1		2.236	2.415	
Cystine.....g	0.309		0		1		1.007	1.088	
Phenylalanine.....g	0.920		0		1		2.999	3.238	
Tyrosine.....g	0.773		0		1		2.520	2.721	
Valine.....g	1.305		0		1		4.254	4.594	
Arginine.....g	1.433		0		1		4.672	5.044	
Histidine.....g	0.939		0		1		3.061	3.305	
Alanine.....g	1.422		0		1		4.636	5.005	
Aspartic acid.....g	2.285		0		1		7.449	8.043	
Glutamic acid.....g	3.484		0		1		11.358	12.264	
Glycine.....g	1.044		0		1		3.403	3.675	
Proline.....g	0.860		0		1		2.804	3.027	
Serine.....g	1.014		0		1		3.306	3.569	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 326g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 2 = 352g: .5 pheasant

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.42	0.937	16		1		48.72	196.09	
Energy	kcal	235		0	NC	4		193	776	
Energy	kj	983				4		806	3245	
Protein (N x 6.25)	g	27.36	0.757	12		1		22.44	90.29	
Total lipid (fat)	g	13.15	1.100	16		1		10.78	43.40	
Ash	g	1.19	0.034	12		1		0.98	3.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	25		0		1		21	83	
Iron, Fe	mg	1.93	0.183	5		1		1.58	6.37	
Magnesium, Mg	mg	24		0		1		20	79	
Phosphorus, P	mg	196		0		1		161	647	
Potassium, K	mg	270		0		1		221	891	
Sodium, Na	mg	107	6.058	12		1		88	353	
Zinc, Zn	mg	2.86		0		1		2.35	9.44	
Copper, Cu	mg	0.090		0		1		0.074	0.297	
Manganese, Mn	mg	0.020		0		1		0.016	0.066	
Selenium, Se	mcg	37.2		0	BFNN	4		30.5	122.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.054		0		1		0.044	0.178	
Riboflavin	mg	0.168		0		1		0.138	0.554	
Niacin	mg	4.819		0		1		3.952	15.903	
Pantothenic acid	mg	0.813		0		1		0.667	2.683	
Vitamin B-6	mg	0.390		0		1		0.320	1.287	
Folate, total	mcg	7		0		1		6	23	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		6	23	
Folate, DFE	mcg_DFE	7		0	NC	4		6	23	
Vitamin B-12	mcg	0.33		0		1		0.27	1.09	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.34		0	NR	4		0.28	1.12	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9		0	BFSN	4		0.8	3.1	
Lipids:										
Fatty acids, total saturated	g	3.390		0		1		2.780	11.187	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.000		8		1		0.000	0.000	
13:0	g									
14:0	g	0.130		8		1		0.107	0.429	
15:0	g									
16:0	g	2.340		8		1		1.919	7.722	
17:0	g									
18:0	g	0.910		8		1		0.746	3.003	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05306
Poultry food products, ground turkey, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.890		0		1		4.010	16.137	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		8		1		0.476	1.914	
17:1.....g									
18:1 undifferentiated.....g	4.250		8		1		3.485	14.025	
20:1.....g	0.040		8		1		0.033	0.132	
22:1 undifferentiated.....g	0.000		8		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.230		0		1		2.649	10.659	
18:2 undifferentiated.....g	2.910		8		1		2.386	9.603	
18:3 undifferentiated.....g	0.150		8		1		0.123	0.495	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		8		1		0.098	0.396	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020	0.000	8		1		0.016	0.066	
22:6 n-3.....g	0.030		8		1		0.025	0.099	
Fatty acids, total trans.....g									
Cholesterol.....mg	102	5.616	16		1		84	337	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.306		0		1		0.251	1.010	
Threonine.....g	1.204		0		1		0.987	3.973	
Isoleucine.....g	1.405		0		1		1.152	4.637	
Leucine.....g	2.154		0		1		1.766	7.108	
Lysine.....g	2.548		0		1		2.089	8.408	
Methionine.....g	0.784		0		1		0.643	2.587	
Cystine.....g	0.280		0		1		0.230	0.924	
Phenylalanine.....g	1.073		0		1		0.880	3.541	
Tyrosine.....g	1.068		0		1		0.876	3.524	
Valine.....g	1.436		0		1		1.178	4.739	
Arginine.....g	1.887		0		1		1.547	6.227	
Histidine.....g	0.845		0		1		0.693	2.789	
Alanine.....g	1.672		0		1		1.371	5.518	
Aspartic acid.....g	2.627		0		1		2.154	8.669	
Glutamic acid.....g	4.413		0		1		3.619	14.563	
Glycine.....g	1.340		0		1		1.099	4.422	
Proline.....g	1.125		0		1		0.923	3.713	
Serine.....g	1.204		0		1		0.987	3.973	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 82g: 1 patty (4 oz, raw) (yield after cooking)

Measure 2 = 330g: 1 unit, yield from 1 lb raw

NDB No. 05306
Poultry food products, ground turkey, cooked

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05305
Poultry food products, ground turkey, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.97	0.676	29		1		326.46	82.05	
Energy	kcal	149		0	NC	4		676	170	
Energy	kj	623				4		2828	711	
Protein (N x 6.25)	g	17.46	0.304	8		1		79.20	19.90	
Total lipid (fat)	g	8.26	0.440	28		1		37.47	9.42	
Ash	g	0.87	0.041	8		1		3.95	0.99	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		59	15	
Iron, Fe	mg	1.25		0		1		5.67	1.43	
Magnesium, Mg	mg	19		0		1		86	22	
Phosphorus, P	mg	156		0		1		708	178	
Potassium, K	mg	233		0		1		1057	266	
Sodium, Na	mg	94	4.725	8		1		426	107	
Zinc, Zn	mg	1.93		0		1		8.75	2.20	
Copper, Cu	mg	0.090		0		1		0.408	0.103	
Manganese, Mn	mg	0.018		0		1		0.082	0.021	
Selenium, Se	mcg	18.9		0	BFNN	4		85.7	21.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.055		0		1		0.249	0.063	
Riboflavin	mg	0.133		0		1		0.603	0.152	
Niacin	mg	3.493		0		1		15.844	3.982	
Pantothenic acid	mg	0.690		0		1		3.130	0.787	
Vitamin B-6	mg	0.350		0		1		1.588	0.399	
Folate, total	mcg	7		0		1		32	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		32	8	
Folate, DFE	mcg_DFE	7		0	NC	4		32	8	
Vitamin B-12	mcg	0.34		0		1		1.54	0.39	
Vitamin A, IU	IU	7		0	NC	4		30	8	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		9	2	
Retinol	mcg	2		0	NR	4		9	2	
Vitamin E (alpha-tocopherol)	mg	0.35		0	NR	4		1.61	0.40	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	CASN	4		2.9	0.7	
Lipids:										
Fatty acids, total saturated	g	2.250		0		1		10.206	2.565	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		20		1		0.045	0.011	
13:0	g									
14:0	g	0.080		20		1		0.363	0.091	
15:0	g									
16:0	g	1.560		20		1		7.076	1.778	
17:0	g									
18:0	g	0.600		20		1		2.722	0.684	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05305
Poultry food products, ground turkey, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.100		0		1		14.062	3.534	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		20		1		1.497	0.376	
17:1.....g									
18:1 undifferentiated.....g	2.740		20		1		12.429	3.124	
20:1.....g	0.020		20		1		0.091	0.023	
22:1 undifferentiated.....g	0.000		20		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.000		0		1		9.072	2.280	
18:2 undifferentiated.....g	1.800		20		1		8.165	2.052	
18:3 undifferentiated.....g	0.090		20		1		0.408	0.103	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		20		1		0.408	0.103	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010	0.000	20		1		0.045	0.011	
22:6 n-3.....g	0.010		20		1		0.045	0.011	
Fatty acids, total trans.....g	0.274		0	BFFN	4		1.241	0.312	
Cholesterol.....mg	79	1.758	28		1		358	90	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.196		0		1		0.889	0.223	
Threonine.....g	0.768		0		1		3.484	0.876	
Isoleucine.....g	0.897		0		1		4.069	1.023	
Leucine.....g	1.375		0		1		6.237	1.568	
Lysine.....g	1.626		0		1		7.376	1.854	
Methionine.....g	0.500		0		1		2.268	0.570	
Cystine.....g	0.179		0		1		0.812	0.204	
Phenylalanine.....g	0.685		0		1		3.107	0.781	
Tyrosine.....g	0.682		0		1		3.094	0.777	
Valine.....g	0.916		0		1		4.155	1.044	
Arginine.....g	1.204		0		1		5.461	1.373	
Histidine.....g	0.539		0		1		2.445	0.614	
Alanine.....g	1.067		0		1		4.840	1.216	
Aspartic acid.....g	1.676		0		1		7.602	1.911	
Glutamic acid.....g	2.816		0		1		12.773	3.210	
Glycine.....g	0.855		0		1		3.878	0.975	
Proline.....g	0.718		0		1		3.257	0.819	
Serine.....g	0.768		0		1		3.484	0.876	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 453.6g: 1 lb

Measure 2 = 114g: 1 patty, 4 oz

NDB No. 05305
Poultry food products, ground turkey, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.66		35		1		142.24		
Energy	kcal	272		0	NC	4		617		
Energy	kj	1138				4		2583		
Protein (N x 6.25)	g	11.39		33		1		25.86		
Total lipid (fat)	g	24.73		39		1		56.14		
Ash	g	0.96		23		1		2.18		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	138		19		1		313		
Iron, Fe	mg	1.57		9		1		3.56		
Magnesium, Mg	mg	12		3		1		27		
Phosphorus, P	mg	132		3		1		300		
Potassium, K	mg	104		3		1		236		
Sodium, Na	mg	40		3		1		91		
Zinc, Zn	mg	1.29		9		1		2.93		
Copper, Cu	mg	0.065		3		1		0.148		
Manganese, Mn	mg	0.019		3		1		0.043		
Selenium, Se	mcg	10.7		0	PIE	4		24.3		
Vitamins:										
Vitamin C, total ascorbic acid	mg	1.5		0		4		3.4		
Thiamin	mg	0.050		0		4		0.114		
Riboflavin	mg	0.129		0		4		0.293		
Niacin	mg	4.630		0		4		10.510		
Pantothenic acid	mg	0.824		0		4		1.870		
Vitamin B-6	mg	0.190		0		4		0.431		
Folate, total	mcg	6		0		4		14		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		0		4		14		
Folate, DFE	mcg_DFE	6		0	NC	4		14		
Vitamin B-12	mcg	0.25		0		4		0.57		
Vitamin A, IU	IU	245		0		4		556		
Vitamin A, RAE	mcg_RAE	74		0		4		167		
Retinol	mcg	74		0		4		167		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	7.450		0		1		16.912		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.260		7		1		0.590		
15:0	g									
16:0	g	5.270		7		1		11.963		
17:0	g									
18:0	g	1.820		7		1		4.131		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05301
Poultry, mechanically deboned, from backs and necks with skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.440		0		1		23.699		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		7		1		1.249		
17:1.....g									
18:1 undifferentiated.....g	9.870		7		1		22.405		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.960		0		1		11.259		
18:2 undifferentiated.....g	4.480		7		1		10.170		
18:3 undifferentiated.....g	0.340		7		1		0.772		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		3		1		0.227		
20:5 n-3.....g	0.020		3		1		0.045		
22:5 n-3.....g	0.000		3		1		0.000		
22:6 n-3.....g	0.020		3		1		0.045		
Fatty acids, total trans.....g									
Cholesterol.....mg	130		0		4		295		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		4		0.207		
Threonine.....g	0.509		0		1		1.155		
Isoleucine.....g	0.403		0		1		0.915		
Leucine.....g	0.903		0		1		2.050		
Lysine.....g	0.965		0		1		2.191		
Methionine.....g	0.303		0		1		0.688		
Cystine.....g	0.115		0		1		0.261		
Phenylalanine.....g	0.452		0		1		1.026		
Tyrosine.....g	0.344		0		1		0.781		
Valine.....g	0.472		0		1		1.071		
Arginine.....g	0.786		0		1		1.784		
Histidine.....g	0.319		0		1		0.724		
Alanine.....g	0.795		0		1		1.805		
Aspartic acid.....g	1.165		0		1		2.645		
Glutamic acid.....g	1.818		0		1		4.127		
Glycine.....g	0.903		0		1		2.050		
Proline.....g	0.609		0		1		1.382		
Serine.....g	0.536		0		1		1.217		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.29		22		1		157.29		
Energy	kcal	199		0	NC	4		452		
Energy	kj	833				4		1890		
Protein (N x 6.25)	g	13.79		24		1		31.30		
Total lipid (fat)	g	15.48		22		1		35.14		
Ash	g	1.00		17		1		2.27		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	123		16		1		279		
Iron, Fe	mg	1.73		15		1		3.93		
Magnesium, Mg	mg	13		3		1		30		
Phosphorus, P	mg	154		3		1		350		
Potassium, K	mg	128		3		1		291		
Sodium, Na	mg	51		3		1		116		
Zinc, Zn	mg	1.82		15		1		4.13		
Copper, Cu	mg	0.069		3		1		0.157		
Manganese, Mn	mg	0.020		3		1		0.045		
Selenium, Se	mcg	14.4		0	PIE	4		32.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		0		4		6.8		
Thiamin	mg	0.071		0		4		0.161		
Riboflavin	mg	0.175		0		4		0.397		
Niacin	mg	6.246		0		4		14.178		
Pantothenic acid	mg	1.202		0		4		2.729		
Vitamin B-6	mg	0.320		0		4		0.726		
Folate, total	mcg	9		0		4		20		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	9		0		4		20		
Folate, DFE	mcg_DFE	9		0	NC	4		20		
Vitamin B-12	mcg	0.35		0		4		0.79		
Vitamin A, IU	IU	107		0		4		243		
Vitamin A, RAE	mcg_RAE	32		0		4		73		
Retinol	mcg	32		0		4		73		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.710		0		1		10.692		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.120		8		1		0.272		
15:0	g									
16:0	g	3.570		8		1		8.104		
17:0	g									
18:0	g	1.020		8		1		2.315		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05302
Poultry, mechanically deboned, from backs and necks without skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.410		0		1		16.821		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.710		8		1		1.612		
17:1.....g									
18:1 undifferentiated.....g	6.700		8		1		15.209		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.280		0		1		5.176		
18:2 undifferentiated.....g	2.070		8		1		4.699		
18:3 undifferentiated.....g	0.210		8		1		0.477		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	104		0		4		236		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		4		0.250		
Threonine.....g	0.642		0		1		1.457		
Isoleucine.....g	0.499		0		1		1.133		
Leucine.....g	1.132		0		1		2.570		
Lysine.....g	1.194		0		1		2.710		
Methionine.....g	0.389		0		1		0.883		
Cystine.....g	0.093		0		1		0.211		
Phenylalanine.....g	0.545		0		1		1.237		
Tyrosine.....g	0.485		0		1		1.101		
Valine.....g	0.565		0		1		1.283		
Arginine.....g	0.918		0		1		2.084		
Histidine.....g	0.362		0		1		0.822		
Alanine.....g	0.940		0		1		2.134		
Aspartic acid.....g	1.426		0		1		3.237		
Glutamic acid.....g	2.282		0		1		5.180		
Glycine.....g	0.931		0		1		2.113		
Proline.....g	0.715		0		1		1.623		
Serine.....g	0.671		0		1		1.523		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05303
Poultry, mechanically deboned, from mature hens, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.95		18		1		142.90		
Energy	kcal	243		0	NC	4		552		
Energy	kj	1017				4		2308		
Protein (N x 6.25)	g	14.72		18		1		33.41		
Total lipid (fat)	g	19.98		25		1		45.35		
Ash	g	1.15		7		1		2.61		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	187		6		1		424		
Iron, Fe	mg	1.22		6		1		2.77		
Magnesium, Mg	mg	12		0		4		27		
Phosphorus, P	mg	132		0		4		300		
Potassium, K	mg	104		0		4		236		
Sodium, Na	mg	40		0		4		91		
Zinc, Zn	mg	1.90		6		1		4.31		
Copper, Cu	mg	0.065		0		4		0.148		
Manganese, Mn	mg	0.019		0		4		0.043		
Selenium, Se	mcg	15.7		0	BFZN	4		35.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0		0		4		4.5		
Thiamin	mg	0.096		0		4		0.218		
Riboflavin	mg	0.140		0		4		0.318		
Niacin	mg	5.254		0		4		11.927		
Pantothenic acid	mg	0.772		0		4		1.752		
Vitamin B-6	mg	0.280		0		4		0.636		
Folate, total	mcg	5		0		4		11		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		4		11		
Folate, DFE	mcg_DFE	5		0	NC	4		11		
Vitamin B-12	mcg	0.27		0		4		0.61		
Vitamin A, IU	IU	149		0		4		338		
Vitamin A, RAE	mcg_RAE	45		0		4		102		
Retinol	mcg	45		0		4		102		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.730		0		1		10.737		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.150		12		1		0.341		
15:0	g									
16:0	g	3.530		12		1		8.013		
17:0	g									
18:0	g	0.980		12		1		2.225		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05303
Poultry, mechanically deboned, from mature hens, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.300		0		1		21.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.860		12		1		1.952		
17:1.....g									
18:1 undifferentiated.....g	8.360		12		1		18.977		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.550		0		1		10.329		
18:2 undifferentiated.....g	4.110		12		1		9.330		
18:3 undifferentiated.....g	0.240		12		1		0.545		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		8		1		0.227		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	143	7.442	7		1		325		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		4		0.268		
Threonine.....g	0.692		0		1		1.571		
Isoleucine.....g	0.570		0		1		1.294		
Leucine.....g	1.220		0		1		2.769		
Lysine.....g	1.314		0		1		2.983		
Methionine.....g	0.398		0		1		0.903		
Cystine.....g	0.111		0		1		0.252		
Phenylalanine.....g	0.584		0		1		1.326		
Tyrosine.....g	0.485		0		1		1.101		
Valine.....g	0.584		0		1		1.326		
Arginine.....g	0.996		0		1		2.261		
Histidine.....g	0.525		0		1		1.192		
Alanine.....g	0.958		0		1		2.175		
Aspartic acid.....g	1.594		0		1		3.618		
Glutamic acid.....g	2.440		0		1		5.539		
Glycine.....g	0.864		0		1		1.961		
Proline.....g	0.666		0		1		1.512		
Serine.....g	0.716		0		1		1.625		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05159
Quail, breast, meat only, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.67	0.411	49		1		149.07	40.14	
Energy	kcal	123		0	NC	4		256	69	
Energy	kj	515				4		1070	288	
Protein (N x 6.25)	g	22.59	0.139	37		1		46.99	12.65	
Total lipid (fat)	g	2.99	0.158	52		1		6.22	1.67	
Ash	g	1.27	0.013	37		1		2.64	0.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.420	3		1		21	6	
Iron, Fe	mg	2.31	0.158	3		1		4.80	1.29	
Magnesium, Mg	mg	28		0		4		58	16	
Phosphorus, P	mg	228	9.133	3		1		474	128	
Potassium, K	mg	260	33.822	4		1		541	146	
Sodium, Na	mg	55	6.749	4		1		114	31	
Zinc, Zn	mg	2.70	0.066	3		1		5.62	1.51	
Copper, Cu	mg	0.433	0.069	3		1		0.901	0.242	
Manganese, Mn	mg	0.018		0		4		0.037	0.010	
Selenium, Se	mcg	18.8		0	BFNN	4		39.1	10.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.1	1.046	3		1		10.6	2.9	
Thiamin	mg	0.240	0.078	3		1		0.499	0.134	
Riboflavin	mg	0.243	0.053	3		1		0.505	0.136	
Niacin	mg	8.200	1.193	3		1		17.056	4.592	
Pantothenic acid	mg	0.787	0.026	3		1		1.637	0.441	
Vitamin B-6	mg	0.530	0.038	3		1		1.102	0.297	
Folate, total	mcg	4		0		4		8	2	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		8	2	
Folate, DFE	mcg_DFE	4		0	NC	4		8	2	
Vitamin B-12	mcg	0.47	0.027	3		1		0.98	0.26	
Vitamin A, IU	IU	37	18.735	3		1		77	21	
Vitamin A, RAE	mcg_RAE	11	5.626	3		1		23	6	
Retinol	mcg	11	5.626	3		1		23	6	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.870		0		1		1.810	0.487	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020	0.005	3		1		0.042	0.011	
13:0	g									
14:0	g	0.020	0.003	19		1		0.042	0.011	
15:0	g									
16:0	g	0.520	0.052	19		1		1.082	0.291	
17:0	g									
18:0	g	0.300	0.033	19		1		0.624	0.168	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05159
Quail, breast, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.840		0		1		1.747	0.470	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160	0.016	19		1		0.333	0.090	
17:1.....g									
18:1 undifferentiated.....g	0.670	0.067	19		1		1.394	0.375	
20:1.....g	0.000	0.000	16		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0		1		1.602	0.431	
18:2 undifferentiated.....g	0.620	0.069	19		1		1.290	0.347	
18:3 undifferentiated.....g	0.020	0.005	19		1		0.042	0.011	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080	0.023	16		1		0.166	0.045	
20:5 n-3.....g	0.010	0.006	9		1		0.021	0.006	
22:5 n-3.....g	0.020	0.008	16		1		0.042	0.011	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		4		121	32	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.354		0		1		0.736	0.198	
Threonine.....g	1.131		0		1		2.352	0.633	
Isoleucine.....g	1.233		0		1		2.565	0.690	
Leucine.....g	1.938		0		1		4.031	1.085	
Lysine.....g	1.977		0		1		4.112	1.107	
Methionine.....g	0.716		0		1		1.489	0.401	
Cystine.....g	0.394		0		1		0.820	0.221	
Phenylalanine.....g	0.980		0		1		2.038	0.549	
Tyrosine.....g	1.048		0		1		2.180	0.587	
Valine.....g	1.225		0		1		2.548	0.686	
Arginine.....g	1.432		0		1		2.979	0.802	
Histidine.....g	0.857		0		1		1.783	0.480	
Alanine.....g	1.392		0		1		2.895	0.780	
Aspartic acid.....g	1.883		0		1		3.917	1.054	
Glutamic acid.....g	2.928		0		1		6.090	1.640	
Glycine.....g	1.497		0		1		3.114	0.838	
Proline.....g	0.828		0		1		1.722	0.464	
Serine.....g	1.103		0		1		2.294	0.618	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 208g: 1 unit (yield from 1 lb ready-to cook quail)

Measure 2 = 56g: 1 breast

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43282
Quail, cooked, total edible

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.00				4				
Energy	kcal	234				4				
Energy	kj	979				4				
Protein	g	25.10				4				
Total lipid (fat)	g	14.10				4				
Ash	g	0.80		0	NC	4				
Carbohydrate, by difference	g	0.00			Z	7				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	15				4				
Iron, Fe	mg	4.43				4				
Magnesium, Mg	mg	22				4				
Phosphorus, P	mg	279				4				
Potassium, K	mg	216				4				
Sodium, Na	mg	52				4				
Zinc, Zn	mg	3.10				4				
Copper, Cu	mg	0.592				4				
Manganese, Mn	mg									
Selenium, Se	mcg	21.8		0	BFYN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.3				4				
Thiamin	mg	0.220				4				
Riboflavin	mg	0.300				4				
Niacin	mg	7.920				4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.620				4				
Folate, total	mcg	6				4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	6				4				
Folate, DFE	mcg_DFE	6		0	NC	4				
Vitamin B-12	mcg	0.36				4				
Vitamin A, IU	IU	233		0	NC	4				
Vitamin A, RAE	mcg_RAE	70		0	NC	4				
Retinol	mcg	70		0	NR	4				
Vitamin E (alpha-tocopherol)	mg	0.70		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.2		0	BFSN	4				
Lipids:										
Fatty acids, total saturated	g	3.955				4				
4:0	g	0.000				4				
6:0	g	0.000				4				
8:0	g	0.000				4				
10:0	g	0.000				4				
12:0	g	0.047				4				
13:0	g									
14:0	g	0.117				4				
15:0	g									
16:0	g	2.563				4				
17:0	g									
18:0	g	1.030				4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 43282
Quail, cooked, total edible

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.891				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.725				4				
17:1.....g									
18:1 undifferentiated.....g	4.119				4				
20:1.....g	0.012				4				
22:1 undifferentiated.....g	0.000				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.487				4				
18:2 undifferentiated.....g	2.691				4				
18:3 undifferentiated.....g	0.492				4				
18:4.....g	0.000				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.164				4				
20:5 n-3.....g	0.012				4				
22:5 n-3.....g	0.035				4				
22:6 n-3.....g	0.000				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	86				4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	z	7				
Theobromine.....mg	0		0	z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7				
Carotene, alpha.....mcg	0		0	z	7				
Cryptoxanthin, beta.....mcg	0		0	z	7				
Lycopene.....mcg	0		0	z	7				
Lutein + zeaxanthin.....mcg	0		0	z	7				

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Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.65		2		1		75.92	282.08	
Energy	kcal	192		0	NC	4		209	778	
Energy	kj	803				4		876	3253	
Protein (N x 6.25)	g	19.63	0.325	12		1		21.40	79.50	
Total lipid (fat)	g	12.05		2		1		13.13	48.80	
Ash	g	0.90		2		1		0.98	3.65	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		14	53	
Iron, Fe	mg	3.97		0		1		4.33	16.08	
Magnesium, Mg	mg	23		0		4		25	93	
Phosphorus, P	mg	275		0		1		300	1114	
Potassium, K	mg	216		0		1		235	875	
Sodium, Na	mg	53		0		1		58	215	
Zinc, Zn	mg	2.42		0		4		2.64	9.80	
Copper, Cu	mg	0.507		0		1		0.553	2.053	
Manganese, Mn	mg	0.019		0		4		0.021	0.077	
Selenium, Se	mcg	16.6		0	PIE	4		18.1	67.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.1		0		1		6.6	24.7	
Thiamin	mg	0.244		0		1		0.266	0.988	
Riboflavin	mg	0.260	0.008	5		1		0.283	1.053	
Niacin	mg	7.538		0		1		8.216	30.529	
Pantothenic acid	mg	0.772		0		4		0.841	3.127	
Vitamin B-6	mg	0.600	0.041	5		1		0.654	2.430	
Folate, total	mcg	8	0.224	5		1		9	32	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8	0.224	5		1		9	32	
Folate, DFE	mcg_DFE	8		0	NC	4		9	32	
Vitamin B-12	mcg	0.43		0		4		0.47	1.74	
Vitamin A, IU	IU	243	5.963	5		1		265	984	
Vitamin A, RAE	mcg_RAE	73	1.791	5		1		80	296	
Retinol	mcg	73	1.791	5		1		80	296	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.380		0		1		3.684	13.689	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		0	Z	7		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.040		0		1		0.044	0.162	
13:0	g									
14:0	g	0.100		0		1		0.109	0.405	
15:0	g									
16:0	g	2.190		0		1		2.387	8.870	
17:0	g									
18:0	g	0.880		0		1		0.959	3.564	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05157
Quail, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.180		0		1		4.556	16.929	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.620		0		1		0.676	2.511	
17:1.....g									
18:1 undifferentiated.....g	3.520		0		1		3.837	14.256	
20:1.....g	0.010		0		1		0.011	0.041	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.980		0		1		3.248	12.069	
18:2 undifferentiated.....g	2.300		0		1		2.507	9.315	
18:3 undifferentiated.....g	0.420		0		1		0.458	1.701	
18:4.....g	0.000		0	z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.153	0.567	
20:5 n-3.....g	0.010		0		1		0.011	0.041	
22:5 n-3.....g	0.030		0		1		0.033	0.122	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		4		83	308	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.288		0		1		0.314	1.166	
Threonine.....g	0.945		0		1		1.030	3.827	
Isoleucine.....g	1.013		0		1		1.104	4.103	
Leucine.....g	1.613		0		1		1.758	6.533	
Lysine.....g	1.645		0		1		1.793	6.662	
Methionine.....g	0.591		0		1		0.644	2.394	
Cystine.....g	0.340		0		1		0.371	1.377	
Phenylalanine.....g	0.826		0		1		0.900	3.345	
Tyrosine.....g	0.849		0		1		0.925	3.438	
Valine.....g	1.033		0		1		1.126	4.184	
Arginine.....g	1.279		0		1		1.394	5.180	
Histidine.....g	0.696		0		1		0.759	2.819	
Alanine.....g	1.260		0		1		1.373	5.103	
Aspartic acid.....g	1.652		0		1		1.801	6.691	
Glutamic acid.....g	2.530		0		1		2.758	10.247	
Glycine.....g	1.542		0		1		1.681	6.245	
Proline.....g	0.866		0		1		0.944	3.507	
Serine.....g	0.937		0		1		1.021	3.795	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 109g: 1 quail

Measure 2 = 405g: 1 unit (yield from 1 lb ready-to cook quail)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.03	0.383	18		1		64.43	239.50	
Energy	kcal	134		0	NC	4		123	458	
Energy	kj	561				4		516	1917	
Protein (N x 6.25)	g	21.76	0.379	18		1		20.02	74.42	
Total lipid (fat)	g	4.53	0.472	18		1		4.17	15.49	
Ash	g	1.32	0.075	18		1		1.21	4.51	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		1		1		12	44	
Iron, Fe	mg	4.51		1		1		4.15	15.42	
Magnesium, Mg	mg	25		0		4		23	86	
Phosphorus, P	mg	307		1		1		282	1050	
Potassium, K	mg	237		1		1		218	811	
Sodium, Na	mg	51		1		1		47	174	
Zinc, Zn	mg	2.70		0		4		2.48	9.23	
Copper, Cu	mg	0.594		1		1		0.546	2.031	
Manganese, Mn	mg	0.019		0		4		0.017	0.065	
Selenium, Se	mcg	17.4		0	BFNN	4		16.0	59.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.2		1		1		6.6	24.6	
Thiamin	mg	0.283		1		1		0.260	0.968	
Riboflavin	mg	0.285		1		1		0.262	0.975	
Niacin	mg	8.200		0		1		7.544	28.044	
Pantothenic acid	mg	0.787		0		4		0.724	2.692	
Vitamin B-6	mg	0.530		0		4		0.488	1.813	
Folate, total	mcg	7		0		4		6	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		6	24	
Folate, DFE	mcg_DFE	7		0	NC	4		6	24	
Vitamin B-12	mcg	0.47		0		4		0.43	1.61	
Vitamin A, IU	IU	57		0		1		52	195	
Vitamin A, RAE	mcg_RAE	17		0		1		16	59	
Retinol	mcg	17		0		1		16	59	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.320		0		1		1.214	4.514	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.030		0		1		0.028	0.103	
13:0	g									
14:0	g	0.030		0		1		0.028	0.103	
15:0	g									
16:0	g	0.780		0		1		0.718	2.668	
17:0	g									
18:0	g	0.460		0		1		0.423	1.573	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05158
Quail, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.280		0		1		1.178	4.378	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.221	0.821	
17:1.....g									
18:1 undifferentiated.....g	1.020		0		1		0.938	3.488	
20:1.....g	0.010		0		1		0.009	0.034	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0		1		1.076	4.001	
18:2 undifferentiated.....g	0.930		0		1		0.856	3.181	
18:3 undifferentiated.....g	0.020		0		1		0.018	0.068	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.110	0.410	
20:5 n-3.....g	0.010		0		1		0.009	0.034	
22:5 n-3.....g	0.020		0		1		0.018	0.068	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		4		64	239	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.341		0		1		0.314	1.166	
Threonine.....g	1.090		0		1		1.003	3.728	
Isoleucine.....g	1.187		0		1		1.092	4.060	
Leucine.....g	1.866		0		1		1.717	6.382	
Lysine.....g	1.905		0		1		1.753	6.515	
Methionine.....g	0.689		0		1		0.634	2.356	
Cystine.....g	0.380		0		1		0.350	1.300	
Phenylalanine.....g	0.944		0		1		0.868	3.228	
Tyrosine.....g	1.010		0		1		0.929	3.454	
Valine.....g	1.180		0		1		1.086	4.036	
Arginine.....g	1.379		0		1		1.269	4.716	
Histidine.....g	0.825		0		1		0.759	2.822	
Alanine.....g	1.341		0		1		1.234	4.586	
Aspartic acid.....g	1.814		0		1		1.669	6.204	
Glutamic acid.....g	2.820		0		1		2.594	9.644	
Glycine.....g	1.442		0		1		1.327	4.932	
Proline.....g	0.797		0		1		0.733	2.726	
Serine.....g	1.062		0		1		0.977	3.632	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 92g: 1 quail

Measure 2 = 342g: 1 unit (yield from 1 lb ready-to cook quail)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05162
Squab, (pigeon), light meat without skin, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.82	0.417	13		1		73.55	109.96	
Energy	kcal	134		0	NC	4		135	202	
Energy	kj	561				4		566	847	
Protein (N x 6.25)	g	21.76	0.405	13		1		21.98	32.86	
Total lipid (fat)	g	4.52	0.231	15		1		4.57	6.83	
Ash	g	1.28	0.039	13		1		1.29	1.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10		0		4		10	15	
Iron, Fe	mg	2.31		0		4		2.33	3.49	
Magnesium, Mg	mg	28		0		4		28	42	
Phosphorus, P	mg	228		0		4		230	344	
Potassium, K	mg	260		0		4		263	393	
Sodium, Na	mg	55		0		4		56	83	
Zinc, Zn	mg	2.70		0		4		2.73	4.08	
Copper, Cu	mg	0.433		0		4		0.437	0.654	
Manganese, Mn	mg	0.018		0		4		0.018	0.027	
Selenium, Se	mcg	15.5		0	BFNN	4		15.7	23.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.1		0		4		5.2	7.7	
Thiamin	mg	0.240		0		4		0.242	0.362	
Riboflavin	mg	0.243		0		4		0.245	0.367	
Niacin	mg	7.322	0.278	23		1		7.395	11.056	
Pantothenic acid	mg	0.787		0		4		0.795	1.188	
Vitamin B-6	mg	0.530		0		4		0.535	0.800	
Folate, total	mcg	4		0		4		4	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		4	6	
Folate, DFE	mcg_DFE	4		0	NC	4		4	6	
Vitamin B-12	mcg	0.47		0		4		0.47	0.71	
Vitamin A, IU	IU	57		0		4		58	86	
Vitamin A, RAE	mcg_RAE	17		0		4		17	26	
Retinol	mcg	17		0		4		17	26	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.180		0		1		1.192	1.782	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.010		1		1		0.010	0.015	
15:0	g									
16:0	g	0.620		1		1		0.626	0.936	
17:0	g									
18:0	g	0.560		1		1		0.566	0.846	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05162
Squab, (pigeon), light meat without skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.610		0		1		1.626	2.431	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180		1		1		0.182	0.272	
17:1.....g									
18:1 undifferentiated.....g	1.430		1		1		1.444	2.159	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.960		0		1		0.970	1.450	
18:2 undifferentiated.....g	0.620		1		1		0.626	0.936	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		1		1		0.141	0.211	
20:5 n-3.....g	0.010		1		1		0.010	0.015	
22:5 n-3.....g	0.060		1		1		0.061	0.091	
22:6 n-3.....g	0.020		1		1		0.020	0.030	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		1		1		91	136	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.341		0		4		0.344	0.515	
Threonine.....g	1.090		0		4		1.101	1.646	
Isoleucine.....g	1.187		0		4		1.199	1.792	
Leucine.....g	1.866		0		4		1.885	2.818	
Lysine.....g	1.905		0		4		1.924	2.877	
Methionine.....g	0.689		0		4		0.696	1.040	
Cystine.....g	0.380		0		4		0.384	0.574	
Phenylalanine.....g	0.944		0		4		0.953	1.425	
Tyrosine.....g	1.010		0		4		1.020	1.525	
Valine.....g	1.180		0		4		1.192	1.782	
Arginine.....g	1.379		0		4		1.393	2.082	
Histidine.....g	0.825		0		4		0.833	1.246	
Alanine.....g	1.341		0		4		1.354	2.025	
Aspartic acid.....g	1.814		0		4		1.832	2.739	
Glutamic acid.....g	2.820		0		4		2.848	4.258	
Glycine.....g	1.442		0		4		1.456	2.177	
Proline.....g	0.797		0		4		0.805	1.203	
Serine.....g	1.062		0		4		1.073	1.604	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 101g: 1 breast, bone removed

Measure 2 = 151g: 1 unit (yield rom 1 lb ready-to-cook squab)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05160
Squab, (pigeon), meat and skin, raw
Columba spp.

Refuse: 23% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.60	1.054	3		1		168.10	112.63	
Energy	kcal	294		0	NC	4		873	585	
Energy	kj	1230				4		3653	2448	
Protein (N x 6.25)	g	18.47	0.233	3		1		54.86	36.76	
Total lipid (fat)	g	23.80	1.102	3		1		70.69	47.36	
Ash	g	1.40	0.100	3		1		4.16	2.79	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		4		36	24	
Iron, Fe	mg	3.54		0		4		10.51	7.04	
Magnesium, Mg	mg	22		0		4		65	44	
Phosphorus, P	mg	248		0		4		737	494	
Potassium, K	mg	199		0		4		591	396	
Sodium, Na	mg	54		0		4		160	107	
Zinc, Zn	mg	2.20		0		4		6.53	4.38	
Copper, Cu	mg	0.437		0		4		1.298	0.870	
Manganese, Mn	mg	0.019		0		4		0.056	0.038	
Selenium, Se	mcg	13.3		0	PIE	4		39.5	26.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	5.2		0		4		15.4	10.3	
Thiamin	mg	0.212		0		4		0.630	0.422	
Riboflavin	mg	0.224		0		4		0.665	0.446	
Niacin	mg	6.046		0		4		17.957	12.032	
Pantothenic acid	mg	0.760		0		4		2.257	1.512	
Vitamin B-6	mg	0.410		0		4		1.218	0.816	
Folate, total	mcg	6		0		4		18	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		4		18	12	
Folate, DFE	mcg_DFE	6		0	NC	4		18	12	
Vitamin B-12	mcg	0.40		0		4		1.19	0.80	
Vitamin A, IU	IU	243		0		4		722	484	
Vitamin A, RAE	mcg_RAE	73		0		4		217	145	
Retinol	mcg	73		0		4		217	145	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	8.430		0		1		25.037	16.776	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.030		0		1		0.089	0.060	
15:0	g									
16:0	g	4.790		0		1		14.226	9.532	
17:0	g									
18:0	g	2.690		0		1		7.989	5.353	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05160
Squab, (pigeon), meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.720		0		1		28.868	19.343	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.470		0		1		10.306	6.905	
17:1.....g									
18:1 undifferentiated.....g	6.260		0		1		18.592	12.457	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.070		0		1		9.118	6.109	
18:2 undifferentiated.....g	2.670		0		1		7.930	5.313	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.475	0.318	
20:5 n-3.....g	0.010		0		1		0.030	0.020	
22:5 n-3.....g	0.070		0		1		0.208	0.139	
22:6 n-3.....g	0.020		0		1		0.059	0.040	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		4		282	189	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		4		0.796	0.533	
Threonine.....g	0.884		0		4		2.625	1.759	
Isoleucine.....g	0.943		0		4		2.801	1.877	
Leucine.....g	1.506		0		4		4.473	2.997	
Lysine.....g	1.537		0		4		4.565	3.059	
Methionine.....g	0.552		0		4		1.639	1.098	
Cystine.....g	0.320		0		4		0.950	0.637	
Phenylalanine.....g	0.773		0		4		2.296	1.538	
Tyrosine.....g	0.789		0		4		2.343	1.570	
Valine.....g	0.967		0		4		2.872	1.924	
Arginine.....g	1.210		0		4		3.594	2.408	
Histidine.....g	0.647		0		4		1.922	1.288	
Alanine.....g	1.194		0		4		3.546	2.376	
Aspartic acid.....g	1.557		0		4		4.624	3.098	
Glutamic acid.....g	2.378		0		4		7.063	4.732	
Glycine.....g	1.491		0		4		4.428	2.967	
Proline.....g	0.839		0		4		2.492	1.670	
Serine.....g	0.878		0		4		2.608	1.747	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 297g: 1 unit (yield rom 1 lb ready-to-cook squab)

Measure 2 = 199g: 1 squab

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05161
Squab, (pigeon), meat only, raw

Refuse: 35% 23% bone, 12% skin

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.80		1		1		182.73	122.30	
Energy	kcal	142		0	NC	4		356	239	
Energy	kj	594				4		1491	998	
Protein (N x 6.25)	g	17.50		1		1		43.93	29.40	
Total lipid (fat)	g	7.50		1		1		18.83	12.60	
Ash	g	1.17		1		1		2.94	1.97	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		4		33	22	
Iron, Fe	mg	4.51		0		4		11.32	7.58	
Magnesium, Mg	mg	25		0		4		63	42	
Phosphorus, P	mg	307		0		4		771	516	
Potassium, K	mg	237		0		4		595	398	
Sodium, Na	mg	51		0		4		128	86	
Zinc, Zn	mg	2.70		0		4		6.78	4.54	
Copper, Cu	mg	0.594		0		4		1.491	0.998	
Manganese, Mn	mg	0.019		0		4		0.048	0.032	
Selenium, Se	mcg	13.5		0	BFNN	4		33.9	22.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	7.2		0		4		18.1	12.1	
Thiamin	mg	0.283		0		4		0.710	0.475	
Riboflavin	mg	0.285		0		4		0.715	0.479	
Niacin	mg	6.860	0.259	23		1		17.219	11.525	
Pantothenic acid	mg	0.787		0		4		1.975	1.322	
Vitamin B-6	mg	0.530		0		4		1.330	0.890	
Folate, total	mcg	7		0		4		18	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		18	12	
Folate, DFE	mcg_DFE	7		0	NC	4		18	12	
Vitamin B-12	mcg	0.47		0		4		1.18	0.79	
Vitamin A, IU	IU	94		0		4		236	158	
Vitamin A, RAE	mcg_RAE	28		0		4		71	47	
Retinol	mcg	28		0		4		71	47	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.960		0		1		4.920	3.293	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		4		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.025	0.017	
15:0	g									
16:0	g	1.020		0		1		2.560	1.714	
17:0	g									
18:0	g	0.930		0		1		2.334	1.562	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05161
Squab, (pigeon), meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.660		0		1		6.677	4.469	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300		0		1		0.753	0.504	
17:1.....g									
18:1 undifferentiated.....g	2.370		0		1		5.949	3.982	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0		1		4.016	2.688	
18:2 undifferentiated.....g	1.030		0		1		2.585	1.730	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.220		0		1		0.552	0.370	
20:5 n-3.....g	0.010		0		1		0.025	0.017	
22:5 n-3.....g	0.090		0		1		0.226	0.151	
22:6 n-3.....g	0.030		0		1		0.075	0.050	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		4		226	151	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.274		0		4		0.688	0.460	
Threonine.....g	0.876		0		4		2.199	1.472	
Isoleucine.....g	0.955		0		4		2.397	1.604	
Leucine.....g	1.501		0		4		3.768	2.522	
Lysine.....g	1.532		0		4		3.845	2.574	
Methionine.....g	0.554		0		4		1.391	0.931	
Cystine.....g	0.305		0		4		0.766	0.512	
Phenylalanine.....g	0.759		0		4		1.905	1.275	
Tyrosine.....g	0.812		0		4		2.038	1.364	
Valine.....g	0.949		0		4		2.382	1.594	
Arginine.....g	1.109		0		4		2.784	1.863	
Histidine.....g	0.664		0		4		1.667	1.116	
Alanine.....g	1.078		0		4		2.706	1.811	
Aspartic acid.....g	1.459		0		4		3.662	2.451	
Glutamic acid.....g	2.268		0		4		5.693	3.810	
Glycine.....g	1.159		0		4		2.909	1.947	
Proline.....g	0.641		0		4		1.609	1.077	
Serine.....g	0.854		0		4		2.144	1.435	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 unit (yield rom 1 lb ready-to-cook squab)

Measure 2 = 168g: 1 squab

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05286
Turkey and gravy, frozen

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	85.07	0.217	4		1		204.17	120.80	
Energy	kcal	67		0	NC	4		161	95	
Energy	kj	280				4		673	398	
Protein (N x 6.25)	g	5.88	0.188	4		1		14.11	8.35	
Total lipid (fat)	g	2.63	0.682	4		1		6.31	3.73	
Ash	g	1.81	0.125	4		1		4.34	2.57	
Carbohydrate, by difference	g	4.61		0	NC	4		11.06	6.55	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	2.465	4		1		34	20	
Iron, Fe	mg	0.93	0.097	4		1		2.23	1.32	
Magnesium, Mg	mg	8	0.614	4		1		19	11	
Phosphorus, P	mg	81	7.503	4		1		194	115	
Potassium, K	mg	61		0		4		146	87	
Sodium, Na	mg	554	54.648	4		1		1330	787	
Zinc, Zn	mg	0.70	0.054	4		1		1.68	0.99	
Copper, Cu	mg	0.022		0		4		0.053	0.031	
Manganese, Mn	mg	0.005		0		4		0.012	0.007	
Selenium, Se	mcg	19.2		0	PAK	1		46.1	27.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.024	0.003	4		1		0.058	0.034	
Riboflavin	mg	0.127	0.012	4		1		0.305	0.180	
Niacin	mg	1.799	0.122	4		1		4.318	2.555	
Pantothenic acid	mg	0.213		0		4		0.511	0.302	
Vitamin B-6	mg	0.100	0.002	4		1		0.240	0.142	
Folate, total	mcg	4		0		4		10	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		4		10	6	
Folate, DFE	mcg_DFE	4		0	NC	4		10	6	
Vitamin B-12	mcg	0.24		0		4		0.58	0.34	
Vitamin A, IU	IU	42	12.846	4		1		101	60	
Vitamin A, RAE	mcg_RAE	13	3.858	4		1		30	18	
Retinol	mcg	13	3.858	4		1		30	18	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.850		0		1		2.040	1.207	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000	0.000	4		1		0.000	0.000	
13:0	g									
14:0	g	0.030	0.009	4		1		0.072	0.043	
15:0	g									
16:0	g	0.540	0.143	4		1		1.296	0.767	
17:0	g									
18:0	g	0.270	0.080	4		1		0.648	0.383	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05286
Turkey and gravy, frozen

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.970		0		1		2.328	1.377	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110	0.030	4		1		0.264	0.156	
17:1.....g									
18:1 undifferentiated.....g	0.860	0.229	4		1		2.064	1.221	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		1.128	0.667	
18:2 undifferentiated.....g	0.440	0.121	4		1		1.056	0.625	
18:3 undifferentiated.....g	0.030	0.012	4		1		0.072	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		4		43	26	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		4		0.161	0.095	
Threonine.....g	0.262		0		4		0.629	0.372	
Isoleucine.....g	0.306		0		4		0.734	0.435	
Leucine.....g	0.469		0		4		1.126	0.666	
Lysine.....g	0.554		0		4		1.330	0.787	
Methionine.....g	0.170		0		4		0.408	0.241	
Cystine.....g	0.061		0		4		0.146	0.087	
Phenylalanine.....g	0.233		0		4		0.559	0.331	
Tyrosine.....g	0.232		0		4		0.557	0.329	
Valine.....g	0.312		0		4		0.749	0.443	
Arginine.....g	0.410		0		4		0.984	0.582	
Histidine.....g	0.183		0		4		0.439	0.260	
Alanine.....g	0.364		0		4		0.874	0.517	
Aspartic acid.....g	0.571		0		4		1.370	0.811	
Glutamic acid.....g	0.960		0		4		2.304	1.363	
Glycine.....g	0.292		0		4		0.701	0.415	
Proline.....g	0.245		0		4		0.588	0.348	
Serine.....g	0.262		0		4		0.629	0.372	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 142g: 1 package (net weight, 5 oz)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 42130
Turkey bacon, cooked

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	32.60				1		26.73	9.13	5.22
Energy	kcal	382				4		313	107	61
Energy	kj	1598				4		1311	448	256
Protein	g	29.60				1		24.27	8.29	4.74
Total lipid (fat)	g	27.90				1		22.88	7.81	4.46
Ash	g	6.80		0	NC	4		5.58	1.90	1.09
Carbohydrate, by difference	g	3.10			NC	4		2.54	0.87	0.50
Fiber, total dietary	g	0.0				7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	9				1		7	3	1
Iron, Fe	mg	2.11				1		1.73	0.59	0.34
Magnesium, Mg	mg	29				1		24	8	5
Phosphorus, P	mg	460				1		377	129	74
Potassium, K	mg	395				1		324	111	63
Sodium, Na	mg	2285				1		1874	640	366
Zinc, Zn	mg	3.03				1		2.48	0.85	0.48
Copper, Cu	mg	0.150				4		0.123	0.042	0.024
Manganese, Mn	mg									
Selenium, Se	mcg	25.8		0	BFNN	4		21.2	7.2	4.1
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7		0.0	0.0	0.0
Thiamin	mg	0.060				4		0.049	0.017	0.010
Riboflavin	mg	0.240				4		0.197	0.067	0.038
Niacin	mg	3.530				4		2.895	0.988	0.565
Pantothenic acid	mg									
Vitamin B-6	mg	0.320				4		0.262	0.090	0.051
Folate, total	mcg	9				4		7	3	1
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9				4		7	3	1
Folate, DFE	mcg_DFE	9		0	NC	4		7	3	1
Vitamin B-12	mcg	0.36				4		0.30	0.10	0.06
Vitamin A, IU	IU	0				4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	1.03		0	BFSN	4		0.85	0.29	0.17
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	7.1		0	BFSN	4		5.9	2.0	1.1
Lipids:										
Fatty acids, total saturated	g	8.294				1		6.801	2.322	1.327
4:0	g	0.000				4		0.000	0.000	0.000
6:0	g	0.000				4		0.000	0.000	0.000
8:0	g	0.000				4		0.000	0.000	0.000
10:0	g	0.000				4		0.000	0.000	0.000
12:0	g	0.008				4		0.007	0.002	0.001
13:0	g									
14:0	g	0.232				4		0.190	0.065	0.037
15:0	g									
16:0	g	5.523				4		4.529	1.546	0.884
17:0	g									
18:0	g	1.886				4		1.547	0.528	0.302
20:0	g									
22:0	g									
24:0	g									

NDB No. 42130
Turkey bacon, cooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.899				1		8.937	3.052	1.744
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.591				4		1.305	0.445	0.255
17:1.....g									
18:1 undifferentiated.....g	9.050				4		7.421	2.534	1.448
20:1.....g	0.017				4		0.014	0.005	0.003
22:1 undifferentiated.....g	0.017				4		0.014	0.005	0.003
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.807				1		5.582	1.906	1.089
18:2 undifferentiated.....g	6.059				4		4.968	1.697	0.969
18:3 undifferentiated.....g	0.373				4		0.306	0.104	0.060
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.255				4		0.209	0.071	0.041
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.025				4		0.021	0.007	0.004
22:6 n-3.....g	0.042				4		0.034	0.012	0.007
Fatty acids, total trans.....g									
Cholesterol.....mg	98				1		80	27	16
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 82g: 1 cup pieces

Measure 2 = 28g: 1 oz

Measure 3 = 16g: 1 oz cooked, yield

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.91	0.774	7		1		612.66		
Energy	kcal	126		0	NC	4		1089		
Energy	kj	527				4		4555		
Protein (N x 6.25)	g	22.16	0.670	18		1		191.46		
Total lipid (fat)	g	3.46	0.370	18		1		29.89		
Ash	g	2.06	0.117	5		1		17.80		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	9	0.774	16		1		78		
Iron, Fe	mg	0.66	0.069	19		1		5.70		
Magnesium, Mg	mg	21	1.749	5		1		181		
Phosphorus, P	mg	214	11.968	5		1		1849		
Potassium, K	mg	248	14.347	17		1		2143		
Sodium, Na	mg	397	33.514	19		1		3430		
Zinc, Zn	mg	1.53	0.118	5		1		13.22		
Copper, Cu	mg	0.041	0.005	5		1		0.354		
Manganese, Mn	mg	0.015		0		4		0.130		
Selenium, Se	mcg	25.7		0	BFNN	4		222.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.053	0.003	17		1		0.458		
Riboflavin	mg	0.133	0.006	17		1		1.149		
Niacin	mg	9.067	1.020	3		1		78.339		
Pantothenic acid	mg	0.489		0		4		4.225		
Vitamin B-6	mg	0.320		2		1		2.765		
Folate, total	mcg	5		0		4		43		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	5		0		4		43		
Folate, DFE	mcg_DFE	5		0	NC	4		43		
Vitamin B-12	mcg	0.32		2		1		2.76		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0		1		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.980		0		1		8.467		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.010		0		1		0.086		
13:0	g									
14:0	g	0.020		0		1		0.173		
15:0	g									
16:0	g	0.590		0		1		5.098		
17:0	g									
18:0	g	0.240		0		1		2.074		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05293
Turkey breast, pre-basted, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.140		0		1		9.850		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		1.642		
17:1.....g									
18:1 undifferentiated.....g	0.920		0		1		7.949		
20:1.....g	0.010		0		1		0.086		
22:1 undifferentiated.....g	0.010		0		1		0.086		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.840		0		1		7.258		
18:2 undifferentiated.....g	0.680		0		1		5.875		
18:3 undifferentiated.....g	0.040		0		1		0.346		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.691		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.010		0		1		0.086		
22:6 n-3.....g	0.010		0		1		0.086		
Fatty acids, total trans.....g									
Cholesterol.....mg	42	1.312	13		1		363		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.246		0		1		2.125		
Threonine.....g	0.967		0		1		8.355		
Isoleucine.....g	1.116		0		1		9.642		
Leucine.....g	1.725		0		1		14.904		
Lysine.....g	2.022		0		1		17.470		
Methionine.....g	0.623		0		1		5.383		
Cystine.....g	0.245		0		1		2.117		
Phenylalanine.....g	0.867		0		1		7.491		
Tyrosine.....g	0.845		0		1		7.301		
Valine.....g	1.155		0		1		9.979		
Arginine.....g	1.554		0		1		13.427		
Histidine.....g	0.668		0		1		5.772		
Alanine.....g	1.401		0		1		12.105		
Aspartic acid.....g	2.130		0		1		18.403		
Glutamic acid.....g	3.542		0		1		30.603		
Glycine.....g	1.287		0		1		11.120		
Proline.....g	1.007		0		1		8.700		
Serine.....g	0.976		0		1		8.433		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 864g: .5 breast, bone removed

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05292
Turkey patties, breaded, battered, fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.70	0.527	17		1		13.92	20.87	31.81
Energy	kcal	283		0	NC	4		79	119	181
Energy	kj	1184				4		332	497	758
Protein (N x 6.25)	g	14.00	0.121	17		1		3.92	5.88	8.96
Total lipid (fat)	g	18.00	0.196	17		1		5.04	7.56	11.52
Ash	g	2.60	0.068	17		1		0.73	1.09	1.66
Carbohydrate, by difference	g	15.70		0	NC	4		4.40	6.59	10.05
Fiber, total dietary	g	0.5		0		4		0.1	0.2	0.3
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.473	17		1		4	6	9
Iron, Fe	mg	2.20	0.149	17		1		0.62	0.92	1.41
Magnesium, Mg	mg	15		0		4		4	6	10
Phosphorus, P	mg	270	6.219	17		1		76	113	173
Potassium, K	mg	275	6.083	17		1		77	116	176
Sodium, Na	mg	800	40.503	17		1		224	336	512
Zinc, Zn	mg	1.44		0		4		0.40	0.60	0.92
Copper, Cu	mg	0.070		0		4		0.020	0.029	0.045
Manganese, Mn	mg	0.077		0		4		0.022	0.032	0.049
Selenium, Se	mcg	19.9		0	PIE	4		5.6	8.4	12.7
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.100	0.003	17		1		0.028	0.042	0.064
Riboflavin	mg	0.190	0.012	17		1		0.053	0.080	0.122
Niacin	mg	2.300	0.095	17		1		0.644	0.966	1.472
Pantothenic acid	mg	0.520		0		4		0.146	0.218	0.333
Vitamin B-6	mg	0.200		0		4		0.056	0.084	0.128
Folate, total	mcg	28		0	RA	4		8	12	18
Folic acid	mcg	20		0	NC	4		6	8	13
Folate, food	mcg	8		0		4		2	3	5
Folate, DFE	mcg_DFE	42		0	NC	4		12	18	27
Vitamin B-12	mcg	0.22		0		4		0.06	0.09	0.14
Vitamin A, IU	IU	37		0	NC	4		10	15	23
Vitamin A, RAE	mcg_RAE	11		0	NC	4		3	5	7
Retinol	mcg	11		0	NR	4		3	5	7
Vitamin E (alpha-tocopherol)	mg	1.26		0	PIK	4		0.35	0.53	0.81
Tocopherol, beta	mg	0.02		0	PIK	4		0.01	0.01	0.01
Tocopherol, gamma	mg	0.14		0	PIK	4		0.04	0.06	0.09
Tocopherol, delta	mg	0.01		0	PIK	4		0.00	0.00	0.00
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	21.0		0	PIK	4		5.9	8.8	13.5
Lipids:										
Fatty acids, total saturated	g	4.690		0		4		1.313	1.970	3.002
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.000		0		4		0.000	0.000	0.000
13:0	g									
14:0	g	0.070		0		4		0.020	0.029	0.045
15:0	g									
16:0	g	2.650		0		4		0.742	1.113	1.696
17:0	g									
18:0	g	1.850		0		4		0.518	0.777	1.184
20:0	g	0.001		0	PAK	1		0.000	0.000	0.001
22:0	g	0.001		0	PAK	1		0.000	0.001	0.001
24:0	g	0.000		0	PAK	1		0.000	0.000	0.000

NDB No. 05292
Turkey patties, breaded, battered, fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.470		0		4		2.092	3.137	4.781
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		4		0.022	0.034	0.051
17:1.....g									
18:1 undifferentiated.....g	7.380		0		4		2.066	3.100	4.723
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.710		0		4		1.319	1.978	3.014
18:2 undifferentiated.....g	4.310		0		4		1.207	1.810	2.758
18:3 undifferentiated.....g	0.260		0		4		0.073	0.109	0.166
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		4		0.025	0.038	0.058
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		4		17	26	40
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.167		0		4		0.047	0.070	0.107
Threonine.....g	0.598		0		4		0.167	0.251	0.383
Isoleucine.....g	0.716		0		4		0.200	0.301	0.458
Leucine.....g	1.116		0		4		0.312	0.469	0.714
Lysine.....g	1.161		0		4		0.325	0.488	0.743
Methionine.....g	0.382		0		4		0.107	0.160	0.244
Cystine.....g	0.174		0		4		0.049	0.073	0.111
Phenylalanine.....g	0.592		0		4		0.166	0.249	0.379
Tyrosine.....g	0.541		0		4		0.151	0.227	0.346
Valine.....g	0.740		0		4		0.207	0.311	0.474
Arginine.....g	0.913		0		4		0.256	0.383	0.584
Histidine.....g	0.416		0		4		0.116	0.175	0.266
Alanine.....g	0.800		0		4		0.224	0.336	0.512
Aspartic acid.....g	1.244		0		4		0.348	0.522	0.796
Glutamic acid.....g	2.754		0		4		0.771	1.157	1.763
Glycine.....g	0.660		0		4		0.185	0.277	0.422
Proline.....g	0.772		0		4		0.216	0.324	0.494
Serine.....g	0.665		0		4		0.186	0.279	0.426
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	39		0	NR	4		10.972	16.458	25.079

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 medium slice (approx 3" x 2" x 1/4")

Measure 2 = 42g: 1 thick slice (approx 3" x 2" x 3/8")

Measure 3 = 64g: 1 patty (2.25 oz)

NDB No. 05292
Turkey patties, breaded, battered, fried

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.40	0.435	6		1		798.34	199.94	
Energy	kcal	120		0	NC	4		1361	341	
Energy	kj	502				4		5694	1426	
Protein (N x 6.25)	g	17.60	0.258	6		1		199.58	49.98	
Total lipid (fat)	g	2.20	0.258	6		1		24.95	6.25	
Ash	g	3.40	0.129	6		1		38.56	9.66	
Carbohydrate, by difference	g	6.40		0	NC	4		72.58	18.18	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1		1		1		11	3	
Iron, Fe	mg	2.10	0.097	6		1		23.81	5.96	
Magnesium, Mg	mg	20		0		4		227	57	
Phosphorus, P	mg	158		0		4		1792	449	
Potassium, K	mg	360	4.832	6		1		4082	1022	
Sodium, Na	mg	678	77.630	18		1		7689	1926	
Zinc, Zn	mg	1.91		0		4		21.66	5.42	
Copper, Cu	mg	0.088		0		4		0.998	0.250	
Manganese, Mn	mg	0.017		0		4		0.193	0.048	
Selenium, Se	mcg	26.5		0	PIE	4		300.5	75.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040	0.003	6		1		0.454	0.114	
Riboflavin	mg	0.120	0.005	6		1		1.361	0.341	
Niacin	mg	4.400	0.129	6		1		49.896	12.496	
Pantothenic acid	mg	0.733		0		4		8.312	2.082	
Vitamin B-6	mg	0.380		0		4		4.309	1.079	
Folate, total	mcg	7		0		4		79	20	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		4		79	20	
Folate, DFE	mcg_DFE	7		0	NC	4		79	20	
Vitamin B-12	mcg	0.35		0		4		3.97	0.99	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.730		0		4		8.278	2.073	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		4		0.113	0.028	
13:0	g									
14:0	g	0.010		0		4		0.113	0.028	
15:0	g									
16:0	g	0.370		0		4		4.196	1.051	
17:0	g									
18:0	g									
20:0	g									
22:0	g									
24:0	g									

NDB No. 05295

Turkey roast, boneless, frozen, seasoned, light and dark meat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.470		0		4		5.330	1.335	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		4		0.794	0.199	
17:1.....g									
18:1 undifferentiated.....g	0.380		0		4		4.309	1.079	
20:1.....g	0.010		0		4		0.113	0.028	
22:1 undifferentiated.....g	0.010		0		4		0.113	0.028	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.640		0		4		7.258	1.818	
18:2 undifferentiated.....g	0.490		0		4		5.557	1.392	
18:3 undifferentiated.....g	0.020		0		4		0.227	0.057	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		4		1.021	0.256	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		4		0.113	0.028	
22:6 n-3.....g	0.020		0		4		0.227	0.057	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		4		601	151	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		4		2.268	0.568	
Threonine.....g	0.782		0		4		8.868	2.221	
Isoleucine.....g	0.915		0		4		10.376	2.599	
Leucine.....g	1.402		0		4		15.899	3.982	
Lysine.....g	1.657		0		4		18.790	4.706	
Methionine.....g	0.509		0		4		5.772	1.446	
Cystine.....g	0.183		0		4		2.075	0.520	
Phenylalanine.....g	0.698		0		4		7.915	1.982	
Tyrosine.....g	0.695		0		4		7.881	1.974	
Valine.....g	0.934		0		4		10.592	2.653	
Arginine.....g	1.227		0		4		13.914	3.485	
Histidine.....g	0.549		0		4		6.226	1.559	
Alanine.....g	1.089		0		4		12.349	3.093	
Aspartic acid.....g	1.708		0		4		19.369	4.851	
Glutamic acid.....g	2.870		0		4		32.546	8.151	
Glycine.....g	0.872		0		4		9.888	2.476	
Proline.....g	0.731		0		4		8.290	2.076	
Serine.....g	0.782		0		4		8.868	2.221	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 1134g: 1 box (net weight, 2.5 lb)

Measure 2 = 284g: .25 box (net weight, 0.625 lb)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.84	0.798	7		1		91.58	530.51	132.97
Energy	kcal	155		0	NC	4		209	1212	304
Energy	kj	649				4		876	5071	1271
Protein (N x 6.25)	g	21.32	1.043	11		1		28.78	166.72	41.79
Total lipid (fat)	g	5.78	0.331	11		1		7.80	45.20	11.33
Ash	g	1.99	0.244	7		1		2.69	15.56	3.90
Carbohydrate, by difference	g	3.07		0	NC	4		4.14	24.01	6.02
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	5	1.847	10		1		7	39	10
Iron, Fe	mg	1.63	0.178	11		1		2.20	12.75	3.19
Magnesium, Mg	mg	22		2		1		30	172	43
Phosphorus, P	mg	244	19.030	7		1		329	1908	478
Potassium, K	mg	298	19.779	11		1		402	2330	584
Sodium, Na	mg	680	82.007	11		1		918	5318	1333
Zinc, Zn	mg	2.54		2		1		3.43	19.86	4.98
Copper, Cu	mg	0.060		2		1		0.081	0.469	0.118
Manganese, Mn	mg	0.015		0		4		0.020	0.117	0.029
Selenium, Se	mcg	36.5		0	PIE	4		49.3	285.4	71.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0		7		0.0	0.0	0.0
Thiamin	mg	0.047	0.005	11		1		0.063	0.368	0.092
Riboflavin	mg	0.163	0.008	11		1		0.220	1.275	0.319
Niacin	mg	6.271	1.296	7		1		8.466	49.039	12.291
Pantothenic acid	mg	0.806		1		1		1.088	6.303	1.580
Vitamin B-6	mg	0.270		2		1		0.365	2.111	0.529
Folate, total	mcg	5		0		4		7	39	10
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	5		0		4		7	39	10
Folate, DFE	mcg_DFE	5		0	NC	4		7	39	10
Vitamin B-12	mcg	1.52		2		1		2.05	11.89	2.98
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.38		0	NR	4		0.52	3.00	0.75
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	BFSN	4		1.0	5.8	1.4
Lipids:										
Fatty acids, total saturated	g	1.900		0		4		2.565	14.858	3.724
4:0	g	0.000		0		4		0.000	0.000	0.000
6:0	g	0.000		0		4		0.000	0.000	0.000
8:0	g	0.000		0		4		0.000	0.000	0.000
10:0	g	0.000		0		4		0.000	0.000	0.000
12:0	g	0.020		0		4		0.027	0.156	0.039
13:0	g									
14:0	g	0.040		0		4		0.054	0.313	0.078
15:0	g									
16:0	g	0.960		0		4		1.296	7.507	1.882
17:0	g									
18:0	g	0.570		0		4		0.770	4.457	1.117
20:0	g									
22:0	g									
24:0	g									

NDB No. 05296

Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.200		0		4		1.620	9.384	2.352
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		0		4		0.230	1.329	0.333
17:1.....g									
18:1 undifferentiated.....g	0.990		0		4		1.337	7.742	1.940
20:1.....g	0.020		0		4		0.027	0.156	0.039
22:1 undifferentiated.....g	0.020		0		4		0.027	0.156	0.039
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.660		0		4		2.241	12.981	3.254
18:2 undifferentiated.....g	1.260		0		4		1.701	9.853	2.470
18:3 undifferentiated.....g	0.040		0		4		0.054	0.313	0.078
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240		0		4		0.324	1.877	0.470
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.040		0		4		0.054	0.313	0.078
22:6 n-3.....g	0.050		0		4		0.068	0.391	0.098
Fatty acids, total trans.....g									
Cholesterol.....mg	53	4.689	4		1		72	414	104
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.242		0		4		0.327	1.892	0.474
Threonine.....g	0.948		0		4		1.280	7.413	1.858
Isoleucine.....g	1.109		0		4		1.497	8.672	2.174
Leucine.....g	1.698		0		4		2.292	13.278	3.328
Lysine.....g	2.009		0		4		2.712	15.710	3.938
Methionine.....g	0.617		0		4		0.833	4.825	1.209
Cystine.....g	0.222		0		4		0.300	1.736	0.435
Phenylalanine.....g	0.846		0		4		1.142	6.616	1.658
Tyrosine.....g	0.843		0		4		1.138	6.592	1.652
Valine.....g	1.132		0		4		1.528	8.852	2.219
Arginine.....g	1.487		0		4		2.007	11.628	2.915
Histidine.....g	0.665		0		4		0.898	5.200	1.303
Alanine.....g	1.320		0		4		1.782	10.322	2.587
Aspartic acid.....g	2.070		0		4		2.795	16.187	4.057
Glutamic acid.....g	3.479		0		4		4.697	27.206	6.819
Glycine.....g	1.057		0		4		1.427	8.266	2.072
Proline.....g	0.887		0		4		1.197	6.936	1.739
Serine.....g	0.948		0		4		1.280	7.413	1.858
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, chopped or diced

Measure 2 = 782g: 1 box (net weight, 1.72 lb)

Measure 3 = 196g: .25 box (net weight, 0.43 lb)

NDB No. 05296
Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05300
Turkey sticks, breaded, battered, fried

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.40	0.333	11		1		31.62		
Energy	kcal	279		0	NC	4		179		
Energy	kj	1167				4		747		
Protein (N x 6.25)	g	14.20	0.172	11		1		9.09		
Total lipid (fat)	g	16.90	0.304	11		1		10.82		
Ash	g	2.50	0.057	11		1		1.60		
Carbohydrate, by difference	g	17.00		0	NC	4		10.88		
Fiber, total dietary	g									
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	1.140	11		1		9		
Iron, Fe	mg	2.20	0.181	11		1		1.41		
Magnesium, Mg	mg	15		0		4		10		
Phosphorus, P	mg	234	22.807	11		1		150		
Potassium, K	mg	260	6.652	11		1		166		
Sodium, Na	mg	838	28.509	11		1		536		
Zinc, Zn	mg	1.46		0		4		0.93		
Copper, Cu	mg	0.073		0		4		0.047		
Manganese, Mn	mg	0.083		0		4		0.053		
Selenium, Se	mcg	20.7		0	BFNN	4		13.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.100	0.005	11		1		0.064		
Riboflavin	mg	0.180	0.012	11		1		0.115		
Niacin	mg	2.100	0.171	11		1		1.344		
Pantothenic acid	mg	0.533		0		4		0.341		
Vitamin B-6	mg	0.200		0		4		0.128		
Folate, total	mcg	29		0	RA	4		19		
Folic acid	mcg	20		0	NC	4		13		
Folate, food	mcg	9		0		4		6		
Folate, DFE	mcg_DFE	43		0	NC	4		28		
Vitamin B-12	mcg	0.23		0		4		0.15		
Vitamin A, IU	IU	40		0		4		26		
Vitamin A, RAE	mcg_RAE	12		0		4		8		
Retinol	mcg	12		0		4		8		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.380		0		4		2.803		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		4		0.000		
13:0	g									
14:0	g	0.060		0		4		0.038		
15:0	g									
16:0	g	2.480		0		4		1.587		
17:0	g									
18:0	g	1.720		0		4		1.101		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05300
Turkey sticks, breaded, battered, fried

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.920		0		4		4.429		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		4		0.051		
17:1.....g									
18:1 undifferentiated.....g	6.830		0		4		4.371		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.390		0		4		2.810		
18:2 undifferentiated.....g	4.010		0		4		2.566		
18:3 undifferentiated.....g	0.240		0		4		0.154		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		4		0.058		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	64		0		4		41		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.170		0		4		0.109		
Threonine.....g	0.606		0		4		0.388		
Isoleucine.....g	0.726		0		4		0.465		
Leucine.....g	1.134		0		4		0.726		
Lysine.....g	1.168		0		4		0.748		
Methionine.....g	0.387		0		4		0.248		
Cystine.....g	0.178		0		4		0.114		
Phenylalanine.....g	0.604		0		4		0.387		
Tyrosine.....g	0.549		0		4		0.351		
Valine.....g	0.751		0		4		0.481		
Arginine.....g	0.923		0		4		0.591		
Histidine.....g	0.421		0		4		0.269		
Alanine.....g	0.808		0		4		0.517		
Aspartic acid.....g	1.256		0		4		0.804		
Glutamic acid.....g	2.831		0		4		1.812		
Glycine.....g	0.668		0		4		0.428		
Proline.....g	0.798		0		4		0.511		
Serine.....g	0.679		0		4		0.435		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 stick (2.25 oz)

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.60		0		1		221.68		
Energy	kcal	157		0	NC	4		493		
Energy	kj	657				4		2063		
Protein (N x 6.25)	g	18.80	1.087	7		1		59.03		
Total lipid (fat)	g	8.54	0.996	7		1		26.82		
Ash	g	2.06		0		1		6.47		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8	1.720	7		1		25		
Iron, Fe	mg	1.51	0.069	7		1		4.74		
Magnesium, Mg	mg	17		1		1		53		
Phosphorus, P	mg	171		1		1		537		
Potassium, K	mg	241	12.253	7		1		757		
Sodium, Na	mg	437	51.562	7		1		1372		
Zinc, Zn	mg	4.12		1		1		12.94		
Copper, Cu	mg	0.139		1		1		0.436		
Manganese, Mn	mg	0.015		0		4		0.047		
Selenium, Se	mcg	27.9		0	BFNN	4		87.6		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.083	0.004	6		1		0.261		
Riboflavin	mg	0.255	0.018	6		1		0.801		
Niacin	mg	2.409		0		4		7.564		
Pantothenic acid	mg	0.812		0		4		2.550		
Vitamin B-6	mg	0.230		0		4		0.722		
Folate, total	mcg	6		0		4		19		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		0		4		19		
Folate, DFE	mcg_DFE	6		0	NC	4		19		
Vitamin B-12	mcg	0.24		0		4		0.75		
Vitamin A, IU	IU	0		0		1		0		
Vitamin A, RAE	mcg_RAE	0		0		1		0		
Retinol	mcg	0		0		1		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.650		0		1		8.321		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.010		0		1		0.031		
13:0	g									
14:0	g	0.060		0		1		0.188		
15:0	g									
16:0	g	1.550		0		1		4.867		
17:0	g									
18:0	g	0.710		0		1		2.229		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05294
Turkey thigh, pre-basted, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.530		0		1		7.944		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		1.256		
17:1.....g									
18:1 undifferentiated.....g	2.060		0		1		6.468		
20:1.....g	0.020		0		1		0.063		
22:1 undifferentiated.....g	0.010		0		1		0.031		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.350		0		1		7.379		
18:2 undifferentiated.....g	1.970		0		1		6.186		
18:3 undifferentiated.....g	0.100		0		1		0.314		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210		0		1		0.659		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.030		0		1		0.094		
22:6 n-3.....g	0.040		0		1		0.126		
Fatty acids, total trans.....g									
Cholesterol.....mg	62	5.653	6		1		195		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.210		0		1		0.659		
Threonine.....g	0.824		0		1		2.587		
Isoleucine.....g	0.954		0		1		2.996		
Leucine.....g	1.471		0		1		4.619		
Lysine.....g	1.727		0		1		5.423		
Methionine.....g	0.532		0		1		1.670		
Cystine.....g	0.205		0		1		0.644		
Phenylalanine.....g	0.737		0		1		2.314		
Tyrosine.....g	0.722		0		1		2.267		
Valine.....g	0.984		0		1		3.090		
Arginine.....g	1.317		0		1		4.135		
Histidine.....g	0.571		0		1		1.793		
Alanine.....g	1.183		0		1		3.715		
Aspartic acid.....g	1.811		0		1		5.687		
Glutamic acid.....g	3.019		0		1		9.480		
Glycine.....g	1.057		0		1		3.319		
Proline.....g	0.838		0		1		2.631		
Serine.....g	0.830		0		1		2.606		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 314g: 1 thigh, bone removed

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	57.94		0		1		81.12	151.80	19.70
Energy	kcal	243		0	NC	4		340	637	83
Energy	kj	1017				4		1423	2664	346
Protein (N x 6.25)	g	26.59		0		1		37.23	69.67	9.04
Total lipid (fat)	g	14.38		0		1		20.13	37.68	4.89
Ash	g	0.93		0		1		1.30	2.44	0.32
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0		1		46	86	11
Iron, Fe	mg	2.19		0		1		3.07	5.74	0.74
Magnesium, Mg	mg	22		0		1		31	58	7
Phosphorus, P	mg	189		0		1		265	495	64
Potassium, K	mg	260		0		1		364	681	88
Sodium, Na	mg	73		0		1		102	191	25
Zinc, Zn	mg	3.92		0		1		5.49	10.27	1.33
Copper, Cu	mg	0.142		0		1		0.199	0.372	0.048
Manganese, Mn	mg	0.023		0		1		0.032	0.060	0.008
Selenium, Se	mcg	37.8		0	BFYN	4		52.9	99.0	12.9
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.054		0		1		0.076	0.141	0.018
Riboflavin	mg	0.224		0		1		0.314	0.587	0.076
Niacin	mg	3.446		0		1		4.824	9.029	1.172
Pantothenic acid	mg	1.073		0		1		1.502	2.811	0.365
Vitamin B-6	mg	0.300		0		1		0.420	0.786	0.102
Folate, total	mcg	8		0		1		11	21	3
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	8		0		1		11	21	3
Folate, DFE	mcg_DFE	8		0	NC	4		11	21	3
Vitamin B-12	mcg	0.34		0		1		0.48	0.89	0.12
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	0
Retinol	mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.59		0	NR	4		0.82	1.54	0.20
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.5		0	BFSN	4		6.2	11.7	1.5
Lipids:										
Fatty acids, total saturated	g	4.180		0		1		5.852	10.952	1.421
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.026	0.003
13:0	g									
14:0	g	0.100		0		1		0.140	0.262	0.034
15:0	g									
16:0	g	2.640		0		1		3.696	6.917	0.898
17:0	g									
18:0	g	1.000		0		1		1.400	2.620	0.340
20:0	g									
22:0	g									
24:0	g									

NDB No. 05190
Turkey, all classes, back, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.000		0		1		7.000	13.100	1.700
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.830		0		1		1.162	2.175	0.282
17:1.....g									
18:1 undifferentiated.....g	4.050		0		1		5.670	10.611	1.377
20:1.....g	0.020		0		1		0.028	0.052	0.007
22:1 undifferentiated.....g	0.010		0		1		0.014	0.026	0.003
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.700		0		1		5.180	9.694	1.258
18:2 undifferentiated.....g	3.180		0		1		4.452	8.332	1.081
18:3 undifferentiated.....g	0.190		0		1		0.266	0.498	0.065
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.322	0.603	0.078
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.030		0		1		0.042	0.079	0.010
22:6 n-3.....g	0.040		0		1		0.056	0.105	0.014
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		127	238	31
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.288		0		1		0.403	0.755	0.098
Threonine.....g	1.145		0		1		1.603	3.000	0.389
Isoleucine.....g	1.297		0		1		1.816	3.398	0.441
Leucine.....g	2.028		0		1		2.839	5.313	0.690
Lysine.....g	2.356		0		1		3.298	6.173	0.801
Methionine.....g	0.731		0		1		1.023	1.915	0.249
Cystine.....g	0.304		0		1		0.426	0.796	0.103
Phenylalanine.....g	1.029		0		1		1.441	2.696	0.350
Tyrosine.....g	0.978		0		1		1.369	2.562	0.333
Valine.....g	1.365		0		1		1.911	3.576	0.464
Arginine.....g	1.887		0		1		2.642	4.944	0.642
Histidine.....g	0.778		0		1		1.089	2.038	0.265
Alanine.....g	1.729		0		1		2.421	4.530	0.588
Aspartic acid.....g	2.549		0		1		3.569	6.678	0.867
Glutamic acid.....g	4.171		0		1		5.839	10.928	1.418
Glycine.....g	1.794		0		1		2.512	4.700	0.610
Proline.....g	1.329		0		1		1.861	3.482	0.452
Serine.....g	1.166		0		1		1.632	3.055	0.396
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 262g: .5 back, bone removed

Measure 3 = 34g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05190
Turkey, all classes, back, meat and skin, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05189
Turkey, all classes, back, meat and skin, raw

Refuse: 40% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.78		0		1		244.69	31.86	
Energy	kcal	196		0	NC	4		708	92	
Energy	kj	820				4		2960	385	
Protein (N x 6.25)	g	18.11		0		1		65.38	8.51	
Total lipid (fat)	g	13.11		0		1		47.33	6.16	
Ash	g	0.79		0		1		2.85	0.37	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		61	8	
Iron, Fe	mg	1.63		0		1		5.88	0.77	
Magnesium, Mg	mg	18		0		1		65	8	
Phosphorus, P	mg	157		0		1		567	74	
Potassium, K	mg	236		0		1		852	111	
Sodium, Na	mg	66		0		1		238	31	
Zinc, Zn	mg	2.67		0		1		9.64	1.25	
Copper, Cu	mg	0.127		0		1		0.458	0.060	
Manganese, Mn	mg	0.020		0		1		0.072	0.009	
Selenium, Se	mcg	26.4		0	PAK	1		95.3	12.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.065		0		1		0.235	0.031	
Riboflavin	mg	0.183		0		1		0.661	0.086	
Niacin	mg	2.682		0		1		9.682	1.261	
Pantothenic acid	mg	0.917		0		1		3.310	0.431	
Vitamin B-6	mg	0.290		0		1		1.047	0.136	
Folate, total	mcg	9		0		1		32	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		32	4	
Folate, DFE	mcg_DFE	9		0	NC	4		32	4	
Vitamin B-12	mcg	0.36		0		1		1.30	0.17	
Vitamin A, IU	IU	10		0		1		36	5	
Vitamin A, RAE	mcg_RAE	3		0		1		11	1	
Retinol	mcg	3		0		1		11	1	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.660		0		1		13.213	1.720	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.036	0.005	
13:0	g									
14:0	g	0.100		0		1		0.361	0.047	
15:0	g									
16:0	g	2.430		0		1		8.772	1.142	
17:0	g									
18:0	g	0.820		0		1		2.960	0.385	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05189
Turkey, all classes, back, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.940		0		1		17.833	2.322	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.840		0		1		3.032	0.395	
17:1.....g									
18:1 undifferentiated.....g	3.990		0		1		14.404	1.875	
20:1.....g	0.010		0		1		0.036	0.005	
22:1 undifferentiated.....g	0.010		0		1		0.036	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.230		0		1		11.660	1.518	
18:2 undifferentiated.....g	2.830		0		1		10.216	1.330	
18:3 undifferentiated.....g	0.180		0		1		0.650	0.085	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.505	0.066	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.072	0.009	
22:6 n-3.....g	0.030		0		1		0.108	0.014	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		267	35	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.195		0		1		0.704	0.092	
Threonine.....g	0.777		0		1		2.805	0.365	
Isoleucine.....g	0.876		0		1		3.162	0.412	
Leucine.....g	1.374		0		1		4.960	0.646	
Lysine.....g	1.592		0		1		5.747	0.748	
Methionine.....g	0.495		0		1		1.787	0.233	
Cystine.....g	0.209		0		1		0.754	0.098	
Phenylalanine.....g	0.699		0		1		2.523	0.329	
Tyrosine.....g	0.660		0		1		2.383	0.310	
Valine.....g	0.926		0		1		3.343	0.435	
Arginine.....g	1.288		0		1		4.650	0.605	
Histidine.....g	0.525		0		1		1.895	0.247	
Alanine.....g	1.185		0		1		4.278	0.557	
Aspartic acid.....g	1.734		0		1		6.260	0.815	
Glutamic acid.....g	2.827		0		1		10.205	1.329	
Glycine.....g	1.263		0		1		4.559	0.594	
Proline.....g	0.925		0		1		3.339	0.435	
Serine.....g	0.793		0		1		2.863	0.373	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 361g: .5 back, bone removed

Measure 2 = 47g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.22		0		1		70.81	546.22	
Energy	kcal	189		0	NC	4		212	1633	
Energy	kj	791				4		886	6832	
Protein (N x 6.25)	g	28.71		0		1		32.16	248.05	
Total lipid (fat)	g	7.41		0		1		8.30	64.02	
Ash	g	1.03		0		1		1.15	8.90	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		24	181	
Iron, Fe	mg	1.40		0		1		1.57	12.10	
Magnesium, Mg	mg	27		0		1		30	233	
Phosphorus, P	mg	210		0		1		235	1814	
Potassium, K	mg	288		0		1		323	2488	
Sodium, Na	mg	63		0		1		71	544	
Zinc, Zn	mg	2.03		0		1		2.27	17.54	
Copper, Cu	mg	0.047		0		1		0.053	0.406	
Manganese, Mn	mg	0.020		0		1		0.022	0.173	
Selenium, Se	mcg	29.1		0	BFYN	4		32.6	251.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.057		0		1		0.064	0.492	
Riboflavin	mg	0.131		0		1		0.147	1.132	
Niacin	mg	6.365		0		1		7.129	54.994	
Pantothenic acid	mg	0.634		0		1		0.710	5.478	
Vitamin B-6	mg	0.480		0		1		0.538	4.147	
Folate, total	mcg	6		0		1		7	52	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		7	52	
Folate, DFE	mcg_DFE	6		0	NC	4		7	52	
Vitamin B-12	mcg	0.36		0		1		0.40	3.11	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.100		0		1		2.352	18.144	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.011	0.086	
13:0	g									
14:0	g	0.050		0		1		0.056	0.432	
15:0	g									
16:0	g	1.280		0		1		1.434	11.059	
17:0	g									
18:0	g	0.500		0		1		0.560	4.320	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05192
Turkey, all classes, breast, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.450		0		1		2.744	21.168	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.448	3.456	
17:1.....g									
18:1 undifferentiated.....g	1.980		0		1		2.218	17.107	
20:1.....g	0.010		0		1		0.011	0.086	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.086	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0		1		2.016	15.552	
18:2 undifferentiated.....g	1.450		0		1		1.624	12.528	
18:3 undifferentiated.....g	0.080		0		1		0.090	0.691	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.179	1.382	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.034	0.259	
22:6 n-3.....g	0.030		0		1		0.034	0.259	
Fatty acids, total trans.....g									
Cholesterol.....mg	74		0		1		83	639	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		0.356	2.748	
Threonine.....g	1.257		0		1		1.408	10.860	
Isoleucine.....g	1.447		0		1		1.621	12.502	
Leucine.....g	2.240		0		1		2.509	19.354	
Lysine.....g	2.626		0		1		2.941	22.689	
Methionine.....g	0.811		0		1		0.908	7.007	
Cystine.....g	0.313		0		1		0.351	2.704	
Phenylalanine.....g	1.126		0		1		1.261	9.729	
Tyrosine.....g	1.096		0		1		1.228	9.469	
Valine.....g	1.500		0		1		1.680	12.960	
Arginine.....g	2.020		0		1		2.262	17.453	
Histidine.....g	0.868		0		1		0.972	7.500	
Alanine.....g	1.822		0		1		2.041	15.742	
Aspartic acid.....g	2.771		0		1		3.104	23.941	
Glutamic acid.....g	4.597		0		1		5.149	39.718	
Glycine.....g	1.677		0		1		1.878	14.489	
Proline.....g	1.313		0		1		1.471	11.344	
Serine.....g	1.268		0		1		1.420	10.956	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 112g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 864g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05191
Turkey, all classes, breast, meat and skin, raw

Refuse: 10% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.05		0		1		102.27	792.97	
Energy	kcal	157		0	NC	4		229	1777	
Energy	kj	657				4		959	7436	
Protein (N x 6.25)	g	21.89		0		1		31.96	247.79	
Total lipid (fat)	g	7.02		0		1		10.25	79.47	
Ash	g	0.91		0		1		1.33	10.30	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		19	147	
Iron, Fe	mg	1.20		0		1		1.75	13.58	
Magnesium, Mg	mg	24		0		1		35	272	
Phosphorus, P	mg	186		0		1		272	2106	
Potassium, K	mg	275		0		1		402	3113	
Sodium, Na	mg	59		0		1		86	668	
Zinc, Zn	mg	1.57		0		1		2.29	17.77	
Copper, Cu	mg	0.074		0		1		0.108	0.838	
Manganese, Mn	mg	0.018		0		1		0.026	0.204	
Selenium, Se	mcg	22.4		0	PAK	1		32.7	253.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.058		0		1		0.085	0.657	
Riboflavin	mg	0.115		0		1		0.168	1.302	
Niacin	mg	5.200		0		1		7.592	58.864	
Pantothenic acid	mg	0.621		0		1		0.907	7.030	
Vitamin B-6	mg	0.480		0		1		0.701	5.434	
Folate, total	mcg	7		0		1		10	79	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		10	79	
Folate, DFE	mcg_DFE	7		0	NC	4		10	79	
Vitamin B-12	mcg	0.42		0		1		0.61	4.75	
Vitamin A, IU	IU	6		0		1		9	68	
Vitamin A, RAE	mcg_RAE	2		0		1		3	20	
Retinol	mcg	2		0		1		3	20	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.910		0		1		2.789	21.621	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.015	0.113	
13:0	g									
14:0	g	0.050		0		1		0.073	0.566	
15:0	g									
16:0	g	1.270		0		1		1.854	14.376	
17:0	g									
18:0	g	0.410		0		1		0.599	4.641	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05191
Turkey, all classes, breast, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.660		0		1		3.884	30.111	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		0.657	5.094	
17:1.....g									
18:1 undifferentiated.....g	2.150		0		1		3.139	24.338	
20:1.....g	0.010		0		1		0.015	0.113	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.113	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.660		0		1		2.424	18.791	
18:2 undifferentiated.....g	1.410		0		1		2.059	15.961	
18:3 undifferentiated.....g	0.090		0		1		0.131	1.019	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.131	1.019	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.015	0.113	
22:6 n-3.....g	0.010		0		1		0.015	0.113	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		95	736	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.242		0		1		0.353	2.739	
Threonine.....g	0.957		0		1		1.397	10.833	
Isoleucine.....g	1.099		0		1		1.605	12.441	
Leucine.....g	1.704		0		1		2.488	19.289	
Lysine.....g	1.996		0		1		2.914	22.595	
Methionine.....g	0.616		0		1		0.899	6.973	
Cystine.....g	0.240		0		1		0.350	2.717	
Phenylalanine.....g	0.857		0		1		1.251	9.701	
Tyrosine.....g	0.832		0		1		1.215	9.418	
Valine.....g	1.141		0		1		1.666	12.916	
Arginine.....g	1.541		0		1		2.250	17.444	
Histidine.....g	0.660		0		1		0.964	7.471	
Alanine.....g	1.392		0		1		2.032	15.757	
Aspartic acid.....g	2.111		0		1		3.082	23.897	
Glutamic acid.....g	3.497		0		1		5.106	39.586	
Glycine.....g	1.299		0		1		1.897	14.705	
Proline.....g	1.011		0		1		1.476	11.445	
Serine.....g	0.966		0		1		1.410	10.935	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 146g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1132g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.09		0		1		88.33	57.41	
Energy	kcal	187		0	NC	4		262	170	
Energy	kj	782				4		1095	712	
Protein (N x 6.25)	g	28.57		0		1		40.00	26.00	
Total lipid (fat)	g	7.22		0		1		10.11	6.57	
Ash	g	1.02		0		1		1.43	0.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0		1		45	29	
Iron, Fe	mg	2.33		0		1		3.26	2.12	
Magnesium, Mg	mg	24		0		1		34	22	
Phosphorus, P	mg	204		0		1		286	186	
Potassium, K	mg	290		0		1		406	264	
Sodium, Na	mg	79		0		1		111	72	
Zinc, Zn	mg	4.46		0		1		6.24	4.06	
Copper, Cu	mg	0.160		0		1		0.224	0.146	
Manganese, Mn	mg	0.023		0		1		0.032	0.021	
Selenium, Se	mcg	40.9	4.175	16	A	1		57.3	37.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.063		0		1		0.088	0.057	
Riboflavin	mg	0.248		0		1		0.347	0.226	
Niacin	mg	3.649		0		1		5.109	3.321	
Pantothenic acid	mg	1.286		0		1		1.800	1.170	
Vitamin B-6	mg	0.360		0		1		0.504	0.328	
Folate, total	mcg	9		0		1		13	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		13	8	
Folate, DFE	mcg_DFE	9		0	NC	4		13	8	
Vitamin B-12	mcg	0.37		0		1		0.52	0.34	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.64		0	NR	4		0.90	0.58	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.9		0	BFSN	4		5.5	3.6	
Lipids:										
Fatty acids, total saturated	g	2.420		0		1		3.388	2.202	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.028	0.018	
13:0	g									
14:0	g	0.050		0		1		0.070	0.046	
15:0	g									
16:0	g	1.280		0		1		1.792	1.165	
17:0	g									
18:0	g	0.720		0		1		1.008	0.655	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05188
Turkey, all classes, dark meat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.640		0		1		2.296	1.492	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.336	0.218	
17:1.....g									
18:1 undifferentiated.....g	1.350		0		1		1.890	1.229	
20:1.....g	0.030		0		1		0.042	0.027	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.018	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.160		0		1		3.024	1.966	
18:2 undifferentiated.....g	1.750		0		1		2.450	1.593	
18:3 undifferentiated.....g	0.070		0		1		0.098	0.064	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260		0		1		0.364	0.237	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.056	0.036	
22:6 n-3.....g	0.060		0		1		0.084	0.055	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		119	77	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.325		0		1		0.455	0.296	
Threonine.....g	1.271		0		1		1.779	1.157	
Isoleucine.....g	1.485		0		1		2.079	1.351	
Leucine.....g	2.276		0		1		3.186	2.071	
Lysine.....g	2.693		0		1		3.770	2.451	
Methionine.....g	0.828		0		1		1.159	0.753	
Cystine.....g	0.297		0		1		0.416	0.270	
Phenylalanine.....g	1.134		0		1		1.588	1.032	
Tyrosine.....g	1.129		0		1		1.581	1.027	
Valine.....g	1.518		0		1		2.125	1.381	
Arginine.....g	1.993		0		1		2.790	1.814	
Histidine.....g	0.892		0		1		1.249	0.812	
Alanine.....g	1.769		0		1		2.477	1.610	
Aspartic acid.....g	2.775		0		1		3.885	2.525	
Glutamic acid.....g	4.663		0		1		6.528	4.243	
Glycine.....g	1.417		0		1		1.984	1.289	
Proline.....g	1.188		0		1		1.663	1.081	
Serine.....g	1.271		0		1		1.779	1.157	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 91g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05188
Turkey, all classes, dark meat, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.23		0		1		84.32	62.64	486.66
Energy	kcal	221		0	NC	4		309	230	1786
Energy	kj	925				4		1295	962	7471
Protein (N x 6.25)	g	27.49		0		1		38.49	28.59	222.12
Total lipid (fat)	g	11.54		0		1		16.16	12.00	93.24
Ash	g	0.97		0		1		1.36	1.01	7.84
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	33		0		1		46	34	267
Iron, Fe	mg	2.27		0		1		3.18	2.36	18.34
Magnesium, Mg	mg	23		0		1		32	24	186
Phosphorus, P	mg	196		0		1		274	204	1584
Potassium, K	mg	274		0		1		384	285	2214
Sodium, Na	mg	76		0		1		106	79	614
Zinc, Zn	mg	4.16		0		1		5.82	4.33	33.61
Copper, Cu	mg	0.150		0		1		0.210	0.156	1.212
Manganese, Mn	mg	0.023		0		1		0.032	0.024	0.186
Selenium, Se	mcg	37.8		0	BFYN	4		52.9	39.3	305.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.058		0		1		0.081	0.060	0.469
Riboflavin	mg	0.235		0		1		0.329	0.244	1.899
Niacin	mg	3.530		0		1		4.942	3.671	28.522
Pantothenic acid	mg	1.160		0		1		1.624	1.206	9.373
Vitamin B-6	mg	0.320		0		1		0.448	0.333	2.586
Folate, total	mcg	9		0		1		13	9	73
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	9		0		1		13	9	73
Folate, DFE	mcg_DFE	9		0	NC	4		13	9	73
Vitamin B-12	mcg	0.36		0		1		0.50	0.37	2.91
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.61		0	NR	4		0.85	0.63	4.92
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.2		0	BFSN	4		5.9	4.4	34.0
Lipids:										
Fatty acids, total saturated	g	3.490		0		1		4.886	3.630	28.199
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.010	0.081
13:0	g									
14:0	g	0.080		0		1		0.112	0.083	0.646
15:0	g									
16:0	g	2.100		0		1		2.940	2.184	16.968
17:0	g									
18:0	g	0.900		0		1		1.260	0.936	7.272
20:0	g									
22:0	g									
24:0	g									

NDB No. 05184
Turkey, all classes, dark meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.650		0		1		5.110	3.796	29.492
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.826	0.614	4.767
17:1.....g									
18:1 undifferentiated.....g	2.970		0		1		4.158	3.089	23.998
20:1.....g	0.020		0		1		0.028	0.021	0.162
22:1 undifferentiated.....g	0.020		0		1		0.028	0.021	0.162
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.090		0		1		4.326	3.214	24.967
18:2 undifferentiated.....g	2.610		0		1		3.654	2.714	21.089
18:3 undifferentiated.....g	0.140		0		1		0.196	0.146	1.131
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240		0		1		0.336	0.250	1.939
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.030		0		1		0.042	0.031	0.242
22:6 n-3.....g	0.050		0		1		0.070	0.052	0.404
Fatty acids, total trans.....g									
Cholesterol.....mg	89		0		1		125	93	719
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.304		0		1		0.426	0.316	2.456
Threonine.....g	1.200		0		1		1.680	1.248	9.696
Isoleucine.....g	1.379		0		1		1.931	1.434	11.142
Leucine.....g	2.138		0		1		2.993	2.224	17.275
Lysine.....g	2.503		0		1		3.504	2.603	20.224
Methionine.....g	0.774		0		1		1.084	0.805	6.254
Cystine.....g	0.302		0		1		0.423	0.314	2.440
Phenylalanine.....g	1.076		0		1		1.506	1.119	8.694
Tyrosine.....g	1.044		0		1		1.462	1.086	8.436
Valine.....g	1.432		0		1		2.005	1.489	11.571
Arginine.....g	1.936		0		1		2.710	2.013	15.643
Histidine.....g	0.828		0		1		1.159	0.861	6.690
Alanine.....g	1.750		0		1		2.450	1.820	14.140
Aspartic acid.....g	2.650		0		1		3.710	2.756	21.412
Glutamic acid.....g	4.388		0		1		6.143	4.564	35.455
Glycine.....g	1.641		0		1		2.297	1.707	13.259
Proline.....g	1.274		0		1		1.784	1.325	10.294
Serine.....g	1.213		0		1		1.698	1.262	9.801
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 104g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 808g: .5 turkey, bone removed

NDB No. 05184
Turkey, all classes, dark meat, meat and skin, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.13		0		1		108.12	836.49	
Energy	kcal	160		0	NC	4		243	1882	
Energy	kj	669				4		1018	7873	
Protein (N x 6.25)	g	18.92		0		1		28.76	222.50	
Total lipid (fat)	g	8.80		0		1		13.38	103.49	
Ash	g	0.86		0		1		1.31	10.11	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		26	200	
Iron, Fe	mg	1.69		0		1		2.57	19.87	
Magnesium, Mg	mg	20		0		1		30	235	
Phosphorus, P	mg	170		0		1		258	1999	
Potassium, K	mg	261		0		1		397	3069	
Sodium, Na	mg	71		0		1		108	835	
Zinc, Zn	mg	2.95		0		1		4.48	34.69	
Copper, Cu	mg	0.137		0		1		0.208	1.611	
Manganese, Mn	mg	0.021		0		1		0.032	0.247	
Selenium, Se	mcg	26.4		0	PAK	1		40.1	310.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.073		0		1		0.111	0.858	
Riboflavin	mg	0.202		0		1		0.307	2.376	
Niacin	mg	2.855		0		1		4.340	33.575	
Pantothenic acid	mg	1.033		0		1		1.570	12.148	
Vitamin B-6	mg	0.320		0		1		0.486	3.763	
Folate, total	mcg	10		0		1		15	118	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		15	118	
Folate, DFE	mcg_DFE	10		0	NC	4		15	118	
Vitamin B-12	mcg	0.38		0		1		0.58	4.47	
Vitamin A, IU	IU	5		0		1		8	59	
Vitamin A, RAE	mcg_RAE	2		0		1		2	18	
Retinol	mcg	2		0		1		2	18	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.580		0		1		3.922	30.341	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.015	0.118	
13:0	g									
14:0	g	0.060		0		1		0.091	0.706	
15:0	g									
16:0	g	1.610		0		1		2.447	18.934	
17:0	g									
18:0	g	0.630		0		1		0.958	7.409	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05183
Turkey, all classes, dark meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.000		0		1		4.560	35.280	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		0.760	5.880	
17:1.....g									
18:1 undifferentiated.....g	2.430		0		1		3.694	28.577	
20:1.....g	0.010		0		1		0.015	0.118	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.118	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.280		0		1		3.466	26.813	
18:2 undifferentiated.....g	1.950		0		1		2.964	22.932	
18:3 undifferentiated.....g	0.110		0		1		0.167	1.294	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.228	1.764	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.030	0.235	
22:6 n-3.....g	0.030		0		1		0.046	0.353	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		109	847	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.209		0		1		0.318	2.458	
Threonine.....g	0.826		0		1		1.256	9.714	
Isoleucine.....g	0.950		0		1		1.444	11.172	
Leucine.....g	1.472		0		1		2.237	17.311	
Lysine.....g	1.724		0		1		2.620	20.274	
Methionine.....g	0.533		0		1		0.810	6.268	
Cystine.....g	0.208		0		1		0.316	2.446	
Phenylalanine.....g	0.741		0		1		1.126	8.714	
Tyrosine.....g	0.719		0		1		1.093	8.455	
Valine.....g	0.986		0		1		1.499	11.595	
Arginine.....g	1.332		0		1		2.025	15.664	
Histidine.....g	0.570		0		1		0.866	6.703	
Alanine.....g	1.204		0		1		1.830	14.159	
Aspartic acid.....g	1.824		0		1		2.772	21.450	
Glutamic acid.....g	3.021		0		1		4.592	35.527	
Glycine.....g	1.125		0		1		1.710	13.230	
Proline.....g	0.875		0		1		1.330	10.290	
Serine.....g	0.835		0		1		1.269	9.820	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1176g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.48		0		1		98.31	757.46	
Energy	kcal	125		0	NC	4		165	1271	
Energy	kj	523				4		690	5319	
Protein (N x 6.25)	g	20.07		0		1		26.49	204.11	
Total lipid (fat)	g	4.38		0		1		5.78	44.54	
Ash	g	0.93		0		1		1.23	9.46	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		22	173	
Iron, Fe	mg	1.75		0		1		2.31	17.80	
Magnesium, Mg	mg	22		0		1		29	224	
Phosphorus, P	mg	184		0		1		243	1871	
Potassium, K	mg	286		0		1		378	2909	
Sodium, Na	mg	77		0		1		102	783	
Zinc, Zn	mg	3.22		0		1		4.25	32.75	
Copper, Cu	mg	0.147		0		1		0.194	1.495	
Manganese, Mn	mg	0.022		0		1		0.029	0.224	
Selenium, Se	mcg	28.6		0	BFZN	4		37.8	290.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.081		0		1		0.107	0.824	
Riboflavin	mg	0.221		0		1		0.292	2.248	
Niacin	mg	3.075		0		1		4.059	31.273	
Pantothenic acid	mg	1.155		0		1		1.525	11.746	
Vitamin B-6	mg	0.360		0		1		0.475	3.661	
Folate, total	mcg	11		0		1		15	112	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		15	112	
Folate, DFE	mcg_DFE	11		0	NC	4		15	112	
Vitamin B-12	mcg	0.40		0		1		0.53	4.07	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.470		0		1		1.940	14.950	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.013	0.102	
13:0	g									
14:0	g	0.030		0		1		0.040	0.305	
15:0	g									
16:0	g	0.770		0		1		1.016	7.831	
17:0	g									
18:0	g	0.440		0		1		0.581	4.475	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05187
Turkey, all classes, dark meat, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.990		0		1		1.307	10.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		1		0.198	1.526	
17:1.....g									
18:1 undifferentiated.....g	0.820		0		1		1.082	8.339	
20:1.....g	0.020		0		1		0.026	0.203	
22:1 undifferentiated.....g	0.010		0		1		0.013	0.102	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.310		0		1		1.729	13.323	
18:2 undifferentiated.....g	1.060		0		1		1.399	10.780	
18:3 undifferentiated.....g	0.040		0		1		0.053	0.407	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.211	1.627	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.026	0.203	
22:6 n-3.....g	0.030		0		1		0.040	0.305	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		91	702	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.301	2.319	
Threonine.....g	0.893		0		1		1.179	9.082	
Isoleucine.....g	1.044		0		1		1.378	10.617	
Leucine.....g	1.600		0		1		2.112	16.272	
Lysine.....g	1.892		0		1		2.497	19.242	
Methionine.....g	0.581		0		1		0.767	5.909	
Cystine.....g	0.209		0		1		0.276	2.126	
Phenylalanine.....g	0.796		0		1		1.051	8.095	
Tyrosine.....g	0.793		0		1		1.047	8.065	
Valine.....g	1.067		0		1		1.408	10.851	
Arginine.....g	1.400		0		1		1.848	14.238	
Histidine.....g	0.626		0		1		0.826	6.366	
Alanine.....g	1.243		0		1		1.641	12.641	
Aspartic acid.....g	1.950		0		1		2.574	19.832	
Glutamic acid.....g	3.276		0		1		4.324	33.317	
Glycine.....g	0.996		0		1		1.315	10.129	
Proline.....g	0.835		0		1		1.102	8.492	
Serine.....g	0.893		0		1		1.179	9.082	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 132g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1017g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.26		0	PAK	1		94.63	6.53	
Energy	kcal	199		0	PAK	1		289	20	
Energy	kj	834		0	PAK	1		1209	83	
Protein (N x 6.25)	g	20.89		0	PAK	1		30.29	2.09	
Total lipid (fat)	g	11.86		0	PAK	1		17.20	1.19	
Ash	g	1.18		0	PAK	1		1.72	0.12	
Carbohydrate, by difference	g	0.80		0	PIK	4		1.17	0.08	
Fiber, total dietary	g	0.0		0	PIK	4		0.0	0.0	
Sugars, total	g	0.00		0	PIK	4		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	6		0	PAK	1		9	1	
Iron, Fe	mg	7.71		0	PAK	1		11.17	0.77	
Magnesium, Mg	mg	18		0	PAK	1		26	2	
Phosphorus, P	mg	231		0	PAK	1		335	23	
Potassium, K	mg	270		0	PAK	1		392	27	
Sodium, Na	mg	64		0	PAK	1		93	6	
Zinc, Zn	mg	3.12		0	PAK	1		4.53	0.31	
Copper, Cu	mg	0.269		0	PAK	1		0.389	0.027	
Manganese, Mn	mg	0.159		0	PAK	1		0.231	0.016	
Selenium, Se	mcg	57.9		0	PAK	1		84.0	5.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	13.7		0	PAK	1		19.9	1.4	
Thiamin	mg	0.027		0	PAK	1		0.039	0.003	
Riboflavin	mg	1.503		0	PAK	1		2.179	0.150	
Niacin	mg	6.998		0	PAK	1		10.147	0.700	
Pantothenic acid	mg	2.447		0	PAK	1		3.549	0.245	
Vitamin B-6	mg	0.581		0	PAK	1		0.843	0.058	
Folate, total	mcg	335		0	PAK	1		485	33	
Folic acid	mcg	0		0	PIK	4		0	0	
Folate, food	mcg	335		0	PAK	1		485	33	
Folate, DFE	mcg_DFE	335		0	NC	4		485	33	
Vitamin B-12	mcg	33.25		0	PAK	1		48.21	3.32	
Vitamin A, IU	IU	35790		0	PAK	1		51895	3579	
Vitamin A, RAE	mcg_RAE	10737		0	AS	1		15569	1074	
Retinol	mcg	10737		0	PAK	1		15569	1074	
Vitamin E (alpha-tocopherol)	mg	0.08		0	PAK	1		0.11	0.01	
Tocopherol, beta	mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma	mg	0.12		0	PAK	1		0.18	0.01	
Tocopherol, delta	mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.6		0	PAK	1		0.8	0.1	
Lipids:										
Fatty acids, total saturated	g	3.923		0	PAK	1		5.688	0.392	
4:0	g	0.000		0	PIK	4		0.000	0.000	
6:0	g	0.000		0	PIK	4		0.000	0.000	
8:0	g	0.000		0	PAK	1		0.000	0.000	
10:0	g	0.000		0	PAK	1		0.000	0.000	
12:0	g	0.000		0	PAK	1		0.000	0.000	
13:0	g									
14:0	g	0.067		0	PAK	1		0.098	0.007	
15:0	g	0.000		0	PAK	1		0.000	0.000	
16:0	g	2.731		0	PAK	1		3.959	0.273	
17:0	g	0.004		0	PAK	1		0.005	0.000	
18:0	g	1.117		0	PAK	1		1.620	0.112	
20:0	g	0.001		0	PAK	1		0.001	0.000	
22:0	g	0.003		0	PAK	1		0.005	0.000	
24:0	g									

NDB No. 05172
Turkey, all classes, giblets, cooked, simmered, some giblet fat

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.954		0	PAK	1		7.184	0.495	
14:1.....g	0.022		0	PAK	1		0.032	0.002	
15:1.....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated.....g	0.618		0	PAK	1		0.896	0.062	
17:1.....g									
18:1 undifferentiated.....g	4.289		0	PAK	1		6.220	0.429	
20:1.....g	0.025		0	PAK	1		0.036	0.002	
22:1 undifferentiated.....g	0.000		0	PIK	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.260		0	PAK	1		1.826	0.126	
18:2 undifferentiated.....g	0.996		0	PAK	1		1.445	0.100	
18:3 undifferentiated.....g	0.010		0	PAK	1		0.015	0.001	
18:3 n-6 c,c,c.....g	0.010		0	PAK	1		0.015	0.001	
18:4.....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c.....g	0.006		0	PAK	1		0.008	0.001	
20:3 undifferentiated.....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.247		0	PAK	1		0.358	0.025	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	PIK	4		0.000	0.000	
22:5 n-3.....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3.....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans.....g	0.000		0	PAK	1		0.000	0.000	
Cholesterol.....mg	289		0	PAK	1		419	29	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	PIK	4		0.0	0.0	
Caffeine.....mg	0		0	PIK	4		0	0	
Theobromine.....mg	0		0	PIK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	PAK	1		0.000	0.000	
Carotene, alpha.....mcg	0		0	PAK	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	PAK	1		0.000	0.000	
Lycopene.....mcg	3		0	PAK	1		4.640	0.320	
Lutein + zeaxanthin.....mcg	0		0	PIK	4		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 145g: 1 cup, chopped or diced

Measure 2 = 10.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05171
Turkey, all classes, giblets, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.18		0		1		11.71	178.56	
Energy	kcal	129		0	NC	4		21	315	
Energy	kj	540				4		86	1317	
Protein (N x 6.25)	g	19.36		0		1		3.10	47.24	
Total lipid (fat)	g	4.20		0		1		0.67	10.25	
Ash	g	1.16		0		1		0.19	2.83	
Carbohydrate, by difference	g	2.09		0	NC	4		0.33	5.10	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	8		0		1		1	20	
Iron, Fe	mg	6.84		0		1		1.09	16.69	
Magnesium, Mg	mg	19		0		1		3	46	
Phosphorus, P	mg	220		0		1		35	537	
Potassium, K	mg	316		0		1		51	771	
Sodium, Na	mg	87		0		1		14	212	
Zinc, Zn	mg	2.39		0		1		0.38	5.83	
Copper, Cu	mg	0.313		0		1		0.050	0.764	
Manganese, Mn	mg	0.157		0		1		0.025	0.383	
Selenium, Se	mcg	142.0		0	PIE	4		22.7	346.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.8		0		1		0.6	9.3	
Thiamin	mg	0.076		0		1		0.012	0.185	
Riboflavin	mg	1.145		0		1		0.183	2.794	
Niacin	mg	6.327		0		1		1.012	15.438	
Pantothenic acid	mg	3.952		0		1		0.632	9.643	
Vitamin B-6	mg	0.430		0		1		0.069	1.049	
Folate, total	mcg	342		0		1		55	834	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	342		0		1		55	834	
Folate, DFE	mcg_DFE	342		0	NC	4		55	834	
Vitamin B-12	mcg	28.39		0		1		4.54	69.27	
Vitamin A, IU	IU	7665		0		1		1226	18703	
Vitamin A, RAE	mcg_RAE	2302		0		1		368	5616	
Retinol	mcg	2302		0		1		368	5616	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.260		0		1		0.202	3.074	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.050		0		1		0.008	0.122	
15:0	g									
16:0	g	0.690		0		1		0.110	1.684	
17:0	g									
18:0	g	0.390		0		1		0.062	0.952	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05171
Turkey, all classes, giblets, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.910		0		1		0.146	2.220	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.026	0.390	
17:1.....g									
18:1 undifferentiated.....g	0.730		0		1		0.117	1.781	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.030		0		1		0.165	2.513	
18:2 undifferentiated.....g	0.710		0		1		0.114	1.732	
18:3 undifferentiated.....g	0.010		0		1		0.002	0.024	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.270		0		1		0.043	0.659	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	282		0		1		45	688	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0		1		0.036	0.549	
Threonine.....g	0.877		0		1		0.140	2.140	
Isoleucine.....g	0.977		0		1		0.156	2.384	
Leucine.....g	1.564		0		1		0.250	3.816	
Lysine.....g	1.425		0		1		0.228	3.477	
Methionine.....g	0.482		0		1		0.077	1.176	
Cystine.....g	0.258		0		1		0.041	0.630	
Phenylalanine.....g	0.881		0		1		0.141	2.150	
Tyrosine.....g	0.640		0		1		0.102	1.562	
Valine.....g	1.046		0		1		0.167	2.552	
Arginine.....g	1.286		0		1		0.206	3.138	
Histidine.....g	0.457		0		1		0.073	1.115	
Alanine.....g	0.970		0		1		0.155	2.367	
Aspartic acid.....g	1.818		0		1		0.291	4.436	
Glutamic acid.....g	2.913		0		1		0.466	7.108	
Glycine.....g	1.070		0		1		0.171	2.611	
Proline.....g	0.984		0		1		0.157	2.401	
Serine.....g	0.843		0		1		0.135	2.057	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 16g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 244g: 1 giblets

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.19		0		1		43.44	334.10	
Energy	kcal	208		0	NC	4		148	1136	
Energy	kj	870				4		618	4752	
Protein (N x 6.25)	g	27.87		0		1		19.79	152.17	
Total lipid (fat)	g	9.82		0		1		6.97	53.62	
Ash	g	0.99		0		1		0.70	5.41	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	32		0		1		23	175	
Iron, Fe	mg	2.30		0		1		1.63	12.56	
Magnesium, Mg	mg	23		0		1		16	126	
Phosphorus, P	mg	199		0		1		141	1087	
Potassium, K	mg	280		0		1		199	1529	
Sodium, Na	mg	77		0		1		55	420	
Zinc, Zn	mg	4.27		0		1		3.03	23.31	
Copper, Cu	mg	0.154		0		1		0.109	0.841	
Manganese, Mn	mg	0.023		0		1		0.016	0.126	
Selenium, Se	mcg	37.8		0	BFYN	4		26.8	206.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060		0		1		0.043	0.328	
Riboflavin	mg	0.241		0		1		0.171	1.316	
Niacin	mg	3.561		0		1		2.528	19.443	
Pantothenic acid	mg	1.205		0		1		0.856	6.579	
Vitamin B-6	mg	0.330		0		1		0.234	1.802	
Folate, total	mcg	9		0		1		6	49	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		6	49	
Folate, DFE	mcg_DFE	9		0	NC	4		6	49	
Vitamin B-12	mcg	0.36		0		1		0.26	1.97	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.62		0	NR	4		0.44	3.38	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.1		0	BFSN	4		2.9	22.5	
Lipids:										
Fatty acids, total saturated	g	3.060		0		1		2.173	16.708	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.007	0.055	
13:0	g									
14:0	g	0.070		0		1		0.050	0.382	
15:0	g									
16:0	g	1.770		0		1		1.257	9.664	
17:0	g									
18:0	g	0.820		0		1		0.582	4.477	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05194
Turkey, all classes, leg, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.870		0		1		2.038	15.670	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		0.327	2.512	
17:1.....g									
18:1 undifferentiated.....g	2.340		0		1		1.661	12.776	
20:1.....g	0.030		0		1		0.021	0.164	
22:1 undifferentiated.....g	0.020		0		1		0.014	0.109	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.720		0		1		1.931	14.851	
18:2 undifferentiated.....g	2.270		0		1		1.612	12.394	
18:3 undifferentiated.....g	0.110		0		1		0.078	0.601	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240		0		1		0.170	1.310	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.021	0.164	
22:6 n-3.....g	0.050		0		1		0.036	0.273	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		60	464	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.221	1.698	
Threonine.....g	1.225		0		1		0.870	6.689	
Isoleucine.....g	1.417		0		1		1.006	7.737	
Leucine.....g	2.187		0		1		1.553	11.941	
Lysine.....g	2.571		0		1		1.825	14.038	
Methionine.....g	0.793		0		1		0.563	4.330	
Cystine.....g	0.300		0		1		0.213	1.638	
Phenylalanine.....g	1.096		0		1		0.778	5.984	
Tyrosine.....g	1.074		0		1		0.763	5.864	
Valine.....g	1.463		0		1		1.039	7.988	
Arginine.....g	1.956		0		1		1.389	10.680	
Histidine.....g	0.850		0		1		0.604	4.641	
Alanine.....g	1.756		0		1		1.247	9.588	
Aspartic acid.....g	2.695		0		1		1.913	14.715	
Glutamic acid.....g	4.486		0		1		3.185	24.494	
Glycine.....g	1.559		0		1		1.107	8.512	
Proline.....g	1.242		0		1		0.882	6.781	
Serine.....g	1.233		0		1		0.875	6.732	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 546g: 1 leg, bone removed

NDB No. 05194
Turkey, all classes, leg, meat and skin, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05193
Turkey, all classes, leg, meat and skin, raw

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.69		0		1		76.32	593.15	
Energy	kcal	144		0	NC	4		151	1175	
Energy	kj	602				4		633	4916	
Protein (N x 6.25)	g	19.54		0		1		20.52	159.45	
Total lipid (fat)	g	6.72		0		1		7.06	54.84	
Ash	g	0.89		0		1		0.93	7.26	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		18	139	
Iron, Fe	mg	1.72		0		1		1.81	14.04	
Magnesium, Mg	mg	21		0		1		22	171	
Phosphorus, P	mg	177		0		1		186	1444	
Potassium, K	mg	273		0		1		287	2228	
Sodium, Na	mg	74		0		1		78	604	
Zinc, Zn	mg	3.09		0		1		3.24	25.21	
Copper, Cu	mg	0.142		0		1		0.149	1.159	
Manganese, Mn	mg	0.022		0		1		0.023	0.180	
Selenium, Se	mcg	26.4		0	PAK	1		27.7	215.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.077		0		1		0.081	0.628	
Riboflavin	mg	0.211		0		1		0.222	1.722	
Niacin	mg	2.947		0		1		3.094	24.048	
Pantothenic acid	mg	1.090		0		1		1.145	8.894	
Vitamin B-6	mg	0.340		0		1		0.357	2.774	
Folate, total	mcg	10		0		1		11	82	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		11	82	
Folate, DFE	mcg_DFE	10		0	NC	4		11	82	
Vitamin B-12	mcg	0.39		0		1		0.41	3.18	
Vitamin A, IU	IU	3		0		1		3	24	
Vitamin A, RAE	mcg_RAE	1		0		1		1	7	
Retinol	mcg	1		0		1		1	7	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.060		0		1		2.163	16.810	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.011	0.082	
13:0	g									
14:0	g	0.050		0		1		0.053	0.408	
15:0	g									
16:0	g	1.220		0		1		1.281	9.955	
17:0	g									
18:0	g	0.540		0		1		0.567	4.406	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05193
Turkey, all classes, leg, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.060		0		1		2.163	16.810	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.347	2.693	
17:1.....g									
18:1 undifferentiated.....g	1.680		0		1		1.764	13.709	
20:1.....g	0.020		0		1		0.021	0.163	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.082	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.830		0		1		1.922	14.933	
18:2 undifferentiated.....g	1.540		0		1		1.617	12.566	
18:3 undifferentiated.....g	0.080		0		1		0.084	0.653	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.158	1.224	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.021	0.163	
22:6 n-3.....g	0.030		0		1		0.032	0.245	
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		75	579	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.230	1.787	
Threonine.....g	0.861		0		1		0.904	7.026	
Isoleucine.....g	0.998		0		1		1.048	8.144	
Leucine.....g	1.537		0		1		1.614	12.542	
Lysine.....g	1.809		0		1		1.899	14.761	
Methionine.....g	0.557		0		1		0.585	4.545	
Cystine.....g	0.209		0		1		0.219	1.705	
Phenylalanine.....g	0.769		0		1		0.807	6.275	
Tyrosine.....g	0.757		0		1		0.795	6.177	
Valine.....g	1.028		0		1		1.079	8.388	
Arginine.....g	1.370		0		1		1.439	11.179	
Histidine.....g	0.598		0		1		0.628	4.880	
Alanine.....g	1.228		0		1		1.289	10.020	
Aspartic acid.....g	1.890		0		1		1.985	15.422	
Glutamic acid.....g	3.152		0		1		3.310	25.720	
Glycine.....g	1.070		0		1		1.124	8.731	
Proline.....g	0.861		0		1		0.904	7.026	
Serine.....g	0.866		0		1		0.909	7.067	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 816g: 1 leg, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.27		0		1		92.78	77.54	
Energy	kcal	157		0	NC	4		220	184	
Energy	kj	657				4		920	769	
Protein (N x 6.25)	g	29.90		0		1		41.86	34.98	
Total lipid (fat)	g	3.22		0		1		4.51	3.77	
Ash	g	1.08		0		1		1.51	1.26	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	19		0		1		27	22	
Iron, Fe	mg	1.35		0		1		1.89	1.58	
Magnesium, Mg	mg	28		0		1		39	33	
Phosphorus, P	mg	219		0		1		307	256	
Potassium, K	mg	305		0		1		427	357	
Sodium, Na	mg	64		0		1		90	75	
Zinc, Zn	mg	2.04		0		1		2.86	2.39	
Copper, Cu	mg	0.042		0		1		0.059	0.049	
Manganese, Mn	mg	0.020		0		1		0.028	0.023	
Selenium, Se	mcg	32.1	2.047	45	A	1		44.9	37.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.061		0		1		0.085	0.071	
Riboflavin	mg	0.129		0		1		0.181	0.151	
Niacin	mg	6.838		0		1		9.573	8.000	
Pantothenic acid	mg	0.677		0		1		0.948	0.792	
Vitamin B-6	mg	0.540		0		1		0.756	0.632	
Folate, total	mcg	6		0		1		8	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	7	
Folate, DFE	mcg_DFE	6		0	NC	4		8	7	
Vitamin B-12	mcg	0.37		0		1		0.52	0.43	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0	NR	4		0.13	0.11	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.030		0		1		1.442	1.205	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.012	
13:0	g									
14:0	g	0.020		0		1		0.028	0.023	
15:0	g									
16:0	g	0.470		0		1		0.658	0.550	
17:0	g									
18:0	g	0.310		0		1		0.434	0.363	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05186
Turkey, all classes, light meat, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.560		0		1		0.784	0.655	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.098	0.082	
17:1.....g									
18:1 undifferentiated.....g	0.460		0		1		0.644	0.538	
20:1.....g	0.010		0		1		0.014	0.012	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.860		0		1		1.204	1.006	
18:2 undifferentiated.....g	0.570		0		1		0.798	0.667	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.012	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.238	0.199	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.035	
22:6 n-3.....g	0.030		0		1		0.042	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		97	81	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.340		0		1		0.476	0.398	
Threonine.....g	1.330		0		1		1.862	1.556	
Isoleucine.....g	1.555		0		1		2.177	1.819	
Leucine.....g	2.383		0		1		3.336	2.788	
Lysine.....g	2.818		0		1		3.945	3.297	
Methionine.....g	0.866		0		1		1.212	1.013	
Cystine.....g	0.311		0		1		0.435	0.364	
Phenylalanine.....g	1.187		0		1		1.662	1.389	
Tyrosine.....g	1.182		0		1		1.655	1.383	
Valine.....g	1.588		0		1		2.223	1.858	
Arginine.....g	2.086		0		1		2.920	2.441	
Histidine.....g	0.933		0		1		1.306	1.092	
Alanine.....g	1.851		0		1		2.591	2.166	
Aspartic acid.....g	2.904		0		1		4.066	3.398	
Glutamic acid.....g	4.880		0		1		6.832	5.710	
Glycine.....g	1.483		0		1		2.076	1.735	
Proline.....g	1.244		0		1		1.742	1.455	
Serine.....g	1.330		0		1		1.862	1.556	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 117g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05186
Turkey, all classes, light meat, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.83		0		1		87.96	85.45	659.72
Energy	kcal	197		0	NC	4		276	268	2069
Energy	kj	824				4		1154	1121	8655
Protein (N x 6.25)	g	28.57		0		1		40.00	38.86	299.99
Total lipid (fat)	g	8.33		0		1		11.66	11.33	87.47
Ash	g	1.02		0		1		1.43	1.39	10.71
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		29	29	221
Iron, Fe	mg	1.41		0		1		1.97	1.92	14.81
Magnesium, Mg	mg	26		0		1		36	35	273
Phosphorus, P	mg	208		0		1		291	283	2184
Potassium, K	mg	285		0		1		399	388	2993
Sodium, Na	mg	63		0		1		88	86	662
Zinc, Zn	mg	2.04		0		1		2.86	2.77	21.42
Copper, Cu	mg	0.048		0		1		0.067	0.065	0.504
Manganese, Mn	mg	0.020		0		1		0.028	0.027	0.210
Selenium, Se	mcg	29.1		0	BFYN	4		40.7	39.6	305.6
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.056		0		1		0.078	0.076	0.588
Riboflavin	mg	0.132		0		1		0.185	0.180	1.386
Niacin	mg	6.289		0		1		8.805	8.553	66.035
Pantothenic acid	mg	0.626		0		1		0.876	0.851	6.573
Vitamin B-6	mg	0.470		0		1		0.658	0.639	4.935
Folate, total	mcg	6		0		1		8	8	63
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6		0		1		8	8	63
Folate, DFE	mcg_DFE	6		0	NC	4		8	8	63
Vitamin B-12	mcg	0.35		0		1		0.49	0.48	3.68
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.13		0	NR	4		0.19	0.18	1.41
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	0.1
Lipids:										
Fatty acids, total saturated	g	2.340		0		1		3.276	3.182	24.570
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.014	0.105
13:0	g									
14:0	g	0.060		0		1		0.084	0.082	0.630
15:0	g									
16:0	g	1.450		0		1		2.030	1.972	15.225
17:0	g									
18:0	g	0.550		0		1		0.770	0.748	5.775
20:0	g									
22:0	g									
24:0	g									

NDB No. 05182
Turkey, all classes, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.840		0		1		3.976	3.862	29.820
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		0		1		0.658	0.639	4.935
17:1.....g									
18:1 undifferentiated.....g	2.290		0		1		3.206	3.114	24.045
20:1.....g	0.010		0		1		0.014	0.014	0.105
22:1 undifferentiated.....g	0.010		0		1		0.014	0.014	0.105
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.010		0		1		2.814	2.734	21.105
18:2 undifferentiated.....g	1.640		0		1		2.296	2.230	17.220
18:3 undifferentiated.....g	0.100		0		1		0.140	0.136	1.050
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.224	0.218	1.680
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.030		0		1		0.042	0.041	0.315
22:6 n-3.....g	0.030		0		1		0.042	0.041	0.315
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		106	103	798
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.315		0		1		0.441	0.428	3.308
Threonine.....g	1.247		0		1		1.746	1.696	13.094
Isoleucine.....g	1.432		0		1		2.005	1.948	15.036
Leucine.....g	2.220		0		1		3.108	3.019	23.310
Lysine.....g	2.599		0		1		3.639	3.535	27.290
Methionine.....g	0.803		0		1		1.124	1.092	8.432
Cystine.....g	0.314		0		1		0.440	0.427	3.297
Phenylalanine.....g	1.117		0		1		1.564	1.519	11.729
Tyrosine.....g	1.084		0		1		1.518	1.474	11.382
Valine.....g	1.487		0		1		2.082	2.022	15.614
Arginine.....g	2.013		0		1		2.818	2.738	21.137
Histidine.....g	0.859		0		1		1.203	1.168	9.020
Alanine.....g	1.821		0		1		2.549	2.477	19.121
Aspartic acid.....g	2.754		0		1		3.856	3.745	28.917
Glutamic acid.....g	4.558		0		1		6.381	6.199	47.859
Glycine.....g	1.714		0		1		2.400	2.331	17.997
Proline.....g	1.328		0		1		1.859	1.806	13.944
Serine.....g	1.261		0		1		1.765	1.715	13.241
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 1050g: .5 turkey, bone removed

NDB No. 05182
Turkey, all classes, light meat, meat and skin, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.83		0		1		125.69	969.24	
Energy	kcal	159		0	NC	4		286	2207	
Energy	kj	665				4		1197	9234	
Protein (N x 6.25)	g	21.64		0		1		38.95	300.36	
Total lipid (fat)	g	7.36		0		1		13.25	102.16	
Ash	g	0.90		0		1		1.62	12.49	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		23	180	
Iron, Fe	mg	1.21		0		1		2.18	16.79	
Magnesium, Mg	mg	24		0		1		43	333	
Phosphorus, P	mg	184		0		1		331	2554	
Potassium, K	mg	271		0		1		488	3761	
Sodium, Na	mg	59		0		1		106	819	
Zinc, Zn	mg	1.57		0		1		2.83	21.79	
Copper, Cu	mg	0.075		0		1		0.135	1.041	
Manganese, Mn	mg	0.018		0		1		0.032	0.250	
Selenium, Se	mcg	22.4		0	PAK	1		40.3	310.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.056		0		1		0.101	0.777	
Riboflavin	mg	0.115		0		1		0.207	1.596	
Niacin	mg	5.137		0		1		9.247	71.302	
Pantothenic acid	mg	0.615		0		1		1.107	8.536	
Vitamin B-6	mg	0.480		0		1		0.864	6.662	
Folate, total	mcg	7		0		1		13	97	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		13	97	
Folate, DFE	mcg_DFE	7		0	NC	4		13	97	
Vitamin B-12	mcg	0.42		0		1		0.76	5.83	
Vitamin A, IU	IU	6		0		1		11	83	
Vitamin A, RAE	mcg_RAE	2		0		1		3	25	
Retinol	mcg	2		0		1		3	25	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.000		0		1		3.600	27.760	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.018	0.139	
13:0	g									
14:0	g	0.050		0		1		0.090	0.694	
15:0	g									
16:0	g	1.330		0		1		2.394	18.460	
17:0	g									
18:0	g	0.430		0		1		0.774	5.968	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05181
Turkey, all classes, light meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.810		0		1		5.058	39.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		0.864	6.662	
17:1.....g									
18:1 undifferentiated.....g	2.270		0		1		4.086	31.508	
20:1.....g	0.010		0		1		0.018	0.139	
22:1 undifferentiated.....g	0.010		0		1		0.018	0.139	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.730		0		1		3.114	24.012	
18:2 undifferentiated.....g	1.480		0		1		2.664	20.542	
18:3 undifferentiated.....g	0.100		0		1		0.180	1.388	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.162	1.249	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.018	0.139	
22:6 n-3.....g	0.010		0		1		0.018	0.139	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		117	902	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.239		0		1		0.430	3.317	
Threonine.....g	0.944		0		1		1.699	13.103	
Isoleucine.....g	1.083		0		1		1.949	15.032	
Leucine.....g	1.680		0		1		3.024	23.318	
Lysine.....g	1.966		0		1		3.539	27.288	
Methionine.....g	0.608		0		1		1.094	8.439	
Cystine.....g	0.238		0		1		0.428	3.303	
Phenylalanine.....g	0.846		0		1		1.523	11.742	
Tyrosine.....g	0.820		0		1		1.476	11.382	
Valine.....g	1.126		0		1		2.027	15.629	
Arginine.....g	1.525		0		1		2.745	21.167	
Histidine.....g	0.650		0		1		1.170	9.022	
Alanine.....g	1.380		0		1		2.484	19.154	
Aspartic acid.....g	2.085		0		1		3.753	28.940	
Glutamic acid.....g	3.449		0		1		6.208	47.872	
Glycine.....g	1.306		0		1		2.351	18.127	
Proline.....g	1.009		0		1		1.816	14.005	
Serine.....g	0.954		0		1		1.717	13.242	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 180g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1388g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.82		0		1		110.73	853.36	
Energy	kcal	115		0	NC	4		173	1329	
Energy	kj	481				4		722	5562	
Protein (N x 6.25)	g	23.56		0		1		35.34	272.35	
Total lipid (fat)	g	1.56		0		1		2.34	18.03	
Ash	g	1.00		0		1		1.50	11.56	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12		0		1		18	139	
Iron, Fe	mg	1.19		0		1		1.79	13.76	
Magnesium, Mg	mg	27		0		1		41	312	
Phosphorus, P	mg	204		0		1		306	2358	
Potassium, K	mg	305		0		1		458	3526	
Sodium, Na	mg	63		0		1		95	728	
Zinc, Zn	mg	1.62		0		1		2.43	18.73	
Copper, Cu	mg	0.075		0		1		0.113	0.867	
Manganese, Mn	mg	0.019		0		1		0.029	0.220	
Selenium, Se	mcg	24.4		0	BFYN	4		36.6	282.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.064		0		1		0.096	0.740	
Riboflavin	mg	0.122		0		1		0.183	1.410	
Niacin	mg	5.844		0		1		8.766	67.557	
Pantothenic acid	mg	0.688		0		1		1.032	7.953	
Vitamin B-6	mg	0.560		0		1		0.840	6.474	
Folate, total	mcg	8		0		1		12	92	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		12	92	
Folate, DFE	mcg_DFE	8		0	NC	4		12	92	
Vitamin B-12	mcg	0.45		0		1		0.68	5.20	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.500		0		1		0.750	5.780	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.015	0.116	
13:0	g									
14:0	g	0.010		0		1		0.015	0.116	
15:0	g									
16:0	g	0.230		0		1		0.345	2.659	
17:0	g									
18:0	g	0.150		0		1		0.225	1.734	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05185
Turkey, all classes, light meat, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.270		0		1		0.405	3.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.060	0.462	
17:1.....g									
18:1 undifferentiated.....g	0.230		0		1		0.345	2.659	
20:1.....g	0.010		0		1		0.015	0.116	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.116	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.630	4.855	
18:2 undifferentiated.....g	0.270		0		1		0.405	3.121	
18:3 undifferentiated.....g	0.010		0		1		0.015	0.116	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.120	0.925	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.015	0.116	
22:6 n-3.....g	0.020		0		1		0.030	0.231	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0		1		90	694	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.268		0		1		0.402	3.098	
Threonine.....g	1.048		0		1		1.572	12.115	
Isoleucine.....g	1.225		0		1		1.838	14.161	
Leucine.....g	1.877		0		1		2.816	21.698	
Lysine.....g	2.220		0		1		3.330	25.663	
Methionine.....g	0.682		0		1		1.023	7.884	
Cystine.....g	0.245		0		1		0.368	2.832	
Phenylalanine.....g	0.935		0		1		1.403	10.809	
Tyrosine.....g	0.931		0		1		1.397	10.762	
Valine.....g	1.251		0		1		1.877	14.462	
Arginine.....g	1.643		0		1		2.465	18.993	
Histidine.....g	0.735		0		1		1.103	8.497	
Alanine.....g	1.458		0		1		2.187	16.854	
Aspartic acid.....g	2.288		0		1		3.432	26.449	
Glutamic acid.....g	3.844		0		1		5.766	44.437	
Glycine.....g	1.169		0		1		1.754	13.514	
Proline.....g	0.980		0		1		1.470	11.329	
Serine.....g	1.048		0		1		1.572	12.115	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 150g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1156g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.00		0		1		161.20	2494.26	
Energy	kcal	205		0	NC	4		533	8247	
Energy	kj	858				4		2230	34506	
Protein (N x 6.25)	g	27.98		0		1		72.75	1125.64	
Total lipid (fat)	g	9.45		0		1		24.57	380.17	
Ash	g	0.98		0		1		2.55	39.43	
Carbohydrate, by difference	g	0.07		0	NC	4		0.18	2.82	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		68	1046	
Iron, Fe	mg	2.01		0		1		5.23	80.86	
Magnesium, Mg	mg	24		0		1		62	966	
Phosphorus, P	mg	200		0		1		520	8046	
Potassium, K	mg	272		0		1		707	10943	
Sodium, Na	mg	67		0		1		174	2695	
Zinc, Zn	mg	3.15		0		1		8.19	126.72	
Copper, Cu	mg	0.107		0		1		0.278	4.305	
Manganese, Mn	mg	0.027		0		1		0.070	1.086	
Selenium, Se	mcg	31.9		0	BFYN	4		82.9	1283.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	4.0	
Thiamin	mg	0.056		0		1		0.146	2.253	
Riboflavin	mg	0.206		0		1		0.536	8.287	
Niacin	mg	4.939		0		1		12.841	198.696	
Pantothenic acid	mg	0.955		0		1		2.483	38.420	
Vitamin B-6	mg	0.400		0		1		1.040	16.092	
Folate, total	mcg	20		0		1		52	805	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		1		52	805	
Folate, DFE	mcg_DFE	20		0	NC	4		52	805	
Vitamin B-12	mcg	1.28		0		1		3.33	51.49	
Vitamin A, IU	IU	230		0		1		598	9253	
Vitamin A, RAE	mcg_RAE	69		0		1		180	2779	
Retinol	mcg	69		0		1		180	2779	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.770		0		1		7.202	111.437	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.026	0.402	
13:0	g									
14:0	g	0.070		0		1		0.182	2.816	
15:0	g									
16:0	g	1.680		0		1		4.368	67.586	
17:0	g									
18:0	g	0.690		0		1		1.794	27.759	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05164

Turkey, all classes, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.050		0		1		7.930	122.702	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500		0		1		1.300	20.115	
17:1.....g									
18:1 undifferentiated.....g	2.470		0		1		6.422	99.368	
20:1.....g	0.020		0		1		0.052	0.805	
22:1 undifferentiated.....g	0.010		0		1		0.026	0.402	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.420		0		1		6.292	97.357	
18:2 undifferentiated.....g	2.000		0		1		5.200	80.460	
18:3 undifferentiated.....g	0.110		0		1		0.286	4.425	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.520	8.046	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.078	1.207	
22:6 n-3.....g	0.040		0		1		0.104	1.609	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		1		247	3822	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.806	12.471	
Threonine.....g	1.225		0		1		3.185	49.282	
Isoleucine.....g	1.406		0		1		3.656	56.563	
Leucine.....g	2.180		0		1		5.668	87.701	
Lysine.....g	2.532		0		1		6.583	101.862	
Methionine.....g	0.784		0		1		2.038	31.540	
Cystine.....g	0.309		0		1		0.803	12.431	
Phenylalanine.....g	1.102		0		1		2.865	44.333	
Tyrosine.....g	1.058		0		1		2.751	42.563	
Valine.....g	1.461		0		1		3.799	58.776	
Arginine.....g	1.967		0		1		5.114	79.132	
Histidine.....g	0.836		0		1		2.174	33.632	
Alanine.....g	1.767		0		1		4.594	71.086	
Aspartic acid.....g	2.696		0		1		7.010	108.460	
Glutamic acid.....g	4.460		0		1		11.596	179.426	
Glycine.....g	1.660		0		1		4.316	66.782	
Proline.....g	1.299		0		1		3.377	52.259	
Serine.....g	1.235		0		1		3.211	49.684	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 260g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 4023g: 1 turkey

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.61		0		1		3921.68		
Energy	kcal	157		0	NC	4		8720		
Energy	kj	657				4		36484		
Protein (N x 6.25)	g	20.37		0		1		1131.35		
Total lipid (fat)	g	7.77		0		1		431.55		
Ash	g	0.90		0		1		49.99		
Carbohydrate, by difference	g	0.08		0	NC	4		4.44		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		833		
Iron, Fe	mg	1.69		0		1		93.86		
Magnesium, Mg	mg	22		0		1		1222		
Phosphorus, P	mg	180		0		1		9997		
Potassium, K	mg	269		0		1		14940		
Sodium, Na	mg	67		0		1		3721		
Zinc, Zn	mg	2.31		0		1		128.30		
Copper, Cu	mg	0.114		0		1		6.332		
Manganese, Mn	mg	0.026		0		1		1.444		
Selenium, Se	mcg	23.3		0	PIE	4		1294.1		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		11.1		
Thiamin	mg	0.065		0		1		3.610		
Riboflavin	mg	0.203		0		1		11.275		
Niacin	mg	4.148		0		1		230.380		
Pantothenic acid	mg	0.953		0		1		52.930		
Vitamin B-6	mg	0.410		0		1		22.771		
Folate, total	mcg	23		0		1		1277		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	23		0		1		1277		
Folate, DFE	mcg_DFE	23		0	NC	4		1277		
Vitamin B-12	mcg	1.62		0		1		89.97		
Vitamin A, IU	IU	341		0		1		18939		
Vitamin A, RAE	mcg_RAE	102		0		1		5687		
Retinol	mcg	102		0		1		5687		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.200		0		1		122.188		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		0	Z	7		0.000		
10:0	g	0.000		0		4		0.000		
12:0	g	0.010		0		1		0.555		
13:0	g									
14:0	g	0.060		0		1		3.332		
15:0	g									
16:0	g	1.410		0		1		78.311		
17:0	g									
18:0	g	0.510		0		1		28.325		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05163
Turkey, all classes, meat and skin and giblets and neck, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.760		0		1		153.290		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		0		1		25.548		
17:1.....g									
18:1 undifferentiated.....g	2.230		0		1		123.854		
20:1.....g	0.010		0		1		0.555		
22:1 undifferentiated.....g	0.010		0		1		0.555		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.930		0		1		107.192		
18:2 undifferentiated.....g	1.640		0		1		91.086		
18:3 undifferentiated.....g	0.100		0		1		5.554		
18:4.....g	0.000		0	z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		6.665		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.020		0		1		1.111		
22:6 n-3.....g	0.020		0		1		1.111		
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0		1		4332		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0		1		12.552		
Threonine.....g	0.891		0		1		49.486		
Isoleucine.....g	1.022		0		1		56.762		
Leucine.....g	1.586		0		1		88.086		
Lysine.....g	1.840		0		1		102.194		
Methionine.....g	0.570		0		1		31.658		
Cystine.....g	0.225		0		1		12.497		
Phenylalanine.....g	0.803		0		1		44.599		
Tyrosine.....g	0.770		0		1		42.766		
Valine.....g	1.063		0		1		59.039		
Arginine.....g	1.431		0		1		79.478		
Histidine.....g	0.608		0		1		33.768		
Alanine.....g	1.285		0		1		71.369		
Aspartic acid.....g	1.961		0		1		108.914		
Glutamic acid.....g	3.243		0		1		180.116		
Glycine.....g	1.212		0		1		67.314		
Proline.....g	0.948		0		1		52.652		
Serine.....g	0.898		0		1		49.875		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 5554g: 1 turkey

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05166
Turkey, all classes, meat and skin, cooked, roasted

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.70		0		1		86.38	148.08	1145.77
Energy	kcal	208		0	NC	4		291	499	3863
Energy	kj	870				4		1218	2089	16161
Protein (N x 6.25)	g	28.10		0		1		39.34	67.44	521.82
Total lipid (fat)	g	9.73		0		1		13.62	23.35	180.69
Ash	g	1.00		0		1		1.40	2.40	18.57
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		36	62	483
Iron, Fe	mg	1.79		0		1		2.51	4.30	33.24
Magnesium, Mg	mg	25		0		1		35	60	464
Phosphorus, P	mg	203		0		1		284	487	3770
Potassium, K	mg	280		0		1		392	672	5200
Sodium, Na	mg	68		0		1		95	163	1263
Zinc, Zn	mg	2.96		0		1		4.14	7.10	54.97
Copper, Cu	mg	0.093		0		1		0.130	0.223	1.727
Manganese, Mn	mg	0.021		0		1		0.029	0.050	0.390
Selenium, Se	mcg	32.9		0	BFYN	4		46.1	79.0	611.0
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin	mg	0.057		0		1		0.080	0.137	1.058
Riboflavin	mg	0.177		0		1		0.248	0.425	3.287
Niacin	mg	5.086		0		1		7.120	12.206	94.447
Pantothenic acid	mg	0.858		0		1		1.201	2.059	15.933
Vitamin B-6	mg	0.410		0		1		0.574	0.984	7.614
Folate, total	mcg	7		0		1		10	17	130
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	7		0		1		10	17	130
Folate, DFE	mcg_DFE	7		0	NC	4		10	17	130
Vitamin B-12	mcg	0.35		0		1		0.49	0.84	6.50
Vitamin A, IU	IU	0		0		1		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.34		0	NR	4		0.47	0.81	6.30
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.9		0	BFSN	4		1.2	2.1	16.3
Lipids:										
Fatty acids, total saturated	g	2.840		0		1		3.976	6.816	52.739
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.024	0.186
13:0	g									
14:0	g	0.070		0		1		0.098	0.168	1.300
15:0	g									
16:0	g	1.730		0		1		2.422	4.152	32.126
17:0	g									
18:0	g	0.700		0		1		0.980	1.680	12.999
20:0	g									
22:0	g									
24:0	g									

NDB No. 05166
Turkey, all classes, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.190		0		1		4.466	7.656	59.238
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		0.728	1.248	9.656
17:1.....g									
18:1 undifferentiated.....g	2.590		0		1		3.626	6.216	48.096
20:1.....g	0.020		0		1		0.028	0.048	0.371
22:1 undifferentiated.....g	0.010		0		1		0.014	0.024	0.186
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.480		0		1		3.472	5.952	46.054
18:2 undifferentiated.....g	2.060		0		1		2.884	4.944	38.254
18:3 undifferentiated.....g	0.110		0		1		0.154	0.264	2.043
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.280	0.480	3.714
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.030		0		1		0.042	0.072	0.557
22:6 n-3.....g	0.040		0		1		0.056	0.096	0.743
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		115	197	1523
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.435	0.746	5.775
Threonine.....g	1.227		0		1		1.718	2.945	22.785
Isoleucine.....g	1.409		0		1		1.973	3.382	26.165
Leucine.....g	2.184		0		1		3.058	5.242	40.557
Lysine.....g	2.557		0		1		3.580	6.137	47.483
Methionine.....g	0.790		0		1		1.106	1.896	14.670
Cystine.....g	0.308		0		1		0.431	0.739	5.720
Phenylalanine.....g	1.100		0		1		1.540	2.640	20.427
Tyrosine.....g	1.066		0		1		1.492	2.558	19.796
Valine.....g	1.464		0		1		2.050	3.514	27.186
Arginine.....g	1.979		0		1		2.771	4.750	36.750
Histidine.....g	0.845		0		1		1.183	2.028	15.692
Alanine.....g	1.790		0		1		2.506	4.296	33.240
Aspartic acid.....g	2.709		0		1		3.793	6.502	50.306
Glutamic acid.....g	4.484		0		1		6.278	10.762	83.268
Glycine.....g	1.682		0		1		2.355	4.037	31.235
Proline.....g	1.304		0		1		1.826	3.130	24.215
Serine.....g	1.240		0		1		1.736	2.976	23.027
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 240g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 3 = 1857g: .5 turkey, bone removed

NDB No. 05166
Turkey, all classes, meat and skin, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05165
Turkey, all classes, meat and skin, raw

Refuse: 21% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.40		0		1		233.73	1805.76	
Energy	kcal	160		0	NC	4		531	4104	
Energy	kj	669				4		2223	17171	
Protein (N x 6.25)	g	20.42		0		1		67.79	523.77	
Total lipid (fat)	g	8.02		0		1		26.63	205.71	
Ash	g	0.88		0		1		2.92	22.57	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		50	385	
Iron, Fe	mg	1.43		0		1		4.75	36.68	
Magnesium, Mg	mg	22		0		1		73	564	
Phosphorus, P	mg	178		0		1		591	4566	
Potassium, K	mg	266		0		1		883	6823	
Sodium, Na	mg	65		0		1		216	1667	
Zinc, Zn	mg	2.20		0		1		7.30	56.43	
Copper, Cu	mg	0.103		0		1		0.342	2.642	
Manganese, Mn	mg	0.020		0		1		0.066	0.513	
Selenium, Se	mcg	24.4		0	PAK	1		81.0	625.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.064		0		1		0.212	1.642	
Riboflavin	mg	0.155		0		1		0.515	3.976	
Niacin	mg	4.085		0		1		13.562	104.780	
Pantothenic acid	mg	0.807		0		1		2.679	20.700	
Vitamin B-6	mg	0.410		0		1		1.361	10.517	
Folate, total	mcg	8		0		1		27	205	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		27	205	
Folate, DFE	mcg_DFE	8		0	NC	4		27	205	
Vitamin B-12	mcg	0.40		0		1		1.33	10.26	
Vitamin A, IU	IU	7		0	NC	4		22	171	
Vitamin A, RAE	mcg_RAE	2		0	NC	4		7	51	
Retinol	mcg	2		0	NR	4		7	51	
Vitamin E (alpha-tocopherol)	mg	0.35		0	NR	4		1.17	9.05	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.1		0	BFSN	4		10.4	80.4	
Lipids:										
Fatty acids, total saturated	g	2.260		0		1		7.503	57.969	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.033	0.257	
13:0	g									
14:0	g	0.060		0		1		0.199	1.539	
15:0	g									
16:0	g	1.460		0		1		4.847	37.449	
17:0	g									
18:0	g	0.520		0		1		1.726	13.338	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05165
Turkey, all classes, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.900		0		1		9.628	74.385	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		1.627	12.569	
17:1.....g									
18:1 undifferentiated.....g	2.340		0		1		7.769	60.021	
20:1.....g	0.010		0		1		0.033	0.257	
22:1 undifferentiated.....g	0.010		0		1		0.033	0.257	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.980		0		1		6.574	50.787	
18:2 undifferentiated.....g	1.700		0		1		5.644	43.605	
18:3 undifferentiated.....g	0.110		0		1		0.365	2.822	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.365	2.822	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.066	0.513	
22:6 n-3.....g	0.020		0		1		0.066	0.513	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		226	1744	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0		1		0.750	5.797	
Threonine.....g	0.891		0		1		2.958	22.854	
Isoleucine.....g	1.024		0		1		3.400	26.266	
Leucine.....g	1.587		0		1		5.269	40.707	
Lysine.....g	1.857		0		1		6.165	47.632	
Methionine.....g	0.574		0		1		1.906	14.723	
Cystine.....g	0.224		0		1		0.744	5.746	
Phenylalanine.....g	0.799		0		1		2.653	20.494	
Tyrosine.....g	0.775		0		1		2.573	19.879	
Valine.....g	1.063		0		1		3.529	27.266	
Arginine.....g	1.439		0		1		4.777	36.910	
Histidine.....g	0.614		0		1		2.038	15.749	
Alanine.....g	1.302		0		1		4.323	33.396	
Aspartic acid.....g	1.969		0		1		6.537	50.505	
Glutamic acid.....g	3.258		0		1		10.817	83.568	
Glycine.....g	1.227		0		1		4.074	31.473	
Proline.....g	0.950		0		1		3.154	24.368	
Serine.....g	0.901		0		1		2.991	23.111	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 332g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2565g: .5 turkey, bone removed

NDB No. 05165
Turkey, all classes, meat and skin, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.88		0		1		90.83	134.95	
Energy	kcal	170		0	NC	4		238	354	
Energy	kj	711				4		996	1479	
Protein (N x 6.25)	g	29.32		0		1		41.05	60.99	
Total lipid (fat)	g	4.97		0		1		6.96	10.34	
Ash	g	1.05		0		1		1.47	2.18	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	25		0		1		35	52	
Iron, Fe	mg	1.78		0		1		2.49	3.70	
Magnesium, Mg	mg	26		0		1		36	54	
Phosphorus, P	mg	213		0		1		298	443	
Potassium, K	mg	298		0		1		417	620	
Sodium, Na	mg	70		0		1		98	146	
Zinc, Zn	mg	3.10		0		1		4.34	6.45	
Copper, Cu	mg	0.094		0		1		0.132	0.196	
Manganese, Mn	mg	0.021		0		1		0.029	0.044	
Selenium, Se	mcg	36.8		0	BFYN	4		51.5	76.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.062		0		1		0.087	0.129	
Riboflavin	mg	0.182		0		1		0.255	0.379	
Niacin	mg	5.443		0		1		7.620	11.321	
Pantothenic acid	mg	0.943		0		1		1.320	1.961	
Vitamin B-6	mg	0.460		0		1		0.644	0.957	
Folate, total	mcg	7		0		1		10	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		10	15	
Folate, DFE	mcg_DFE	7		0	NC	4		10	15	
Vitamin B-12	mcg	0.37		0		1		0.52	0.77	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.33		0	NR	4		0.46	0.68	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.7		0	BFSN	4		5.2	7.7	
Lipids:										
Fatty acids, total saturated	g	1.640		0		1		2.296	3.411	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.028	0.042	
13:0	g									
14:0	g	0.030		0		1		0.042	0.062	
15:0	g									
16:0	g	0.820		0		1		1.148	1.706	
17:0	g									
18:0	g	0.490		0		1		0.686	1.019	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05168
Turkey, all classes, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.030		0		1		1.442	2.142	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150		0		1		0.210	0.312	
17:1.....g									
18:1 undifferentiated.....g	0.850		0		1		1.190	1.768	
20:1.....g	0.020		0		1		0.028	0.042	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.042	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.430		0		1		2.002	2.974	
18:2 undifferentiated.....g	1.080		0		1		1.512	2.246	
18:3 undifferentiated.....g	0.040		0		1		0.056	0.083	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.210		0		1		0.294	0.437	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.062	
22:6 n-3.....g	0.040		0		1		0.056	0.083	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		106	158	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.333		0		1		0.466	0.693	
Threonine.....g	1.304		0		1		1.826	2.712	
Isoleucine.....g	1.525		0		1		2.135	3.172	
Leucine.....g	2.336		0		1		3.270	4.859	
Lysine.....g	2.763		0		1		3.868	5.747	
Methionine.....g	0.849		0		1		1.189	1.766	
Cystine.....g	0.305		0		1		0.427	0.634	
Phenylalanine.....g	1.164		0		1		1.630	2.421	
Tyrosine.....g	1.159		0		1		1.623	2.411	
Valine.....g	1.557		0		1		2.180	3.239	
Arginine.....g	2.045		0		1		2.863	4.254	
Histidine.....g	0.915		0		1		1.281	1.903	
Alanine.....g	1.815		0		1		2.541	3.775	
Aspartic acid.....g	2.847		0		1		3.986	5.922	
Glutamic acid.....g	4.785		0		1		6.699	9.953	
Glycine.....g	1.454		0		1		2.036	3.024	
Proline.....g	1.220		0		1		1.708	2.538	
Serine.....g	1.304		0		1		1.826	2.712	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 208g: 1 unit (yield from 1 lb ready-to-cook turkey)

NDB No. 05168
Turkey, all classes, meat only, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.16		0		1		208.39	1612.24	
Energy	kcal	119		0	NC	4		334	2587	
Energy	kj	498				4		1399	10824	
Protein (N x 6.25)	g	21.77		0		1		61.17	473.28	
Total lipid (fat)	g	2.86		0		1		8.04	62.18	
Ash	g	0.97		0		1		2.73	21.09	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		39	304	
Iron, Fe	mg	1.45		0		1		4.07	31.52	
Magnesium, Mg	mg	25		0		1		70	544	
Phosphorus, P	mg	195		0		1		548	4239	
Potassium, K	mg	296		0		1		832	6435	
Sodium, Na	mg	70		0		1		197	1522	
Zinc, Zn	mg	2.37		0		1		6.66	51.52	
Copper, Cu	mg	0.109		0		1		0.306	2.370	
Manganese, Mn	mg	0.021		0		1		0.059	0.457	
Selenium, Se	mcg	26.5		0	PIE	4		74.5	576.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.072		0		1		0.202	1.565	
Riboflavin	mg	0.168		0		1		0.472	3.652	
Niacin	mg	4.544		0		1		12.769	98.787	
Pantothenic acid	mg	0.907		0		1		2.549	19.718	
Vitamin B-6	mg	0.470		0		1		1.321	10.218	
Folate, total	mcg	9		0		1		25	196	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		25	196	
Folate, DFE	mcg_DFE	9		0	NC	4		25	196	
Vitamin B-12	mcg	0.43		0		1		1.21	9.35	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.35		0	NR	4		0.97	7.50	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.7		0	BFSN	4		7.7	59.5	
Lipids:										
Fatty acids, total saturated	g	0.950		0		1		2.670	20.653	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.028	0.217	
13:0	g									
14:0	g	0.020		0		1		0.056	0.435	
15:0	g									
16:0	g	0.480		0		1		1.349	10.435	
17:0	g									
18:0	g	0.280		0		1		0.787	6.087	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05167
Turkey, all classes, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.610		0		1		1.714	13.261	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		0		1		0.253	1.957	
17:1.....g									
18:1 undifferentiated.....g	0.500		0		1		1.405	10.870	
20:1.....g	0.010		0		1		0.028	0.217	
22:1 undifferentiated.....g	0.010		0		1		0.028	0.217	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.830		0		1		2.332	18.044	
18:2 undifferentiated.....g	0.640		0		1		1.798	13.914	
18:3 undifferentiated.....g	0.020		0		1		0.056	0.435	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.337	2.609	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.056	0.435	
22:6 n-3.....g	0.020		0		1		0.056	0.435	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		183	1413	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.694	5.370	
Threonine.....g	0.968		0		1		2.720	21.044	
Isoleucine.....g	1.132		0		1		3.181	24.610	
Leucine.....g	1.735		0		1		4.875	37.719	
Lysine.....g	2.051		0		1		5.763	44.589	
Methionine.....g	0.630		0		1		1.770	13.696	
Cystine.....g	0.226		0		1		0.635	4.913	
Phenylalanine.....g	0.864		0		1		2.428	18.783	
Tyrosine.....g	0.860		0		1		2.417	18.696	
Valine.....g	1.156		0		1		3.248	25.131	
Arginine.....g	1.518		0		1		4.266	33.001	
Histidine.....g	0.679		0		1		1.908	14.761	
Alanine.....g	1.348		0		1		3.788	29.306	
Aspartic acid.....g	2.114		0		1		5.940	45.958	
Glutamic acid.....g	3.552		0		1		9.981	77.220	
Glycine.....g	1.079		0		1		3.032	23.457	
Proline.....g	0.905		0		1		2.543	19.675	
Serine.....g	0.968		0		1		2.720	21.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 281g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2174g: .5 turkey, bone and skin removed

NDB No. 05167
Turkey, all classes, meat only, raw

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05180
Turkey, all classes, neck, meat only, cooked, simmered

Refuse: 41% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.19	0.354	9		1		6.52	99.09	
Energy	kcal	180		0	NC	4		18	274	
Energy	kj	753				4		75	1145	
Protein (N x 6.25)	g	26.84	0.392	9		1		2.68	40.80	
Total lipid (fat)	g	7.26	0.373	9		1		0.73	11.04	
Ash	g	0.61	0.018	9		1		0.06	0.93	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	37	4.621	9		1		4	56	
Iron, Fe	mg	2.30	0.166	9		1		0.23	3.50	
Magnesium, Mg	mg	15	0.481	9		1		2	23	
Phosphorus, P	mg	122	4.614	9		1		12	185	
Potassium, K	mg	149	10.860	9		1		15	226	
Sodium, Na	mg	56	3.525	9		1		6	85	
Zinc, Zn	mg	7.12	0.419	9		1		0.71	10.82	
Copper, Cu	mg	0.154	0.009	9		1		0.015	0.234	
Manganese, Mn	mg	0.022	0.001	9		1		0.002	0.033	
Selenium, Se	mcg	36.2		0	BFYN	4		3.6	55.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.036	0.004	9		1		0.004	0.055	
Riboflavin	mg	0.192	0.013	9		1		0.019	0.292	
Niacin	mg	1.704	0.103	9		1		0.170	2.590	
Pantothenic acid	mg	0.701		0		1		0.070	1.066	
Vitamin B-6	mg	0.210		0		1		0.021	0.319	
Folate, total	mcg	8		0		1		1	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		1	12	
Folate, DFE	mcg_DFE	8		0	NC	4		1	12	
Vitamin B-12	mcg	0.23		0		1		0.02	0.35	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.64		0	NR	4		0.06	0.97	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	3.7		0	BFSN	4		0.4	5.6	
Lipids:										
Fatty acids, total saturated	g	2.440		0		1		0.244	3.709	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.020		0		1		0.002	0.030	
13:0	g									
14:0	g	0.050		0		1		0.005	0.076	
15:0	g									
16:0	g	1.280		0		1		0.128	1.946	
17:0	g									
18:0	g	0.730		0		1		0.073	1.110	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05180
Turkey, all classes, neck, meat only, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.650		0		1		0.165	2.508	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		0		1		0.024	0.365	
17:1.....g									
18:1 undifferentiated.....g	1.360		0		1		0.136	2.067	
20:1.....g	0.030		0		1		0.003	0.046	
22:1 undifferentiated.....g	0.020		0		1		0.002	0.030	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.180		0		1		0.218	3.314	
18:2 undifferentiated.....g	1.760		0		1		0.176	2.675	
18:3 undifferentiated.....g	0.070		0		1		0.007	0.106	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260		0		1		0.026	0.395	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.004	0.061	
22:6 n-3.....g	0.060		0		1		0.006	0.091	
Fatty acids, total trans.....g									
Cholesterol.....mg	122	6.652	9		1		12	185	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.031	0.464	
Threonine.....g	1.194		0		1		0.119	1.815	
Isoleucine.....g	1.396		0		1		0.140	2.122	
Leucine.....g	2.138		0		1		0.214	3.250	
Lysine.....g	2.529		0		1		0.253	3.844	
Methionine.....g	0.777		0		1		0.078	1.181	
Cystine.....g	0.279		0		1		0.028	0.424	
Phenylalanine.....g	1.065		0		1		0.107	1.619	
Tyrosine.....g	1.061		0		1		0.106	1.613	
Valine.....g	1.426		0		1		0.143	2.168	
Arginine.....g	1.872		0		1		0.187	2.845	
Histidine.....g	0.837		0		1		0.084	1.272	
Alanine.....g	1.662		0		1		0.166	2.526	
Aspartic acid.....g	2.606		0		1		0.261	3.961	
Glutamic acid.....g	4.379		0		1		0.438	6.656	
Glycine.....g	1.331		0		1		0.133	2.023	
Proline.....g	1.117		0		1		0.112	1.698	
Serine.....g	1.194		0		1		0.119	1.815	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 10.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 152g: 1 neck, bone and skin removed

NDB No. 05180
Turkey, all classes, neck, meat only, cooked, simmered

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05179
Turkey, all classes, neck, meat only, raw

Refuse: 42% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.88	0.202	9		1		8.75	131.18	
Energy	kcal	135		0	NC	4		16	243	
Energy	kj	565				4		68	1017	
Protein (N x 6.25)	g	20.14	0.209	10		1		2.42	36.25	
Total lipid (fat)	g	5.42	0.398	9		1		0.65	9.76	
Ash	g	1.05	0.011	9		1		0.13	1.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	34	2.352	9		1		4	61	
Iron, Fe	mg	2.00	0.122	9		1		0.24	3.60	
Magnesium, Mg	mg	19	0.550	9		1		2	34	
Phosphorus, P	mg	186	3.243	9		1		22	335	
Potassium, K	mg	302	10.835	9		1		36	544	
Sodium, Na	mg	93	1.059	9		1		11	167	
Zinc, Zn	mg	5.08	0.051	9		1		0.61	9.14	
Copper, Cu	mg	0.143	0.010	9		1		0.017	0.257	
Manganese, Mn	mg	0.026	0.002	9		1		0.003	0.047	
Selenium, Se	mcg	28.6		0	BFNN	4		3.4	51.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.089	0.005	9		1		0.011	0.160	
Riboflavin	mg	0.234	0.009	9		1		0.028	0.421	
Niacin	mg	3.169	0.181	9		1		0.380	5.704	
Pantothenic acid	mg	1.055		1		1		0.127	1.899	
Vitamin B-6	mg	0.370		0		1		0.044	0.666	
Folate, total	mcg	11		0		1		1	20	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		1	20	
Folate, DFE	mcg_DFE	11		0	NC	4		1	20	
Vitamin B-12	mcg	0.41		0		1		0.05	0.74	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.820		0		1		0.218	3.276	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.004	6		1		0.001	0.018	
13:0	g									
14:0	g	0.030	0.007	8		1		0.004	0.054	
15:0	g									
16:0	g	0.960	0.098	8		1		0.115	1.728	
17:0	g									
18:0	g	0.540	0.053	8		1		0.065	0.972	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05179
Turkey, all classes, neck, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.230		0		1		0.148	2.214	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180	0.042	8		1		0.022	0.324	
17:1.....g									
18:1 undifferentiated.....g	1.020	0.106	8		1		0.122	1.836	
20:1.....g	0.020	0.003	7		1		0.002	0.036	
22:1 undifferentiated.....g	0.010	0.003	7		1		0.001	0.018	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.630		0		1		0.196	2.934	
18:2 undifferentiated.....g	1.320	0.133	8		1		0.158	2.376	
18:3 undifferentiated.....g	0.050	0.015	8		1		0.006	0.090	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190	0.033	8		1		0.023	0.342	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030	0.007	7		1		0.004	0.054	
22:6 n-3.....g	0.040	0.023	7		1		0.005	0.072	
Fatty acids, total trans.....g									
Cholesterol.....mg	79	4.063	9		1		9	142	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.229		0		1		0.027	0.412	
Threonine.....g	0.896		0		1		0.108	1.613	
Isoleucine.....g	1.047		0		1		0.126	1.885	
Leucine.....g	1.605		0		1		0.193	2.889	
Lysine.....g	1.898		0		1		0.228	3.416	
Methionine.....g	0.583		0		1		0.070	1.049	
Cystine.....g	0.210		0		1		0.025	0.378	
Phenylalanine.....g	0.799		0		1		0.096	1.438	
Tyrosine.....g	0.796		0		1		0.096	1.433	
Valine.....g	1.070		0		1		0.128	1.926	
Arginine.....g	1.405		0		1		0.169	2.529	
Histidine.....g	0.629		0		1		0.075	1.132	
Alanine.....g	1.247		0		1		0.150	2.245	
Aspartic acid.....g	1.956		0		1		0.235	3.521	
Glutamic acid.....g	3.286		0		1		0.394	5.915	
Glycine.....g	0.999		0		1		0.120	1.798	
Proline.....g	0.838		0		1		0.101	1.508	
Serine.....g	0.896		0		1		0.108	1.613	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 12.0g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 180g: 1 neck, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05170
Turkey, all classes, skin only, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	39.65		0		1		12.69	98.33	
Energy	kcal	442		0	NC	4		141	1096	
Energy	kj	1849				4		592	4586	
Protein (N x 6.25)	g	19.70		0		1		6.30	48.86	
Total lipid (fat)	g	39.66		0		1		12.69	98.36	
Ash	g	0.66		0		1		0.21	1.64	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0		1		11	87	
Iron, Fe	mg	1.79		0		1		0.57	4.44	
Magnesium, Mg	mg	16		0		1		5	40	
Phosphorus, P	mg	137		0		1		44	340	
Potassium, K	mg	160		0		1		51	397	
Sodium, Na	mg	53		0		1		17	131	
Zinc, Zn	mg	2.07		0		1		0.66	5.13	
Copper, Cu	mg	0.086		0		1		0.028	0.213	
Manganese, Mn	mg	0.021		0		1		0.007	0.052	
Selenium, Se	mcg	124.3		0	BFYN	4		39.8	308.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.022		0		1		0.007	0.055	
Riboflavin	mg	0.146		0		1		0.047	0.362	
Niacin	mg	2.656		0		1		0.850	6.587	
Pantothenic acid	mg	0.306		0		1		0.098	0.759	
Vitamin B-6	mg	0.080		0		1		0.026	0.198	
Folate, total	mcg	4		0		1		1	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	10	
Folate, DFE	mcg_DFE	4		0	NC	4		1	10	
Vitamin B-12	mcg	0.24		0		1		0.08	0.60	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.340		0		1		3.309	25.643	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.310		0		1		0.099	0.769	
15:0	g									
16:0	g	7.460		0		1		2.387	18.501	
17:0	g									
18:0	g	1.970		0		1		0.630	4.886	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05170
Turkey, all classes, skin only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.900		0		1		5.408	41.912	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.930		0		1		0.938	7.266	
17:1.....g									
18:1 undifferentiated.....g	13.610		0		1		4.355	33.753	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.080		0		1		2.906	22.518	
18:2 undifferentiated.....g	8.210		0		1		2.627	20.361	
18:3 undifferentiated.....g	0.610		0		1		0.195	1.513	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.035	0.273	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	113		0		1		36	280	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.157		0		1		0.050	0.389	
Threonine.....g	0.703		0		1		0.225	1.743	
Isoleucine.....g	0.634		0		1		0.203	1.572	
Leucine.....g	1.156		0		1		0.370	2.867	
Lysine.....g	1.176		0		1		0.376	2.916	
Methionine.....g	0.394		0		1		0.126	0.977	
Cystine.....g	0.328		0		1		0.105	0.813	
Phenylalanine.....g	0.665		0		1		0.213	1.649	
Tyrosine.....g	0.448		0		1		0.143	1.111	
Valine.....g	0.829		0		1		0.265	2.056	
Arginine.....g	1.519		0		1		0.486	3.767	
Histidine.....g	0.378		0		1		0.121	0.937	
Alanine.....g	1.598		0		1		0.511	3.963	
Aspartic acid.....g	1.761		0		1		0.564	4.367	
Glutamic acid.....g	2.448		0		1		0.783	6.071	
Glycine.....g	3.142		0		1		1.005	7.792	
Proline.....g	1.837		0		1		0.588	4.556	
Serine.....g	0.800		0		1		0.256	1.984	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 248g: .5 turkey, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05169
Turkey, all classes, skin only, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	49.55		0		1		25.27	194.24	
Energy	kcal	387		0	NC	4		197	1517	
Energy	kj	1619				4		826	6347	
Protein (N x 6.25)	g	12.71		0		1		6.48	49.82	
Total lipid (fat)	g	36.91		0		1		18.82	144.69	
Ash	g	0.40		0		1		0.20	1.57	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		9	71	
Iron, Fe	mg	1.35		0		1		0.69	5.29	
Magnesium, Mg	mg	8		0		1		4	31	
Phosphorus, P	mg	82		0		1		42	321	
Potassium, K	mg	102		0		1		52	400	
Sodium, Na	mg	36		0		1		18	141	
Zinc, Zn	mg	1.27		0		1		0.65	4.98	
Copper, Cu	mg	0.076		0		1		0.039	0.298	
Manganese, Mn	mg	0.012		0		1		0.006	0.047	
Selenium, Se	mcg	12.4		0	BFNN	4		6.3	48.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.019		0		1		0.010	0.074	
Riboflavin	mg	0.081		0		1		0.041	0.318	
Niacin	mg	1.484		0		1		0.757	5.817	
Pantothenic acid	mg	0.253		0		1		0.129	0.992	
Vitamin B-6	mg	0.070		0		1		0.036	0.274	
Folate, total	mcg	4		0		1		2	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		2	16	
Folate, DFE	mcg_DFE	4		0	NC	4		2	16	
Vitamin B-12	mcg	0.24		0		1		0.12	0.94	
Vitamin A, IU	IU	38		0		1		19	149	
Vitamin A, RAE	mcg_RAE	11		0		1		6	45	
Retinol	mcg	11		0		1		6	45	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.630		0		1		4.911	37.750	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.280		0		1		0.143	1.098	
15:0	g									
16:0	g	6.950		0		1		3.545	27.244	
17:0	g									
18:0	g	1.840		0		1		0.938	7.213	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05169
Turkey, all classes, skin only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.730		0		1		8.022	61.662	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.720		0		1		1.387	10.662	
17:1.....g									
18:1 undifferentiated.....g	12.660		0		1		6.457	49.627	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.450		0		1		4.310	33.124	
18:2 undifferentiated.....g	7.640		0		1		3.896	29.949	
18:3 undifferentiated.....g	0.570		0		1		0.291	2.234	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.051	0.392	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	91		0		1		46	357	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.102		0		1		0.052	0.400	
Threonine.....g	0.453		0		1		0.231	1.776	
Isoleucine.....g	0.409		0		1		0.209	1.603	
Leucine.....g	0.746		0		1		0.380	2.924	
Lysine.....g	0.758		0		1		0.387	2.971	
Methionine.....g	0.254		0		1		0.130	0.996	
Cystine.....g	0.211		0		1		0.108	0.827	
Phenylalanine.....g	0.429		0		1		0.219	1.682	
Tyrosine.....g	0.289		0		1		0.147	1.133	
Valine.....g	0.534		0		1		0.272	2.093	
Arginine.....g	0.980		0		1		0.500	3.842	
Histidine.....g	0.244		0		1		0.124	0.956	
Alanine.....g	1.031		0		1		0.526	4.042	
Aspartic acid.....g	1.136		0		1		0.579	4.453	
Glutamic acid.....g	1.580		0		1		0.806	6.194	
Glycine.....g	2.027		0		1		1.034	7.946	
Proline.....g	1.185		0		1		0.604	4.645	
Serine.....g	0.516		0		1		0.263	2.023	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 392g: .5 turkey, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.49		0		1		14.28	110.65	
Energy	kcal	229		0	NC	4		55	426	
Energy	kj	958				4		230	1782	
Protein (N x 6.25)	g	27.38		0		1		6.57	50.93	
Total lipid (fat)	g	12.43		0		1		2.98	23.12	
Ash	g	0.97		0		1		0.23	1.80	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0		1		6	45	
Iron, Fe	mg	1.46		0		1		0.35	2.72	
Magnesium, Mg	mg	25		0		1		6	47	
Phosphorus, P	mg	197		0		1		47	366	
Potassium, K	mg	266		0		1		64	495	
Sodium, Na	mg	61		0		1		15	113	
Zinc, Zn	mg	2.10		0		1		0.50	3.91	
Copper, Cu	mg	0.056		0		1		0.013	0.104	
Manganese, Mn	mg	0.020		0		1		0.005	0.037	
Selenium, Se	mcg	29.9		0	BFYN	4		7.2	55.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.050		0		1		0.012	0.093	
Riboflavin	mg	0.134		0		1		0.032	0.249	
Niacin	mg	5.732		0		1		1.376	10.662	
Pantothenic acid	mg	0.584		0		1		0.140	1.086	
Vitamin B-6	mg	0.420		0		1		0.101	0.781	
Folate, total	mcg	6		0		1		1	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		1	11	
Folate, DFE	mcg_DFE	6		0	NC	4		1	11	
Vitamin B-12	mcg	0.34		0		1		0.08	0.63	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.17		0	NR	4		0.04	0.31	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	3.390		0		1		0.814	6.305	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.002	0.019	
13:0	g									
14:0	g	0.090		0		1		0.022	0.167	
15:0	g									
16:0	g	2.230		0		1		0.535	4.148	
17:0	g									
18:0	g	0.740		0		1		0.178	1.376	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05196
Turkey, all classes, wing, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.660		0		1		1.118	8.668	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.790		0		1		0.190	1.469	
17:1.....g									
18:1 undifferentiated.....g	3.760		0		1		0.902	6.994	
20:1.....g	0.010		0		1		0.002	0.019	
22:1 undifferentiated.....g	0.010		0		1		0.002	0.019	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.940		0		1		0.706	5.468	
18:2 undifferentiated.....g	2.490		0		1		0.598	4.631	
18:3 undifferentiated.....g	0.160		0		1		0.038	0.298	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160		0		1		0.038	0.298	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.005	0.037	
22:6 n-3.....g	0.030		0		1		0.007	0.056	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		19	151	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.071	0.549	
Threonine.....g	1.175		0		1		0.282	2.186	
Isoleucine.....g	1.327		0		1		0.318	2.468	
Leucine.....g	2.080		0		1		0.499	3.869	
Lysine.....g	2.412		0		1		0.579	4.486	
Methionine.....g	0.749		0		1		0.180	1.393	
Cystine.....g	0.315		0		1		0.076	0.586	
Phenylalanine.....g	1.058		0		1		0.254	1.968	
Tyrosine.....g	1.000		0		1		0.240	1.860	
Valine.....g	1.401		0		1		0.336	2.606	
Arginine.....g	1.946		0		1		0.467	3.620	
Histidine.....g	0.796		0		1		0.191	1.481	
Alanine.....g	1.789		0		1		0.429	3.328	
Aspartic acid.....g	2.622		0		1		0.629	4.877	
Glutamic acid.....g	4.279		0		1		1.027	7.959	
Glycine.....g	1.894		0		1		0.455	3.523	
Proline.....g	1.391		0		1		0.334	2.587	
Serine.....g	1.199		0		1		0.288	2.230	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 24g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 186g: 1 wing, bone removed

NDB No. 05196
Turkey, all classes, wing, meat and skin, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05195
Turkey, all classes, wing, meat and skin, raw

Refuse: 33% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.49		0		1		21.94	170.21	
Energy	kcal	197		0	NC	4		65	504	
Energy	kj	824				4		272	2110	
Protein (N x 6.25)	g	20.22		0		1		6.67	51.76	
Total lipid (fat)	g	12.32		0		1		4.07	31.54	
Ash	g	0.81		0		1		0.27	2.07	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		5	36	
Iron, Fe	mg	1.26		0		1		0.42	3.23	
Magnesium, Mg	mg	21		0		1		7	54	
Phosphorus, P	mg	165		0		1		54	422	
Potassium, K	mg	240		0		1		79	614	
Sodium, Na	mg	55		0		1		18	141	
Zinc, Zn	mg	1.54		0		1		0.51	3.94	
Copper, Cu	mg	0.077		0		1		0.025	0.197	
Manganese, Mn	mg	0.017		0		1		0.006	0.044	
Selenium, Se	mcg	22.4		0	PAK	1		7.4	57.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.050		0		1		0.017	0.128	
Riboflavin	mg	0.110		0		1		0.036	0.282	
Niacin	mg	4.425		0		1		1.460	11.328	
Pantothenic acid	mg	0.554		0		1		0.183	1.418	
Vitamin B-6	mg	0.410		0		1		0.135	1.050	
Folate, total	mcg	7		0		1		2	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		2	18	
Folate, DFE	mcg_DFE	7		0	NC	4		2	18	
Vitamin B-12	mcg	0.39		0		1		0.13	1.00	
Vitamin A, IU	IU	11		0		1		4	28	
Vitamin A, RAE	mcg_RAE	3		0		1		1	8	
Retinol	mcg	3		0		1		1	8	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.280		0		1		1.082	8.397	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.003	0.026	
13:0	g									
14:0	g	0.090		0		1		0.030	0.230	
15:0	g									
16:0	g	2.270		0		1		0.749	5.811	
17:0	g									
18:0	g	0.670		0		1		0.221	1.715	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05195
Turkey, all classes, wing, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.970		0		1		1.640	12.723	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850		0		1		0.281	2.176	
17:1.....g									
18:1 undifferentiated.....g	4.010		0		1		1.323	10.266	
20:1.....g	0.010		0		1		0.003	0.026	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.026	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.860		0		1		0.944	7.322	
18:2 undifferentiated.....g	2.520		0		1		0.832	6.451	
18:3 undifferentiated.....g	0.180		0		1		0.059	0.461	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.030	0.230	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.003	0.026	
22:6 n-3.....g	0.010		0		1		0.003	0.026	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		23	179	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.217		0		1		0.072	0.556	
Threonine.....g	0.866		0		1		0.286	2.217	
Isoleucine.....g	0.975		0		1		0.322	2.496	
Leucine.....g	1.531		0		1		0.505	3.919	
Lysine.....g	1.773		0		1		0.585	4.539	
Methionine.....g	0.551		0		1		0.182	1.411	
Cystine.....g	0.234		0		1		0.077	0.599	
Phenylalanine.....g	0.780		0		1		0.257	1.997	
Tyrosine.....g	0.734		0		1		0.242	1.879	
Valine.....g	1.031		0		1		0.340	2.639	
Arginine.....g	1.438		0		1		0.475	3.681	
Histidine.....g	0.585		0		1		0.193	1.498	
Alanine.....g	1.325		0		1		0.437	3.392	
Aspartic acid.....g	1.934		0		1		0.638	4.951	
Glutamic acid.....g	3.150		0		1		1.040	8.064	
Glycine.....g	1.425		0		1		0.470	3.648	
Proline.....g	1.039		0		1		0.343	2.660	
Serine.....g	0.885		0		1		0.292	2.266	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 33g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 256g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05284
Turkey, canned, meat only, with broth

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.07	0.912	9		1		89.19	93.82	82.59
Energy	kcal	163		0	NC	4		220	231	204
Energy	kj	682				4		921	968	852
Protein (N x 6.25)	g	23.68	0.570	9		1		31.97	33.63	29.60
Total lipid (fat)	g	6.86	0.242	9		1		9.26	9.74	8.58
Ash	g	1.92	0.032	9		1		2.59	2.73	2.40
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	0.00
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total	g	0.00		0	Z	7		0.00	0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.572	9		1		16	17	15
Iron, Fe	mg	1.86	0.247	9		1		2.51	2.64	2.33
Magnesium, Mg	mg	20		0		4		27	28	25
Phosphorus, P	mg	162		0		4		219	230	203
Potassium, K	mg	224		0		4		302	318	280
Sodium, Na	mg	467	45.619	5		1		630	663	584
Zinc, Zn	mg	2.37		0		4		3.20	3.37	2.96
Copper, Cu	mg	0.074		0		4		0.100	0.105	0.093
Manganese, Mn	mg	0.017		0		4		0.023	0.024	0.021
Selenium, Se	mcg	25.9		0	BFNN	4		35.0	36.8	32.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.0	0.000	6		1		2.7	2.8	2.5
Thiamin	mg	0.014	0.002	9		1		0.019	0.020	0.018
Riboflavin	mg	0.171	0.006	9		1		0.231	0.243	0.214
Niacin	mg	6.622	0.326	9		1		8.940	9.403	8.278
Pantothenic acid	mg	0.686		0		4		0.926	0.974	0.858
Vitamin B-6	mg	0.330		0		4		0.446	0.469	0.413
Folate, total	mcg	6		0		4		8	9	8
Folic acid	mcg	0		0	Z	7		0	0	0
Folate, food	mcg	6		0		4		8	9	8
Folate, DFE	mcg_DFE	6		0	NC	4		8	9	8
Vitamin B-12	mcg	0.28		0		4		0.38	0.40	0.35
Vitamin A, IU	IU	0		0		4		0	0	0
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	0
Retinol	mcg	0		0	NR	4		0	0	0
Vitamin E (alpha-tocopherol)	mg	0.27		0	PIK	4		0.37	0.39	0.34
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.7		0	PIK	4		0.9	1.0	0.9
Lipids:										
Fatty acids, total saturated	g	2.000		0		1		2.700	2.840	2.500
4:0	g	0.000		0		1		0.000	0.000	0.000
6:0	g	0.000		0		1		0.000	0.000	0.000
8:0	g	0.000		0		1		0.000	0.000	0.000
10:0	g	0.000		0		1		0.000	0.000	0.000
12:0	g	0.010		0		1		0.014	0.014	0.013
13:0	g									
14:0	g	0.050		0		1		0.068	0.071	0.063
15:0	g									
16:0	g	1.220		0		1		1.647	1.732	1.525
17:0	g									
18:0	g	0.490		0		1		0.662	0.696	0.613
20:0	g									
22:0	g									
24:0	g									

NDB No. 05284
Turkey, canned, meat only, with broth

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.260		0		1		3.051	3.209	2.825
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.500	0.525	0.463
17:1.....g									
18:1 undifferentiated.....g	1.830		0		1		2.471	2.599	2.288
20:1.....g	0.010		0		1		0.014	0.014	0.013
22:1 undifferentiated.....g	0.010		0		1		0.014	0.014	0.013
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.750		0		1		2.363	2.485	2.188
18:2 undifferentiated.....g	1.460		0		1		1.971	2.073	1.825
18:3 undifferentiated.....g	0.080		0		1		0.108	0.114	0.100
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.189	0.199	0.175
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.020		0		1		0.027	0.028	0.025
22:6 n-3.....g	0.030		0		1		0.041	0.043	0.038
Fatty acids, total trans.....g									
Cholesterol.....mg	66		0		4		89	94	83
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.261		0		1		0.352	0.371	0.326
Threonine.....g	1.029		0		1		1.389	1.461	1.286
Isoleucine.....g	1.183		0		1		1.597	1.680	1.479
Leucine.....g	1.833		0		1		2.475	2.603	2.291
Lysine.....g	2.143		0		1		2.893	3.043	2.679
Methionine.....g	0.661		0		1		0.892	0.939	0.826
Cystine.....g	0.266		0		1		0.359	0.378	0.333
Phenylalanine.....g	0.922		0		1		1.245	1.309	1.153
Tyrosine.....g	0.895		0		1		1.208	1.271	1.119
Valine.....g	1.228		0		1		1.658	1.744	1.535
Arginine.....g	1.663		0		1		2.245	2.361	2.079
Histidine.....g	0.708		0		1		0.956	1.005	0.885
Alanine.....g	1.503		0		1		2.029	2.134	1.879
Aspartic acid.....g	2.270		0		1		3.065	3.223	2.838
Glutamic acid.....g	3.765		0		1		5.083	5.346	4.706
Glycine.....g	1.422		0		1		1.920	2.019	1.778
Proline.....g	1.096		0		1		1.480	1.556	1.370
Serine.....g	1.040		0		1		1.404	1.477	1.300
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 135g: 1 cup, drained

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 125g: 1 can (5 oz) yields

NDB No. 05284
Turkey, canned, meat only, with broth

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05285
Turkey, diced, light and dark meat, seasoned

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.70	0.080	6		1		20.33	162.76	
Energy	kcal	138		0	NC	4		39	313	
Energy	kj	577				4		164	1311	
Protein (N x 6.25)	g	18.70	0.209	6		1		5.30	42.45	
Total lipid (fat)	g	6.00	0.193	6		1		1.70	13.62	
Ash	g	2.60	0.209	6		1		0.74	5.90	
Carbohydrate, by difference	g	1.00		0	NC	4		0.28	2.27	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	1	0.000	6		1		0	2	
Iron, Fe	mg	1.80	0.177	6		1		0.51	4.09	
Magnesium, Mg	mg	17		0		4		5	39	
Phosphorus, P	mg	240	16.109	6		1		68	545	
Potassium, K	mg	310	9.665	6		1		88	704	
Sodium, Na	mg	850	61.237	6		1		241	1930	
Zinc, Zn	mg	2.02		0		4		0.57	4.59	
Copper, Cu	mg	0.063		0		4		0.018	0.143	
Manganese, Mn	mg	0.013		0		4		0.004	0.030	
Selenium, Se	mcg	26.1		0	PIE	4		7.4	59.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040	0.005	6		1		0.011	0.091	
Riboflavin	mg	0.110	0.010	6		1		0.031	0.250	
Niacin	mg	4.800	0.161	6		1		1.361	10.896	
Pantothenic acid	mg	0.589		0		4		0.167	1.337	
Vitamin B-6	mg	0.280		0		4		0.079	0.636	
Folate, total	mcg	5		0		4		1	11	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		4		1	11	
Folate, DFE	mcg_DFE	5		0	NC	4		1	11	
Vitamin B-12	mcg	0.24		0		4		0.07	0.54	
Vitamin A, IU	IU	0		0		4		0	0	
Vitamin A, RAE	mcg_RAE	0		0		4		0	0	
Retinol	mcg	0		0		4		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.750		0		1		0.496	3.973	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.003	0.023	
13:0	g									
14:0	g	0.040		0		1		0.011	0.091	
15:0	g									
16:0	g	1.070		0		1		0.303	2.429	
17:0	g									
18:0	g	0.430		0		1		0.122	0.976	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05285
Turkey, diced, light and dark meat, seasoned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.980		0		1		0.561	4.495	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.320		0		1		0.091	0.726	
17:1.....g									
18:1 undifferentiated.....g	1.600		0		1		0.454	3.632	
20:1.....g	0.010		0		1		0.003	0.023	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.023	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.530		0		1		0.434	3.473	
18:2 undifferentiated.....g	1.270		0		1		0.360	2.883	
18:3 undifferentiated.....g	0.070		0		1		0.020	0.159	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.034	0.272	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.006	0.045	
22:6 n-3.....g	0.020		0		1		0.006	0.045	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0		4		16	125	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.058	0.468	
Threonine.....g	0.813		0		1		0.230	1.846	
Isoleucine.....g	0.934		0		1		0.265	2.120	
Leucine.....g	1.447		0		1		0.410	3.285	
Lysine.....g	1.693		0		1		0.480	3.843	
Methionine.....g	0.522		0		1		0.148	1.185	
Cystine.....g	0.210		0		1		0.060	0.477	
Phenylalanine.....g	0.729		0		1		0.207	1.655	
Tyrosine.....g	0.707		0		1		0.200	1.605	
Valine.....g	0.970		0		1		0.275	2.202	
Arginine.....g	1.313		0		1		0.372	2.981	
Histidine.....g	0.559		0		1		0.158	1.269	
Alanine.....g	1.187		0		1		0.337	2.694	
Aspartic acid.....g	1.793		0		1		0.508	4.070	
Glutamic acid.....g	2.974		0		1		0.843	6.751	
Glycine.....g	1.123		0		1		0.318	2.549	
Proline.....g	0.866		0		1		0.246	1.966	
Serine.....g	0.821		0		1		0.233	1.864	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 227g: .5 lb

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43367
Turkey, drumstick, smoked, cooked, with skin, bone removed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.20				4			12.85	10.40
Energy	kcal	208				4			44	35
Energy	kj	870				4			183	148
Protein	g	27.90				4			5.86	4.74
Total lipid (fat)	g	9.80				4			2.06	1.67
Ash	g	1.10		0	NC	4			0.23	0.19
Carbohydrate, by difference	g	0.00			Z	7			0.00	0.00
Fiber, total dietary	g	0.0				7			0.0	0.0
Sugars, total	g	0.00		0	Z	7			0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	32				4			7	5
Iron, Fe	mg	2.30				4			0.48	0.39
Magnesium, Mg	mg	23				4			5	4
Phosphorus, P	mg	199				4			42	34
Potassium, K	mg	280				4			59	48
Sodium, Na	mg	996				4			209	169
Zinc, Zn	mg	4.27				4			0.90	0.73
Copper, Cu	mg	0.154				4			0.032	0.026
Manganese, Mn	mg									
Selenium, Se	mcg	38.3		0	BFNN	4			8.0	6.5
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7			0.0	0.0
Thiamin	mg	0.060				4			0.013	0.010
Riboflavin	mg	0.240				4			0.050	0.041
Niacin	mg	3.560				4			0.748	0.605
Pantothenic acid	mg									
Vitamin B-6	mg	0.330				4			0.069	0.056
Folate, total	mcg	9				4			2	2
Folic acid	mcg	0		0	Z	7			0	0
Folate, food	mcg	9				4			2	2
Folate, DFE	mcg_DFE	9		0	NC	4			2	2
Vitamin B-12	mcg	0.36				4			0.08	0.06
Vitamin A, IU	IU	0				4			0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4			0	0
Retinol	mcg	0		0	NR	4			0	0
Vitamin E (alpha-tocopherol)	mg	0.62		0	NR	4			0.13	0.11
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	4.1		0	BFSN	4			0.9	0.7
Lipids:										
Fatty acids, total saturated	g	3.054				4			0.641	0.519
4:0	g	0.000				4			0.000	0.000
6:0	g	0.000				4			0.000	0.000
8:0	g	0.000				4			0.000	0.000
10:0	g	0.000				4			0.000	0.000
12:0	g	0.010				4			0.002	0.002
13:0	g									
14:0	g	0.070				4			0.015	0.012
15:0	g									
16:0	g	1.767				4			0.371	0.300
17:0	g									
18:0	g	0.818				4			0.172	0.139
20:0	g									
22:0	g									
24:0	g									

NDB No. 43367
Turkey, drumstick, smoked, cooked, with skin, bone removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.864				4			0.601	0.487
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.459				4			0.096	0.078
17:1.....g									
18:1 undifferentiated.....g	2.335				4			0.490	0.397
20:1.....g	0.030				4			0.006	0.005
22:1 undifferentiated.....g	0.020				4			0.004	0.003
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.715				4			0.570	0.462
18:2 undifferentiated.....g	2.266				4			0.476	0.385
18:3 undifferentiated.....g	0.110				4			0.023	0.019
18:4.....g	0.000				4			0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240				4			0.050	0.041
20:5 n-3.....g	0.000				4			0.000	0.000
22:5 n-3.....g	0.030				4			0.006	0.005
22:6 n-3.....g	0.050				4			0.011	0.009
Fatty acids, total trans.....g									
Cholesterol.....mg	85				4			18	14
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7			0.0	0.0
Caffeine.....mg	0		0	z	7			0	0
Theobromine.....mg	0		0	z	7			0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7			0.000	0.000
Carotene, alpha.....mcg	0		0	z	7			0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7			0.000	0.000
Lycopene.....mcg	0		0	z	7			0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7			0.000	0.000

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Common Measures:

Measure 2 = 21g: 1 oz with bone, cooked (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.27	0.396	6		1		82.25	23.41	
Energy	kcal	204		0	NC	4		265	75	
Energy	kj	854				4		1110	316	
Protein (N x 6.25)	g	26.15	0.514	6		1		34.00	9.68	
Total lipid (fat)	g	10.24	0.726	6		1		13.31	3.79	
Ash	g	0.85	0.017	6		1		1.11	0.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	36	1.447	6		1		47	13	
Iron, Fe	mg	1.85	0.167	6		1		2.41	0.68	
Magnesium, Mg	mg	20	0.274	6		1		26	7	
Phosphorus, P	mg	170	3.973	6		1		221	63	
Potassium, K	mg	208	2.865	6		1		270	77	
Sodium, Na	mg	70	2.926	6		1		91	26	
Zinc, Zn	mg	3.34		2		1		4.34	1.24	
Copper, Cu	mg	0.166		2		1		0.216	0.061	
Manganese, Mn	mg	0.023		2		1		0.030	0.009	
Selenium, Se	mcg	37.7		0	BFYN	4		49.0	13.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.040	0.003	6		1		0.052	0.015	
Riboflavin	mg	0.193	0.012	6		1		0.251	0.071	
Niacin	mg	3.517	0.100	6		1		4.572	1.301	
Pantothenic acid	mg	1.127		0		1		1.465	0.417	
Vitamin B-6	mg	0.310		0		1		0.403	0.115	
Folate, total	mcg	9		0		1		12	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		12	3	
Folate, DFE	mcg_DFE	9		0	NC	4		12	3	
Vitamin B-12	mcg	0.36		0		1		0.47	0.13	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	0		2		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.990		0		1		3.887	1.106	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.013	0.004	
13:0	g									
14:0	g	0.070		0		1		0.091	0.026	
15:0	g									
16:0	g	1.880		0		1		2.444	0.696	
17:0	g									
18:0	g	0.720		0		1		0.936	0.266	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05214
Turkey, fryer-roasters, back, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.530		0		1		4.589	1.306	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.767	0.218	
17:1.....g									
18:1 undifferentiated.....g	2.860		0		1		3.718	1.058	
20:1.....g	0.020		0		1		0.026	0.007	
22:1 undifferentiated.....g	0.010		0		1		0.013	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.640		0		1		3.432	0.977	
18:2 undifferentiated.....g	2.270		0		1		2.951	0.840	
18:3 undifferentiated.....g	0.130		0		1		0.169	0.048	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.221	0.063	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.026	0.007	
22:6 n-3.....g	0.030		0		1		0.039	0.011	
Fatty acids, total trans.....g									
Cholesterol.....mg	108	4.974	6		1		140	40	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.363	0.103	
Threonine.....g	1.116		0		1		1.451	0.413	
Isoleucine.....g	1.253		0		1		1.629	0.464	
Leucine.....g	1.971		0		1		2.562	0.729	
Lysine.....g	2.278		0		1		2.961	0.843	
Methionine.....g	0.709		0		1		0.922	0.262	
Cystine.....g	0.306		0		1		0.398	0.113	
Phenylalanine.....g	1.006		0		1		1.308	0.372	
Tyrosine.....g	0.943		0		1		1.226	0.349	
Valine.....g	1.330		0		1		1.729	0.492	
Arginine.....g	1.864		0		1		2.423	0.690	
Histidine.....g	0.751		0		1		0.976	0.278	
Alanine.....g	1.723		0		1		2.240	0.638	
Aspartic acid.....g	2.498		0		1		3.247	0.924	
Glutamic acid.....g	4.058		0		1		5.275	1.501	
Glycine.....g	1.890		0		1		2.457	0.699	
Proline.....g	1.367		0		1		1.777	0.506	
Serine.....g	1.142		0		1		1.485	0.423	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: .5 back, bone removed

Measure 2 = 37g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05213
Turkey, fryer-roasters, back, meat and skin, raw

Refuse: 41% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.47	0.606	6		1		132.62	37.68	
Energy	kcal	151		0	NC	4		276	79	
Energy	kj	632				4		1156	329	
Protein (N x 6.25)	g	19.89	0.162	6		1		36.40	10.34	
Total lipid (fat)	g	7.27	0.771	6		1		13.30	3.78	
Ash	g	0.76	0.006	6		1		1.39	0.40	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	0.613	6		1		35	10	
Iron, Fe	mg	1.40	0.097	6		1		2.56	0.73	
Magnesium, Mg	mg	19	0.231	6		1		35	10	
Phosphorus, P	mg	155	1.456	6		1		284	81	
Potassium, K	mg	204	2.318	6		1		373	106	
Sodium, Na	mg	60	1.354	6		1		110	31	
Zinc, Zn	mg	1.92		2		1		3.51	1.00	
Copper, Cu	mg	0.137		2		1		0.251	0.071	
Manganese, Mn	mg	0.018		2		1		0.033	0.009	
Selenium, Se	mcg	26.4		0	PAK	1		48.3	13.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.042	0.004	6		1		0.077	0.022	
Riboflavin	mg	0.161	0.009	6		1		0.295	0.084	
Niacin	mg	3.257	0.170	6		1		5.960	1.694	
Pantothenic acid	mg	1.032		0		1		1.889	0.537	
Vitamin B-6	mg	0.320		0		1		0.586	0.166	
Folate, total	mcg	10		0		1		18	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		18	5	
Folate, DFE	mcg_DFE	10		0	NC	4		18	5	
Vitamin B-12	mcg	0.39		0		1		0.71	0.20	
Vitamin A, IU	IU	6		2		1		11	3	
Vitamin A, RAE	mcg_RAE	2		2		1		3	1	
Retinol	mcg	2		2		1		3	1	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.120		0		1		3.880	1.102	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.018	0.005	
13:0	g									
14:0	g	0.050		0		1		0.092	0.026	
15:0	g									
16:0	g	1.330		0		1		2.434	0.692	
17:0	g									
18:0	g	0.510		0		1		0.933	0.265	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05213
Turkey, fryer-roasters, back, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.500		0		1		4.575	1.300	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0		1		0.769	0.218	
17:1.....g									
18:1 undifferentiated.....g	2.030		0		1		3.715	1.056	
20:1.....g	0.010		0		1		0.018	0.005	
22:1 undifferentiated.....g	0.010		0		1		0.018	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.880		0		1		3.440	0.978	
18:2 undifferentiated.....g	1.610		0		1		2.946	0.837	
18:3 undifferentiated.....g	0.090		0		1		0.165	0.047	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.220	0.062	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.037	0.010	
22:6 n-3.....g	0.020		0		1		0.037	0.010	
Fatty acids, total trans.....g									
Cholesterol.....mg	86	2.938	6		1		157	45	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.216		0		1		0.395	0.112	
Threonine.....g	0.859		0		1		1.572	0.447	
Isoleucine.....g	0.977		0		1		1.788	0.508	
Leucine.....g	1.524		0		1		2.789	0.792	
Lysine.....g	1.774		0		1		3.246	0.922	
Methionine.....g	0.550		0		1		1.007	0.286	
Cystine.....g	0.225		0		1		0.412	0.117	
Phenylalanine.....g	0.772		0		1		1.413	0.401	
Tyrosine.....g	0.737		0		1		1.349	0.383	
Valine.....g	1.025		0		1		1.876	0.533	
Arginine.....g	1.409		0		1		2.578	0.733	
Histidine.....g	0.586		0		1		1.072	0.305	
Alanine.....g	1.288		0		1		2.357	0.670	
Aspartic acid.....g	1.910		0		1		3.495	0.993	
Glutamic acid.....g	3.134		0		1		5.735	1.630	
Glycine.....g	1.306		0		1		2.390	0.679	
Proline.....g	0.978		0		1		1.790	0.509	
Serine.....g	0.874		0		1		1.599	0.454	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 183g: .5 back, bone removed

Measure 2 = 52g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.01	0.462	6		1		17.82	65.35	
Energy	kcal	170		0	NC	4		46	168	
Energy	kj	711				4		192	704	
Protein (N x 6.25)	g	28.02	0.496	6		1		7.57	27.74	
Total lipid (fat)	g	5.64	0.513	6		1		1.52	5.58	
Ash	g	0.90	0.015	6		1		0.24	0.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	36	0.800	6		1		10	36	
Iron, Fe	mg	1.85	0.167	6		1		0.50	1.83	
Magnesium, Mg	mg	22	0.295	6		1		6	22	
Phosphorus, P	mg	177	4.282	6		1		48	175	
Potassium, K	mg	217	2.994	6		1		59	215	
Sodium, Na	mg	73	2.555	6		1		20	72	
Zinc, Zn	mg	3.80		2		1		1.03	3.76	
Copper, Cu	mg	0.179		2		1		0.048	0.177	
Manganese, Mn	mg	0.025		2		1		0.007	0.025	
Selenium, Se	mcg	40.9	4.175	16	A	1		11.0	40.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.045	0.004	6		1		0.012	0.045	
Riboflavin	mg	0.205	0.013	6		1		0.055	0.203	
Niacin	mg	3.829	0.113	6		1		1.034	3.791	
Pantothenic acid	mg	1.422		0		1		0.384	1.408	
Vitamin B-6	mg	0.400		0		1		0.108	0.396	
Folate, total	mcg	10		0		1		3	10	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		3	10	
Folate, DFE	mcg_DFE	10		0	NC	4		3	10	
Vitamin B-12	mcg	0.41		0		1		0.11	0.41	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.890		0		1		0.510	1.871	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.003	0.010	
13:0	g									
14:0	g	0.040		0		1		0.011	0.040	
15:0	g									
16:0	g	1.000		0		1		0.270	0.990	
17:0	g									
18:0	g	0.570		0		1		0.154	0.564	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05216
Turkey, fryer-roasters, back, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.280		0		1		0.346	1.267	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		0		1		0.051	0.188	
17:1.....g									
18:1 undifferentiated.....g	1.060		0		1		0.286	1.049	
20:1.....g	0.020		0		1		0.005	0.020	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.690		0		1		0.456	1.673	
18:2 undifferentiated.....g	1.370		0		1		0.370	1.356	
18:3 undifferentiated.....g	0.050		0		1		0.014	0.050	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.054	0.198	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.008	0.030	
22:6 n-3.....g	0.040		0		1		0.011	0.040	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	4.152	6		1		26	94	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		0.086	0.315	
Threonine.....g	1.246		0		1		0.336	1.234	
Isoleucine.....g	1.457		0		1		0.393	1.442	
Leucine.....g	2.232		0		1		0.603	2.210	
Lysine.....g	2.640		0		1		0.713	2.614	
Methionine.....g	0.811		0		1		0.219	0.803	
Cystine.....g	0.291		0		1		0.079	0.288	
Phenylalanine.....g	1.112		0		1		0.300	1.101	
Tyrosine.....g	1.107		0		1		0.299	1.096	
Valine.....g	1.488		0		1		0.402	1.473	
Arginine.....g	1.954		0		1		0.528	1.934	
Histidine.....g	0.874		0		1		0.236	0.865	
Alanine.....g	1.735		0		1		0.468	1.718	
Aspartic acid.....g	2.721		0		1		0.735	2.694	
Glutamic acid.....g	4.572		0		1		1.234	4.526	
Glycine.....g	1.389		0		1		0.375	1.375	
Proline.....g	1.165		0		1		0.315	1.153	
Serine.....g	1.246		0		1		0.336	1.234	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 99g: .5 back, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.37	0.309	6		1		32.41	113.06	
Energy	kcal	120		0	NC	4		52	180	
Energy	kj	502				4		216	753	
Protein (N x 6.25)	g	20.66	0.108	6		1		8.88	30.99	
Total lipid (fat)	g	3.51	0.292	6		1		1.51	5.27	
Ash	g	0.83	0.004	6		1		0.36	1.25	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	0.768	6		1		8	29	
Iron, Fe	mg	1.44	0.128	6		1		0.62	2.16	
Magnesium, Mg	mg	21	0.124	6		1		9	32	
Phosphorus, P	mg	168	2.786	6		1		72	252	
Potassium, K	mg	222	3.485	6		1		95	333	
Sodium, Na	mg	65	1.230	6		1		28	98	
Zinc, Zn	mg	2.02		2		1		0.87	3.03	
Copper, Cu	mg	0.134		2		1		0.058	0.201	
Manganese, Mn	mg	0.019		2		1		0.008	0.029	
Selenium, Se	mcg	28.6		0	BFZN	4		12.3	42.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.047	0.005	6		1		0.020	0.071	
Riboflavin	mg	0.176	0.009	6		1		0.076	0.264	
Niacin	mg	3.594	0.184	6		1		1.545	5.391	
Pantothenic acid	mg	1.182		0		1		0.508	1.773	
Vitamin B-6	mg	0.370		0		1		0.159	0.555	
Folate, total	mcg	11		0		1		5	17	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		5	17	
Folate, DFE	mcg_DFE	11		0	NC	4		5	17	
Vitamin B-12	mcg	0.41		0		1		0.18	0.62	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.180		0		1		0.507	1.770	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.002	6		1		0.004	0.015	
13:0	g									
14:0	g	0.020	0.005	8		1		0.009	0.030	
15:0	g									
16:0	g	0.620	0.063	8		1		0.267	0.930	
17:0	g									
18:0	g	0.350	0.034	8		1		0.151	0.525	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05215
Turkey, fryer-roasters, back, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.800		0		1		0.344	1.200	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.120	0.028	8		1		0.052	0.180	
17:1.....g									
18:1 undifferentiated.....g	0.660	0.069	8		1		0.284	0.990	
20:1.....g	0.010	0.002	7		1		0.004	0.015	
22:1 undifferentiated.....g	0.010	0.002	7		1		0.004	0.015	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.050		0		1		0.452	1.575	
18:2 undifferentiated.....g	0.850	0.086	8		1		0.366	1.275	
18:3 undifferentiated.....g	0.030	0.010	8		1		0.013	0.045	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120	0.021	8		1		0.052	0.180	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020	0.004	7		1		0.009	0.030	
22:6 n-3.....g	0.030	0.015	7		1		0.013	0.045	
Fatty acids, total trans.....g									
Cholesterol.....mg	74	3.423	6		1		32	111	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.235		0		1		0.101	0.353	
Threonine.....g	0.919		0		1		0.395	1.379	
Isoleucine.....g	1.074		0		1		0.462	1.611	
Leucine.....g	1.646		0		1		0.708	2.469	
Lysine.....g	1.947		0		1		0.837	2.921	
Methionine.....g	0.598		0		1		0.257	0.897	
Cystine.....g	0.215		0		1		0.092	0.323	
Phenylalanine.....g	0.820		0		1		0.353	1.230	
Tyrosine.....g	0.816		0		1		0.351	1.224	
Valine.....g	1.097		0		1		0.472	1.646	
Arginine.....g	1.441		0		1		0.620	2.162	
Histidine.....g	0.644		0		1		0.277	0.966	
Alanine.....g	1.279		0		1		0.550	1.919	
Aspartic acid.....g	2.006		0		1		0.863	3.009	
Glutamic acid.....g	3.371		0		1		1.450	5.057	
Glycine.....g	1.025		0		1		0.441	1.538	
Proline.....g	0.859		0		1		0.369	1.289	
Serine.....g	0.919		0		1		0.395	1.379	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 43g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 150g: .5 back, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.63	0.272	6		1		66.28	232.65	
Energy	kcal	153		0	NC	4		150	526	
Energy	kj	640				4		627	2202	
Protein (N x 6.25)	g	29.07	0.287	6		1		28.49	100.00	
Total lipid (fat)	g	3.20	0.191	6		1		3.14	11.01	
Ash	g	1.10	0.014	6		1		1.08	3.78	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.965	6		1		15	52	
Iron, Fe	mg	1.57	0.228	6		1		1.54	5.40	
Magnesium, Mg	mg	28	0.259	6		1		27	96	
Phosphorus, P	mg	216	3.665	6		1		212	743	
Potassium, K	mg	279	2.831	6		1		273	960	
Sodium, Na	mg	53	1.956	6		1		52	182	
Zinc, Zn	mg	1.77		2		1		1.73	6.09	
Copper, Cu	mg	0.076		2		1		0.074	0.261	
Manganese, Mn	mg	0.024		2		1		0.024	0.083	
Selenium, Se	mcg	30.5		0	BFYN	4		29.9	104.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.041	0.002	6		1		0.040	0.141	
Riboflavin	mg	0.135	0.006	6		1		0.132	0.464	
Niacin	mg	6.962	0.170	6		1		6.823	23.949	
Pantothenic acid	mg	0.661		0		1		0.648	2.274	
Vitamin B-6	mg	0.510		0		1		0.500	1.754	
Folate, total	mcg	6		0		1		6	21	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		6	21	
Folate, DFE	mcg_DFE	6		0	NC	4		6	21	
Vitamin B-12	mcg	0.37		0		1		0.36	1.27	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	0		2		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.870		0		1		0.853	2.993	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.020	0.069	
15:0	g									
16:0	g	0.580		0		1		0.568	1.995	
17:0	g									
18:0	g	0.190		0		1		0.186	0.654	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05218
Turkey, fryer-roasters, breast, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.200		0		1		1.176	4.128	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.196	0.688	
17:1.....g									
18:1 undifferentiated.....g	0.970		0		1		0.951	3.337	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.760		0		1		0.745	2.614	
18:2 undifferentiated.....g	0.640		0		1		0.627	2.202	
18:3 undifferentiated.....g	0.040		0		1		0.039	0.138	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.039	0.138	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.010	0.034	
22:6 n-3.....g	0.010		0		1		0.010	0.034	
Fatty acids, total trans.....g									
Cholesterol.....mg	90	6.407	6		1		88	310	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.322		0		1		0.316	1.108	
Threonine.....g	1.273		0		1		1.248	4.379	
Isoleucine.....g	1.466		0		1		1.437	5.043	
Leucine.....g	2.268		0		1		2.223	7.802	
Lysine.....g	2.660		0		1		2.607	9.150	
Methionine.....g	0.821		0		1		0.805	2.824	
Cystine.....g	0.317		0		1		0.311	1.090	
Phenylalanine.....g	1.140		0		1		1.117	3.922	
Tyrosine.....g	1.110		0		1		1.088	3.818	
Valine.....g	1.519		0		1		1.489	5.225	
Arginine.....g	2.044		0		1		2.003	7.031	
Histidine.....g	0.879		0		1		0.861	3.024	
Alanine.....g	1.844		0		1		1.807	6.343	
Aspartic acid.....g	2.805		0		1		2.749	9.649	
Glutamic acid.....g	4.654		0		1		4.561	16.010	
Glycine.....g	1.693		0		1		1.659	5.824	
Proline.....g	1.327		0		1		1.300	4.565	
Serine.....g	1.284		0		1		1.258	4.417	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 98g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 344g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05217
Turkey, fryer-roasters, breast, meat and skin, raw

Refuse: 12% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.88	0.199	6		1		89.64	315.57	
Energy	kcal	125		0	NC	4		154	541	
Energy	kj	523				4		643	2265	
Protein (N x 6.25)	g	23.76	0.070	6		1		29.22	102.88	
Total lipid (fat)	g	2.65	0.201	6		1		3.26	11.47	
Ash	g	0.97	0.007	6		1		1.19	4.20	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.292	6		1		14	48	
Iron, Fe	mg	1.19	0.118	6		1		1.46	5.15	
Magnesium, Mg	mg	26	0.276	6		1		32	113	
Phosphorus, P	mg	195	5.771	6		1		240	844	
Potassium, K	mg	276	2.204	6		1		339	1195	
Sodium, Na	mg	48	0.757	6		1		59	208	
Zinc, Zn	mg	1.28		2		1		1.57	5.54	
Copper, Cu	mg	0.117		2		1		0.144	0.507	
Manganese, Mn	mg	0.020		2		1		0.025	0.087	
Selenium, Se	mcg	23.5		0	PAK	1		28.9	101.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.039	0.004	6		1		0.048	0.169	
Riboflavin	mg	0.116	0.006	6		1		0.143	0.502	
Niacin	mg	5.809	0.136	6		1		7.145	25.153	
Pantothenic acid	mg	0.679		0		1		0.835	2.940	
Vitamin B-6	mg	0.530		0		1		0.652	2.295	
Folate, total	mcg	8		0		1		10	35	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		10	35	
Folate, DFE	mcg_DFE	8		0	NC	4		10	35	
Vitamin B-12	mcg	0.46		0		1		0.57	1.99	
Vitamin A, IU	IU	3		2		1		4	13	
Vitamin A, RAE	mcg_RAE	1		2		1		1	4	
Retinol	mcg	1		2		1		1	4	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.720		0		1		0.886	3.118	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.020		0		1		0.025	0.087	
15:0	g									
16:0	g	0.480		0		1		0.590	2.078	
17:0	g									
18:0	g	0.160		0		1		0.197	0.693	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05217
Turkey, fryer-roasters, breast, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.000		0		1		1.230	4.330	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		0		1		0.209	0.736	
17:1.....g									
18:1 undifferentiated.....g	0.800		0		1		0.984	3.464	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.775	2.728	
18:2 undifferentiated.....g	0.530		0		1		0.652	2.295	
18:3 undifferentiated.....g	0.040		0		1		0.049	0.173	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.037	0.130	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.012	0.043	
22:6 n-3.....g	0.010		0		1		0.012	0.043	
Fatty acids, total trans.....g									
Cholesterol.....mg	70	1.473	6		1		86	303	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.325	1.143	
Threonine.....g	1.042		0		1		1.282	4.512	
Isoleucine.....g	1.203		0		1		1.480	5.209	
Leucine.....g	1.859		0		1		2.287	8.049	
Lysine.....g	2.182		0		1		2.684	9.448	
Methionine.....g	0.673		0		1		0.828	2.914	
Cystine.....g	0.257		0		1		0.316	1.113	
Phenylalanine.....g	0.933		0		1		1.148	4.040	
Tyrosine.....g	0.911		0		1		1.121	3.945	
Valine.....g	1.244		0		1		1.530	5.387	
Arginine.....g	1.669		0		1		2.053	7.227	
Histidine.....g	0.722		0		1		0.888	3.126	
Alanine.....g	1.502		0		1		1.847	6.504	
Aspartic acid.....g	2.295		0		1		2.823	9.937	
Glutamic acid.....g	3.813		0		1		4.690	16.510	
Glycine.....g	1.359		0		1		1.672	5.884	
Proline.....g	1.073		0		1		1.320	4.646	
Serine.....g	1.050		0		1		1.292	4.547	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 433g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.40	0.419	6		1		59.51	209.30	
Energy	kcal	135		0	NC	4		117	413	
Energy	kj	565				4		491	1728	
Protein (N x 6.25)	g	30.06	0.263	6		1		26.15	91.98	
Total lipid (fat)	g	0.74	0.069	6		1		0.64	2.26	
Ash	g	1.14	0.015	6		1		0.99	3.49	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.751	6		1		10	37	
Iron, Fe	mg	1.53	0.238	6		1		1.33	4.68	
Magnesium, Mg	mg	29	0.259	6		1		25	89	
Phosphorus, P	mg	224	3.651	6		1		195	685	
Potassium, K	mg	292	3.085	6		1		254	894	
Sodium, Na	mg	52	1.902	6		1		45	159	
Zinc, Zn	mg	1.74		2		1		1.51	5.32	
Copper, Cu	mg	0.070		2		1		0.061	0.214	
Manganese, Mn	mg	0.024		2		1		0.021	0.073	
Selenium, Se	mcg	32.1	2.047	45	A	1		27.9	98.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.043	0.002	6		1		0.037	0.132	
Riboflavin	mg	0.131	0.005	6		1		0.114	0.401	
Niacin	mg	7.493	0.168	6		1		6.519	22.929	
Pantothenic acid	mg	0.708		0		1		0.616	2.166	
Vitamin B-6	mg	0.560		0		1		0.487	1.714	
Folate, total	mcg	6		0		1		5	18	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		5	18	
Folate, DFE	mcg_DFE	6		0	NC	4		5	18	
Vitamin B-12	mcg	0.39		0		1		0.34	1.19	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0	NR	4		0.08	0.28	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	0.240		0		1		0.209	0.734	
4:0	g	0.000		0		4		0.000	0.000	
6:0	g	0.000		0		4		0.000	0.000	
8:0	g	0.000		0		4		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.000		0		1		0.000	0.000	
15:0	g									
16:0	g	0.110		0		1		0.096	0.337	
17:0	g									
18:0	g	0.070		0		1		0.061	0.214	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05220
Turkey, fryer-roasters, breast, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.130		0		1		0.113	0.398	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.017	0.061	
17:1.....g									
18:1 undifferentiated.....g	0.110		0		1		0.096	0.337	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.174	0.612	
18:2 undifferentiated.....g	0.130		0		1		0.113	0.398	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.040		0		1		0.035	0.122	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.009	0.031	
22:6 n-3.....g	0.010		0		1		0.009	0.031	
Fatty acids, total trans.....g									
Cholesterol.....mg	83	6.552	6		1		72	254	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.342		0		1		0.298	1.047	
Threonine.....g	1.337		0		1		1.163	4.091	
Isoleucine.....g	1.563		0		1		1.360	4.783	
Leucine.....g	2.395		0		1		2.084	7.329	
Lysine.....g	2.833		0		1		2.465	8.669	
Methionine.....g	0.871		0		1		0.758	2.665	
Cystine.....g	0.313		0		1		0.272	0.958	
Phenylalanine.....g	1.193		0		1		1.038	3.651	
Tyrosine.....g	1.188		0		1		1.034	3.635	
Valine.....g	1.597		0		1		1.389	4.887	
Arginine.....g	2.097		0		1		1.824	6.417	
Histidine.....g	0.938		0		1		0.816	2.870	
Alanine.....g	1.861		0		1		1.619	5.695	
Aspartic acid.....g	2.920		0		1		2.540	8.935	
Glutamic acid.....g	4.906		0		1		4.268	15.012	
Glycine.....g	1.491		0		1		1.297	4.562	
Proline.....g	1.251		0		1		1.088	3.828	
Serine.....g	1.337		0		1		1.163	4.091	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 87g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 306g: .5 breast, bone and skin removed

NDB No. 05220
Turkey, fryer-roasters, breast, meat only, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.12	0.177	14		1		82.27	289.07	
Energy	kcal	111		0	NC	4		123	433	
Energy	kj	464				4		516	1811	
Protein (N x 6.25)	g	24.60	0.148	10		1		27.31	95.94	
Total lipid (fat)	g	0.65	0.101	12		1		0.72	2.54	
Ash	g	1.02	0.009	6		1		1.13	3.98	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.291	6		1		11	39	
Iron, Fe	mg	1.17	0.127	6		1		1.30	4.56	
Magnesium, Mg	mg	28	0.298	6		1		31	109	
Phosphorus, P	mg	206	6.211	6		1		229	803	
Potassium, K	mg	293	2.322	6		1		325	1143	
Sodium, Na	mg	49	0.879	6		1		54	191	
Zinc, Zn	mg	1.24		2		1		1.38	4.84	
Copper, Cu	mg	0.116		2		1		0.129	0.452	
Manganese, Mn	mg	0.021		2		1		0.023	0.082	
Selenium, Se	mcg	24.4		0	BFZN	4		27.1	95.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.041	0.004	6		1		0.046	0.160	
Riboflavin	mg	0.118	0.006	6		1		0.131	0.460	
Niacin	mg	6.255	0.140	6		1		6.943	24.395	
Pantothenic acid	mg	0.717		0		1		0.796	2.796	
Vitamin B-6	mg	0.580		0		1		0.644	2.262	
Folate, total	mcg	8		0		1		9	31	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		9	31	
Folate, DFE	mcg_DFE	8		0	NC	4		9	31	
Vitamin B-12	mcg	0.47		0		1		0.52	1.83	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.210		0		1		0.233	0.819	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000	0.001	10		1		0.000	0.000	
13:0	g									
14:0	g	0.000	0.000	12		1		0.000	0.000	
15:0	g									
16:0	g	0.090	0.016	12		1		0.100	0.351	
17:0	g									
18:0	g	0.060	0.010	12		1		0.067	0.234	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05219
Turkey, fryer-roasters, breast, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.110		0		1		0.122	0.429	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010	0.003	12		1		0.011	0.039	
17:1.....g									
18:1 undifferentiated.....g	0.090	0.016	12		1		0.100	0.351	
20:1.....g	0.000	0.000	10		1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	10		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.189	0.663	
18:2 undifferentiated.....g	0.110	0.019	12		1		0.122	0.429	
18:3 undifferentiated.....g	0.000	0.001	12		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.007	11		1		0.033	0.117	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010	0.001	10		1		0.011	0.039	
22:6 n-3.....g	0.010	0.003	10		1		0.011	0.039	
Fatty acids, total trans.....g	0.013		0	BFFN	4		0.014	0.050	
Cholesterol.....mg	62	1.904	6		1		69	242	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.279		0		1		0.310	1.088	
Threonine.....g	1.094		0		1		1.214	4.267	
Isoleucine.....g	1.279		0		1		1.420	4.988	
Leucine.....g	1.960		0		1		2.176	7.644	
Lysine.....g	2.318		0		1		2.573	9.040	
Methionine.....g	0.712		0		1		0.790	2.777	
Cystine.....g	0.256		0		1		0.284	0.998	
Phenylalanine.....g	0.976		0		1		1.083	3.806	
Tyrosine.....g	0.972		0		1		1.079	3.791	
Valine.....g	1.307		0		1		1.451	5.097	
Arginine.....g	1.716		0		1		1.905	6.692	
Histidine.....g	0.768		0		1		0.852	2.995	
Alanine.....g	1.523		0		1		1.691	5.940	
Aspartic acid.....g	2.389		0		1		2.652	9.317	
Glutamic acid.....g	4.015		0		1		4.457	15.659	
Glycine.....g	1.220		0		1		1.354	4.758	
Proline.....g	1.023		0		1		1.136	3.990	
Serine.....g	1.094		0		1		1.214	4.267	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 111g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 390g: .5 breast, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.82	0.287	6		1		68.71	242.43	
Energy	kcal	182		0	NC	4		193	681	
Energy	kj	761				4		807	2848	
Protein (N x 6.25)	g	27.69	0.367	6		1		29.35	103.56	
Total lipid (fat)	g	7.06	0.385	6		1		7.48	26.40	
Ash	g	0.94	0.018	6		1		1.00	3.52	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27	1.390	6		1		29	101	
Iron, Fe	mg	2.33	0.175	6		1		2.47	8.71	
Magnesium, Mg	mg	23	0.131	6		1		24	86	
Phosphorus, P	mg	190	3.600	6		1		201	711	
Potassium, K	mg	237	1.653	6		1		251	886	
Sodium, Na	mg	76	2.999	6		1		81	284	
Zinc, Zn	mg	3.83		2		1		4.06	14.32	
Copper, Cu	mg	0.209		2		1		0.222	0.782	
Manganese, Mn	mg	0.024		2		1		0.025	0.090	
Selenium, Se	mcg	39.0		0	BFYN	4		41.3	145.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.048	0.004	6		1		0.051	0.180	
Riboflavin	mg	0.235	0.015	6		1		0.249	0.879	
Niacin	mg	3.350	0.083	6		1		3.551	12.529	
Pantothenic acid	mg	1.199		0		1		1.271	4.484	
Vitamin B-6	mg	0.330		0		1		0.350	1.234	
Folate, total	mcg	9		0		1		10	34	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		10	34	
Folate, DFE	mcg_DFE	9		0	NC	4		10	34	
Vitamin B-12	mcg	0.37		0		1		0.39	1.38	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	0		2		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.120		0		1		2.247	7.929	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.011	0.037	
13:0	g									
14:0	g	0.050		0		1		0.053	0.187	
15:0	g									
16:0	g	1.290		0		1		1.367	4.825	
17:0	g									
18:0	g	0.540		0		1		0.572	2.020	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05208

Turkey, fryer-roasters, dark meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.270		0		1		2.406	8.490	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.392	1.384	
17:1.....g									
18:1 undifferentiated.....g	1.850		0		1		1.961	6.919	
20:1.....g	0.010		0		1		0.011	0.037	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.037	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.880		0		1		1.993	7.031	
18:2 undifferentiated.....g	1.590		0		1		1.685	5.947	
18:3 undifferentiated.....g	0.090		0		1		0.095	0.337	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.148	0.524	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.021	0.075	
22:6 n-3.....g	0.030		0		1		0.032	0.112	
Fatty acids, total trans.....g									
Cholesterol.....mg	117	6.123	6		1		124	438	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.304		0		1		0.322	1.137	
Threonine.....g	1.205		0		1		1.277	4.507	
Isoleucine.....g	1.380		0		1		1.463	5.161	
Leucine.....g	2.143		0		1		2.272	8.015	
Lysine.....g	2.505		0		1		2.655	9.369	
Methionine.....g	0.775		0		1		0.822	2.899	
Cystine.....g	0.307		0		1		0.325	1.148	
Phenylalanine.....g	1.081		0		1		1.146	4.043	
Tyrosine.....g	1.043		0		1		1.106	3.901	
Valine.....g	1.437		0		1		1.523	5.374	
Arginine.....g	1.954		0		1		2.071	7.308	
Histidine.....g	0.828		0		1		0.878	3.097	
Alanine.....g	1.772		0		1		1.878	6.627	
Aspartic acid.....g	2.666		0		1		2.826	9.971	
Glutamic acid.....g	4.401		0		1		4.665	16.460	
Glycine.....g	1.705		0		1		1.807	6.377	
Proline.....g	1.308		0		1		1.386	4.892	
Serine.....g	1.220		0		1		1.293	4.563	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 374g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.56	0.273	6		1		112.59	396.66	
Energy	kcal	129		0	NC	4		195	686	
Energy	kj	540				4		815	2871	
Protein (N x 6.25)	g	20.06	0.045	6		1		30.29	106.72	
Total lipid (fat)	g	4.79	0.320	6		1		7.23	25.48	
Ash	g	0.84	0.002	6		1		1.27	4.47	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.407	6		1		21	74	
Iron, Fe	mg	1.62	0.044	6		1		2.45	8.62	
Magnesium, Mg	mg	20	0.047	6		1		30	106	
Phosphorus, P	mg	163	1.349	6		1		246	867	
Potassium, K	mg	232	4.009	6		1		350	1234	
Sodium, Na	mg	66	1.096	6		1		100	351	
Zinc, Zn	mg	2.55		2		1		3.85	13.57	
Copper, Cu	mg	0.160		2		1		0.242	0.851	
Manganese, Mn	mg	0.023		2		1		0.035	0.122	
Selenium, Se	mcg	27.3		0	PAK	1		41.2	145.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.046	0.004	6		1		0.069	0.245	
Riboflavin	mg	0.189	0.006	6		1		0.285	1.005	
Niacin	mg	2.838	0.122	6		1		4.285	15.098	
Pantothenic acid	mg	1.090		0		1		1.646	5.799	
Vitamin B-6	mg	0.340		0		1		0.513	1.809	
Folate, total	mcg	10		0		1		15	53	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		15	53	
Folate, DFE	mcg_DFE	10		0	NC	4		15	53	
Vitamin B-12	mcg	0.40		0		1		0.60	2.13	
Vitamin A, IU	IU	3		2		1		5	16	
Vitamin A, RAE	mcg_RAE	1		2		1		1	5	
Retinol	mcg	1		2		1		1	5	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.430		0		1		2.159	7.608	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.015	0.053	
13:0	g									
14:0	g	0.030		0		1		0.045	0.160	
15:0	g									
16:0	g	0.870		0		1		1.314	4.628	
17:0	g									
18:0	g	0.360		0		1		0.544	1.915	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05207
Turkey, fryer-roasters, dark meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.550		0		1		2.341	8.246	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.378	1.330	
17:1.....g									
18:1 undifferentiated.....g	1.260		0		1		1.903	6.703	
20:1.....g	0.010		0		1		0.015	0.053	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.053	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.270		0		1		1.918	6.756	
18:2 undifferentiated.....g	1.080		0		1		1.631	5.746	
18:3 undifferentiated.....g	0.060		0		1		0.091	0.319	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.136	0.479	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.015	0.053	
22:6 n-3.....g	0.020		0		1		0.030	0.106	
Fatty acids, total trans.....g									
Cholesterol.....mg	87	2.221	6		1		131	463	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.222		0		1		0.335	1.181	
Threonine.....g	0.878		0		1		1.326	4.671	
Isoleucine.....g	1.011		0		1		1.527	5.379	
Leucine.....g	1.564		0		1		2.362	8.320	
Lysine.....g	1.834		0		1		2.769	9.757	
Methionine.....g	0.566		0		1		0.855	3.011	
Cystine.....g	0.219		0		1		0.331	1.165	
Phenylalanine.....g	0.786		0		1		1.187	4.182	
Tyrosine.....g	0.765		0		1		1.155	4.070	
Valine.....g	1.048		0		1		1.582	5.575	
Arginine.....g	1.412		0		1		2.132	7.512	
Histidine.....g	0.606		0		1		0.915	3.224	
Alanine.....g	1.274		0		1		1.924	6.778	
Aspartic acid.....g	1.936		0		1		2.923	10.300	
Glutamic acid.....g	3.211		0		1		4.849	17.083	
Glycine.....g	1.175		0		1		1.774	6.251	
Proline.....g	0.919		0		1		1.388	4.889	
Serine.....g	0.886		0		1		1.338	4.714	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 151g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 532g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.39	0.256	6		1		92.95	60.41	
Energy	kcal	162		0	NC	4		227	147	
Energy	kj	678				4		949	617	
Protein (N x 6.25)	g	28.84	0.304	6		1		40.38	26.24	
Total lipid (fat)	g	4.31	0.263	6		1		6.03	3.92	
Ash	g	0.98	0.020	6		1		1.37	0.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26	1.611	6		1		36	24	
Iron, Fe	mg	2.41	0.181	6		1		3.37	2.19	
Magnesium, Mg	mg	24	0.180	6		1		34	22	
Phosphorus, P	mg	196	3.964	6		1		274	178	
Potassium, K	mg	246	1.897	6		1		344	224	
Sodium, Na	mg	79	2.835	6		1		111	72	
Zinc, Zn	mg	4.13		2		1		5.78	3.76	
Copper, Cu	mg	0.223		2		1		0.312	0.203	
Manganese, Mn	mg	0.025		2		1		0.035	0.023	
Selenium, Se	mcg	40.9	4.175	16	A	1		57.3	37.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.051	0.004	6		1		0.071	0.046	
Riboflavin	mg	0.248	0.016	6		1		0.347	0.226	
Niacin	mg	3.471	0.086	6		1		4.859	3.159	
Pantothenic acid	mg	1.353		0		1		1.894	1.231	
Vitamin B-6	mg	0.380		0		1		0.532	0.346	
Folate, total	mcg	10		0		1		14	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		14	9	
Folate, DFE	mcg_DFE	10		0	NC	4		14	9	
Vitamin B-12	mcg	0.39		0		1		0.55	0.35	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.450		0		1		2.030	1.320	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.009	
13:0	g									
14:0	g	0.030		0		1		0.042	0.027	
15:0	g									
16:0	g	0.760		0		1		1.064	0.692	
17:0	g									
18:0	g	0.430		0		1		0.602	0.391	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05212
Turkey, fryer-roasters, dark meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.980		0		1		1.372	0.892	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		0		1		0.196	0.127	
17:1.....g									
18:1 undifferentiated.....g	0.810		0		1		1.134	0.737	
20:1.....g	0.020		0		1		0.028	0.018	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.290		0		1		1.806	1.174	
18:2 undifferentiated.....g	1.050		0		1		1.470	0.956	
18:3 undifferentiated.....g	0.040		0		1		0.056	0.036	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.210	0.137	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.028	0.018	
22:6 n-3.....g	0.030		0		1		0.042	0.027	
Fatty acids, total trans.....g									
Cholesterol.....mg	112	6.024	6		1		157	102	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.328		0		1		0.459	0.298	
Threonine.....g	1.283		0		1		1.796	1.168	
Isoleucine.....g	1.500		0		1		2.100	1.365	
Leucine.....g	2.298		0		1		3.217	2.091	
Lysine.....g	2.718		0		1		3.805	2.473	
Methionine.....g	0.835		0		1		1.169	0.760	
Cystine.....g	0.300		0		1		0.420	0.273	
Phenylalanine.....g	1.145		0		1		1.603	1.042	
Tyrosine.....g	1.140		0		1		1.596	1.037	
Valine.....g	1.532		0		1		2.145	1.394	
Arginine.....g	2.012		0		1		2.817	1.831	
Histidine.....g	0.900		0		1		1.260	0.819	
Alanine.....g	1.786		0		1		2.500	1.625	
Aspartic acid.....g	2.801		0		1		3.921	2.549	
Glutamic acid.....g	4.707		0		1		6.590	4.283	
Glycine.....g	1.431		0		1		2.003	1.302	
Proline.....g	1.200		0		1		1.680	1.092	
Serine.....g	1.283		0		1		1.796	1.168	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 91g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.22	0.118	6		1		103.66	365.09	
Energy	kcal	111		0	NC	4		151	532	
Energy	kj	464				4		632	2225	
Protein (N x 6.25)	g	20.46	0.064	6		1		27.83	98.00	
Total lipid (fat)	g	2.67	0.100	6		1		3.63	12.79	
Ash	g	0.88	0.002	6		1		1.20	4.22	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.444	6		1		18	62	
Iron, Fe	mg	1.66	0.049	6		1		2.26	7.95	
Magnesium, Mg	mg	22	0.053	6		1		30	105	
Phosphorus, P	mg	171	1.657	6		1		233	819	
Potassium, K	mg	244	4.597	6		1		332	1169	
Sodium, Na	mg	69	1.144	6		1		94	331	
Zinc, Zn	mg	2.66		2		1		3.62	12.74	
Copper, Cu	mg	0.162		2		1		0.220	0.776	
Manganese, Mn	mg	0.024		2		1		0.033	0.115	
Selenium, Se	mcg	28.6		0	BFZN	4		38.9	137.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.049	0.004	6		1		0.067	0.235	
Riboflavin	mg	0.200	0.006	6		1		0.272	0.958	
Niacin	mg	2.957	0.118	6		1		4.022	14.164	
Pantothenic acid	mg	1.173		0		1		1.595	5.619	
Vitamin B-6	mg	0.370		0		1		0.503	1.772	
Folate, total	mcg	11		0		1		15	53	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		15	53	
Folate, DFE	mcg_DFE	11		0	NC	4		15	53	
Vitamin B-12	mcg	0.41		0		1		0.56	1.96	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.900		0		1		1.224	4.311	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.001	6		1		0.014	0.048	
13:0	g									
14:0	g	0.020	0.003	8		1		0.027	0.096	
15:0	g									
16:0	g	0.470	0.037	8		1		0.639	2.251	
17:0	g									
18:0	g	0.270	0.019	8		1		0.367	1.293	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05211
Turkey, fryer-roasters, dark meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.610		0		1		0.830	2.922	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090	0.020	8		1		0.122	0.431	
17:1.....g									
18:1 undifferentiated.....g	0.500	0.041	8		1		0.680	2.395	
20:1.....g	0.010	0.001	7		1		0.014	0.048	
22:1 undifferentiated.....g	0.010	0.001	7		1		0.014	0.048	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800		0		1		1.088	3.832	
18:2 undifferentiated.....g	0.650	0.050	8		1		0.884	3.114	
18:3 undifferentiated.....g	0.020	0.007	8		1		0.027	0.096	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.015	8		1		0.122	0.431	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010	0.003	7		1		0.014	0.048	
22:6 n-3.....g	0.020	0.011	7		1		0.027	0.096	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	2.500	6		1		110	388	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.232		0		1		0.316	1.111	
Threonine.....g	0.910		0		1		1.238	4.359	
Isoleucine.....g	1.064		0		1		1.447	5.097	
Leucine.....g	1.630		0		1		2.217	7.808	
Lysine.....g	1.928		0		1		2.622	9.235	
Methionine.....g	0.592		0		1		0.805	2.836	
Cystine.....g	0.213		0		1		0.290	1.020	
Phenylalanine.....g	0.812		0		1		1.104	3.889	
Tyrosine.....g	0.808		0		1		1.099	3.870	
Valine.....g	1.087		0		1		1.478	5.207	
Arginine.....g	1.427		0		1		1.941	6.835	
Histidine.....g	0.638		0		1		0.868	3.056	
Alanine.....g	1.267		0		1		1.723	6.069	
Aspartic acid.....g	1.987		0		1		2.702	9.518	
Glutamic acid.....g	3.338		0		1		4.540	15.989	
Glycine.....g	1.015		0		1		1.380	4.862	
Proline.....g	0.851		0		1		1.157	4.076	
Serine.....g	0.910		0		1		1.238	4.359	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 479g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.62	0.329	6		1		45.93	160.77	
Energy	kcal	170		0	NC	4		119	417	
Energy	kj	711				4		498	1743	
Protein (N x 6.25)	g	28.49	0.410	6		1		19.94	69.80	
Total lipid (fat)	g	5.41	0.274	6		1		3.79	13.25	
Ash	g	0.99	0.026	6		1		0.69	2.43	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23	1.885	6		1		16	56	
Iron, Fe	mg	2.59	0.191	6		1		1.81	6.35	
Magnesium, Mg	mg	24	0.165	6		1		17	59	
Phosphorus, P	mg	200	4.114	6		1		140	490	
Potassium, K	mg	252	1.749	6		1		176	617	
Sodium, Na	mg	80	3.261	6		1		56	196	
Zinc, Zn	mg	4.09		2		1		2.86	10.02	
Copper, Cu	mg	0.233		2		1		0.163	0.571	
Manganese, Mn	mg	0.025		2		1		0.018	0.061	
Selenium, Se	mcg	39.7		0	BFYN	4		27.8	97.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.052	0.004	6		1		0.036	0.127	
Riboflavin	mg	0.257	0.017	6		1		0.180	0.630	
Niacin	mg	3.262	0.078	6		1		2.283	7.992	
Pantothenic acid	mg	1.237		0		1		0.866	3.031	
Vitamin B-6	mg	0.340		0		1		0.238	0.833	
Folate, total	mcg	9		0		1		6	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		6	22	
Folate, DFE	mcg_DFE	9		0	NC	4		6	22	
Vitamin B-12	mcg	0.37		0		1		0.26	0.91	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	0		2		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.670		0		1		1.169	4.092	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.007	0.025	
13:0	g									
14:0	g	0.040		0		1		0.028	0.098	
15:0	g									
16:0	g	0.980		0		1		0.686	2.401	
17:0	g									
18:0	g	0.440		0		1		0.308	1.078	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05222
Turkey, fryer-roasters, leg, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.610		0		1		1.127	3.945	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.182	0.637	
17:1.....g									
18:1 undifferentiated.....g	1.320		0		1		0.924	3.234	
20:1.....g	0.010		0		1		0.007	0.025	
22:1 undifferentiated.....g	0.010		0		1		0.007	0.025	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.480		0		1		1.036	3.626	
18:2 undifferentiated.....g	1.240		0		1		0.868	3.038	
18:3 undifferentiated.....g	0.060		0		1		0.042	0.147	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.091	0.319	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.014	0.049	
22:6 n-3.....g	0.030		0		1		0.021	0.074	
Fatty acids, total trans.....g									
Cholesterol.....mg	70	1.473	6		1		49	172	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.318		0		1		0.223	0.779	
Threonine.....g	1.252		0		1		0.876	3.067	
Isoleucine.....g	1.447		0		1		1.013	3.545	
Leucine.....g	2.234		0		1		1.564	5.473	
Lysine.....g	2.625		0		1		1.838	6.431	
Methionine.....g	0.809		0		1		0.566	1.982	
Cystine.....g	0.307		0		1		0.215	0.752	
Phenylalanine.....g	1.120		0		1		0.784	2.744	
Tyrosine.....g	1.097		0		1		0.768	2.688	
Valine.....g	1.494		0		1		1.046	3.660	
Arginine.....g	2.001		0		1		1.401	4.902	
Histidine.....g	0.868		0		1		0.608	2.127	
Alanine.....g	1.798		0		1		1.259	4.405	
Aspartic acid.....g	2.754		0		1		1.928	6.747	
Glutamic acid.....g	4.582		0		1		3.207	11.226	
Glycine.....g	1.606		0		1		1.124	3.935	
Proline.....g	1.276		0		1		0.893	3.126	
Serine.....g	1.261		0		1		0.883	3.089	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 70g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 245g: 1 leg, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05221
Turkey, fryer-roasters, leg, meat and skin, raw

Refuse: 23% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.61	0.187	6		1		74.85	263.88	
Energy	kcal	118		0	NC	4		117	412	
Energy	kj	494				4		489	1723	
Protein (N x 6.25)	g	20.13	0.089	6		1		19.93	70.25	
Total lipid (fat)	g	3.57	0.165	6		1		3.53	12.46	
Ash	g	0.88	0.001	6		1		0.87	3.07	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	11	0.596	6		1		11	38	
Iron, Fe	mg	1.74	0.076	6		1		1.72	6.07	
Magnesium, Mg	mg	21	0.059	6		1		21	73	
Phosphorus, P	mg	168	1.367	6		1		166	586	
Potassium, K	mg	246	4.363	6		1		244	859	
Sodium, Na	mg	69	1.232	6		1		68	241	
Zinc, Zn	mg	2.90		2		1		2.87	10.12	
Copper, Cu	mg	0.167		2		1		0.165	0.583	
Manganese, Mn	mg	0.026		2		1		0.026	0.091	
Selenium, Se	mcg	27.8		0	PAK	1		27.5	97.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.048	0.004	6		1		0.048	0.168	
Riboflavin	mg	0.203	0.006	6		1		0.201	0.708	
Niacin	mg	2.621	0.113	6		1		2.595	9.147	
Pantothenic acid	mg	1.120		0		1		1.109	3.909	
Vitamin B-6	mg	0.350		0		1		0.347	1.222	
Folate, total	mcg	10		0		1		10	35	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		10	35	
Folate, DFE	mcg_DFE	10		0	NC	4		10	35	
Vitamin B-12	mcg	0.40		0		1		0.40	1.40	
Vitamin A, IU	IU	2		2		1		2	7	
Vitamin A, RAE	mcg_RAE	1		2		1		1	2	
Retinol	mcg	1		2		1		1	2	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.100		0		1		1.089	3.839	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.010	0.035	
13:0	g									
14:0	g	0.020		0		1		0.020	0.070	
15:0	g									
16:0	g	0.650		0		1		0.644	2.269	
17:0	g									
18:0	g	0.290		0		1		0.287	1.012	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05221
Turkey, fryer-roasters, leg, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.080		0		1		1.069	3.769	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170		0		1		0.168	0.593	
17:1.....g									
18:1 undifferentiated.....g	0.880		0		1		0.871	3.071	
20:1.....g	0.010		0		1		0.010	0.035	
22:1 undifferentiated.....g	0.010		0		1		0.010	0.035	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.970		0		1		0.960	3.385	
18:2 undifferentiated.....g	0.820		0		1		0.812	2.862	
18:3 undifferentiated.....g	0.040		0		1		0.040	0.140	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.079	0.279	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.010	0.035	
22:6 n-3.....g	0.020		0		1		0.020	0.070	
Fatty acids, total trans.....g									
Cholesterol.....mg	87	2.286	6		1		86	304	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.225		0		1		0.223	0.785	
Threonine.....g	0.887		0		1		0.878	3.096	
Isoleucine.....g	1.027		0		1		1.017	3.584	
Leucine.....g	1.584		0		1		1.568	5.528	
Lysine.....g	1.864		0		1		1.845	6.505	
Methionine.....g	0.574		0		1		0.568	2.003	
Cystine.....g	0.215		0		1		0.213	0.750	
Phenylalanine.....g	0.793		0		1		0.785	2.768	
Tyrosine.....g	0.779		0		1		0.771	2.719	
Valine.....g	1.059		0		1		1.048	3.696	
Arginine.....g	1.412		0		1		1.398	4.928	
Histidine.....g	0.616		0		1		0.610	2.150	
Alanine.....g	1.265		0		1		1.252	4.415	
Aspartic acid.....g	1.948		0		1		1.929	6.799	
Glutamic acid.....g	3.248		0		1		3.216	11.336	
Glycine.....g	1.106		0		1		1.095	3.860	
Proline.....g	0.888		0		1		0.879	3.099	
Serine.....g	0.892		0		1		0.883	3.113	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 349g: 1 leg, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.54	0.337	6		1		42.59	149.05	
Energy	kcal	159		0	NC	4		102	356	
Energy	kj	665				4		426	1490	
Protein (N x 6.25)	g	29.19	0.369	6		1		18.68	65.39	
Total lipid (fat)	g	3.77	0.199	6		1		2.41	8.44	
Ash	g	1.02	0.028	6		1		0.65	2.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22	2.153	6		1		14	49	
Iron, Fe	mg	2.66	0.196	6		1		1.70	5.96	
Magnesium, Mg	mg	25	0.193	6		1		16	56	
Phosphorus, P	mg	204	4.514	6		1		131	457	
Potassium, K	mg	258	2.048	6		1		165	578	
Sodium, Na	mg	81	3.205	6		1		52	181	
Zinc, Zn	mg	4.28		2		1		2.74	9.59	
Copper, Cu	mg	0.242		2		1		0.155	0.542	
Manganese, Mn	mg	0.026		2		1		0.017	0.058	
Selenium, Se	mcg	40.9	4.175	16	A	1		26.2	91.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.054	0.004	6		1		0.035	0.121	
Riboflavin	mg	0.266	0.018	6		1		0.170	0.596	
Niacin	mg	3.319	0.079	6		1		2.124	7.435	
Pantothenic acid	mg	1.324		0		1		0.847	2.966	
Vitamin B-6	mg	0.370		0		1		0.237	0.829	
Folate, total	mcg	10		0		1		6	22	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		6	22	
Folate, DFE	mcg_DFE	10		0	NC	4		6	22	
Vitamin B-12	mcg	0.38		0		1		0.24	0.85	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.270		0		1		0.813	2.845	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.006	0.022	
13:0	g									
14:0	g	0.020		0		1		0.013	0.045	
15:0	g									
16:0	g	0.670		0		1		0.429	1.501	
17:0	g									
18:0	g	0.380		0		1		0.243	0.851	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05224
Turkey, fryer-roasters, leg, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.860		0		1		0.550	1.926	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		1		0.083	0.291	
17:1.....g									
18:1 undifferentiated.....g	0.710		0		1		0.454	1.590	
20:1.....g	0.010		0		1		0.006	0.022	
22:1 undifferentiated.....g	0.010		0		1		0.006	0.022	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.130		0		1		0.723	2.531	
18:2 undifferentiated.....g	0.920		0		1		0.589	2.061	
18:3 undifferentiated.....g	0.030		0		1		0.019	0.067	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.083	0.291	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.013	0.045	
22:6 n-3.....g	0.030		0		1		0.019	0.067	
Fatty acids, total trans.....g									
Cholesterol.....mg	119	7.529	6		1		76	267	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.332		0		1		0.212	0.744	
Threonine.....g	1.298		0		1		0.831	2.908	
Isoleucine.....g	1.518		0		1		0.972	3.400	
Leucine.....g	2.326		0		1		1.489	5.210	
Lysine.....g	2.751		0		1		1.761	6.162	
Methionine.....g	0.845		0		1		0.541	1.893	
Cystine.....g	0.304		0		1		0.195	0.681	
Phenylalanine.....g	1.158		0		1		0.741	2.594	
Tyrosine.....g	1.153		0		1		0.738	2.583	
Valine.....g	1.550		0		1		0.992	3.472	
Arginine.....g	2.036		0		1		1.303	4.561	
Histidine.....g	0.911		0		1		0.583	2.041	
Alanine.....g	1.807		0		1		1.156	4.048	
Aspartic acid.....g	2.835		0		1		1.814	6.350	
Glutamic acid.....g	4.763		0		1		3.048	10.669	
Glycine.....g	1.448		0		1		0.927	3.244	
Proline.....g	1.214		0		1		0.777	2.719	
Serine.....g	1.298		0		1		0.831	2.908	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 64g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 224g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.62	0.112	7		1		71.26	252.08	
Energy	kcal	108		0	NC	4		100	355	
Energy	kj	452				4		420	1487	
Protein (N x 6.25)	g	20.35	0.108	6		1		18.93	66.95	
Total lipid (fat)	g	2.37	0.191	8		1		2.20	7.80	
Ash	g	0.90	0.001	6		1		0.84	2.96	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.629	6		1		9	33	
Iron, Fe	mg	1.77	0.078	6		1		1.65	5.82	
Magnesium, Mg	mg	22	0.072	6		1		20	72	
Phosphorus, P	mg	172	1.406	6		1		160	566	
Potassium, K	mg	254	4.553	6		1		236	836	
Sodium, Na	mg	71	1.339	6		1		66	234	
Zinc, Zn	mg	2.98		2		1		2.77	9.80	
Copper, Cu	mg	0.143	0.012	75		1		0.133	0.470	
Manganese, Mn	mg	0.027		2		1		0.025	0.089	
Selenium, Se	mcg	28.6		0	BFZN	4		26.6	94.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.050	0.004	6		1		0.047	0.165	
Riboflavin	mg	0.210	0.006	6		1		0.195	0.691	
Niacin	mg	2.675	0.110	6		1		2.488	8.801	
Pantothenic acid	mg	1.169		0		1		1.087	3.846	
Vitamin B-6	mg	0.370		0		1		0.344	1.217	
Folate, total	mcg	11		0		1		10	36	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		10	36	
Folate, DFE	mcg_DFE	11		0	NC	4		10	36	
Vitamin B-12	mcg	0.41		0		1		0.38	1.35	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.800		0		1		0.744	2.632	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.001	6		1		0.009	0.033	
13:0	g									
14:0	g	0.020	0.003	8		1		0.019	0.066	
15:0	g									
16:0	g	0.420	0.046	8		1		0.391	1.382	
17:0	g									
18:0	g	0.240	0.025	8		1		0.223	0.790	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05223
Turkey, fryer-roasters, leg, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.540		0		1		0.502	1.777	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080	0.019	8		1		0.074	0.263	
17:1.....g									
18:1 undifferentiated.....g	0.440	0.049	8		1		0.409	1.448	
20:1.....g	0.010	0.001	7		1		0.009	0.033	
22:1 undifferentiated.....g	0.010	0.001	7		1		0.009	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0		1		0.660	2.336	
18:2 undifferentiated.....g	0.570	0.062	8		1		0.530	1.875	
18:3 undifferentiated.....g	0.020	0.007	8		1		0.019	0.066	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080	0.015	8		1		0.074	0.263	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010	0.003	7		1		0.009	0.033	
22:6 n-3.....g	0.020	0.010	7		1		0.019	0.066	
Fatty acids, total trans.....g									
Cholesterol.....mg	84	2.454	6		1		78	276	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.231		0		1		0.215	0.760	
Threonine.....g	0.905		0		1		0.842	2.977	
Isoleucine.....g	1.058		0		1		0.984	3.481	
Leucine.....g	1.621		0		1		1.508	5.333	
Lysine.....g	1.918		0		1		1.784	6.310	
Methionine.....g	0.589		0		1		0.548	1.938	
Cystine.....g	0.212		0		1		0.197	0.697	
Phenylalanine.....g	0.807		0		1		0.751	2.655	
Tyrosine.....g	0.804		0		1		0.748	2.645	
Valine.....g	1.081		0		1		1.005	3.556	
Arginine.....g	1.420		0		1		1.321	4.672	
Histidine.....g	0.635		0		1		0.591	2.089	
Alanine.....g	1.260		0		1		1.172	4.145	
Aspartic acid.....g	1.976		0		1		1.838	6.501	
Glutamic acid.....g	3.321		0		1		3.089	10.926	
Glycine.....g	1.009		0		1		0.938	3.320	
Proline.....g	0.847		0		1		0.788	2.787	
Serine.....g	0.905		0		1		0.842	2.977	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 93g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 329g: 1 leg, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.54	0.303	6		1		81.84	288.12	
Energy	kcal	164		0	NC	4		202	710	
Energy	kj	686				4		844	2971	
Protein (N x 6.25)	g	28.77	0.330	6		1		35.39	124.57	
Total lipid (fat)	g	4.58	0.251	6		1		5.63	19.83	
Ash	g	1.04	0.013	6		1		1.28	4.50	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	0.946	6		1		22	78	
Iron, Fe	mg	1.61	0.217	6		1		1.98	6.97	
Magnesium, Mg	mg	26	0.243	6		1		32	113	
Phosphorus, P	mg	205	3.184	6		1		252	888	
Potassium, K	mg	262	2.282	6		1		322	1134	
Sodium, Na	mg	57	2.269	6		1		70	247	
Zinc, Zn	mg	2.08		2		1		2.56	9.01	
Copper, Cu	mg	0.092		2		1		0.113	0.398	
Manganese, Mn	mg	0.024		2		1		0.030	0.104	
Selenium, Se	mcg	29.9		0	BFYN	4		36.8	129.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.038	0.002	6		1		0.047	0.165	
Riboflavin	mg	0.139	0.006	6		1		0.171	0.602	
Niacin	mg	6.275	0.152	6		1		7.718	27.171	
Pantothenic acid	mg	0.648		0		1		0.797	2.806	
Vitamin B-6	mg	0.490		0		1		0.603	2.122	
Folate, total	mcg	6		0		1		7	26	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		7	26	
Folate, DFE	mcg_DFE	6		0	NC	4		7	26	
Vitamin B-12	mcg	0.36		0		1		0.44	1.56	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	0		2		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.250		0		1		1.538	5.413	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		0		1		0.037	0.130	
15:0	g									
16:0	g	0.820		0		1		1.009	3.551	
17:0	g									
18:0	g	0.280		0		1		0.344	1.212	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05206

Turkey, fryer-roasters, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.700		0		1		2.091	7.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.290		0		1		0.357	1.256	
17:1.....g									
18:1 undifferentiated.....g	1.370		0		1		1.685	5.932	
20:1.....g	0.010		0		1		0.012	0.043	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.090		0		1		1.341	4.720	
18:2 undifferentiated.....g	0.920		0		1		1.132	3.984	
18:3 undifferentiated.....g	0.060		0		1		0.074	0.260	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.074	0.260	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.012	0.043	
22:6 n-3.....g	0.010		0		1		0.012	0.043	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	5.564	6		1		117	411	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.316		0		1		0.389	1.368	
Threonine.....g	1.251		0		1		1.539	5.417	
Isoleucine.....g	1.432		0		1		1.761	6.201	
Leucine.....g	2.224		0		1		2.736	9.630	
Lysine.....g	2.599		0		1		3.197	11.254	
Methionine.....g	0.804		0		1		0.989	3.481	
Cystine.....g	0.319		0		1		0.392	1.381	
Phenylalanine.....g	1.122		0		1		1.380	4.858	
Tyrosine.....g	1.083		0		1		1.332	4.689	
Valine.....g	1.492		0		1		1.835	6.460	
Arginine.....g	2.030		0		1		2.497	8.790	
Histidine.....g	0.859		0		1		1.057	3.719	
Alanine.....g	1.843		0		1		2.267	7.980	
Aspartic acid.....g	2.769		0		1		3.406	11.990	
Glutamic acid.....g	4.569		0		1		5.620	19.784	
Glycine.....g	1.781		0		1		2.191	7.712	
Proline.....g	1.363		0		1		1.676	5.902	
Serine.....g	1.267		0		1		1.558	5.486	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 123g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 433g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.49	0.250	6		1		115.26	406.67	
Energy	kcal	133		0	NC	4		211	746	
Energy	kj	556				4		885	3122	
Protein (N x 6.25)	g	23.09	0.077	6		1		36.71	129.53	
Total lipid (fat)	g	3.81	0.294	6		1		6.06	21.37	
Ash	g	0.90	0.006	6		1		1.43	5.05	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.274	6		1		19	67	
Iron, Fe	mg	1.23	0.107	6		1		1.96	6.90	
Magnesium, Mg	mg	24	0.222	6		1		38	135	
Phosphorus, P	mg	182	4.881	6		1		289	1021	
Potassium, K	mg	253	1.967	6		1		402	1419	
Sodium, Na	mg	50	0.754	6		1		80	281	
Zinc, Zn	mg	1.42		2		1		2.26	7.97	
Copper, Cu	mg	0.120		2		1		0.191	0.673	
Manganese, Mn	mg	0.019		2		1		0.030	0.107	
Selenium, Se	mcg	23.0		0	PAK	1		36.6	129.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.036	0.004	6		1		0.057	0.202	
Riboflavin	mg	0.115	0.005	6		1		0.183	0.645	
Niacin	mg	5.178	0.136	6		1		8.233	29.049	
Pantothenic acid	mg	0.651		0		1		1.035	3.652	
Vitamin B-6	mg	0.500		0		1		0.795	2.805	
Folate, total	mcg	8		0		1		13	45	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		13	45	
Folate, DFE	mcg_DFE	8		0	NC	4		13	45	
Vitamin B-12	mcg	0.44		0		1		0.70	2.47	
Vitamin A, IU	IU	5		2		1		8	28	
Vitamin A, RAE	mcg_RAE	2		2		1		2	8	
Retinol	mcg	2		2		1		2	8	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.020		0		1		1.622	5.722	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		0		1		0.048	0.168	
15:0	g									
16:0	g	0.700		0		1		1.113	3.927	
17:0	g									
18:0	g	0.210		0		1		0.334	1.178	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05205
Turkey, fryer-roasters, light meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0		1		2.417	8.527	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.413	1.459	
17:1.....g									
18:1 undifferentiated.....g	1.220		0		1		1.940	6.844	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.890		0		1		1.415	4.993	
18:2 undifferentiated.....g	0.780		0		1		1.240	4.376	
18:3 undifferentiated.....g	0.050		0		1		0.080	0.281	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0		1		0.048	0.168	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76	0.827	6		1		121	426	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0		1		0.404	1.425	
Threonine.....g	1.006		0		1		1.600	5.644	
Isoleucine.....g	1.153		0		1		1.833	6.468	
Leucine.....g	1.790		0		1		2.846	10.042	
Lysine.....g	2.094		0		1		3.329	11.747	
Methionine.....g	0.647		0		1		1.029	3.630	
Cystine.....g	0.255		0		1		0.405	1.431	
Phenylalanine.....g	0.902		0		1		1.434	5.060	
Tyrosine.....g	0.872		0		1		1.386	4.892	
Valine.....g	1.200		0		1		1.908	6.732	
Arginine.....g	1.628		0		1		2.589	9.133	
Histidine.....g	0.692		0		1		1.100	3.882	
Alanine.....g	1.475		0		1		2.345	8.275	
Aspartic acid.....g	2.224		0		1		3.536	12.477	
Glutamic acid.....g	3.675		0		1		5.843	20.617	
Glycine.....g	1.407		0		1		2.237	7.893	
Proline.....g	1.083		0		1		1.722	6.076	
Serine.....g	1.018		0		1		1.619	5.711	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 159g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 561g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	68.56	0.288	6		1		95.98	71.30	
Energy	kcal	140		0	NC	4		196	146	
Energy	kj	586				4		820	609	
Protein (N x 6.25)	g	30.19	0.290	6		1		42.27	31.40	
Total lipid (fat)	g	1.18	0.109	6		1		1.65	1.23	
Ash	g	1.09	0.015	6		1		1.53	1.13	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.985	6		1		21	16	
Iron, Fe	mg	1.57	0.229	6		1		2.20	1.63	
Magnesium, Mg	mg	28	0.250	6		1		39	29	
Phosphorus, P	mg	216	3.376	6		1		302	225	
Potassium, K	mg	277	2.641	6		1		388	288	
Sodium, Na	mg	56	2.144	6		1		78	58	
Zinc, Zn	mg	2.08		2		1		2.91	2.16	
Copper, Cu	mg	0.086		2		1		0.120	0.089	
Manganese, Mn	mg	0.025		2		1		0.035	0.026	
Selenium, Se	mcg	32.1	2.047	45	A	1		44.9	33.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.041	0.002	6		1		0.057	0.043	
Riboflavin	mg	0.136	0.006	6		1		0.190	0.141	
Niacin	mg	6.936	0.155	6		1		9.710	7.213	
Pantothenic acid	mg	0.715		0		1		1.001	0.744	
Vitamin B-6	mg	0.570		0		1		0.798	0.593	
Folate, total	mcg	6		0		1		8	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	6	
Folate, DFE	mcg_DFE	6		0	NC	4		8	6	
Vitamin B-12	mcg	0.39		0		1		0.55	0.41	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.380		0		1		0.532	0.395	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.010	
13:0	g									
14:0	g	0.010		0		1		0.014	0.010	
15:0	g									
16:0	g	0.170		0		1		0.238	0.177	
17:0	g									
18:0	g	0.120		0		1		0.168	0.125	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05210
Turkey, fryer-roasters, light meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.210		0		1		0.294	0.218	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.042	0.031	
17:1.....g									
18:1 undifferentiated.....g	0.170		0		1		0.238	0.177	
20:1.....g	0.010		0		1		0.014	0.010	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0		1		0.434	0.322	
18:2 undifferentiated.....g	0.210		0		1		0.294	0.218	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.010	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.084	0.062	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.014	0.010	
22:6 n-3.....g	0.010		0		1		0.014	0.010	
Fatty acids, total trans.....g									
Cholesterol.....mg	86	5.560	6		1		120	89	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.343		0		1		0.480	0.357	
Threonine.....g	1.343		0		1		1.880	1.397	
Isoleucine.....g	1.570		0		1		2.198	1.633	
Leucine.....g	2.405		0		1		3.367	2.501	
Lysine.....g	2.845		0		1		3.983	2.959	
Methionine.....g	0.874		0		1		1.224	0.909	
Cystine.....g	0.314		0		1		0.440	0.327	
Phenylalanine.....g	1.198		0		1		1.677	1.246	
Tyrosine.....g	1.193		0		1		1.670	1.241	
Valine.....g	1.604		0		1		2.246	1.668	
Arginine.....g	2.106		0		1		2.948	2.190	
Histidine.....g	0.942		0		1		1.319	0.980	
Alanine.....g	1.869		0		1		2.617	1.944	
Aspartic acid.....g	2.932		0		1		4.105	3.049	
Glutamic acid.....g	4.927		0		1		6.898	5.124	
Glycine.....g	1.497		0		1		2.096	1.557	
Proline.....g	1.256		0		1		1.758	1.306	
Serine.....g	1.343		0		1		1.880	1.397	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 104g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.61	0.095	6		1		101.47	358.87	
Energy	kcal	108		0	NC	4		147	519	
Energy	kj	452				4		615	2174	
Protein (N x 6.25)	g	24.18	0.054	6		1		32.88	116.31	
Total lipid (fat)	g	0.49	0.079	6		1		0.67	2.36	
Ash	g	0.98	0.008	6		1		1.33	4.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	10	0.280	6		1		14	48	
Iron, Fe	mg	1.22	0.120	6		1		1.66	5.87	
Magnesium, Mg	mg	26	0.259	6		1		35	125	
Phosphorus, P	mg	196	5.530	6		1		267	943	
Potassium, K	mg	276	2.199	6		1		375	1328	
Sodium, Na	mg	52	0.960	6		1		71	250	
Zinc, Zn	mg	1.39		2		1		1.89	6.69	
Copper, Cu	mg	0.118		2		1		0.160	0.568	
Manganese, Mn	mg	0.020		2		1		0.027	0.096	
Selenium, Se	mcg	24.4		0	BFZN	4		33.2	117.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.039	0.004	6		1		0.053	0.188	
Riboflavin	mg	0.119	0.006	6		1		0.162	0.572	
Niacin	mg	5.751	0.139	6		1		7.821	27.662	
Pantothenic acid	mg	0.705		0		1		0.959	3.391	
Vitamin B-6	mg	0.570		0		1		0.775	2.742	
Folate, total	mcg	8		0		1		11	38	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		11	38	
Folate, DFE	mcg_DFE	8		0	NC	4		11	38	
Vitamin B-12	mcg	0.46		0		1		0.63	2.21	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.160		0		1		0.218	0.770	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000	0.000	10		1		0.000	0.000	
13:0	g									
14:0	g	0.000	0.000	12		1		0.000	0.000	
15:0	g									
16:0	g	0.070	0.009	12		1		0.095	0.337	
17:0	g									
18:0	g	0.050	0.005	12		1		0.068	0.241	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05209
Turkey, fryer-roasters, light meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.090		0		1		0.122	0.433	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010	0.002	12		1		0.014	0.048	
17:1.....g									
18:1 undifferentiated.....g	0.070	0.009	12		1		0.095	0.337	
20:1.....g	0.000	0.000	10		1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	10		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.130		0		1		0.177	0.625	
18:2 undifferentiated.....g	0.090	0.011	12		1		0.122	0.433	
18:3 undifferentiated.....g	0.000	0.000	12		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030	0.004	11		1		0.041	0.144	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000	0.000	10		1		0.000	0.000	
22:6 n-3.....g	0.010	0.002	10		1		0.014	0.048	
Fatty acids, total trans.....g									
Cholesterol.....mg	66	1.375	6		1		90	317	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.275		0		1		0.374	1.323	
Threonine.....g	1.076		0		1		1.463	5.176	
Isoleucine.....g	1.257		0		1		1.710	6.046	
Leucine.....g	1.927		0		1		2.621	9.269	
Lysine.....g	2.279		0		1		3.099	10.962	
Methionine.....g	0.700		0		1		0.952	3.367	
Cystine.....g	0.251		0		1		0.341	1.207	
Phenylalanine.....g	0.960		0		1		1.306	4.618	
Tyrosine.....g	0.956		0		1		1.300	4.598	
Valine.....g	1.285		0		1		1.748	6.181	
Arginine.....g	1.687		0		1		2.294	8.114	
Histidine.....g	0.754		0		1		1.025	3.627	
Alanine.....g	1.497		0		1		2.036	7.201	
Aspartic acid.....g	2.348		0		1		3.193	11.294	
Glutamic acid.....g	3.946		0		1		5.367	18.980	
Glycine.....g	1.199		0		1		1.631	5.767	
Proline.....g	1.006		0		1		1.368	4.839	
Serine.....g	1.076		0		1		1.463	5.176	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 481g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.95		0		1		165.53	1168.63	
Energy	kcal	171		0	NC	4		429	3030	
Energy	kj	715				4		1796	12678	
Protein (N x 6.25)	g	28.08		0		1		70.48	497.58	
Total lipid (fat)	g	5.64		0		1		14.16	99.94	
Ash	g	0.97		0		1		2.43	17.19	
Carbohydrate, by difference	g	0.04		0	NC	4		0.10	0.71	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0		1		58	408	
Iron, Fe	mg	2.22		0		1		5.57	39.34	
Magnesium, Mg	mg	24		0		1		60	425	
Phosphorus, P	mg	196		0		1		492	3473	
Potassium, K	mg	242		0		1		607	4288	
Sodium, Na	mg	65		0		1		163	1152	
Zinc, Zn	mg	3.09		0		1		7.76	54.75	
Copper, Cu	mg	0.161		0		1		0.404	2.853	
Manganese, Mn	mg	0.031		0		1		0.078	0.549	
Selenium, Se	mcg	34.2		0	BFYN	4		85.8	606.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	1.8	
Thiamin	mg	0.042		0		1		0.105	0.744	
Riboflavin	mg	0.216		0		1		0.542	3.828	
Niacin	mg	4.780		0		1		11.998	84.702	
Pantothenic acid	mg	0.999		0		1		2.507	17.702	
Vitamin B-6	mg	0.400		0		1		1.004	7.088	
Folate, total	mcg	21		0		1		53	372	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	21		0		1		53	372	
Folate, DFE	mcg_DFE	21		0	NC	4		53	372	
Vitamin B-12	mcg	1.32		0		1		3.31	23.39	
Vitamin A, IU	IU	224		0		1		562	3969	
Vitamin A, RAE	mcg_RAE	67		0		1		169	1192	
Retinol	mcg	67		0		1		169	1192	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.640		0		1		4.116	29.061	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.025	0.177	
13:0	g									
14:0	g	0.040		0		1		0.100	0.709	
15:0	g									
16:0	g	1.020		0		1		2.560	18.074	
17:0	g									
18:0	g	0.400		0		1		1.004	7.088	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05198

Turkey, fryer-roasters, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.890		0		1		4.744	33.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.778	5.493	
17:1.....g									
18:1 undifferentiated.....g	1.530		0		1		3.840	27.112	
20:1.....g	0.010		0		1		0.025	0.177	
22:1 undifferentiated.....g	0.010		0		1		0.025	0.177	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.440		0		1		3.614	25.517	
18:2 undifferentiated.....g	1.210		0		1		3.037	21.441	
18:3 undifferentiated.....g	0.070		0		1		0.176	1.240	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.276	1.949	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.025	0.177	
22:6 n-3.....g	0.020		0		1		0.050	0.354	
Fatty acids, total trans.....g									
Cholesterol.....mg	118		0		1		296	2091	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.309		0		1		0.776	5.475	
Threonine.....g	1.225		0		1		3.075	21.707	
Isoleucine.....g	1.401		0		1		3.517	24.826	
Leucine.....g	2.176		0		1		5.462	38.559	
Lysine.....g	2.520		0		1		6.325	44.654	
Methionine.....g	0.782		0		1		1.963	13.857	
Cystine.....g	0.313		0		1		0.786	5.546	
Phenylalanine.....g	1.104		0		1		2.771	19.563	
Tyrosine.....g	1.053		0		1		2.643	18.659	
Valine.....g	1.459		0		1		3.662	25.853	
Arginine.....g	1.977		0		1		4.962	35.032	
Histidine.....g	0.831		0		1		2.086	14.725	
Alanine.....g	1.776		0		1		4.458	31.471	
Aspartic acid.....g	2.701		0		1		6.780	47.862	
Glutamic acid.....g	4.460		0		1		11.195	79.031	
Glycine.....g	1.713		0		1		4.300	30.354	
Proline.....g	1.327		0		1		3.331	23.514	
Serine.....g	1.237		0		1		3.105	21.920	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 251g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1772g: 1 turkey

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.90		0		1		1756.89		
Energy	kcal	133		0	NC	4		3205		
Energy	kj	556				4		13411		
Protein (N x 6.25)	g	22.15		0		1		533.82		
Total lipid (fat)	g	4.25		0		1		102.43		
Ash	g	0.92		0		1		22.17		
Carbohydrate, by difference	g	0.05		0	NC	4		1.21		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		313		
Iron, Fe	mg	1.75		0		1		42.18		
Magnesium, Mg	mg	22		0		1		530		
Phosphorus, P	mg	175		0		1		4218		
Potassium, K	mg	246		0		1		5929		
Sodium, Na	mg	61		0		1		1470		
Zinc, Zn	mg	2.09		0		1		50.37		
Copper, Cu	mg	0.152		0		1		3.663		
Manganese, Mn	mg	0.030		0		1		0.723		
Selenium, Se	mcg	24.6		0	BFNN	4		592.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		4.8		
Thiamin	mg	0.043		0		1		1.036		
Riboflavin	mg	0.215		0		1		5.182		
Niacin	mg	4.085		0		1		98.449		
Pantothenic acid	mg	1.030		0		1		24.823		
Vitamin B-6	mg	0.420		0		1		10.122		
Folate, total	mcg	26		0		1		627		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	26		0		1		627		
Folate, DFE	mcg_DFE	26		0	NC	4		627		
Vitamin B-12	mcg	1.85		0		1		44.59		
Vitamin A, IU	IU	395		0		1		9520		
Vitamin A, RAE	mcg_RAE	119		0		1		2859		
Retinol	mcg	119		0		1		2859		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.220		0		1		29.402		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.000		0		1		0.000		
13:0	g									
14:0	g	0.030		0		1		0.723		
15:0	g									
16:0	g	0.770		0		1		18.557		
17:0	g									
18:0	g	0.290		0		1		6.989		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05197
Turkey, fryer-roasters, meat and skin and giblets and neck, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.470		0		1		35.427		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		6.025		
17:1.....g									
18:1 undifferentiated.....g	1.190		0		1		28.679		
20:1.....g	0.010		0		1		0.241		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.070		0		1		25.787		
18:2 undifferentiated.....g	0.910		0		1		21.931		
18:3 undifferentiated.....g	0.050		0		1		1.205		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		1.928		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.010		0		1		0.241		
22:6 n-3.....g	0.010		0		1		0.241		
Fatty acids, total trans.....g									
Cholesterol.....mg	92		0		1		2217		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.245		0		1		5.905		
Threonine.....g	0.970		0		1		23.377		
Isoleucine.....g	1.112		0		1		26.799		
Leucine.....g	1.726		0		1		41.597		
Lysine.....g	1.999		0		1		48.176		
Methionine.....g	0.620		0		1		14.942		
Cystine.....g	0.246		0		1		5.929		
Phenylalanine.....g	0.873		0		1		21.039		
Tyrosine.....g	0.836		0		1		20.148		
Valine.....g	1.156		0		1		27.860		
Arginine.....g	1.556		0		1		37.500		
Histidine.....g	0.660		0		1		15.906		
Alanine.....g	1.394		0		1		33.595		
Aspartic acid.....g	2.132		0		1		51.381		
Glutamic acid.....g	3.528		0		1		85.025		
Glycine.....g	1.313		0		1		31.643		
Proline.....g	1.030		0		1		24.823		
Serine.....g	0.977		0		1		23.546		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 2410g: 1 turkey

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.76	0.262	6		1		150.59	531.34	
Energy	kcal	172		0	NC	4		394	1390	
Energy	kj	720				4		1648	5815	
Protein (N x 6.25)	g	28.26	0.329	6		1		64.72	228.34	
Total lipid (fat)	g	5.72	0.302	6		1		13.10	46.22	
Ash	g	0.99	0.013	6		1		2.27	8.00	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	22	1.163	6		1		50	178	
Iron, Fe	mg	1.95	0.175	6		1		4.47	15.76	
Magnesium, Mg	mg	25	0.147	6		1		57	202	
Phosphorus, P	mg	198	3.208	6		1		453	1600	
Potassium, K	mg	250	1.760	6		1		573	2020	
Sodium, Na	mg	66	2.561	6		1		151	533	
Zinc, Zn	mg	2.89		2		1		6.62	23.35	
Copper, Cu	mg	0.146		2		1		0.334	1.180	
Manganese, Mn	mg	0.024		2		1		0.055	0.194	
Selenium, Se	mcg	33.8		0	BFYN	4		77.4	273.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.043	0.003	6		1		0.098	0.347	
Riboflavin	mg	0.183	0.010	6		1		0.419	1.479	
Niacin	mg	4.922	0.096	6		1		11.271	39.770	
Pantothenic acid	mg	0.903		0		1		2.068	7.296	
Vitamin B-6	mg	0.420		0		1		0.962	3.394	
Folate, total	mcg	7		0		1		16	57	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		16	57	
Folate, DFE	mcg_DFE	7		0	NC	4		16	57	
Vitamin B-12	mcg	0.37		0		1		0.85	2.99	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.35		0	NR	4		0.81	2.86	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		0	BFSN	4		1.8	6.3	
Lipids:										
Fatty acids, total saturated	g	1.650		0		1		3.779	13.332	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		1		0.000	0.000	
12:0	g	0.010		0		1		0.023	0.081	
13:0	g									
14:0	g	0.040		0		1		0.092	0.323	
15:0	g									
16:0	g	1.040		0		1		2.382	8.403	
17:0	g									
18:0	g	0.400		0		1		0.916	3.232	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05200
Turkey, fryer-roasters, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.960		0		1		4.488	15.837	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.330		0		1		0.756	2.666	
17:1.....g									
18:1 undifferentiated.....g	1.590		0		1		3.641	12.847	
20:1.....g	0.010		0		1		0.023	0.081	
22:1 undifferentiated.....g	0.010		0		1		0.023	0.081	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.450		0		1		3.321	11.716	
18:2 undifferentiated.....g	1.230		0		1		2.817	9.938	
18:3 undifferentiated.....g	0.070		0		1		0.160	0.566	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.229	0.808	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.023	0.081	
22:6 n-3.....g	0.020		0		1		0.046	0.162	
Fatty acids, total trans.....g									
Cholesterol.....mg	105	5.847	6		1		240	848	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.712	2.513	
Threonine.....g	1.230		0		1		2.817	9.938	
Isoleucine.....g	1.408		0		1		3.224	11.377	
Leucine.....g	2.186		0		1		5.006	17.663	
Lysine.....g	2.555		0		1		5.851	20.644	
Methionine.....g	0.790		0		1		1.809	6.383	
Cystine.....g	0.313		0		1		0.717	2.529	
Phenylalanine.....g	1.103		0		1		2.526	8.912	
Tyrosine.....g	1.064		0		1		2.437	8.597	
Valine.....g	1.467		0		1		3.359	11.853	
Arginine.....g	1.995		0		1		4.569	16.120	
Histidine.....g	0.844		0		1		1.933	6.820	
Alanine.....g	1.810		0		1		4.145	14.625	
Aspartic acid.....g	2.721		0		1		6.231	21.986	
Glutamic acid.....g	4.491		0		1		10.284	36.287	
Glycine.....g	1.746		0		1		3.998	14.108	
Proline.....g	1.337		0		1		3.062	10.803	
Serine.....g	1.245		0		1		2.851	10.060	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 229g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 808g: .5 turkey, bone removed

NDB No. 05200
Turkey, fryer-roasters, meat and skin, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05199
Turkey, fryer-roasters, meat and skin, raw

Refuse: 25% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.74	0.279	28		1		225.49	795.05	
Energy	kcal	134		0	NC	4		415	1465	
Energy	kj	561				4		1738	6128	
Protein (N x 6.25)	g	22.37	0.166	28		1		69.35	244.50	
Total lipid (fat)	g	4.25	0.219	28		1		13.18	46.45	
Ash	g	0.90	0.021	8		1		2.79	9.84	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.279	6		1		40	142	
Iron, Fe	mg	1.42	0.065	6		1		4.40	15.52	
Magnesium, Mg	mg	22	0.126	6		1		68	240	
Phosphorus, P	mg	173	2.951	6		1		536	1891	
Potassium, K	mg	243	2.837	6		1		753	2656	
Sodium, Na	mg	58	0.821	6		1		180	634	
Zinc, Zn	mg	1.97		2		1		6.11	21.53	
Copper, Cu	mg	0.139		2		1		0.431	1.519	
Manganese, Mn	mg	0.021		2		1		0.065	0.230	
Selenium, Se	mcg	24.8		0	PAK	1		76.9	271.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.041	0.003	6		1		0.127	0.448	
Riboflavin	mg	0.151	0.005	6		1		0.468	1.650	
Niacin	mg	4.039	0.125	6		1		12.521	44.146	
Pantothenic acid	mg	0.865		0		1		2.682	9.454	
Vitamin B-6	mg	0.430		0		1		1.333	4.700	
Folate, total	mcg	9		0		1		28	98	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		28	98	
Folate, DFE	mcg_DFE	9		0	NC	4		28	98	
Vitamin B-12	mcg	0.42		0		1		1.30	4.59	
Vitamin A, IU	IU	4		2		1		12	44	
Vitamin A, RAE	mcg_RAE	1		2		1		4	13	
Retinol	mcg	1		2		1		4	13	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.210		0		1		3.751	13.225	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.030		0		1		0.093	0.328	
15:0	g									
16:0	g	0.780		0		1		2.418	8.525	
17:0	g									
18:0	g	0.280		0		1		0.868	3.060	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05199
Turkey, fryer-roasters, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.520		0		1		4.712	16.614	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.806	2.842	
17:1.....g									
18:1 undifferentiated.....g	1.230		0		1		3.813	13.444	
20:1.....g	0.010		0		1		0.031	0.109	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.060		0		1		3.286	11.586	
18:2 undifferentiated.....g	0.920		0		1		2.852	10.056	
18:3 undifferentiated.....g	0.060		0		1		0.186	0.656	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.186	0.656	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.031	0.109	
22:6 n-3.....g	0.010		0		1		0.031	0.109	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	1.446	6		1		251	885	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.766	2.700	
Threonine.....g	0.977		0		1		3.029	10.679	
Isoleucine.....g	1.122		0		1		3.478	12.263	
Leucine.....g	1.739		0		1		5.391	19.007	
Lysine.....g	2.036		0		1		6.312	22.253	
Methionine.....g	0.629		0		1		1.950	6.875	
Cystine.....g	0.246		0		1		0.763	2.689	
Phenylalanine.....g	0.875		0		1		2.713	9.564	
Tyrosine.....g	0.849		0		1		2.632	9.280	
Valine.....g	1.165		0		1		3.612	12.733	
Arginine.....g	1.576		0		1		4.886	17.226	
Histidine.....g	0.673		0		1		2.086	7.356	
Alanine.....g	1.425		0		1		4.418	15.575	
Aspartic acid.....g	2.156		0		1		6.684	23.565	
Glutamic acid.....g	3.569		0		1		11.064	39.009	
Glycine.....g	1.339		0		1		4.151	14.635	
Proline.....g	1.039		0		1		3.221	11.356	
Serine.....g	0.987		0		1		3.060	10.788	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 310g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1093g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.57	0.233	6		1		94.60	131.76	
Energy	kcal	150		0	NC	4		210	293	
Energy	kj	628				4		879	1224	
Protein (N x 6.25)	g	29.56	0.265	6		1		41.38	57.64	
Total lipid (fat)	g	2.63	0.174	6		1		3.68	5.13	
Ash	g	1.04	0.015	6		1		1.46	2.03	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	20	1.264	6		1		28	39	
Iron, Fe	mg	1.96	0.176	6		1		2.74	3.82	
Magnesium, Mg	mg	26	0.165	6		1		36	51	
Phosphorus, P	mg	207	3.465	6		1		290	404	
Potassium, K	mg	263	2.129	6		1		368	513	
Sodium, Na	mg	67	2.362	6		1		94	131	
Zinc, Zn	mg	3.04		2		1		4.26	5.93	
Copper, Cu	mg	0.150		2		1		0.210	0.293	
Manganese, Mn	mg	0.025		2		1		0.035	0.049	
Selenium, Se	mcg	36.5		0	PIE	4		51.1	71.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.046	0.003	6		1		0.064	0.090	
Riboflavin	mg	0.188	0.010	6		1		0.263	0.367	
Niacin	mg	5.326	0.096	6		1		7.456	10.386	
Pantothenic acid	mg	1.012		0		1		1.417	1.973	
Vitamin B-6	mg	0.480		0		1		0.672	0.936	
Folate, total	mcg	8		0		1		11	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		11	16	
Folate, DFE	mcg_DFE	8		0	NC	4		11	16	
Vitamin B-12	mcg	0.39		0		1		0.55	0.76	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.870		0		1		1.218	1.697	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.020	
13:0	g									
14:0	g	0.020		0		1		0.028	0.039	
15:0	g									
16:0	g	0.450		0		1		0.630	0.878	
17:0	g									
18:0	g	0.260		0		1		0.364	0.507	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05202
Turkey, fryer-roasters, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.560		0		1		0.784	1.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.112	0.156	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		0.658	0.917	
20:1.....g	0.010		0		1		0.014	0.020	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.020	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.770		0		1		1.078	1.502	
18:2 undifferentiated.....g	0.600		0		1		0.840	1.170	
18:3 undifferentiated.....g	0.020		0		1		0.028	0.039	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.140	0.195	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.028	0.039	
22:6 n-3.....g	0.020		0		1		0.028	0.039	
Fatty acids, total trans.....g									
Cholesterol.....mg	98	5.793	6		1		137	191	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.336		0		1		0.470	0.655	
Threonine.....g	1.315		0		1		1.841	2.564	
Isoleucine.....g	1.537		0		1		2.152	2.997	
Leucine.....g	2.355		0		1		3.297	4.592	
Lysine.....g	2.785		0		1		3.899	5.431	
Methionine.....g	0.856		0		1		1.198	1.669	
Cystine.....g	0.307		0		1		0.430	0.599	
Phenylalanine.....g	1.173		0		1		1.642	2.287	
Tyrosine.....g	1.168		0		1		1.635	2.278	
Valine.....g	1.570		0		1		2.198	3.062	
Arginine.....g	2.062		0		1		2.887	4.021	
Histidine.....g	0.922		0		1		1.291	1.798	
Alanine.....g	1.830		0		1		2.562	3.569	
Aspartic acid.....g	2.871		0		1		4.019	5.598	
Glutamic acid.....g	4.824		0		1		6.754	9.407	
Glycine.....g	1.466		0		1		2.052	2.859	
Proline.....g	1.230		0		1		1.722	2.399	
Serine.....g	1.315		0		1		1.841	2.564	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 195g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.42	0.105	6		1		205.14	746.66	
Energy	kcal	110		0	NC	4		299	1089	
Energy	kj	460				4		1252	4556	
Protein (N x 6.25)	g	22.32	0.031	6		1		60.71	220.97	
Total lipid (fat)	g	1.58	0.073	6		1		4.30	15.64	
Ash	g	0.93	0.004	6		1		2.53	9.21	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.300	6		1		33	119	
Iron, Fe	mg	1.44	0.071	6		1		3.92	14.26	
Magnesium, Mg	mg	24	0.132	6		1		65	238	
Phosphorus, P	mg	184	3.276	6		1		500	1822	
Potassium, K	mg	260	3.180	6		1		707	2574	
Sodium, Na	mg	61	0.968	6		1		166	604	
Zinc, Zn	mg	2.03		2		1		5.52	20.10	
Copper, Cu	mg	0.140		2		1		0.381	1.386	
Manganese, Mn	mg	0.022		2		1		0.060	0.218	
Selenium, Se	mcg	26.5		0	PIE	4		72.1	262.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.044	0.004	6		1		0.120	0.436	
Riboflavin	mg	0.159	0.005	6		1		0.432	1.574	
Niacin	mg	4.357	0.124	6		1		11.851	43.134	
Pantothenic acid	mg	0.939		0		1		2.554	9.296	
Vitamin B-6	mg	0.470		0		1		1.278	4.653	
Folate, total	mcg	9		0		1		24	89	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		24	89	
Folate, DFE	mcg_DFE	9		0	NC	4		24	89	
Vitamin B-12	mcg	0.44		0		1		1.20	4.36	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.530		0		1		1.442	5.247	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.010		0		1		0.027	0.099	
15:0	g									
16:0	g	0.270		0		1		0.734	2.673	
17:0	g									
18:0	g	0.160		0		1		0.435	1.584	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05201
Turkey, fryer-roasters, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.350		0		1		0.952	3.465	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.136	0.495	
17:1.....g									
18:1 undifferentiated.....g	0.290		0		1		0.789	2.871	
20:1.....g	0.010		0		1		0.027	0.099	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.470		0		1		1.278	4.653	
18:2 undifferentiated.....g	0.370		0		1		1.006	3.663	
18:3 undifferentiated.....g	0.010		0		1		0.027	0.099	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.163	0.594	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.027	0.099	
22:6 n-3.....g	0.010		0		1		0.027	0.099	
Fatty acids, total trans.....g									
Cholesterol.....mg	73	1.826	6		1		199	723	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.254		0		1		0.691	2.515	
Threonine.....g	0.993		0		1		2.701	9.831	
Isoleucine.....g	1.161		0		1		3.158	11.494	
Leucine.....g	1.778		0		1		4.836	17.602	
Lysine.....g	2.103		0		1		5.720	20.820	
Methionine.....g	0.646		0		1		1.757	6.395	
Cystine.....g	0.232		0		1		0.631	2.297	
Phenylalanine.....g	0.886		0		1		2.410	8.771	
Tyrosine.....g	0.882		0		1		2.399	8.732	
Valine.....g	1.186		0		1		3.226	11.741	
Arginine.....g	1.557		0		1		4.235	15.414	
Histidine.....g	0.696		0		1		1.893	6.890	
Alanine.....g	1.382		0		1		3.759	13.682	
Aspartic acid.....g	2.168		0		1		5.897	21.463	
Glutamic acid.....g	3.642		0		1		9.906	36.056	
Glycine.....g	1.107		0		1		3.011	10.959	
Proline.....g	0.928		0		1		2.524	9.187	
Serine.....g	0.993		0		1		2.701	9.831	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 272g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 990g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05204
Turkey, fryer-roasters, skin only, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	55.46	0.808	6		1		18.86	67.11	
Energy	kcal	299		0	NC	4		102	362	
Energy	kj	1251				4		425	1514	
Protein (N x 6.25)	g	20.94	0.634	6		1		7.12	25.34	
Total lipid (fat)	g	23.28	1.095	6		1		7.92	28.17	
Ash	g	0.73	0.022	6		1		0.25	0.88	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35	5.152	6		1		12	42	
Iron, Fe	mg	1.86	0.182	6		1		0.63	2.25	
Magnesium, Mg	mg	17	0.292	6		1		6	21	
Phosphorus, P	mg	150	3.621	6		1		51	182	
Potassium, K	mg	181	2.454	6		1		62	219	
Sodium, Na	mg	61	3.776	6		1		21	74	
Zinc, Zn	mg	2.05		2		1		0.70	2.48	
Copper, Cu	mg	0.129		2		1		0.044	0.156	
Manganese, Mn	mg	0.020		2		1		0.007	0.024	
Selenium, Se	mcg	153.1		0	BFNN	4		52.1	185.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.025	0.001	6		1		0.009	0.030	
Riboflavin	mg	0.159	0.010	6		1		0.054	0.192	
Niacin	mg	2.634	0.145	6		1		0.896	3.187	
Pantothenic acid	mg	0.278		0		1		0.095	0.336	
Vitamin B-6	mg	0.070		0		1		0.024	0.085	
Folate, total	mcg	4		0		1		1	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	5	
Folate, DFE	mcg_DFE	4		0	NC	4		1	5	
Vitamin B-12	mcg	0.22		0		1		0.07	0.27	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	0		2		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.070		0		1		2.064	7.345	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.180		0		1		0.061	0.218	
15:0	g									
16:0	g	4.380		0		1		1.489	5.300	
17:0	g									
18:0	g	1.160		0		1		0.394	1.404	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05204
Turkey, fryer-roasters, skin only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.920		0		1		3.373	12.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.720		0		1		0.585	2.081	
17:1.....g									
18:1 undifferentiated.....g	7.990		0		1		2.717	9.668	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.330		0		1		1.812	6.449	
18:2 undifferentiated.....g	4.820		0		1		1.639	5.832	
18:3 undifferentiated.....g	0.360		0		1		0.122	0.436	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.020	0.073	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	144	9.459	6		1		49	174	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.167		0		1		0.057	0.202	
Threonine.....g	0.747		0		1		0.254	0.904	
Isoleucine.....g	0.673		0		1		0.229	0.814	
Leucine.....g	1.229		0		1		0.418	1.487	
Lysine.....g	1.250		0		1		0.425	1.513	
Methionine.....g	0.419		0		1		0.142	0.507	
Cystine.....g	0.348		0		1		0.118	0.421	
Phenylalanine.....g	0.707		0		1		0.240	0.855	
Tyrosine.....g	0.476		0		1		0.162	0.576	
Valine.....g	0.881		0		1		0.300	1.066	
Arginine.....g	1.615		0		1		0.549	1.954	
Histidine.....g	0.402		0		1		0.137	0.486	
Alanine.....g	1.698		0		1		0.577	2.055	
Aspartic acid.....g	1.873		0		1		0.637	2.266	
Glutamic acid.....g	2.603		0		1		0.885	3.150	
Glycine.....g	3.340		0		1		1.136	4.041	
Proline.....g	1.953		0		1		0.664	2.363	
Serine.....g	0.851		0		1		0.289	1.030	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 34g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 121g: .5 turkey, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05203
Turkey, fryer-roasters, skin only, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.86	1.160	6		1		22.75	79.61	
Energy	kcal	283		0	NC	4		108	376	
Energy	kj	1184				4		450	1575	
Protein (N x 6.25)	g	16.60	0.347	6		1		6.31	22.08	
Total lipid (fat)	g	23.54	1.654	6		1		8.95	31.31	
Ash	g	0.48	0.011	6		1		0.18	0.64	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	0.347	6		1		7	25	
Iron, Fe	mg	1.29	0.087	6		1		0.49	1.72	
Magnesium, Mg	mg	10	0.206	6		1		4	13	
Phosphorus, P	mg	97	1.978	6		1		37	129	
Potassium, K	mg	121	4.966	6		1		46	161	
Sodium, Na	mg	35	1.811	6		1		13	47	
Zinc, Zn	mg	1.60		2		1		0.61	2.13	
Copper, Cu	mg	0.134		2		1		0.051	0.178	
Manganese, Mn	mg	0.015		2		1		0.006	0.020	
Selenium, Se	mcg	15.2		0	BFNN	4		5.8	20.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.021	0.001	6		1		0.008	0.028	
Riboflavin	mg	0.093	0.005	6		1		0.035	0.124	
Niacin	mg	1.765	0.207	6		1		0.671	2.347	
Pantothenic acid	mg	0.329		0		1		0.125	0.438	
Vitamin B-6	mg	0.090		0		1		0.034	0.120	
Folate, total	mcg	5		0		1		2	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		2	7	
Folate, DFE	mcg_DFE	5		0	NC	4		2	7	
Vitamin B-12	mcg	0.31		0		1		0.12	0.41	
Vitamin A, IU	IU	33		2		1		13	44	
Vitamin A, RAE	mcg_RAE	10		2		1		4	13	
Retinol	mcg	10		2		1		4	13	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	6.140		0		1		2.333	8.166	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.180	0.011	14		1		0.068	0.239	
15:0	g									
16:0	g	4.430	0.229	14		1		1.683	5.892	
17:0	g									
18:0	g	1.170	0.067	14		1		0.445	1.556	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05203
Turkey, fryer-roasters, skin only, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.030		0		1		3.811	13.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.740	0.108	14		1		0.661	2.314	
17:1.....g									
18:1 undifferentiated.....g	8.080	0.402	14		1		3.070	10.746	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.390		0		1		2.048	7.169	
18:2 undifferentiated.....g	4.870	0.255	14		1		1.851	6.477	
18:3 undifferentiated.....g	0.360	0.028	11		1		0.137	0.479	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.007	10		1		0.023	0.080	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	139	6.763	6		1		53	185	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0		1		0.051	0.177	
Threonine.....g	0.592		0		1		0.225	0.787	
Isoleucine.....g	0.534		0		1		0.203	0.710	
Leucine.....g	0.974		0		1		0.370	1.295	
Lysine.....g	0.990		0		1		0.376	1.317	
Methionine.....g	0.332		0		1		0.126	0.442	
Cystine.....g	0.276		0		1		0.105	0.367	
Phenylalanine.....g	0.560		0		1		0.213	0.745	
Tyrosine.....g	0.377		0		1		0.143	0.501	
Valine.....g	0.698		0		1		0.265	0.928	
Arginine.....g	1.280		0		1		0.486	1.702	
Histidine.....g	0.319		0		1		0.121	0.424	
Alanine.....g	1.346		0		1		0.511	1.790	
Aspartic acid.....g	1.484		0		1		0.564	1.974	
Glutamic acid.....g	2.063		0		1		0.784	2.744	
Glycine.....g	2.647		0		1		1.006	3.521	
Proline.....g	1.548		0		1		0.588	2.059	
Serine.....g	0.674		0		1		0.256	0.896	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 38g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 133g: .5 turkey, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.30	0.789	6		1		15.58	56.07	
Energy	kcal	207		0	NC	4		52	186	
Energy	kj	866				4		217	779	
Protein (N x 6.25)	g	27.65	0.566	6		1		6.91	24.89	
Total lipid (fat)	g	9.87	0.594	6		1		2.47	8.88	
Ash	g	0.81	0.015	6		1		0.20	0.73	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	29	2.008	6		1		7	26	
Iron, Fe	mg	1.81	0.194	6		1		0.45	1.63	
Magnesium, Mg	mg	20	0.286	6		1		5	18	
Phosphorus, P	mg	166	3.016	6		1		42	149	
Potassium, K	mg	196	2.982	6		1		49	176	
Sodium, Na	mg	73	3.862	6		1		18	66	
Zinc, Zn	mg	3.25		2		1		0.81	2.93	
Copper, Cu	mg	0.154		2		1		0.039	0.139	
Manganese, Mn	mg	0.024		2		1		0.006	0.022	
Selenium, Se	mcg	28.1		0	BFYN	4		7.0	25.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.028	0.001	6		1		0.007	0.025	
Riboflavin	mg	0.159	0.012	6		1		0.040	0.143	
Niacin	mg	3.640	0.110	6		1		0.910	3.276	
Pantothenic acid	mg	0.596		0		1		0.149	0.536	
Vitamin B-6	mg	0.420		0		1		0.105	0.378	
Folate, total	mcg	6		0		1		2	5	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		2	5	
Folate, DFE	mcg_DFE	6		0	NC	4		2	5	
Vitamin B-12	mcg	0.35		0		1		0.09	0.32	
Vitamin A, IU	IU	0		2		1		0	0	
Vitamin A, RAE	mcg_RAE	0		2		1		0	0	
Retinol	mcg	0		2		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.710		0		1		0.678	2.439	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.003	0.009	
13:0	g									
14:0	g	0.070		0		1		0.018	0.063	
15:0	g									
16:0	g	1.760		0		1		0.440	1.584	
17:0	g									
18:0	g	0.600		0		1		0.150	0.540	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05226
Turkey, fryer-roasters, wing, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.620		0		1		0.905	3.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.610		0		1		0.153	0.549	
17:1.....g									
18:1 undifferentiated.....g	2.920		0		1		0.730	2.628	
20:1.....g	0.010		0		1		0.003	0.009	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.350		0		1		0.588	2.115	
18:2 undifferentiated.....g	1.970		0		1		0.493	1.773	
18:3 undifferentiated.....g	0.130		0		1		0.033	0.117	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.035	0.126	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.005	0.018	
22:6 n-3.....g	0.020		0		1		0.005	0.018	
Fatty acids, total trans.....g									
Cholesterol.....mg	115	2.832	6		1		29	104	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.291		0		1		0.073	0.262	
Threonine.....g	1.170		0		1		0.293	1.053	
Isoleucine.....g	1.303		0		1		0.326	1.173	
Leucine.....g	2.061		0		1		0.515	1.855	
Lysine.....g	2.371		0		1		0.593	2.134	
Methionine.....g	0.740		0		1		0.185	0.666	
Cystine.....g	0.330		0		1		0.083	0.297	
Phenylalanine.....g	1.057		0		1		0.264	0.951	
Tyrosine.....g	0.979		0		1		0.245	0.881	
Valine.....g	1.394		0		1		0.349	1.255	
Arginine.....g	1.979		0		1		0.495	1.781	
Histidine.....g	0.781		0		1		0.195	0.703	
Alanine.....g	1.842		0		1		0.461	1.658	
Aspartic acid.....g	2.633		0		1		0.658	2.370	
Glutamic acid.....g	4.249		0		1		1.062	3.824	
Glycine.....g	2.118		0		1		0.530	1.906	
Proline.....g	1.501		0		1		0.375	1.351	
Serine.....g	1.204		0		1		0.301	1.084	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 25g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 90g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05225
Turkey, fryer-roasters, wing, meat and skin, raw

Refuse: 37% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.19	0.440	6		1		25.63	91.12	
Energy	kcal	159		0	NC	4		57	204	
Energy	kj	665				4		239	852	
Protein (N x 6.25)	g	20.85	0.140	6		1		7.51	26.69	
Total lipid (fat)	g	7.72	0.626	6		1		2.78	9.88	
Ash	g	0.68	0.005	6		1		0.24	0.87	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.272	6		1		5	18	
Iron, Fe	mg	1.39	0.092	6		1		0.50	1.78	
Magnesium, Mg	mg	17	0.133	6		1		6	22	
Phosphorus, P	mg	138	2.365	6		1		50	177	
Potassium, K	mg	178	2.721	6		1		64	228	
Sodium, Na	mg	56	1.148	6		1		20	72	
Zinc, Zn	mg	1.91		2		1		0.69	2.44	
Copper, Cu	mg	0.129		2		1		0.046	0.165	
Manganese, Mn	mg	0.016		2		1		0.006	0.020	
Selenium, Se	mcg	21.6		0	PAK	1		7.8	27.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.025	0.002	6		1		0.009	0.032	
Riboflavin	mg	0.112	0.007	6		1		0.040	0.143	
Niacin	mg	3.044	0.166	6		1		1.096	3.896	
Pantothenic acid	mg	0.557		0		1		0.201	0.713	
Vitamin B-6	mg	0.400		0		1		0.144	0.512	
Folate, total	mcg	7		0		1		3	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		3	9	
Folate, DFE	mcg_DFE	7		0	NC	4		3	9	
Vitamin B-12	mcg	0.40		0		1		0.14	0.51	
Vitamin A, IU	IU	10		2		1		4	13	
Vitamin A, RAE	mcg_RAE	3		2		1		1	4	
Retinol	mcg	3		2		1		1	4	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.060		0		1		0.742	2.637	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.060		0		1		0.022	0.077	
15:0	g									
16:0	g	1.420		0		1		0.511	1.818	
17:0	g									
18:0	g	0.420		0		1		0.151	0.538	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05225
Turkey, fryer-roasters, wing, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.090		0		1		1.112	3.955	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.191	0.678	
17:1.....g									
18:1 undifferentiated.....g	2.490		0		1		0.896	3.187	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0		1		0.648	2.304	
18:2 undifferentiated.....g	1.570		0		1		0.565	2.010	
18:3 undifferentiated.....g	0.110		0		1		0.040	0.141	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060		0		1		0.022	0.077	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.004	0.013	
22:6 n-3.....g	0.010		0		1		0.004	0.013	
Fatty acids, total trans.....g									
Cholesterol.....mg	98	1.823	6		1		35	125	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.220		0		1		0.079	0.282	
Threonine.....g	0.884		0		1		0.318	1.132	
Isoleucine.....g	0.987		0		1		0.355	1.263	
Leucine.....g	1.559		0		1		0.561	1.996	
Lysine.....g	1.796		0		1		0.647	2.299	
Methionine.....g	0.560		0		1		0.202	0.717	
Cystine.....g	0.247		0		1		0.089	0.316	
Phenylalanine.....g	0.798		0		1		0.287	1.021	
Tyrosine.....g	0.742		0		1		0.267	0.950	
Valine.....g	1.053		0		1		0.379	1.348	
Arginine.....g	1.490		0		1		0.536	1.907	
Histidine.....g	0.592		0		1		0.213	0.758	
Alanine.....g	1.384		0		1		0.498	1.772	
Aspartic acid.....g	1.987		0		1		0.715	2.543	
Glutamic acid.....g	3.212		0		1		1.156	4.111	
Glycine.....g	1.570		0		1		0.565	2.010	
Proline.....g	1.119		0		1		0.403	1.432	
Serine.....g	0.908		0		1		0.327	1.162	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 128g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.60	0.868	6		1		11.15	39.36	
Energy	kcal	163		0	NC	4		28	98	
Energy	kj	682				4		116	409	
Protein (N x 6.25)	g	30.85	0.544	6		1		5.24	18.51	
Total lipid (fat)	g	3.44	0.377	6		1		0.58	2.06	
Ash	g	0.85	0.015	6		1		0.14	0.51	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	26	3.921	6		1		4	16	
Iron, Fe	mg	1.78	0.207	6		1		0.30	1.07	
Magnesium, Mg	mg	22	0.391	6		1		4	13	
Phosphorus, P	mg	174	4.752	6		1		30	104	
Potassium, K	mg	204	3.748	6		1		35	122	
Sodium, Na	mg	78	3.974	6		1		13	47	
Zinc, Zn	mg	3.83		2		1		0.65	2.30	
Copper, Cu	mg	0.166		2		1		0.028	0.100	
Manganese, Mn	mg	0.027		2		1		0.005	0.016	
Selenium, Se	mcg	32.1	2.047	45	A	1		5.5	19.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.030	0.002	6		1		0.005	0.018	
Riboflavin	mg	0.159	0.013	6		1		0.027	0.095	
Niacin	mg	4.122	0.130	6		1		0.701	2.473	
Pantothenic acid	mg	0.748		0		1		0.127	0.449	
Vitamin B-6	mg	0.590		0		1		0.100	0.354	
Folate, total	mcg	7		0		1		1	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		1	4	
Folate, DFE	mcg_DFE	7		0	NC	4		1	4	
Vitamin B-12	mcg	0.41		0		1		0.07	0.25	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	NC	4		0	0	
Retinol	mcg	0		0	NR	4		0	0	
Vitamin E (alpha-tocopherol)	mg	0.09		0	NR	4		0.01	0.05	
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.3		0	BFZN	4		0.0	0.2	
Lipids:										
Fatty acids, total saturated	g	1.100		0		1		0.187	0.660	
4:0	g	0.000		0		1		0.000	0.000	
6:0	g	0.000		0		1		0.000	0.000	
8:0	g	0.000		0		1		0.000	0.000	
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.003	0.012	
13:0	g									
14:0	g	0.020		0		1		0.003	0.012	
15:0	g									
16:0	g	0.500		0		1		0.085	0.300	
17:0	g									
18:0	g	0.340		0		1		0.058	0.204	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05228
Turkey, fryer-roasters, wing, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.600		0		1		0.102	0.360	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.014	0.048	
17:1.....g									
18:1 undifferentiated.....g	0.500		0		1		0.085	0.300	
20:1.....g	0.020		0		1		0.003	0.012	
22:1 undifferentiated.....g	0.020		0		1		0.003	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.920		0		1		0.156	0.552	
18:2 undifferentiated.....g	0.610		0		1		0.104	0.366	
18:3 undifferentiated.....g	0.020		0		1		0.003	0.012	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.180		0		1		0.031	0.108	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.005	0.018	
22:6 n-3.....g	0.040		0		1		0.007	0.024	
Fatty acids, total trans.....g									
Cholesterol.....mg	102	3.124	6		1		17	61	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.350		0		1		0.060	0.210	
Threonine.....g	1.372		0		1		0.233	0.823	
Isoleucine.....g	1.604		0		1		0.273	0.962	
Leucine.....g	2.458		0		1		0.418	1.475	
Lysine.....g	2.907		0		1		0.494	1.744	
Methionine.....g	0.893		0		1		0.152	0.536	
Cystine.....g	0.321		0		1		0.055	0.193	
Phenylalanine.....g	1.224		0		1		0.208	0.734	
Tyrosine.....g	1.219		0		1		0.207	0.731	
Valine.....g	1.639		0		1		0.279	0.983	
Arginine.....g	2.152		0		1		0.366	1.291	
Histidine.....g	0.963		0		1		0.164	0.578	
Alanine.....g	1.910		0		1		0.325	1.146	
Aspartic acid.....g	2.996		0		1		0.509	1.798	
Glutamic acid.....g	5.035		0		1		0.856	3.021	
Glycine.....g	1.530		0		1		0.260	0.918	
Proline.....g	1.283		0		1		0.218	0.770	
Serine.....g	1.372		0		1		0.233	0.823	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	z	7		0.000	0.000	
Lycopene.....mcg	0		0	z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 17g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 60g: 1 wing, bone and skin removed

NDB No. 05228
Turkey, fryer-roasters, wing, meat only, cooked, roasted

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	75.82	0.144	8		1		19.71	68.24	
Energy	kcal	106		0	NC	4		28	95	
Energy	kj	444				4		115	399	
Protein (N x 6.25)	g	22.49	0.106	8		1		5.85	20.24	
Total lipid (fat)	g	1.12	0.147	8		1		0.29	1.01	
Ash	g	0.77	0.009	6		1		0.20	0.69	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.369	6		1		3	11	
Iron, Fe	mg	1.43	0.128	6		1		0.37	1.29	
Magnesium, Mg	mg	21	0.165	6		1		5	19	
Phosphorus, P	mg	156	3.442	6		1		41	140	
Potassium, K	mg	201	2.567	6		1		52	181	
Sodium, Na	mg	65	1.812	6		1		17	59	
Zinc, Zn	mg	2.04		2		1		0.53	1.84	
Copper, Cu	mg	0.126		2		1		0.033	0.113	
Manganese, Mn	mg	0.017		2		1		0.004	0.015	
Selenium, Se	mcg	24.4		0	BFZN	4		6.3	22.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.027	0.002	6		1		0.007	0.024	
Riboflavin	mg	0.120	0.009	6		1		0.031	0.108	
Niacin	mg	3.574	0.160	6		1		0.929	3.217	
Pantothenic acid	mg	0.651		0		1		0.169	0.586	
Vitamin B-6	mg	0.530		0		1		0.138	0.477	
Folate, total	mcg	7		0		1		2	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		2	6	
Folate, DFE	mcg_DFE	7		0	NC	4		2	6	
Vitamin B-12	mcg	0.43		0		1		0.11	0.39	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.360		0		1		0.094	0.324	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.001	10		1		0.003	0.009	
13:0	g									
14:0	g	0.010	0.001	12		1		0.003	0.009	
15:0	g									
16:0	g	0.160	0.020	12		1		0.042	0.144	
17:0	g									
18:0	g	0.110	0.012	12		1		0.029	0.099	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05227
Turkey, fryer-roasters, wing, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.200		0		1		0.052	0.180	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030	0.005	12		1		0.008	0.027	
17:1.....g									
18:1 undifferentiated.....g	0.160	0.019	12		1		0.042	0.144	
20:1.....g	0.010	0.001	10		1		0.003	0.009	
22:1 undifferentiated.....g	0.010	0.001	10		1		0.003	0.009	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.078	0.270	
18:2 undifferentiated.....g	0.200	0.024	12		1		0.052	0.180	
18:3 undifferentiated.....g	0.010	0.002	12		1		0.003	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060	0.009	11		1		0.016	0.054	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010	0.002	10		1		0.003	0.009	
22:6 n-3.....g	0.010	0.004	10		1		0.003	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	3.060	6		1		21	73	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.255		0		1		0.066	0.230	
Threonine.....g	1.000		0		1		0.260	0.900	
Isoleucine.....g	1.169		0		1		0.304	1.052	
Leucine.....g	1.792		0		1		0.466	1.613	
Lysine.....g	2.119		0		1		0.551	1.907	
Methionine.....g	0.651		0		1		0.169	0.586	
Cystine.....g	0.234		0		1		0.061	0.211	
Phenylalanine.....g	0.892		0		1		0.232	0.803	
Tyrosine.....g	0.889		0		1		0.231	0.800	
Valine.....g	1.195		0		1		0.311	1.076	
Arginine.....g	1.569		0		1		0.408	1.412	
Histidine.....g	0.702		0		1		0.183	0.632	
Alanine.....g	1.392		0		1		0.362	1.253	
Aspartic acid.....g	2.184		0		1		0.568	1.966	
Glutamic acid.....g	3.670		0		1		0.954	3.303	
Glycine.....g	1.115		0		1		0.290	1.004	
Proline.....g	0.935		0		1		0.243	0.842	
Serine.....g	1.000		0		1		0.260	0.900	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 26g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 90g: 1 wing, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05174
Turkey, gizzard, all classes, cooked, simmered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.97		1	A	1		61.30	105.81	
Energy	kcal	123		1	A	1		103	178	
Energy	kj	515		0	A	1		432	746	
Protein (N x 6.25)	g	21.72		1	A	1		18.24	31.49	
Total lipid (fat)	g	3.87		1	A	1		3.25	5.62	
Ash	g	1.06		1	A	1		0.89	1.53	
Carbohydrate, by difference	g	0.38		0	NC	4		0.32	0.55	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		1	A	1		6	11	
Iron, Fe	mg	4.95		1	A	1		4.16	7.18	
Magnesium, Mg	mg	17		1	A	1		14	25	
Phosphorus, P	mg	154		1	A	1		129	223	
Potassium, K	mg	332		1	A	1		279	481	
Sodium, Na	mg	67		1	A	1		56	97	
Zinc, Zn	mg	3.37		1	A	1		2.83	4.89	
Copper, Cu	mg	0.126		1	A	1		0.106	0.183	
Manganese, Mn	mg	0.054		1	A	1		0.045	0.078	
Selenium, Se	mcg	33.4		1	A	1		28.1	48.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.3		1	A	1		5.3	9.1	
Thiamin	mg	0.013		1	A	1		0.011	0.019	
Riboflavin	mg	0.207		1	A	1		0.174	0.300	
Niacin	mg	4.270		1	A	1		3.587	6.192	
Pantothenic acid	mg	0.525		1	A	1		0.441	0.761	
Vitamin B-6	mg	0.106		1	A	1		0.089	0.154	
Folate, total	mcg	13		1	A	1		11	19	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	13		1	A	1		11	19	
Folate, DFE	mcg_DFE	13		0	NC	4		11	19	
Vitamin B-12	mcg	8.08		1	A	1		6.79	11.72	
Vitamin A, IU	IU	0		0	AS	1		0	0	
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0	0	
Retinol	mcg	0		1	A	1		0	0	
Vitamin E (alpha-tocopherol)	mg	0.05		2	A	1		0.04	0.07	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.07		2	A	1		0.06	0.10	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.163		1	A	1		0.977	1.686	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.000		1	A	1		0.000	0.000	
13:0	g									
14:0	g	0.028		1	A	1		0.024	0.041	
15:0	g	0.000		1	A	1		0.000	0.000	
16:0	g	0.848		1	A	1		0.712	1.230	
17:0	g	0.007		1	A	1		0.006	0.010	
18:0	g	0.273		1	A	1		0.229	0.396	
20:0	g	0.000		1	A	1		0.000	0.000	
22:0	g	0.007		1	A	1		0.006	0.010	
24:0	g									

NDB No. 05174
Turkey, gizzard, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.210		1	A	1		1.016	1.755	
14:1.....g	0.007		1	A	1		0.006	0.010	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.224		1	A	1		0.188	0.325	
17:1.....g									
18:1 undifferentiated.....g	0.969		1	A	1		0.814	1.405	
20:1.....g	0.010		1	A	1		0.008	0.015	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.503		1	A	1		0.423	0.729	
18:2 undifferentiated.....g	0.410		1	A	1		0.344	0.595	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.010		1	A	1		0.008	0.015	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.065		1	A	1		0.055	0.094	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	A	1		0.000	0.000	
Cholesterol.....mg	203		1	A	1		171	294	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 84g: 1 gizzard

Measure 2 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05173
Turkey, gizzard, all classes, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.18		1	A	1		75.41		
Energy	kcal	118		1	A	1		117		
Energy	kj	494		0	A	1		489		
Protein (N x 6.25)	g	19.14		1	A	1		18.95		
Total lipid (fat)	g	4.58		1	A	1		4.53		
Ash	g	1.00		1	A	1		0.99		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1	A	1		6		
Iron, Fe	mg	4.31		1	A	1		4.27		
Magnesium, Mg	mg	16		1	A	1		15		
Phosphorus, P	mg	140		1	A	1		139		
Potassium, K	mg	322		1	A	1		319		
Sodium, Na	mg	72		1	A	1		72		
Zinc, Zn	mg	2.86		1	A	1		2.83		
Copper, Cu	mg	0.114		1	A	1		0.113		
Manganese, Mn	mg	0.048		1	A	1		0.048		
Selenium, Se	mcg	29.2		1	A	1		28.9		
Vitamins:										
Vitamin C, total ascorbic acid	mg	6.2		1	A	1		6.1		
Thiamin	mg	0.040		1	A	1		0.040		
Riboflavin	mg	0.179		1	A	1		0.177		
Niacin	mg	4.780		1	A	1		4.732		
Pantothenic acid	mg	0.914		1	A	1		0.905		
Vitamin B-6	mg	0.120		1	A	1		0.119		
Folate, total	mcg	6		1	A	1		6		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		1	A	1		6		
Folate, DFE	mcg_DFE	6		0	NC	4		6		
Vitamin B-12	mcg	6.86		1	A	1		6.79		
Vitamin A, IU	IU	0		0	AS	1		0		
Vitamin A, RAE	mcg_RAE	0		0	AS	1		0		
Retinol	mcg	0		1	A	1		0		
Vitamin E (alpha-tocopherol)	mg	0.05		2	A	1		0.05		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.06		2	A	1		0.06		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	1.312		1	A	1		1.299		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000		1	A	1		0.000		
13:0	g									
14:0	g	0.029		1	A	1		0.029		
15:0	g	0.005		1	A	1		0.005		
16:0	g	0.961		1	A	1		0.951		
17:0	g	0.006		1	A	1		0.006		
18:0	g	0.311		1	A	1		0.308		
20:0	g	0.000		1	A	1		0.000		
22:0	g	0.005		1	A	1		0.005		
24:0	g									

NDB No. 05173
Turkey, gizzard, all classes, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.588		1	A	1		1.572		
14:1.....g	0.007		1	A	1		0.007		
15:1.....g	0.005		1	A	1		0.005		
16:1 undifferentiated.....g	0.240		1	A	1		0.238		
17:1.....g									
18:1 undifferentiated.....g	1.328		1	A	1		1.315		
20:1.....g	0.013		1	A	1		0.013		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.777		1	A	1		0.769		
18:2 undifferentiated.....g	0.638		1	A	1		0.632		
18:3 undifferentiated.....g	0.000		0	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.011		1	A	1		0.011		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.100		1	A	1		0.099		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	197		1	A	1		195		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 99g: 1 gizzard

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05176
Turkey, heart, all classes, cooked, simmered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.98		1	A	1		15.12	104.37	
Energy	kcal	130		1	A	1		27	189	
Energy	kj	544		0	A	1		114	789	
Protein (N x 6.25)	g	21.47		1	A	1		4.51	31.14	
Total lipid (fat)	g	4.64		1	A	1		0.97	6.73	
Ash	g	1.23		1	A	1		0.26	1.78	
Carbohydrate, by difference	g	0.68		0	NC	4		0.14	0.99	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	7		1	A	1		2	11	
Iron, Fe	mg	5.20		1	A	1		1.09	7.54	
Magnesium, Mg	mg	26		1	A	1		5	37	
Phosphorus, P	mg	259		1	A	1		54	376	
Potassium, K	mg	291		1	A	1		61	422	
Sodium, Na	mg	90		1	A	1		19	131	
Zinc, Zn	mg	4.45		1	A	1		0.93	6.45	
Copper, Cu	mg	0.492		1	A	1		0.103	0.713	
Manganese, Mn	mg	0.065		1	A	1		0.014	0.094	
Selenium, Se	mcg	45.5		1	A	1		9.6	66.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	2.8		1	A	1		0.6	4.1	
Thiamin	mg	0.034		1	A	1		0.007	0.050	
Riboflavin	mg	1.040		1	A	1		0.218	1.508	
Niacin	mg	3.380		1	A	1		0.710	4.901	
Pantothenic acid	mg	1.580		1	A	1		0.332	2.291	
Vitamin B-6	mg	0.423		1	A	1		0.089	0.613	
Folate, total	mcg	8		1	A	1		2	12	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		1	A	1		2	12	
Folate, DFE	mcg_DFE	8		0	NC	4		2	12	
Vitamin B-12	mcg	21.70		1	A	1		4.56	31.47	
Vitamin A, IU	IU	64		0	AS	1		13	92	
Vitamin A, RAE	mcg_RAE	19		0	AS	1		4	28	
Retinol	mcg	19		1	A	1		4	28	
Vitamin E (alpha-tocopherol)	mg	0.05		2	A	1		0.01	0.07	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.13		2	A	1		0.03	0.19	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0	0.0	
Lipids:										
Fatty acids, total saturated	g	1.289		1	A	1		0.271	1.869	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.000		1	A	1		0.000	0.000	
13:0	g									
14:0	g	0.019		1	A	1		0.004	0.028	
15:0	g	0.000		1	A	1		0.000	0.000	
16:0	g	0.825		1	A	1		0.173	1.196	
17:0	g	0.006		1	A	1		0.001	0.009	
18:0	g	0.429		1	A	1		0.090	0.622	
20:0	g	0.005		1	A	1		0.001	0.007	
22:0	g	0.005		1	A	1		0.001	0.007	
24:0	g									

NDB No. 05176
Turkey, heart, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.138		1	A	1		0.239	1.650	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.153		1	A	1		0.032	0.222	
17:1.....g									
18:1 undifferentiated.....g	0.975		1	A	1		0.205	1.414	
20:1.....g	0.010		1	A	1		0.002	0.015	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.191		1	A	1		0.250	1.727	
18:2 undifferentiated.....g	0.835		1	A	1		0.175	1.211	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.014		1	A	1		0.003	0.020	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.318		1	A	1		0.067	0.461	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	A	1		0.000	0.000	
Cholesterol.....mg	184		1	A	1		39	267	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	32		1	A	1		6.720	46.400	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 heart

Measure 2 = 145g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05175
Turkey, heart, all classes, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	76.62		1	A	1		20.69		
Energy	kcal	113		1	A	1		31		
Energy	kj	473		0	A	1		128		
Protein (N x 6.25)	g	17.13		1	A	1		4.63		
Total lipid (fat)	g	4.79		1	A	1		1.29		
Ash	g	1.05		1	A	1		0.28		
Carbohydrate, by difference	g	0.41		0	NC	4		0.11		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	6		1	A	1		2		
Iron, Fe	mg	4.18		1	A	1		1.13		
Magnesium, Mg	mg	22		1	A	1		6		
Phosphorus, P	mg	222		1	A	1		60		
Potassium, K	mg	295		1	A	1		80		
Sodium, Na	mg	94		1	A	1		25		
Zinc, Zn	mg	3.37		1	A	1		0.91		
Copper, Cu	mg	0.394		1	A	1		0.106		
Manganese, Mn	mg	0.058		1	A	1		0.016		
Selenium, Se	mcg	35.9		1	A	1		9.7		
Vitamins:										
Vitamin C, total ascorbic acid	mg	3.0		1	A	1		0.8		
Thiamin	mg	0.212		1	A	1		0.057		
Riboflavin	mg	0.970		1	A	1		0.262		
Niacin	mg	4.750		1	A	1		1.283		
Pantothenic acid	mg	3.120		1	A	1		0.842		
Vitamin B-6	mg	0.441		1	A	1		0.119		
Folate, total	mcg	6		1	A	1		2		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	6		1	A	1		2		
Folate, DFE	mcg_DFE	6		0	NC	4		2		
Vitamin B-12	mcg	15.40		1	A	1		4.16		
Vitamin A, IU	IU	107		0	AS	1		29		
Vitamin A, RAE	mcg_RAE	23		0	AS	1		6		
Retinol	mcg	21		1	A	1		6		
Vitamin E (alpha-tocopherol)	mg	0.04		2	A	1		0.01		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.08		2	A	1		0.02		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.0		2	A	1		0.0		
Lipids:										
Fatty acids, total saturated	g	1.316		1	A	1		0.355		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000		1	A	1		0.000		
13:0	g									
14:0	g	0.024		1	A	1		0.006		
15:0	g	0.000		1	A	1		0.000		
16:0	g	0.905		1	A	1		0.244		
17:0	g	0.006		1	A	1		0.002		
18:0	g	0.381		1	A	1		0.103		
20:0	g	0.000		1	A	1		0.000		
22:0	g	0.000		1	A	1		0.000		
24:0	g									

NDB No. 05175
Turkey, heart, all classes, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.391		1	A	1		0.376		
14:1.....g	0.006		1	A	1		0.002		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	0.206		1	A	1		0.056		
17:1.....g									
18:1 undifferentiated.....g	1.168		1	A	1		0.315		
20:1.....g	0.011		1	A	1		0.003		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.272		1	A	1		0.343		
18:2 undifferentiated.....g	0.934		1	A	1		0.252		
18:3 undifferentiated.....g	0.005		0	A	1		0.001		
18:3 n-6 c,c,c.....g	0.005		1	A	1		0.001		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.007		1	A	1		0.002		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.296		1	A	1		0.080		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	147		1	A	1		40		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	23		1	A	1		6.102		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	21		1	A	1		5.535		
Lutein + zeaxanthin.....mcg	30		1	A	1		8.181		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 27g: 1 heart

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43391
Turkey, light or dark meat, smoked, cooked, skin, bone removed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.90				4				
Energy	kcal	170				4				
Energy	kj	711				4				
Protein	g	29.30				4				
Total lipid (fat)	g	5.00				4				
Ash	g	0.80		0	NC	4				
Carbohydrate, by difference	g	0.00			Z	7				
Fiber, total dietary	g	0.0				7				
Sugars, total	g	0.00		0	Z	7				
Starch	g									
Minerals:										
Calcium, Ca	mg	25				4				
Iron, Fe	mg	1.78				4				
Magnesium, Mg	mg	26				4				
Phosphorus, P	mg	213				4				
Potassium, K	mg	298				4				
Sodium, Na	mg	996				4				
Zinc, Zn	mg	3.10				4				
Copper, Cu	mg	0.094				4				
Manganese, Mn	mg									
Selenium, Se	mcg	43.0		0	BFNN	4				
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7				
Thiamin	mg	0.060				4				
Riboflavin	mg	0.180				4				
Niacin	mg	5.440				4				
Pantothenic acid	mg									
Vitamin B-6	mg	0.460				4				
Folate, total	mcg	7				4				
Folic acid	mcg	0		0	Z	7				
Folate, food	mcg	7				4				
Folate, DFE	mcg_DFE	7		0	NC	4				
Vitamin B-12	mcg	0.37				4				
Vitamin A, IU	IU	0				4				
Vitamin A, RAE	mcg_RAE	0		0	NC	4				
Retinol	mcg	0		0	NR	4				
Vitamin E (alpha-tocopherol)	mg	0.33		0	NR	4				
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4				
Lipids:										
Fatty acids, total saturated	g	1.650				4				
4:0	g	0.000				4				
6:0	g	0.000				4				
8:0	g	0.000				4				
10:0	g	0.000				4				
12:0	g	0.020				4				
13:0	g									
14:0	g	0.030				4				
15:0	g									
16:0	g	0.825				4				
17:0	g									
18:0	g	0.493				4				
20:0	g									
22:0	g									
24:0	g									

NDB No. 43391
Turkey, light or dark meat, smoked, cooked, skin, bone removed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.036				4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.151				4				
17:1.....g									
18:1 undifferentiated.....g	0.855				4				
20:1.....g	0.020				4				
22:1 undifferentiated.....g	0.020				4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.439				4				
18:2 undifferentiated.....g	1.087				4				
18:3 undifferentiated.....g	0.040				4				
18:4.....g	0.000				4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.211				4				
20:5 n-3.....g	0.000				4				
22:5 n-3.....g	0.030				4				
22:6 n-3.....g	0.040				4				
Fatty acids, total trans.....g									
Cholesterol.....mg	76				4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7				
Caffeine.....mg	0		0	z	7				
Theobromine.....mg	0		0	z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7				
Carotene, alpha.....mcg	0		0	z	7				
Cryptoxanthin, beta.....mcg	0		0	z	7				
Lycopene.....mcg	0		0	z	7				
Lutein + zeaxanthin.....mcg	0		0	z	7				

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43390
Turkey, light or dark meat, smoked, cooked, with skin, bone removed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.70				4			17.49	10.49
Energy	kcal	208				4			59	35
Energy	kj	870				4			247	148
Protein	g	28.10				4			7.97	4.78
Total lipid (fat)	g	9.70				4			2.75	1.65
Ash	g	0.50		0	NC	4			0.14	0.08
Carbohydrate, by difference	g	0.00			Z	7			0.00	0.00
Fiber, total dietary	g	0.0				7			0.0	0.0
Sugars, total	g	0.00		0	Z	7			0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	26				4			7	4
Iron, Fe	mg	1.79				4			0.51	0.30
Magnesium, Mg	mg	25				4			7	4
Phosphorus, P	mg	203				4			58	35
Potassium, K	mg	280				4			79	48
Sodium, Na	mg	996				4			282	169
Zinc, Zn	mg	2.96				4			0.84	0.50
Copper, Cu	mg	0.093				4			0.026	0.016
Manganese, Mn	mg									
Selenium, Se	mcg	30.3		0	BFNN	4			8.6	5.2
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7			0.0	0.0
Thiamin	mg	0.060				4			0.017	0.010
Riboflavin	mg	0.180				4			0.051	0.031
Niacin	mg	5.090				4			1.443	0.865
Pantothenic acid	mg									
Vitamin B-6	mg	0.410				4			0.116	0.070
Folate, total	mcg	7				4			2	1
Folic acid	mcg	0		0	Z	7			0	0
Folate, food	mcg	7				4			2	1
Folate, DFE	mcg_DFE	7		0	NC	4			2	1
Vitamin B-12	mcg	0.35				4			0.10	0.06
Vitamin A, IU	IU	0				4			0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4			0	0
Retinol	mcg	0		0	NR	4			0	0
Vitamin E (alpha-tocopherol)	mg	0.34		0	NR	4			0.10	0.06
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4			0.7	0.4
Lipids:										
Fatty acids, total saturated	g	2.831				4			0.803	0.481
4:0	g	0.000				4			0.000	0.000
6:0	g	0.000				4			0.000	0.000
8:0	g	0.000				4			0.000	0.000
10:0	g	0.000				4			0.000	0.000
12:0	g	0.010				4			0.003	0.002
13:0	g									
14:0	g	0.070				4			0.020	0.012
15:0	g									
16:0	g	1.725				4			0.489	0.293
17:0	g									
18:0	g	0.698				4			0.198	0.119
20:0	g									
22:0	g									
24:0	g									

NDB No. 43390

Turkey, light or dark meat, smoked, cooked, with skin, bone removed

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.180				4			0.902	0.541
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.518				4			0.147	0.088
17:1.....g									
18:1 undifferentiated.....g	2.582				4			0.732	0.439
20:1.....g	0.020				4			0.006	0.003
22:1 undifferentiated.....g	0.010				4			0.003	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.473				4			0.701	0.420
18:2 undifferentiated.....g	2.054				4			0.582	0.349
18:3 undifferentiated.....g	0.110				4			0.031	0.019
18:4.....g	0.000				4			0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.199				4			0.056	0.034
20:5 n-3.....g	0.000				4			0.000	0.000
22:5 n-3.....g	0.030				4			0.009	0.005
22:6 n-3.....g	0.040				4			0.011	0.007
Fatty acids, total trans.....g									
Cholesterol.....mg	82				4			23	14
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7			0.0	0.0
Caffeine.....mg	0		0	z	7			0	0
Theobromine.....mg	0		0	z	7			0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7			0.000	0.000
Carotene, alpha.....mcg	0		0	z	7			0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7			0.000	0.000
Lycopene.....mcg	0		0	z	7			0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7			0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 2 = 28.35g: 1 oz, boneless

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05178
Turkey, liver, all classes, cooked, simmered

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.95		1	A	1		47.27	79.73	
Energy	kcal	273		1	A	1		227	382	
Energy	kj	1142		0	A	1		948	1599	
Protein (N x 6.25)	g	20.02		1	A	1		16.62	28.03	
Total lipid (fat)	g	20.54		1	A	1		17.04	28.75	
Ash	g	1.29		1	A	1		1.07	1.80	
Carbohydrate, by difference	g	1.21		0	NC	4		1.00	1.69	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g	0.00		0	Z	7		0.00	0.00	
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1	A	1		4	7	
Iron, Fe	mg	10.70		1	A	1		8.88	14.98	
Magnesium, Mg	mg	17		1	A	1		14	24	
Phosphorus, P	mg	294		1	A	1		244	412	
Potassium, K	mg	211		1	A	1		175	295	
Sodium, Na	mg	56		1	A	1		46	78	
Zinc, Zn	mg	2.62		1	A	1		2.17	3.67	
Copper, Cu	mg	0.349		1	A	1		0.290	0.489	
Manganese, Mn	mg	0.273		1	A	1		0.227	0.382	
Selenium, Se	mcg	82.5		1	A	1		68.5	115.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	22.6		1	A	1		18.8	31.6	
Thiamin	mg	0.038		1	A	1		0.031	0.053	
Riboflavin	mg	2.760		1	A	1		2.291	3.864	
Niacin	mg	10.200		1	A	1		8.466	14.280	
Pantothenic acid	mg	4.350		1	A	1		3.611	6.090	
Vitamin B-6	mg	1.040		1	A	1		0.863	1.456	
Folate, total	mcg	691		1	A	1		574	967	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	691		1	A	1		574	967	
Folate, DFE	mcg_DFE	691		0	NC	4		574	967	
Vitamin B-12	mcg	58.20		1	A	1		48.31	81.48	
Vitamin A, IU	IU	75333		0	AS	1		62527	105467	
Vitamin A, RAE	mcg_RAE	22600		0	AS	1		18758	31640	
Retinol	mcg	22600		1	A	1		18758	31640	
Vitamin E (alpha-tocopherol)	mg	0.11		2	A	1		0.09	0.15	
Tocopherol, beta	mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma	mg	0.17		2	A	1		0.14	0.24	
Tocopherol, delta	mg	0.00		2	A	1		0.00	0.00	
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	1.2		2	A	1		1.0	1.7	
Lipids:										
Fatty acids, total saturated	g	6.947		1	A	1		5.766	9.726	
4:0	g	0.000		0	Z	7		0.000	0.000	
6:0	g	0.000		0	Z	7		0.000	0.000	
8:0	g	0.000		1	A	1		0.000	0.000	
10:0	g	0.000		1	A	1		0.000	0.000	
12:0	g	0.000		1	A	1		0.000	0.000	
13:0	g									
14:0	g	0.113		1	A	1		0.094	0.158	
15:0	g	0.000		1	A	1		0.000	0.000	
16:0	g	4.816		1	A	1		3.997	6.742	
17:0	g	0.000		1	A	1		0.000	0.000	
18:0	g	2.018		1	A	1		1.675	2.825	
20:0	g	0.000		1	A	1		0.000	0.000	
22:0	g	0.000		1	A	1		0.000	0.000	
24:0	g									

NDB No. 05178
Turkey, liver, all classes, cooked, simmered

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.108		1	A	1		7.560	12.751	
14:1.....g	0.040		1	A	1		0.033	0.056	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	1.069		1	A	1		0.887	1.497	
17:1.....g									
18:1 undifferentiated.....g	7.958		1	A	1		6.605	11.141	
20:1.....g	0.041		1	A	1		0.034	0.057	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.022		1	A	1		1.678	2.831	
18:2 undifferentiated.....g	1.555		1	A	1		1.291	2.177	
18:3 undifferentiated.....g	0.022		0	A	1		0.018	0.031	
18:3 n-6 c,c,c.....g	0.022		1	A	1		0.018	0.031	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.395		1	A	1		0.328	0.553	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	0.000		1	A	1		0.000	0.000	
Cholesterol.....mg	388		1	A	1		322	543	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 83g: 1 liver

Measure 2 = 140g: 1 cup, chopped or diced

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05177
Turkey, liver, all classes, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.29		1	A	1		62.29		
Energy	kcal	228		1	A	1		228		
Energy	kj	954		0	A	1		954		
Protein (N x 6.25)	g	17.84		1	A	1		17.84		
Total lipid (fat)	g	16.36		1	A	1		16.36		
Ash	g	1.25		1	A	1		1.25		
Carbohydrate, by difference	g	2.26		0	NC	4		2.26		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g	0.00		0	Z	7		0.00		
Starch	g									
Minerals:										
Calcium, Ca	mg	5		1	A	1		5		
Iron, Fe	mg	12.00		1	A	1		12.00		
Magnesium, Mg	mg	15		1	A	1		15		
Phosphorus, P	mg	279		1	A	1		279		
Potassium, K	mg	255		1	A	1		255		
Sodium, Na	mg	71		1	A	1		71		
Zinc, Zn	mg	2.26		1	A	1		2.26		
Copper, Cu	mg	0.407		1	A	1		0.407		
Manganese, Mn	mg	0.195		1	A	1		0.195		
Selenium, Se	mcg	70.8		1	A	1		70.8		
Vitamins:										
Vitamin C, total ascorbic acid	mg	24.5		1	A	1		24.5		
Thiamin	mg	0.153		1	A	1		0.153		
Riboflavin	mg	2.590		1	A	1		2.590		
Niacin	mg	13.500		1	A	1		13.500		
Pantothenic acid	mg	6.280		1	A	1		6.280		
Vitamin B-6	mg	1.470		1	A	1		1.470		
Folate, total	mcg	677		1	A	1		677		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	677		1	A	1		677		
Folate, DFE	mcg_DFE	677		0	NC	4		677		
Vitamin B-12	mcg	49.40		1	A	1		49.40		
Vitamin A, IU	IU	72382		0	AS	1		72382		
Vitamin A, RAE	mcg_RAE	21702		0	AS	1		21702		
Retinol	mcg	21700		1	A	1		21700		
Vitamin E (alpha-tocopherol)	mg	0.12		2	A	1		0.12		
Tocopherol, beta	mg	0.00		2	A	1		0.00		
Tocopherol, gamma	mg	0.17		2	A	1		0.17		
Tocopherol, delta	mg	0.00		2	A	1		0.00		
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	0.8		2	A	1		0.8		
Lipids:										
Fatty acids, total saturated	g	5.507		1	A	1		5.507		
4:0	g	0.000		0	Z	7		0.000		
6:0	g	0.000		0	Z	7		0.000		
8:0	g	0.000		1	A	1		0.000		
10:0	g	0.000		1	A	1		0.000		
12:0	g	0.000		1	A	1		0.000		
13:0	g									
14:0	g	0.088		1	A	1		0.088		
15:0	g	0.000		1	A	1		0.000		
16:0	g	3.947		1	A	1		3.947		
17:0	g	0.000		1	A	1		0.000		
18:0	g	1.472		1	A	1		1.472		
20:0	g	0.000		1	A	1		0.000		
22:0	g	0.000		1	A	1		0.000		
24:0	g									

NDB No. 05177
Turkey, liver, all classes, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.397		1	A	1		7.397		
14:1.....g	0.036		1	A	1		0.036		
15:1.....g	0.000		1	A	1		0.000		
16:1 undifferentiated.....g	1.024		1	A	1		1.024		
17:1.....g									
18:1 undifferentiated.....g	6.300		1	A	1		6.300		
20:1.....g	0.037		1	A	1		0.037		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.650		1	A	1		1.650		
18:2 undifferentiated.....g	1.280		1	A	1		1.280		
18:3 undifferentiated.....g	0.000		0	A	1		0.000		
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000		1	A	1		0.000		
20:3 undifferentiated.....g	0.000		1	A	1		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.326		1	A	1		0.326		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g	0.000		1	A	1		0.000		
Cholesterol.....mg	331		1	A	1		331		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	29		1	A	1		29.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	76		1	A	1		75.600		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 100g: 1 liver

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05304
Turkey, mechanically deboned, from turkey frames, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.09		21		1		156.83		
Energy	kcal	201		0	NC	4		456		
Energy	kj	841				4		1909		
Protein (N x 6.25)	g	13.29		21		1		30.17		
Total lipid (fat)	g	15.96		21		1		36.23		
Ash	g	1.10		10		1		2.50		
Carbohydrate, by difference	g	0.00		0	Z	7		0.00		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	145		6		1		329		
Iron, Fe	mg	1.61		6		1		3.65		
Magnesium, Mg	mg	13		0		4		30		
Phosphorus, P	mg	115		0		4		261		
Potassium, K	mg	173		0		4		393		
Sodium, Na	mg	48		0		4		109		
Zinc, Zn	mg	2.90		6		1		6.58		
Copper, Cu	mg	0.093		0		4		0.211		
Manganese, Mn	mg	0.015		0		4		0.034		
Selenium, Se	mcg	26.5		0	BFZN	4		60.2		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0		
Thiamin	mg	0.048		0		4		0.109		
Riboflavin	mg	0.134		0		4		0.304		
Niacin	mg	1.969		0		4		4.470		
Pantothenic acid	mg	0.673		0		4		1.528		
Vitamin B-6	mg	0.210		0		4		0.477		
Folate, total	mcg	7		0		4		16		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	7		0		4		16		
Folate, DFE	mcg_DFE	7		0	NC	4		16		
Vitamin B-12	mcg	0.26		0		4		0.59		
Vitamin A, IU	IU	0		0		4		0		
Vitamin A, RAE	mcg_RAE	0		0		4		0		
Retinol	mcg	0		0		4		0		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	5.310		0		1		12.054		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.130		4		1		0.295		
13:0	g									
14:0	g	0.270		4		1		0.613		
15:0	g									
16:0	g	3.260		4		1		7.400		
17:0	g									
18:0	g	1.650		4		1		3.746		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05304
Turkey, mechanically deboned, from turkey frames, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.020		0		1		11.395		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		4		1		0.568		
17:1.....g									
18:1 undifferentiated.....g	4.770		4		1		10.828		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.510		0		1		10.238		
18:2 undifferentiated.....g	4.180		4		1		9.489		
18:3 undifferentiated.....g	0.330		4		1		0.749		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		4		216		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		4		0.241		
Threonine.....g	0.636		0		1		1.444		
Isoleucine.....g	0.502		0		1		1.140		
Leucine.....g	1.082		0		1		2.456		
Lysine.....g	1.152		0		1		2.615		
Methionine.....g	0.374		0		1		0.849		
Cystine.....g	0.098		0		1		0.222		
Phenylalanine.....g	0.551		0		1		1.251		
Tyrosine.....g	0.472		0		1		1.071		
Valine.....g	0.544		0		1		1.235		
Arginine.....g	0.867		0		1		1.968		
Histidine.....g	0.504		0		1		1.144		
Alanine.....g	0.870		0		1		1.975		
Aspartic acid.....g	1.352		0		1		3.069		
Glutamic acid.....g	2.230		0		1		5.062		
Glycine.....g	0.778		0		1		1.766		
Proline.....g	0.648		0		1		1.471		
Serine.....g	0.621		0		1		1.410		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: .5 lb

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43366
Turkey, wing, smoked, cooked, with skin, bone removed

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
		Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.50				4			11.31	10.12
Energy	kcal	229				4			44	39
Energy	kj	958				4			182	163
Protein	g	27.40				4			5.21	4.66
Total lipid (fat)	g	12.41				4			2.36	2.11
Ash	g	0.70		0	NC	4			0.13	0.12
Carbohydrate, by difference	g	0.00			Z	7			0.00	0.00
Fiber, total dietary	g	0.0				7			0.0	0.0
Sugars, total	g	0.00		0	Z	7			0.00	0.00
Starch	g									
Minerals:										
Calcium, Ca	mg	24				4			5	4
Iron, Fe	mg	1.46				4			0.28	0.25
Magnesium, Mg	mg	25				4			5	4
Phosphorus, P	mg	197				4			37	33
Potassium, K	mg	266				4			51	45
Sodium, Na	mg	996				4			189	169
Zinc, Zn	mg	2.10				4			0.40	0.36
Copper, Cu	mg	0.056				4			0.011	0.010
Manganese, Mn	mg									
Selenium, Se	mcg	26.0		0	BFNN	4			4.9	4.4
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0			Z	7			0.0	0.0
Thiamin	mg	0.050				4			0.010	0.009
Riboflavin	mg	0.130				4			0.025	0.022
Niacin	mg	5.730				4			1.089	0.974
Pantothenic acid	mg									
Vitamin B-6	mg	0.420				4			0.080	0.071
Folate, total	mcg	6				4			1	1
Folic acid	mcg	0		0	Z	7			0	0
Folate, food	mcg	6				4			1	1
Folate, DFE	mcg_DFE	6		0	NC	4			1	1
Vitamin B-12	mcg	0.34				4			0.06	0.06
Vitamin A, IU	IU	0				4			0	0
Vitamin A, RAE	mcg_RAE	0		0	NC	4			0	0
Retinol	mcg	0		0	NR	4			0	0
Vitamin E (alpha-tocopherol)	mg	0.17		0	NR	4			0.03	0.03
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg	2.4		0	BFZN	4			0.5	0.4
Lipids:										
Fatty acids, total saturated	g	3.383				4			0.643	0.575
4:0	g	0.000				4			0.000	0.000
6:0	g	0.000				4			0.000	0.000
8:0	g	0.000				4			0.000	0.000
10:0	g	0.000				4			0.000	0.000
12:0	g	0.010				4			0.002	0.002
13:0	g									
14:0	g	0.090				4			0.017	0.015
15:0	g									
16:0	g	2.226				4			0.423	0.378
17:0	g									
18:0	g	0.738				4			0.140	0.125
20:0	g									
22:0	g									
24:0	g									

NDB No. 43366
Turkey, wing, smoked, cooked, with skin, bone removed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.651				4			0.884	0.791
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.788				4			0.150	0.134
17:1.....g									
18:1 undifferentiated.....g	3.753				4			0.713	0.638
20:1.....g	0.010				4			0.002	0.002
22:1 undifferentiated.....g	0.010				4			0.002	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.934				4			0.557	0.499
18:2 undifferentiated.....g	2.485				4			0.472	0.422
18:3 undifferentiated.....g	0.160				4			0.030	0.027
18:4.....g	0.000				4			0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.160				4			0.030	0.027
20:5 n-3.....g	0.000				4			0.000	0.000
22:5 n-3.....g	0.020				4			0.004	0.003
22:6 n-3.....g	0.030				4			0.006	0.005
Fatty acids, total trans.....g									
Cholesterol.....mg	81				4			15	14
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7			0.0	0.0
Caffeine.....mg	0		0	z	7			0	0
Theobromine.....mg	0		0	z	7			0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	z	7			0.000	0.000
Carotene, alpha.....mcg	0		0	z	7			0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	z	7			0.000	0.000
Lycopene.....mcg	0		0	z	7			0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	z	7			0.000	0.000

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 2 = 19g: 1 oz with bone, cooked (yield after bone removed)

Measure 3 = 17g: 1 cubic inch, boneless

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	56.91		0		1		123.49	19.92	
Energy	kcal	254		0	NC	4		551	89	
Energy	kj	1063				4		2306	372	
Protein (N x 6.25)	g	26.41		0		1		57.31	9.24	
Total lipid (fat)	g	15.64		0		1		33.94	5.47	
Ash	g	0.94		0		1		2.04	0.33	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31		0		1		67	11	
Iron, Fe	mg	2.22		0		1		4.82	0.78	
Magnesium, Mg	mg	23		0		1		50	8	
Phosphorus, P	mg	189		0		1		410	66	
Potassium, K	mg	263		0		1		571	92	
Sodium, Na	mg	69		0		1		150	24	
Zinc, Zn	mg	3.89		0		1		8.44	1.36	
Copper, Cu	mg	0.133		0		1		0.289	0.047	
Manganese, Mn	mg	0.023		0		1		0.050	0.008	
Selenium, Se	mcg	34.3		0	BFYN	4		74.4	12.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.051		0		1		0.111	0.018	
Riboflavin	mg	0.213		0		1		0.462	0.075	
Niacin	mg	3.554		0		1		7.712	1.244	
Pantothenic acid	mg	1.035		0		1		2.246	0.362	
Vitamin B-6	mg	0.290		0		1		0.629	0.102	
Folate, total	mcg	8		0		1		17	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		17	3	
Folate, DFE	mcg_DFE	8		0	NC	4		17	3	
Vitamin B-12	mcg	0.33		0		1		0.72	0.12	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.540		0		1		9.852	1.589	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.022	0.004	
13:0	g									
14:0	g	0.110		0		1		0.239	0.039	
15:0	g									
16:0	g	2.880		0		1		6.250	1.008	
17:0	g									
18:0	g	1.090		0		1		2.365	0.382	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05246
Turkey, young hen, back, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.450		0		1		11.827	1.908	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.910		0		1		1.975	0.319	
17:1.....g									
18:1 undifferentiated.....g	4.420		0		1		9.591	1.547	
20:1.....g	0.020		0		1		0.043	0.007	
22:1 undifferentiated.....g	0.010		0		1		0.022	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.010		0		1		8.702	1.404	
18:2 undifferentiated.....g	3.460		0		1		7.508	1.211	
18:3 undifferentiated.....g	0.200		0		1		0.434	0.070	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.240		0		1		0.521	0.084	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.065	0.011	
22:6 n-3.....g	0.050		0		1		0.109	0.018	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		184	30	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.286		0		1		0.621	0.100	
Threonine.....g	1.139		0		1		2.472	0.399	
Isoleucine.....g	1.292		0		1		2.804	0.452	
Leucine.....g	2.019		0		1		4.381	0.707	
Lysine.....g	2.348		0		1		5.095	0.822	
Methionine.....g	0.728		0		1		1.580	0.255	
Cystine.....g	0.301		0		1		0.653	0.105	
Phenylalanine.....g	1.024		0		1		2.222	0.358	
Tyrosine.....g	0.975		0		1		2.116	0.341	
Valine.....g	1.358		0		1		2.947	0.475	
Arginine.....g	1.873		0		1		4.064	0.656	
Histidine.....g	0.775		0		1		1.682	0.271	
Alanine.....g	1.714		0		1		3.719	0.600	
Aspartic acid.....g	2.534		0		1		5.499	0.887	
Glutamic acid.....g	4.152		0		1		9.010	1.453	
Glycine.....g	1.758		0		1		3.815	0.615	
Proline.....g	1.309		0		1		2.841	0.458	
Serine.....g	1.159		0		1		2.515	0.406	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 217g: .5 back, bone removed

Measure 2 = 35g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05245
Turkey, young hen, back, meat and skin, raw

Refuse: 43% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.61		0		1		195.52	30.84	
Energy	kcal	218		0	NC	4		650	102	
Energy	kj	912				4		2718	429	
Protein (N x 6.25)	g	17.51		0		1		52.18	8.23	
Total lipid (fat)	g	15.93		0		1		47.47	7.49	
Ash	g	0.78		0		1		2.32	0.37	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		54	8	
Iron, Fe	mg	1.78		0		1		5.30	0.84	
Magnesium, Mg	mg	18		0		1		54	8	
Phosphorus, P	mg	153		0		1		456	72	
Potassium, K	mg	231		0		1		688	109	
Sodium, Na	mg	61		0		1		182	29	
Zinc, Zn	mg	2.53		0		1		7.54	1.19	
Copper, Cu	mg	0.130		0		1		0.387	0.061	
Manganese, Mn	mg	0.021		0		1		0.063	0.010	
Selenium, Se	mcg	24.0		0	BFNN	4		71.5	11.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.058		0		1		0.173	0.027	
Riboflavin	mg	0.177		0		1		0.527	0.083	
Niacin	mg	2.369		0		1		7.060	1.113	
Pantothenic acid	mg	0.871		0		1		2.596	0.409	
Vitamin B-6	mg	0.270		0		1		0.805	0.127	
Folate, total	mcg	9		0		1		27	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		27	4	
Folate, DFE	mcg_DFE	9		0	NC	4		27	4	
Vitamin B-12	mcg	0.35		0		1		1.04	0.16	
Vitamin A, IU	IU	8		0		1		24	4	
Vitamin A, RAE	mcg_RAE	2		0		1		7	1	
Retinol	mcg	2		0		1		7	1	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	4.410		0		1		13.142	2.073	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.030	0.005	
13:0	g									
14:0	g	0.120		0		1		0.358	0.056	
15:0	g									
16:0	g	2.960		0		1		8.821	1.391	
17:0	g									
18:0	g	0.960		0		1		2.861	0.451	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05245
Turkey, young hen, back, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.120		0		1		18.238	2.876	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.040		0		1		3.099	0.489	
17:1.....g									
18:1 undifferentiated.....g	4.940		0		1		14.721	2.322	
20:1.....g	0.010		0		1		0.030	0.005	
22:1 undifferentiated.....g	0.010		0		1		0.030	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.890		0		1		11.592	1.828	
18:2 undifferentiated.....g	3.420		0		1		10.192	1.607	
18:3 undifferentiated.....g	0.220		0		1		0.656	0.103	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.447	0.071	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.060	0.009	
22:6 n-3.....g	0.030		0		1		0.089	0.014	
Fatty acids, total trans.....g									
Cholesterol.....mg	68		0		1		203	32	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.187		0		1		0.557	0.088	
Threonine.....g	0.747		0		1		2.226	0.351	
Isoleucine.....g	0.838		0		1		2.497	0.394	
Leucine.....g	1.319		0		1		3.931	0.620	
Lysine.....g	1.524		0		1		4.542	0.716	
Methionine.....g	0.474		0		1		1.413	0.223	
Cystine.....g	0.205		0		1		0.611	0.096	
Phenylalanine.....g	0.673		0		1		2.006	0.316	
Tyrosine.....g	0.631		0		1		1.880	0.297	
Valine.....g	0.890		0		1		2.652	0.418	
Arginine.....g	1.249		0		1		3.722	0.587	
Histidine.....g	0.502		0		1		1.496	0.236	
Alanine.....g	1.155		0		1		3.442	0.543	
Aspartic acid.....g	1.673		0		1		4.986	0.786	
Glutamic acid.....g	2.716		0		1		8.094	1.277	
Glycine.....g	1.269		0		1		3.782	0.596	
Proline.....g	0.917		0		1		2.733	0.431	
Serine.....g	0.765		0		1		2.280	0.360	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 298g: .5 back, bone removed

Measure 2 = 47g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.69		0		1		68.33	430.05	
Energy	kcal	194		0	NC	4		211	1331	
Energy	kj	812				4		885	5568	
Protein (N x 6.25)	g	28.80		0		1		31.39	197.57	
Total lipid (fat)	g	7.86		0		1		8.57	53.92	
Ash	g	1.06		0		1		1.16	7.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	22		0		1		24	151	
Iron, Fe	mg	1.36		0		1		1.48	9.33	
Magnesium, Mg	mg	26		0		1		28	178	
Phosphorus, P	mg	210		0		1		229	1441	
Potassium, K	mg	289		0		1		315	1983	
Sodium, Na	mg	58		0		1		63	398	
Zinc, Zn	mg	1.97		0		1		2.15	13.51	
Copper, Cu	mg	0.043		0		1		0.047	0.295	
Manganese, Mn	mg	0.021		0		1		0.023	0.144	
Selenium, Se	mcg	27.9		0	BFYN	4		30.4	191.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.053		0		1		0.058	0.364	
Riboflavin	mg	0.128		0		1		0.140	0.878	
Niacin	mg	6.678		0		1		7.279	45.811	
Pantothenic acid	mg	0.620		0		1		0.676	4.253	
Vitamin B-6	mg	0.470		0		1		0.512	3.224	
Folate, total	mcg	6		0		1		7	41	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		7	41	
Folate, DFE	mcg_DFE	6		0	NC	4		7	41	
Vitamin B-12	mcg	0.35		0		1		0.38	2.40	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.250		0		1		2.453	15.435	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.022	0.137	
13:0	g									
14:0	g	0.050		0		1		0.055	0.343	
15:0	g									
16:0	g	1.340		0		1		1.461	9.192	
17:0	g									
18:0	g	0.550		0		1		0.600	3.773	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05248
Turkey, young hen, breast, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.500		0		1		2.725	17.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410		0		1		0.447	2.813	
17:1.....g									
18:1 undifferentiated.....g	2.030		0		1		2.213	13.926	
20:1.....g	0.020		0		1		0.022	0.137	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.069	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.930		0		1		2.104	13.240	
18:2 undifferentiated.....g	1.520		0		1		1.657	10.427	
18:3 undifferentiated.....g	0.080		0		1		0.087	0.549	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190		0		1		0.207	1.303	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.033	0.206	
22:6 n-3.....g	0.040		0		1		0.044	0.274	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		78	494	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.321		0		1		0.350	2.202	
Threonine.....g	1.264		0		1		1.378	8.671	
Isoleucine.....g	1.459		0		1		1.590	10.009	
Leucine.....g	2.254		0		1		2.457	15.462	
Lysine.....g	2.647		0		1		2.885	18.158	
Methionine.....g	0.817		0		1		0.891	5.605	
Cystine.....g	0.312		0		1		0.340	2.140	
Phenylalanine.....g	1.131		0		1		1.233	7.759	
Tyrosine.....g	1.105		0		1		1.204	7.580	
Valine.....g	1.508		0		1		1.644	10.345	
Arginine.....g	2.023		0		1		2.205	13.878	
Histidine.....g	0.876		0		1		0.955	6.009	
Alanine.....g	1.820		0		1		1.984	12.485	
Aspartic acid.....g	2.782		0		1		3.032	19.085	
Glutamic acid.....g	4.625		0		1		5.041	31.728	
Glycine.....g	1.640		0		1		1.788	11.250	
Proline.....g	1.298		0		1		1.415	8.904	
Serine.....g	1.274		0		1		1.389	8.740	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 109g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 686g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05247
Turkey, young hen, breast, meat and skin, raw

Refuse: 11% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.00		0		1		95.91	603.06	
Energy	kcal	167		0	NC	4		232	1460	
Energy	kj	699				4		971	6107	
Protein (N x 6.25)	g	21.62		0		1		30.05	188.96	
Total lipid (fat)	g	8.30		0		1		11.54	72.54	
Ash	g	0.89		0		1		1.24	7.78	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		18	114	
Iron, Fe	mg	1.41		0		1		1.96	12.32	
Magnesium, Mg	mg	24		0		1		33	210	
Phosphorus, P	mg	179		0		1		249	1564	
Potassium, K	mg	266		0		1		370	2325	
Sodium, Na	mg	55		0		1		76	481	
Zinc, Zn	mg	1.54		0		1		2.14	13.46	
Copper, Cu	mg	0.082		0		1		0.114	0.717	
Manganese, Mn	mg	0.021		0		1		0.029	0.184	
Selenium, Se	mcg	21.8		0	BFNN	4		30.3	190.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.053		0		1		0.074	0.463	
Riboflavin	mg	0.123		0		1		0.171	1.075	
Niacin	mg	4.904		0		1		6.817	42.861	
Pantothenic acid	mg	0.612		0		1		0.851	5.349	
Vitamin B-6	mg	0.480		0		1		0.667	4.195	
Folate, total	mcg	7		0		1		10	61	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		10	61	
Folate, DFE	mcg_DFE	7		0	NC	4		10	61	
Vitamin B-12	mcg	0.41		0		1		0.57	3.58	
Vitamin A, IU	IU	5		0		1		7	44	
Vitamin A, RAE	mcg_RAE	2		0		1		2	13	
Retinol	mcg	2		0		1		2	13	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.250		0		1		3.128	19.665	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.087	
13:0	g									
14:0	g	0.060		0		1		0.083	0.524	
15:0	g									
16:0	g	1.500		0		1		2.085	13.110	
17:0	g									
18:0	g	0.480		0		1		0.667	4.195	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05247
Turkey, young hen, breast, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.190		0		1		4.434	27.881	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.540		0		1		0.751	4.720	
17:1.....g									
18:1 undifferentiated.....g	2.580		0		1		3.586	22.549	
20:1.....g	0.010		0		1		0.014	0.087	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.087	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.950		0		1		2.711	17.043	
18:2 undifferentiated.....g	1.680		0		1		2.335	14.683	
18:3 undifferentiated.....g	0.110		0		1		0.153	0.961	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.125	0.787	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.014	0.087	
22:6 n-3.....g	0.010		0		1		0.014	0.087	
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		1		86	542	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.239		0		1		0.332	2.089	
Threonine.....g	0.944		0		1		1.312	8.251	
Isoleucine.....g	1.084		0		1		1.507	9.474	
Leucine.....g	1.681		0		1		2.337	14.692	
Lysine.....g	1.968		0		1		2.736	17.200	
Methionine.....g	0.608		0		1		0.845	5.314	
Cystine.....g	0.237		0		1		0.329	2.071	
Phenylalanine.....g	0.846		0		1		1.176	7.394	
Tyrosine.....g	0.820		0		1		1.140	7.167	
Valine.....g	1.126		0		1		1.565	9.841	
Arginine.....g	1.523		0		1		2.117	13.311	
Histidine.....g	0.651		0		1		0.905	5.690	
Alanine.....g	1.378		0		1		1.915	12.044	
Aspartic acid.....g	2.084		0		1		2.897	18.214	
Glutamic acid.....g	3.451		0		1		4.797	30.162	
Glycine.....g	1.294		0		1		1.799	11.310	
Proline.....g	1.004		0		1		1.396	8.775	
Serine.....g	0.954		0		1		1.326	8.338	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 139g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 874g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	59.61	0.448	15		1		63.19	396.41	
Energy	kcal	232		0	NC	4		246	1543	
Energy	kj	971				4		1029	6455	
Protein (N x 6.25)	g	27.37	0.399	15		1		29.01	182.01	
Total lipid (fat)	g	12.78	0.645	15		1		13.55	84.99	
Ash	g	0.98	0.009	15		1		1.04	6.52	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	31	1.352	15		1		33	206	
Iron, Fe	mg	2.28	0.085	15		1		2.42	15.16	
Magnesium, Mg	mg	23	0.210	15		1		24	153	
Phosphorus, P	mg	196	2.995	15		1		208	1303	
Potassium, K	mg	276	3.241	15		1		293	1835	
Sodium, Na	mg	72	1.032	15		1		76	479	
Zinc, Zn	mg	4.10	0.118	3		1		4.35	27.27	
Copper, Cu	mg	0.139	0.005	3		1		0.147	0.924	
Manganese, Mn	mg	0.023	0.002	3		1		0.024	0.153	
Selenium, Se	mcg	37.2		0	BFYN	4		39.4	247.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.055	0.002	15		1		0.058	0.366	
Riboflavin	mg	0.223	0.007	15		1		0.236	1.483	
Niacin	mg	3.659	0.097	15		1		3.879	24.332	
Pantothenic acid	mg	1.117		0		1		1.184	7.428	
Vitamin B-6	mg	0.310		0		1		0.329	2.062	
Folate, total	mcg	8		0		1		8	53	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		8	53	
Folate, DFE	mcg_DFE	8		0	NC	4		8	53	
Vitamin B-12	mcg	0.34		0		1		0.36	2.26	
Vitamin A, IU	IU	0	0.000	3		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	3		1		0	0	
Retinol	mcg	0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.860		0		1		4.092	25.669	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.021	0.133	
13:0	g									
14:0	g	0.090		0		1		0.095	0.599	
15:0	g									
16:0	g	2.330		0		1		2.470	15.495	
17:0	g									
18:0	g	0.990		0		1		1.049	6.584	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05240
Turkey, young hen, dark meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.060		0		1		4.304	26.999	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.660		0		1		0.700	4.389	
17:1.....g									
18:1 undifferentiated.....g	3.300		0		1		3.498	21.945	
20:1.....g	0.030		0		1		0.032	0.200	
22:1 undifferentiated.....g	0.020		0		1		0.021	0.133	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.420		0		1		3.625	22.743	
18:2 undifferentiated.....g	2.890		0		1		3.063	19.219	
18:3 undifferentiated.....g	0.150		0		1		0.159	0.998	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260		0		1		0.276	1.729	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.042	0.266	
22:6 n-3.....g	0.050		0		1		0.053	0.333	
Fatty acids, total trans.....g									
Cholesterol.....mg	84	3.021	15		1		89	559	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.303		0		1		0.321	2.015	
Threonine.....g	1.196		0		1		1.268	7.953	
Isoleucine.....g	1.375		0		1		1.458	9.144	
Leucine.....g	2.130		0		1		2.258	14.165	
Lysine.....g	2.495		0		1		2.645	16.592	
Methionine.....g	0.771		0		1		0.817	5.127	
Cystine.....g	0.300		0		1		0.318	1.995	
Phenylalanine.....g	1.072		0		1		1.136	7.129	
Tyrosine.....g	1.041		0		1		1.103	6.923	
Valine.....g	1.427		0		1		1.513	9.490	
Arginine.....g	1.927		0		1		2.043	12.815	
Histidine.....g	0.825		0		1		0.875	5.486	
Alanine.....g	1.741		0		1		1.845	11.578	
Aspartic acid.....g	2.639		0		1		2.797	17.549	
Glutamic acid.....g	4.372		0		1		4.634	29.074	
Glycine.....g	1.624		0		1		1.721	10.800	
Proline.....g	1.264		0		1		1.340	8.406	
Serine.....g	1.208		0		1		1.280	8.033	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 106g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 665g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.92	0.580	15		1		106.28	666.34	
Energy	kcal	172		0	NC	4		261	1639	
Energy	kj	720				4		1094	6858	
Protein (N x 6.25)	g	18.65	0.204	15		1		28.35	177.73	
Total lipid (fat)	g	10.25	0.711	15		1		15.58	97.68	
Ash	g	0.87	0.005	15		1		1.32	8.29	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	0.964	15		1		27	172	
Iron, Fe	mg	1.83	0.087	15		1		2.78	17.44	
Magnesium, Mg	mg	20	0.105	15		1		30	191	
Phosphorus, P	mg	170	1.866	15		1		258	1620	
Potassium, K	mg	259	3.707	15		1		394	2468	
Sodium, Na	mg	67	1.075	15		1		102	639	
Zinc, Zn	mg	2.83	0.038	3		1		4.30	26.97	
Copper, Cu	mg	0.141	0.014	3		1		0.214	1.344	
Manganese, Mn	mg	0.023	0.001	3		1		0.035	0.219	
Selenium, Se	mcg	26.1		0	PAK	1		39.7	248.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.068	0.001	15		1		0.103	0.648	
Riboflavin	mg	0.199	0.007	15		1		0.302	1.896	
Niacin	mg	2.599	0.055	15		1		3.950	24.768	
Pantothenic acid	mg	1.020		0		1		1.550	9.721	
Vitamin B-6	mg	0.320		0		1		0.486	3.050	
Folate, total	mcg	10		0		1		15	95	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		15	95	
Folate, DFE	mcg_DFE	10		0	NC	4		15	95	
Vitamin B-12	mcg	0.38		0		1		0.58	3.62	
Vitamin A, IU	IU	4	1.607	3		1		6	38	
Vitamin A, RAE	mcg_RAE	1	0.483	3		1		2	11	
Retinol	mcg	1	0.483	3		1		2	11	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.990		0		1		4.545	28.495	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.015	0.095	
13:0	g									
14:0	g	0.070		0		1		0.106	0.667	
15:0	g									
16:0	g	1.880		0		1		2.858	17.916	
17:0	g									
18:0	g	0.720		0		1		1.094	6.862	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05239
Turkey, young hen, dark meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.530		0		1		5.366	33.641	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.590		0		1		0.897	5.623	
17:1.....g									
18:1 undifferentiated.....g	2.870		0		1		4.362	27.351	
20:1.....g	0.020		0		1		0.030	0.191	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.095	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.640		0		1		4.013	25.159	
18:2 undifferentiated.....g	2.270		0		1		3.450	21.633	
18:3 undifferentiated.....g	0.130		0		1		0.198	1.239	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.258	1.620	
20:5 n-3.....g									
22:5 n-3.....g	0.020		0		1		0.030	0.191	
22:6 n-3.....g	0.030		0		1		0.046	0.286	
Fatty acids, total trans.....g									
Cholesterol.....mg	65	2.028	15		1		99	619	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.206		0		1		0.313	1.963	
Threonine.....g	0.814		0		1		1.237	7.757	
Isoleucine.....g	0.936		0		1		1.423	8.920	
Leucine.....g	1.450		0		1		2.204	13.819	
Lysine.....g	1.698		0		1		2.581	16.182	
Methionine.....g	0.525		0		1		0.798	5.003	
Cystine.....g	0.205		0		1		0.312	1.954	
Phenylalanine.....g	0.730		0		1		1.110	6.957	
Tyrosine.....g	0.708		0		1		1.076	6.747	
Valine.....g	0.972		0		1		1.477	9.263	
Arginine.....g	1.314		0		1		1.997	12.522	
Histidine.....g	0.561		0		1		0.853	5.346	
Alanine.....g	1.188		0		1		1.806	11.322	
Aspartic acid.....g	1.798		0		1		2.733	17.135	
Glutamic acid.....g	2.976		0		1		4.524	28.361	
Glycine.....g	1.115		0		1		1.695	10.626	
Proline.....g	0.865		0		1		1.315	8.243	
Serine.....g	0.823		0		1		1.251	7.843	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 953g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.74	0.213	15		1		87.84	58.35	
Energy	kcal	192		0	NC	4		269	179	
Energy	kj	803				4		1125	747	
Protein (N x 6.25)	g	28.42	0.314	15		1		39.79	26.43	
Total lipid (fat)	g	7.79	0.336	15		1		10.91	7.24	
Ash	g	1.02	0.007	15		1		1.43	0.95	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30	1.435	15		1		42	28	
Iron, Fe	mg	2.33	0.089	15		1		3.26	2.17	
Magnesium, Mg	mg	25	0.217	15		1		35	23	
Phosphorus, P	mg	204	2.663	15		1		286	190	
Potassium, K	mg	292	3.851	15		1		409	272	
Sodium, Na	mg	75	1.035	15		1		105	70	
Zinc, Zn	mg	4.39	0.060	3		1		6.15	4.08	
Copper, Cu	mg	0.148	0.005	3		1		0.207	0.138	
Manganese, Mn	mg	0.024	0.002	3		1		0.034	0.022	
Selenium, Se	mcg	40.9	4.175	16	A	1		57.3	38.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.059	0.003	15		1		0.083	0.055	
Riboflavin	mg	0.235	0.007	15		1		0.329	0.219	
Niacin	mg	3.760	0.100	15		1		5.264	3.497	
Pantothenic acid	mg	1.236		0		1		1.730	1.149	
Vitamin B-6	mg	0.340		0		1		0.476	0.316	
Folate, total	mcg	9		0		1		13	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		13	8	
Folate, DFE	mcg_DFE	9		0	NC	4		13	8	
Vitamin B-12	mcg	0.36		0		1		0.50	0.33	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.610		0		1		3.654	2.427	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.028	0.019	
13:0	g									
14:0	g	0.050		0		1		0.070	0.047	
15:0	g									
16:0	g	1.380		0		1		1.932	1.283	
17:0	g									
18:0	g	0.780		0		1		1.092	0.725	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05244
Turkey, young hen, dark meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.770		0		1		2.478	1.646	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.260		0		1		0.364	0.242	
17:1.....g									
18:1 undifferentiated.....g	1.460		0		1		2.044	1.358	
20:1.....g	0.030		0		1		0.042	0.028	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.019	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.330		0		1		3.262	2.167	
18:2 undifferentiated.....g	1.890		0		1		2.646	1.758	
18:3 undifferentiated.....g	0.070		0		1		0.098	0.065	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.280		0		1		0.392	0.260	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.056	0.037	
22:6 n-3.....g	0.060		0		1		0.084	0.056	
Fatty acids, total trans.....g									
Cholesterol.....mg	80	3.061	15		1		112	74	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.323		0		1		0.452	0.300	
Threonine.....g	1.264		0		1		1.770	1.176	
Isoleucine.....g	1.478		0		1		2.069	1.375	
Leucine.....g	2.265		0		1		3.171	2.106	
Lysine.....g	2.679		0		1		3.751	2.491	
Methionine.....g	0.823		0		1		1.152	0.765	
Cystine.....g	0.296		0		1		0.414	0.275	
Phenylalanine.....g	1.128		0		1		1.579	1.049	
Tyrosine.....g	1.123		0		1		1.572	1.044	
Valine.....g	1.510		0		1		2.114	1.404	
Arginine.....g	1.983		0		1		2.776	1.844	
Histidine.....g	0.887		0		1		1.242	0.825	
Alanine.....g	1.760		0		1		2.464	1.637	
Aspartic acid.....g	2.761		0		1		3.865	2.568	
Glutamic acid.....g	4.639		0		1		6.495	4.314	
Glycine.....g	1.410		0		1		1.974	1.311	
Proline.....g	1.182		0		1		1.655	1.099	
Serine.....g	1.264		0		1		1.770	1.176	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 93g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.03	0.229	16		1		96.24	601.12	
Energy	kcal	130		0	NC	4		169	1056	
Energy	kj	544				4		707	4417	
Protein (N x 6.25)	g	20.07	0.215	16		1		26.09	162.97	
Total lipid (fat)	g	4.88	0.220	16		1		6.34	39.63	
Ash	g	0.95	0.007	15		1		1.24	7.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	1.105	15		1		23	146	
Iron, Fe	mg	1.90	0.103	15		1		2.47	15.43	
Magnesium, Mg	mg	23	0.211	15		1		30	187	
Phosphorus, P	mg	185	1.896	15		1		241	1502	
Potassium, K	mg	287	5.982	15		1		373	2330	
Sodium, Na	mg	74	1.231	15		1		96	601	
Zinc, Zn	mg	3.10	0.018	3		1		4.03	25.17	
Copper, Cu	mg	0.152	0.012	3		1		0.198	1.234	
Manganese, Mn	mg	0.024	0.001	3		1		0.031	0.195	
Selenium, Se	mcg	28.6		0	BFZN	4		37.2	232.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.076	0.001	15		1		0.099	0.617	
Riboflavin	mg	0.219	0.007	15		1		0.285	1.778	
Niacin	mg	2.817	0.072	15		1		3.662	22.874	
Pantothenic acid	mg	1.156		0		1		1.503	9.387	
Vitamin B-6	mg	0.360		0		1		0.468	2.923	
Folate, total	mcg	11		0		1		14	89	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		14	89	
Folate, DFE	mcg_DFE	11		0	NC	4		14	89	
Vitamin B-12	mcg	0.40		0		1		0.52	3.25	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.640		0		1		2.132	13.317	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.003	6		1		0.013	0.081	
13:0	g									
14:0	g	0.030	0.006	8		1		0.039	0.244	
15:0	g									
16:0	g	0.860	0.083	8		1		1.118	6.983	
17:0	g									
18:0	g	0.490	0.045	8		1		0.637	3.979	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05243
Turkey, young hen, dark meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.110		0		1		1.443	9.013	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160	0.038	8		1		0.208	1.299	
17:1.....g									
18:1 undifferentiated.....g	0.920	0.091	8		1		1.196	7.470	
20:1.....g	0.020	0.003	7		1		0.026	0.162	
22:1 undifferentiated.....g	0.010	0.003	7		1		0.013	0.081	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.460		0		1		1.898	11.855	
18:2 undifferentiated.....g	1.180	0.113	8		1		1.534	9.582	
18:3 undifferentiated.....g	0.040	0.014	8		1		0.052	0.325	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170	0.029	8		1		0.221	1.380	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030	0.006	7		1		0.039	0.244	
22:6 n-3.....g	0.040	0.021	7		1		0.052	0.325	
Fatty acids, total trans.....g									
Cholesterol.....mg	62	2.089	15		1		81	503	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.296	1.851	
Threonine.....g	0.893		0		1		1.161	7.251	
Isoleucine.....g	1.044		0		1		1.357	8.477	
Leucine.....g	1.599		0		1		2.079	12.984	
Lysine.....g	1.891		0		1		2.458	15.355	
Methionine.....g	0.581		0		1		0.755	4.718	
Cystine.....g	0.209		0		1		0.272	1.697	
Phenylalanine.....g	0.796		0		1		1.035	6.464	
Tyrosine.....g	0.793		0		1		1.031	6.439	
Valine.....g	1.066		0		1		1.386	8.656	
Arginine.....g	1.400		0		1		1.820	11.368	
Histidine.....g	0.626		0		1		0.814	5.083	
Alanine.....g	1.243		0		1		1.616	10.093	
Aspartic acid.....g	1.949		0		1		2.534	15.826	
Glutamic acid.....g	3.275		0		1		4.258	26.593	
Glycine.....g	0.995		0		1		1.294	8.079	
Proline.....g	0.835		0		1		1.086	6.780	
Serine.....g	0.893		0		1		1.161	7.251	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 130g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 812g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.73		0		1		43.12	272.07	
Energy	kcal	213		0	NC	4		151	954	
Energy	kj	891				4		633	3993	
Protein (N x 6.25)	g	27.73		0		1		19.69	124.23	
Total lipid (fat)	g	10.50		0		1		7.46	47.04	
Ash	g	0.99		0		1		0.70	4.44	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	30		0		1		21	134	
Iron, Fe	mg	2.29		0		1		1.63	10.26	
Magnesium, Mg	mg	24		0		1		17	108	
Phosphorus, P	mg	198		0		1		141	887	
Potassium, K	mg	282		0		1		200	1263	
Sodium, Na	mg	73		0		1		52	327	
Zinc, Zn	mg	4.22		0		1		3.00	18.91	
Copper, Cu	mg	0.143		0		1		0.102	0.641	
Manganese, Mn	mg	0.024		0		1		0.017	0.108	
Selenium, Se	mcg	38.6		0	BFYN	4		27.4	172.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.056		0		1		0.040	0.251	
Riboflavin	mg	0.227		0		1		0.161	1.017	
Niacin	mg	3.689		0		1		2.619	16.527	
Pantothenic acid	mg	1.166		0		1		0.828	5.224	
Vitamin B-6	mg	0.320		0		1		0.227	1.434	
Folate, total	mcg	9		0		1		6	40	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		6	40	
Folate, DFE	mcg_DFE	9		0	NC	4		6	40	
Vitamin B-12	mcg	0.35		0		1		0.25	1.57	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.280		0		1		2.329	14.694	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.014	0.090	
13:0	g									
14:0	g	0.070		0		1		0.050	0.314	
15:0	g									
16:0	g	1.900		0		1		1.349	8.512	
17:0	g									
18:0	g	0.890		0		1		0.632	3.987	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05250
Turkey, young hen, leg, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.040		0		1		2.158	13.619	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.480		0		1		0.341	2.150	
17:1.....g									
18:1 undifferentiated.....g	2.480		0		1		1.761	11.110	
20:1.....g	0.030		0		1		0.021	0.134	
22:1 undifferentiated.....g	0.020		0		1		0.014	0.090	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.910		0		1		2.066	13.037	
18:2 undifferentiated.....g	2.430		0		1		1.725	10.886	
18:3 undifferentiated.....g	0.120		0		1		0.085	0.538	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.260		0		1		0.185	1.165	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.028	0.179	
22:6 n-3.....g	0.060		0		1		0.043	0.269	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		0		1		58	367	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.220	1.389	
Threonine.....g	1.221		0		1		0.867	5.470	
Isoleucine.....g	1.414		0		1		1.004	6.335	
Leucine.....g	2.180		0		1		1.548	9.766	
Lysine.....g	2.565		0		1		1.821	11.491	
Methionine.....g	0.790		0		1		0.561	3.539	
Cystine.....g	0.298		0		1		0.212	1.335	
Phenylalanine.....g	1.092		0		1		0.775	4.892	
Tyrosine.....g	1.072		0		1		0.761	4.803	
Valine.....g	1.457		0		1		1.034	6.527	
Arginine.....g	1.945		0		1		1.381	8.714	
Histidine.....g	0.848		0		1		0.602	3.799	
Alanine.....g	1.744		0		1		1.238	7.813	
Aspartic acid.....g	2.683		0		1		1.905	12.020	
Glutamic acid.....g	4.471		0		1		3.174	20.030	
Glycine.....g	1.530		0		1		1.086	6.854	
Proline.....g	1.226		0		1		0.870	5.492	
Serine.....g	1.228		0		1		0.872	5.501	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 71g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 448g: 1 leg, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05249
Turkey, young hen, leg, meat and skin, raw

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.04		0		1		75.64	472.58	
Energy	kcal	151		0	NC	4		159	991	
Energy	kj	632				4		663	4145	
Protein (N x 6.25)	g	19.46		0		1		20.43	127.66	
Total lipid (fat)	g	7.50		0		1		7.88	49.20	
Ash	g	0.91		0		1		0.96	5.97	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18		0		1		19	118	
Iron, Fe	mg	1.87		0		1		1.96	12.27	
Magnesium, Mg	mg	22		0		1		23	144	
Phosphorus, P	mg	178		0		1		187	1168	
Potassium, K	mg	273		0		1		287	1791	
Sodium, Na	mg	70		0		1		74	459	
Zinc, Zn	mg	2.96		0		1		3.11	19.42	
Copper, Cu	mg	0.147		0		1		0.154	0.964	
Manganese, Mn	mg	0.023		0		1		0.024	0.151	
Selenium, Se	mcg	27.3		0	BFNN	4		28.7	179.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.072		0		1		0.076	0.472	
Riboflavin	mg	0.209		0		1		0.219	1.371	
Niacin	mg	2.711		0		1		2.847	17.784	
Pantothenic acid	mg	1.089		0		1		1.143	7.144	
Vitamin B-6	mg	0.340		0		1		0.357	2.230	
Folate, total	mcg	10		0		1		11	66	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		11	66	
Folate, DFE	mcg_DFE	10		0	NC	4		11	66	
Vitamin B-12	mcg	0.39		0		1		0.41	2.56	
Vitamin A, IU	IU	2		0		1		2	13	
Vitamin A, RAE	mcg_RAE	1		0		1		1	4	
Retinol	mcg	1		0		1		1	4	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.290		0		1		2.405	15.022	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.011	0.066	
13:0	g									
14:0	g	0.050		0		1		0.053	0.328	
15:0	g									
16:0	g	1.360		0		1		1.428	8.922	
17:0	g									
18:0	g	0.600		0		1		0.630	3.936	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05249
Turkey, young hen, leg, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.290		0		1		2.405	15.022	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.370		0		1		0.389	2.427	
17:1.....g									
18:1 undifferentiated.....g	1.870		0		1		1.964	12.267	
20:1.....g	0.020		0		1		0.021	0.131	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.066	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.040		0		1		2.142	13.382	
18:2 undifferentiated.....g	1.710		0		1		1.796	11.218	
18:3 undifferentiated.....g	0.090		0		1		0.095	0.590	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.170		0		1		0.179	1.115	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.021	0.131	
22:6 n-3.....g	0.040		0		1		0.042	0.262	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		0		1		66	413	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.218		0		1		0.229	1.430	
Threonine.....g	0.858		0		1		0.901	5.628	
Isoleucine.....g	0.995		0		1		1.045	6.527	
Leucine.....g	1.533		0		1		1.610	10.056	
Lysine.....g	1.804		0		1		1.894	11.834	
Methionine.....g	0.556		0		1		0.584	3.647	
Cystine.....g	0.208		0		1		0.218	1.364	
Phenylalanine.....g	0.767		0		1		0.805	5.032	
Tyrosine.....g	0.755		0		1		0.793	4.953	
Valine.....g	1.024		0		1		1.075	6.717	
Arginine.....g	1.364		0		1		1.432	8.948	
Histidine.....g	0.597		0		1		0.627	3.916	
Alanine.....g	1.222		0		1		1.283	8.016	
Aspartic acid.....g	1.884		0		1		1.978	12.359	
Glutamic acid.....g	3.143		0		1		3.300	20.618	
Glycine.....g	1.060		0		1		1.113	6.954	
Proline.....g	0.854		0		1		0.897	5.602	
Serine.....g	0.863		0		1		0.906	5.661	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 105g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 656g: 1 leg, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.14	0.391	15		1		85.13	533.78	
Energy	kcal	207		0	NC	4		284	1778	
Energy	kj	866				4		1187	7440	
Protein (N x 6.25)	g	28.64	0.351	15		1		39.24	246.02	
Total lipid (fat)	g	9.40	0.519	15		1		12.88	80.75	
Ash	g	1.05	0.013	15		1		1.44	9.02	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23	1.315	15		1		32	198	
Iron, Fe	mg	1.39	0.051	15		1		1.90	11.94	
Magnesium, Mg	mg	26	0.243	15		1		36	223	
Phosphorus, P	mg	208	2.703	15		1		285	1787	
Potassium, K	mg	286	4.754	15		1		392	2457	
Sodium, Na	mg	58	1.290	15		1		79	498	
Zinc, Zn	mg	1.98	0.136	3		1		2.71	17.01	
Copper, Cu	mg	0.044	0.003	3		1		0.060	0.378	
Manganese, Mn	mg	0.021	0.002	3		1		0.029	0.180	
Selenium, Se	mcg	28.5		0	BFYN	4		39.0	244.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.052	0.002	15		1		0.071	0.447	
Riboflavin	mg	0.129	0.005	15		1		0.177	1.108	
Niacin	mg	6.583	0.164	15		1		9.019	56.548	
Pantothenic acid	mg	0.610		0		1		0.836	5.240	
Vitamin B-6	mg	0.460		0		1		0.630	3.951	
Folate, total	mcg	6		0		1		8	52	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	52	
Folate, DFE	mcg_DFE	6		0	NC	4		8	52	
Vitamin B-12	mcg	0.34		0		1		0.47	2.92	
Vitamin A, IU	IU	0	0.000	3		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	3		1		0	0	
Retinol	mcg	0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.650		0		1		3.631	22.764	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.027	0.172	
13:0	g									
14:0	g	0.070		0		1		0.096	0.601	
15:0	g									
16:0	g	1.620		0		1		2.219	13.916	
17:0	g									
18:0	g	0.630		0		1		0.863	5.412	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05238
Turkey, young hen, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.150		0		1		4.316	27.059	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		0.712	4.467	
17:1.....g									
18:1 undifferentiated.....g	2.550		0		1		3.494	21.905	
20:1.....g	0.020		0		1		0.027	0.172	
22:1 undifferentiated.....g	0.020		0		1		0.027	0.172	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.280		0		1		3.124	19.585	
18:2 undifferentiated.....g	1.840		0		1		2.521	15.806	
18:3 undifferentiated.....g	0.110		0		1		0.151	0.945	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.274	1.718	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.041	0.258	
22:6 n-3.....g	0.040		0		1		0.055	0.344	
Fatty acids, total trans.....g									
Cholesterol.....mg	74	2.097	15		1		101	636	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.317		0		1		0.434	2.723	
Threonine.....g	1.252		0		1		1.715	10.755	
Isoleucine.....g	1.441		0		1		1.974	12.378	
Leucine.....g	2.231		0		1		3.056	19.164	
Lysine.....g	2.614		0		1		3.581	22.454	
Methionine.....g	0.807		0		1		1.106	6.932	
Cystine.....g	0.313		0		1		0.429	2.689	
Phenylalanine.....g	1.122		0		1		1.537	9.638	
Tyrosine.....g	1.091		0		1		1.495	9.372	
Valine.....g	1.494		0		1		2.047	12.833	
Arginine.....g	2.016		0		1		2.762	17.317	
Histidine.....g	0.864		0		1		1.184	7.422	
Alanine.....g	1.821		0		1		2.495	15.642	
Aspartic acid.....g	2.763		0		1		3.785	23.734	
Glutamic acid.....g	4.579		0		1		6.273	39.334	
Glycine.....g	1.692		0		1		2.318	14.534	
Proline.....g	1.319		0		1		1.807	11.330	
Serine.....g	1.265		0		1		1.733	10.866	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 137g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 859g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.13	0.418	15		1		120.98	759.74	
Energy	kcal	165		0	NC	4		289	1813	
Energy	kj	690				4		1208	7587	
Protein (N x 6.25)	g	21.51	0.169	15		1		37.64	236.39	
Total lipid (fat)	g	8.10	0.477	15		1		14.18	89.02	
Ash	g	0.90	0.003	15		1		1.58	9.89	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.599	15		1		23	143	
Iron, Fe	mg	1.41	0.105	15		1		2.47	15.50	
Magnesium, Mg	mg	24	0.215	15		1		42	264	
Phosphorus, P	mg	180	2.973	15		1		315	1978	
Potassium, K	mg	267	5.493	15		1		467	2934	
Sodium, Na	mg	55	1.374	15		1		96	604	
Zinc, Zn	mg	1.54	0.044	3		1		2.70	16.92	
Copper, Cu	mg	0.081	0.011	3		1		0.142	0.890	
Manganese, Mn	mg	0.021	0.002	3		1		0.037	0.231	
Selenium, Se	mcg	22.3		0	PAK	1		39.0	245.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.053	0.002	15		1		0.093	0.582	
Riboflavin	mg	0.123	0.009	15		1		0.215	1.352	
Niacin	mg	4.938	0.129	15		1		8.642	54.269	
Pantothenic acid	mg	0.616		0		1		1.078	6.770	
Vitamin B-6	mg	0.480		0		1		0.840	5.275	
Folate, total	mcg	7		0		1		12	77	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		12	77	
Folate, DFE	mcg_DFE	7		0	NC	4		12	77	
Vitamin B-12	mcg	0.42		0		1		0.74	4.62	
Vitamin A, IU	IU	5	1.307	3		1		9	55	
Vitamin A, RAE	mcg_RAE	2	0.393	3		1		3	17	
Retinol	mcg	2	0.393	3		1		3	17	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.190		0		1		3.833	24.068	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.018	0.110	
13:0	g									
14:0	g	0.060		0		1		0.105	0.659	
15:0	g									
16:0	g	1.460		0		1		2.555	16.045	
17:0	g									
18:0	g	0.470		0		1		0.823	5.165	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05237
Turkey, young hen, light meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.100		0		1		5.425	34.069	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.530		0		1		0.928	5.825	
17:1.....g									
18:1 undifferentiated.....g	2.500		0		1		4.375	27.475	
20:1.....g	0.010		0		1		0.018	0.110	
22:1 undifferentiated.....g	0.010		0		1		0.018	0.110	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.910		0		1		3.343	20.991	
18:2 undifferentiated.....g	1.630		0		1		2.853	17.914	
18:3 undifferentiated.....g	0.110		0		1		0.193	1.209	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.158	0.989	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.018	0.110	
22:6 n-3.....g	0.020		0		1		0.035	0.220	
Fatty acids, total trans.....g									
Cholesterol.....mg	62	2.115	15		1		109	681	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.238		0		1		0.417	2.616	
Threonine.....g	0.940		0		1		1.645	10.331	
Isoleucine.....g	1.080		0		1		1.890	11.869	
Leucine.....g	1.674		0		1		2.930	18.397	
Lysine.....g	1.961		0		1		3.432	21.551	
Methionine.....g	0.606		0		1		1.061	6.660	
Cystine.....g	0.236		0		1		0.413	2.594	
Phenylalanine.....g	0.842		0		1		1.474	9.254	
Tyrosine.....g	0.818		0		1		1.432	8.990	
Valine.....g	1.121		0		1		1.962	12.320	
Arginine.....g	1.514		0		1		2.650	16.639	
Histidine.....g	0.648		0		1		1.134	7.122	
Alanine.....g	1.368		0		1		2.394	15.034	
Aspartic acid.....g	2.074		0		1		3.630	22.793	
Glutamic acid.....g	3.435		0		1		6.011	37.751	
Glycine.....g	1.277		0		1		2.235	14.034	
Proline.....g	0.993		0		1		1.738	10.913	
Serine.....g	0.949		0		1		1.661	10.430	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 175g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1099g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.74	0.173	15		1		92.04	78.23	
Energy	kcal	161		0	NC	4		225	192	
Energy	kj	674				4		943	802	
Protein (N x 6.25)	g	29.89	0.287	15		1		41.85	35.57	
Total lipid (fat)	g	3.74	0.270	15		1		5.24	4.45	
Ash	g	1.10	0.013	15		1		1.54	1.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21	1.344	15		1		29	25	
Iron, Fe	mg	1.31	0.044	15		1		1.83	1.56	
Magnesium, Mg	mg	28	0.248	15		1		39	33	
Phosphorus, P	mg	218	2.381	15		1		305	259	
Potassium, K	mg	304	5.571	15		1		426	362	
Sodium, Na	mg	60	1.267	15		1		84	71	
Zinc, Zn	mg	1.96	0.107	3		1		2.74	2.33	
Copper, Cu	mg	0.039	0.002	3		1		0.055	0.046	
Manganese, Mn	mg	0.020	0.002	3		1		0.028	0.024	
Selenium, Se	mcg	32.1	2.047	45	A	1		44.9	38.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.057	0.002	15		1		0.080	0.068	
Riboflavin	mg	0.127	0.005	15		1		0.178	0.151	
Niacin	mg	7.114	0.174	15		1		9.960	8.466	
Pantothenic acid	mg	0.656		0		1		0.918	0.781	
Vitamin B-6	mg	0.520		0		1		0.728	0.619	
Folate, total	mcg	6		0		1		8	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	7	
Folate, DFE	mcg_DFE	6		0	NC	4		8	7	
Vitamin B-12	mcg	0.36		0		1		0.50	0.43	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.190		0		1		1.666	1.416	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.028	0.024	
13:0	g									
14:0	g	0.020		0		1		0.028	0.024	
15:0	g									
16:0	g	0.540		0		1		0.756	0.643	
17:0	g									
18:0	g	0.360		0		1		0.504	0.428	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05242
Turkey, young hen, light meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.660		0		1		0.924	0.785	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.112	0.095	
17:1.....g									
18:1 undifferentiated.....g	0.540		0		1		0.756	0.643	
20:1.....g	0.020		0		1		0.028	0.024	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.024	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		1.400	1.190	
18:2 undifferentiated.....g	0.660		0		1		0.924	0.785	
18:3 undifferentiated.....g	0.020		0		1		0.028	0.024	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.200		0		1		0.280	0.238	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.036	
22:6 n-3.....g	0.040		0		1		0.056	0.048	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	1.999	15		1		95	81	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.340		0		1		0.476	0.405	
Threonine.....g	1.330		0		1		1.862	1.583	
Isoleucine.....g	1.554		0		1		2.176	1.849	
Leucine.....g	2.382		0		1		3.335	2.835	
Lysine.....g	2.817		0		1		3.944	3.352	
Methionine.....g	0.866		0		1		1.212	1.031	
Cystine.....g	0.311		0		1		0.435	0.370	
Phenylalanine.....g	1.186		0		1		1.660	1.411	
Tyrosine.....g	1.181		0		1		1.653	1.405	
Valine.....g	1.588		0		1		2.223	1.890	
Arginine.....g	2.085		0		1		2.919	2.481	
Histidine.....g	0.933		0		1		1.306	1.110	
Alanine.....g	1.851		0		1		2.591	2.203	
Aspartic acid.....g	2.903		0		1		4.064	3.455	
Glutamic acid.....g	4.879		0		1		6.831	5.806	
Glycine.....g	1.483		0		1		2.076	1.765	
Proline.....g	1.244		0		1		1.742	1.480	
Serine.....g	1.330		0		1		1.862	1.583	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 119g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.57	0.190	16		1		108.15	676.11	
Energy	kcal	116		0	NC	4		171	1066	
Energy	kj	485				4		713	4460	
Protein (N x 6.25)	g	23.64	0.247	16		1		34.75	217.25	
Total lipid (fat)	g	1.66	0.140	16		1		2.44	15.26	
Ash	g	1.00	0.006	16		1		1.47	9.19	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.735	15		1		18	110	
Iron, Fe	mg	1.38	0.115	15		1		2.03	12.68	
Magnesium, Mg	mg	27	0.332	15		1		40	248	
Phosphorus, P	mg	199	3.398	15		1		293	1829	
Potassium, K	mg	299	7.740	15		1		440	2748	
Sodium, Na	mg	60	1.519	15		1		88	551	
Zinc, Zn	mg	1.59	0.044	3		1		2.34	14.61	
Copper, Cu	mg	0.082	0.009	3		1		0.121	0.754	
Manganese, Mn	mg	0.022	0.002	3		1		0.032	0.202	
Selenium, Se	mcg	24.4		0	BFZN	4		35.9	224.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060	0.002	15		1		0.088	0.551	
Riboflavin	mg	0.131	0.010	15		1		0.193	1.204	
Niacin	mg	5.631	0.148	15		1		8.278	51.749	
Pantothenic acid	mg	0.690		0		1		1.014	6.341	
Vitamin B-6	mg	0.560		0		1		0.823	5.146	
Folate, total	mcg	8		0		1		12	74	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		12	74	
Folate, DFE	mcg_DFE	8		0	NC	4		12	74	
Vitamin B-12	mcg	0.45		0		1		0.66	4.14	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.530		0		1		0.779	4.871	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.002	10		1		0.015	0.092	
13:0	g									
14:0	g	0.010	0.001	12		1		0.015	0.092	
15:0	g									
16:0	g	0.240	0.028	12		1		0.353	2.206	
17:0	g									
18:0	g	0.160	0.016	12		1		0.235	1.470	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05241
Turkey, young hen, light meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.290		0		1		0.426	2.665	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040	0.007	12		1		0.059	0.368	
17:1.....g									
18:1 undifferentiated.....g	0.240	0.027	12		1		0.353	2.206	
20:1.....g	0.010	0.001	10		1		0.015	0.092	
22:1 undifferentiated.....g	0.010	0.002	10		1		0.015	0.092	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0		1		0.647	4.044	
18:2 undifferentiated.....g	0.290	0.033	12		1		0.426	2.665	
18:3 undifferentiated.....g	0.010	0.003	12		1		0.015	0.092	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.012	11		1		0.132	0.827	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020	0.002	10		1		0.029	0.184	
22:6 n-3.....g	0.020	0.006	10		1		0.029	0.184	
Fatty acids, total trans.....g									
Cholesterol.....mg	58	2.203	15		1		85	533	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.269		0		1		0.395	2.472	
Threonine.....g	1.052		0		1		1.546	9.668	
Isoleucine.....g	1.229		0		1		1.807	11.295	
Leucine.....g	1.884		0		1		2.769	17.314	
Lysine.....g	2.228		0		1		3.275	20.475	
Methionine.....g	0.685		0		1		1.007	6.295	
Cystine.....g	0.246		0		1		0.362	2.261	
Phenylalanine.....g	0.938		0		1		1.379	8.620	
Tyrosine.....g	0.934		0		1		1.373	8.583	
Valine.....g	1.256		0		1		1.846	11.543	
Arginine.....g	1.649		0		1		2.424	15.154	
Histidine.....g	0.738		0		1		1.085	6.782	
Alanine.....g	1.464		0		1		2.152	13.454	
Aspartic acid.....g	2.296		0		1		3.375	21.100	
Glutamic acid.....g	3.859		0		1		5.673	35.464	
Glycine.....g	1.173		0		1		1.724	10.780	
Proline.....g	0.984		0		1		1.446	9.043	
Serine.....g	1.052		0		1		1.546	9.668	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 147g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 919g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.34		0		1		161.32	2024.22	
Energy	kcal	215		0	NC	4		565	7095	
Energy	kj	900				4		2366	29685	
Protein (N x 6.25)	g	28.00		0		1		73.64	924.00	
Total lipid (fat)	g	10.55		0		1		27.75	348.15	
Ash	g	0.99		0		1		2.60	32.67	
Carbohydrate, by difference	g	0.07		0	NC	4		0.18	2.31	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		68	858	
Iron, Fe	mg	1.97		0		1		5.18	65.01	
Magnesium, Mg	mg	24		0		1		63	792	
Phosphorus, P	mg	199		0		1		523	6567	
Potassium, K	mg	272		0		1		715	8976	
Sodium, Na	mg	63		0		1		166	2079	
Zinc, Zn	mg	3.05		0		1		8.02	100.65	
Copper, Cu	mg	0.101		0		1		0.266	3.333	
Manganese, Mn	mg	0.028		0		1		0.074	0.924	
Selenium, Se	mcg	29.0		0	BFYN	4		76.3	957.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	3.3	
Thiamin	mg	0.052		0		1		0.137	1.716	
Riboflavin	mg	0.197		0		1		0.518	6.501	
Niacin	mg	5.147		0		1		13.537	169.851	
Pantothenic acid	mg	0.931		0		1		2.449	30.723	
Vitamin B-6	mg	0.390		0		1		1.026	12.870	
Folate, total	mcg	20		0		1		53	660	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		1		53	660	
Folate, DFE	mcg_DFE	20		0	NC	4		53	660	
Vitamin B-12	mcg	1.28		0		1		3.37	42.24	
Vitamin A, IU	IU	185		0		1		487	6105	
Vitamin A, RAE	mcg_RAE	56		0		1		146	1833	
Retinol	mcg	56		0		1		146	1833	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.100		0		1		8.153	102.300	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.026	0.330	
13:0	g									
14:0	g	0.070		0		1		0.184	2.310	
15:0	g									
16:0	g	1.870		0		1		4.918	61.710	
17:0	g									
18:0	g	0.780		0		1		2.051	25.740	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05230

Turkey, young hen, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.390		0		1		8.916	111.870	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		0		1		1.447	18.150	
17:1.....g									
18:1 undifferentiated.....g	2.750		0		1		7.233	90.750	
20:1.....g	0.020		0		1		0.053	0.660	
22:1 undifferentiated.....g	0.010		0		1		0.026	0.330	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.700		0		1		7.101	89.100	
18:2 undifferentiated.....g	2.230		0		1		5.865	73.590	
18:3 undifferentiated.....g	0.120		0		1		0.316	3.960	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.605	7.590	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.079	0.990	
22:6 n-3.....g	0.040		0		1		0.105	1.320	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		247	3102	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.818	10.263	
Threonine.....g	1.227		0		1		3.227	40.491	
Isoleucine.....g	1.409		0		1		3.706	46.497	
Leucine.....g	2.184		0		1		5.744	72.072	
Lysine.....g	2.537		0		1		6.672	83.721	
Methionine.....g	0.786		0		1		2.067	25.938	
Cystine.....g	0.308		0		1		0.810	10.164	
Phenylalanine.....g	1.104		0		1		2.904	36.432	
Tyrosine.....g	1.061		0		1		2.790	35.013	
Valine.....g	1.463		0		1		3.848	48.279	
Arginine.....g	1.966		0		1		5.171	64.878	
Histidine.....g	0.838		0		1		2.204	27.654	
Alanine.....g	1.763		0		1		4.637	58.179	
Aspartic acid.....g	2.698		0		1		7.096	89.034	
Glutamic acid.....g	4.469		0		1		11.753	147.477	
Glycine.....g	1.643		0		1		4.321	54.219	
Proline.....g	1.292		0		1		3.398	42.636	
Serine.....g	1.236		0		1		3.251	40.788	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 263g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3300g: 1 turkey

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.74		0		1		3108.31		
Energy	kcal	166		0	NC	4		7399		
Energy	kj	695				4		30956		
Protein (N x 6.25)	g	20.15		0		1		898.09		
Total lipid (fat)	g	8.78		0		1		391.32		
Ash	g	0.90		0		1		40.11		
Carbohydrate, by difference	g	0.11		0	NC	4		4.90		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	16		0		1		713		
Iron, Fe	mg	1.89		0		1		84.24		
Magnesium, Mg	mg	22		0		1		981		
Phosphorus, P	mg	178		0		1		7933		
Potassium, K	mg	267		0		1		11900		
Sodium, Na	mg	63		0		1		2808		
Zinc, Zn	mg	2.23		0		1		99.39		
Copper, Cu	mg	0.119		0		1		5.304		
Manganese, Mn	mg	0.029		0		1		1.293		
Selenium, Se	mcg	23.2		0	BFNN	4		1034.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		8.9		
Thiamin	mg	0.061		0		1		2.719		
Riboflavin	mg	0.208		0		1		9.271		
Niacin	mg	3.956		0		1		176.319		
Pantothenic acid	mg	0.958		0		1		42.698		
Vitamin B-6	mg	0.400		0		1		17.828		
Folate, total	mcg	24		0		1		1070		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	24		0		1		1070		
Folate, DFE	mcg_DFE	24		0	NC	4		1070		
Vitamin B-12	mcg	1.70		0		1		75.77		
Vitamin A, IU	IU	400		0		1		17828		
Vitamin A, RAE	mcg_RAE	120		0		1		5354		
Retinol	mcg	120		0		1		5354		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.490		0		1		110.979		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.010		0		1		0.446		
13:0	g									
14:0	g	0.060		0		1		2.674		
15:0	g									
16:0	g	1.600		0		1		71.312		
17:0	g									
18:0	g	0.580		0		1		25.851		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05229

Turkey, young hen, meat and skin and giblets and neck, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.130		0		1		139.504		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.520		0		1		23.176		
17:1.....g									
18:1 undifferentiated.....g	2.530		0		1		112.762		
20:1.....g	0.010		0		1		0.446		
22:1 undifferentiated.....g	0.010		0		1		0.446		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.180		0		1		97.163		
18:2 undifferentiated.....g	1.860		0		1		82.900		
18:3 undifferentiated.....g	0.110		0		1		4.903		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		6.240		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.020		0		1		0.891		
22:6 n-3.....g	0.020		0		1		0.891		
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		3254		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		0		1		9.939		
Threonine.....g	0.882		0		1		39.311		
Isoleucine.....g	1.013		0		1		45.149		
Leucine.....g	1.570		0		1		69.975		
Lysine.....g	1.820		0		1		81.117		
Methionine.....g	0.565		0		1		25.182		
Cystine.....g	0.223		0		1		9.939		
Phenylalanine.....g	0.795		0		1		35.433		
Tyrosine.....g	0.762		0		1		33.962		
Valine.....g	1.052		0		1		46.888		
Arginine.....g	1.415		0		1		63.067		
Histidine.....g	0.601		0		1		26.787		
Alanine.....g	1.268		0		1		56.515		
Aspartic acid.....g	1.941		0		1		86.510		
Glutamic acid.....g	3.212		0		1		143.159		
Glycine.....g	1.192		0		1		53.127		
Proline.....g	0.935		0		1		41.673		
Serine.....g	0.889		0		1		39.623		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 4457g: 1 turkey

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05232
Turkey, young hen, meat and skin, cooked, roasted

Refuse: 20% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.04	0.412	15		1		148.33	930.25	
Energy	kcal	218		0	NC	4		530	3322	
Energy	kj	912				4		2216	13901	
Protein (N x 6.25)	g	28.09	0.363	15		1		68.26	428.09	
Total lipid (fat)	g	10.88	0.565	15		1		26.44	165.81	
Ash	g	1.02	0.010	15		1		2.48	15.54	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26	1.241	15		1		63	396	
Iron, Fe	mg	1.78	0.050	15		1		4.33	27.13	
Magnesium, Mg	mg	25	0.209	15		1		61	381	
Phosphorus, P	mg	203	2.576	15		1		493	3094	
Potassium, K	mg	282	4.012	15		1		685	4298	
Sodium, Na	mg	64	1.112	15		1		156	975	
Zinc, Zn	mg	2.90	0.134	3		1		7.05	44.20	
Copper, Cu	mg	0.086	0.004	3		1		0.209	1.311	
Manganese, Mn	mg	0.022	0.002	3		1		0.053	0.335	
Selenium, Se	mcg	31.4		0	BFYN	4		76.3	478.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.053	0.002	15		1		0.129	0.808	
Riboflavin	mg	0.170	0.006	15		1		0.413	2.591	
Niacin	mg	5.307	0.133	15		1		12.896	80.879	
Pantothenic acid	mg	0.831		0		1		2.019	12.664	
Vitamin B-6	mg	0.400		0		1		0.972	6.096	
Folate, total	mcg	7		0		1		17	107	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		17	107	
Folate, DFE	mcg_DFE	7		0	NC	4		17	107	
Vitamin B-12	mcg	0.34		0		1		0.83	5.18	
Vitamin A, IU	IU	0	0.000	3		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	3		1		0	0	
Retinol	mcg	0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.180		0		1		7.727	48.463	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.049	0.305	
13:0	g									
14:0	g	0.080		0		1		0.194	1.219	
15:0	g									
16:0	g	1.930		0		1		4.690	29.413	
17:0	g									
18:0	g	0.790		0		1		1.920	12.040	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05232
Turkey, young hen, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.540		0		1		8.602	53.950	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.580		0		1		1.409	8.839	
17:1.....g									
18:1 undifferentiated.....g	2.870		0		1		6.974	43.739	
20:1.....g	0.020		0		1		0.049	0.305	
22:1 undifferentiated.....g	0.020		0		1		0.049	0.305	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.780		0		1		6.755	42.367	
18:2 undifferentiated.....g	2.300		0		1		5.589	35.052	
18:3 undifferentiated.....g	0.130		0		1		0.316	1.981	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.559	3.505	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.073	0.457	
22:6 n-3.....g	0.040		0		1		0.097	0.610	
Fatty acids, total trans.....g									
Cholesterol.....mg	78	2.374	15		1		190	1189	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.311		0		1		0.756	4.740	
Threonine.....g	1.228		0		1		2.984	18.715	
Isoleucine.....g	1.412		0		1		3.431	21.519	
Leucine.....g	2.187		0		1		5.314	33.330	
Lysine.....g	2.562		0		1		6.226	39.045	
Methionine.....g	0.791		0		1		1.922	12.055	
Cystine.....g	0.307		0		1		0.746	4.679	
Phenylalanine.....g	1.100		0		1		2.673	16.764	
Tyrosine.....g	1.069		0		1		2.598	16.292	
Valine.....g	1.465		0		1		3.560	22.327	
Arginine.....g	1.977		0		1		4.804	30.129	
Histidine.....g	0.847		0		1		2.058	12.908	
Alanine.....g	1.786		0		1		4.340	27.219	
Aspartic acid.....g	2.709		0		1		6.583	41.285	
Glutamic acid.....g	4.489		0		1		10.908	68.412	
Glycine.....g	1.662		0		1		4.039	25.329	
Proline.....g	1.295		0		1		3.147	19.736	
Serine.....g	1.240		0		1		3.013	18.898	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 243g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1524g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05231
Turkey, young hen, meat and skin, raw

Refuse: 22% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.50	0.490	15		1		227.27	1426.14	
Energy	kcal	168		0	NC	4		549	3447	
Energy	kj	703				4		2299	14424	
Protein (N x 6.25)	g	20.18	0.164	15		1		65.99	414.09	
Total lipid (fat)	g	9.09	0.574	15		1		29.72	186.53	
Ash	g	0.88	0.003	15		1		2.88	18.06	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.590	15		1		49	308	
Iron, Fe	mg	1.60	0.073	15		1		5.23	32.83	
Magnesium, Mg	mg	22	0.141	15		1		72	451	
Phosphorus, P	mg	175	2.127	15		1		572	3591	
Potassium, K	mg	263	4.477	15		1		860	5397	
Sodium, Na	mg	61	1.363	15		1		199	1252	
Zinc, Zn	mg	2.14	0.046	3		1		7.00	43.91	
Copper, Cu	mg	0.109	0.012	3		1		0.356	2.237	
Manganese, Mn	mg	0.022	0.001	3		1		0.072	0.451	
Selenium, Se	mcg	24.2		0	PAK	1		79.1	496.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.060	0.001	15		1		0.196	1.231	
Riboflavin	mg	0.158	0.007	15		1		0.517	3.242	
Niacin	mg	3.849	0.084	15		1		12.586	78.981	
Pantothenic acid	mg	0.804		0		1		2.629	16.498	
Vitamin B-6	mg	0.410		0		1		1.341	8.413	
Folate, total	mcg	8		0		1		26	164	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		26	164	
Folate, DFE	mcg_DFE	8		0	NC	4		26	164	
Vitamin B-12	mcg	0.40		0		1		1.31	8.21	
Vitamin A, IU	IU	4	1.446	3		1		13	82	
Vitamin A, RAE	mcg_RAE	1	0.434	3		1		4	25	
Retinol	mcg	1	0.434	3		1		4	25	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.560		0		1		8.371	52.531	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.033	0.205	
13:0	g									
14:0	g	0.070		0		1		0.229	1.436	
15:0	g									
16:0	g	1.660		0		1		5.428	34.063	
17:0	g									
18:0	g	0.590		0		1		1.929	12.107	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05231
Turkey, young hen, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.300		0		1		10.791	67.716	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		0		1		1.799	11.286	
17:1.....g									
18:1 undifferentiated.....g	2.670		0		1		8.731	54.788	
20:1.....g	0.010		0		1		0.033	0.205	
22:1 undifferentiated.....g	0.010		0		1		0.033	0.205	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.250		0		1		7.358	46.170	
18:2 undifferentiated.....g	1.930		0		1		6.311	39.604	
18:3 undifferentiated.....g	0.120		0		1		0.392	2.462	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.425	2.668	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.065	0.410	
22:6 n-3.....g	0.020		0		1		0.065	0.410	
Fatty acids, total trans.....g									
Cholesterol.....mg	63	1.954	15		1		206	1293	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.223		0		1		0.729	4.576	
Threonine.....g	0.881		0		1		2.881	18.078	
Isoleucine.....g	1.013		0		1		3.313	20.787	
Leucine.....g	1.569		0		1		5.131	32.196	
Lysine.....g	1.838		0		1		6.010	37.716	
Methionine.....g	0.568		0		1		1.857	11.655	
Cystine.....g	0.221		0		1		0.723	4.535	
Phenylalanine.....g	0.790		0		1		2.583	16.211	
Tyrosine.....g	0.767		0		1		2.508	15.739	
Valine.....g	1.052		0		1		3.440	21.587	
Arginine.....g	1.421		0		1		4.647	29.159	
Histidine.....g	0.608		0		1		1.988	12.476	
Alanine.....g	1.285		0		1		4.202	26.368	
Aspartic acid.....g	1.946		0		1		6.363	39.932	
Glutamic acid.....g	3.222		0		1		10.536	66.115	
Glycine.....g	1.204		0		1		3.937	24.706	
Proline.....g	0.935		0		1		3.057	19.186	
Serine.....g	0.891		0		1		2.914	18.283	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 327g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2052g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	64.43	0.181	15		1		90.20	136.59	
Energy	kcal	175		0	NC	4		245	371	
Energy	kj	732				4		1025	1552	
Protein (N x 6.25)	g	29.25	0.285	15		1		40.95	62.01	
Total lipid (fat)	g	5.51	0.277	15		1		7.71	11.68	
Ash	g	1.07	0.008	15		1		1.50	2.27	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25	1.261	15		1		35	53	
Iron, Fe	mg	1.76	0.045	15		1		2.46	3.73	
Magnesium, Mg	mg	26	0.215	15		1		36	55	
Phosphorus, P	mg	212	2.128	15		1		297	449	
Potassium, K	mg	299	4.778	15		1		419	634	
Sodium, Na	mg	67	1.066	15		1		94	142	
Zinc, Zn	mg	3.03	0.099	3		1		4.24	6.42	
Copper, Cu	mg	0.087	0.003	3		1		0.122	0.184	
Manganese, Mn	mg	0.022	0.002	3		1		0.031	0.047	
Selenium, Se	mcg	34.4		0	BFYN	4		48.2	72.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.058	0.002	15		1		0.081	0.123	
Riboflavin	mg	0.175	0.006	15		1		0.245	0.371	
Niacin	mg	5.647	0.139	15		1		7.906	11.972	
Pantothenic acid	mg	0.909		0		1		1.273	1.927	
Vitamin B-6	mg	0.440		0		1		0.616	0.933	
Folate, total	mcg	7		0		1		10	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		10	15	
Folate, DFE	mcg_DFE	7		0	NC	4		10	15	
Vitamin B-12	mcg	0.36		0		1		0.50	0.76	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.820		0		1		2.548	3.858	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.028	0.042	
13:0	g									
14:0	g	0.030		0		1		0.042	0.064	
15:0	g									
16:0	g	0.910		0		1		1.274	1.929	
17:0	g									
18:0	g	0.550		0		1		0.770	1.166	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05234
Turkey, young hen, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.140		0		1		1.596	2.417	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.160		0		1		0.224	0.339	
17:1.....g									
18:1 undifferentiated.....g	0.940		0		1		1.316	1.993	
20:1.....g	0.020		0		1		0.028	0.042	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.042	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.580		0		1		2.212	3.350	
18:2 undifferentiated.....g	1.200		0		1		1.680	2.544	
18:3 undifferentiated.....g	0.040		0		1		0.056	0.085	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.322	0.488	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.056	0.085	
22:6 n-3.....g	0.050		0		1		0.070	0.106	
Fatty acids, total trans.....g									
Cholesterol.....mg	73	2.302	15		1		102	155	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.332		0		1		0.465	0.704	
Threonine.....g	1.301		0		1		1.821	2.758	
Isoleucine.....g	1.521		0		1		2.129	3.225	
Leucine.....g	2.331		0		1		3.263	4.942	
Lysine.....g	2.757		0		1		3.860	5.845	
Methionine.....g	0.847		0		1		1.186	1.796	
Cystine.....g	0.304		0		1		0.426	0.644	
Phenylalanine.....g	1.161		0		1		1.625	2.461	
Tyrosine.....g	1.156		0		1		1.618	2.451	
Valine.....g	1.554		0		1		2.176	3.294	
Arginine.....g	2.040		0		1		2.856	4.325	
Histidine.....g	0.913		0		1		1.278	1.936	
Alanine.....g	1.811		0		1		2.535	3.839	
Aspartic acid.....g	2.841		0		1		3.977	6.023	
Glutamic acid.....g	4.774		0		1		6.684	10.121	
Glycine.....g	1.451		0		1		2.031	3.076	
Proline.....g	1.217		0		1		1.704	2.580	
Serine.....g	1.301		0		1		1.821	2.758	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 212g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.77	0.212	15		1		203.61	1276.96	
Energy	kcal	122		0	NC	4		337	2112	
Energy	kj	510				4		1409	8836	
Protein (N x 6.25)	g	21.76	0.085	15		1		60.06	376.67	
Total lipid (fat)	g	3.18	0.156	15		1		8.78	55.05	
Ash	g	0.97	0.006	15		1		2.68	16.79	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.688	15		1		41	260	
Iron, Fe	mg	1.62	0.079	15		1		4.47	28.04	
Magnesium, Mg	mg	25	0.271	15		1		69	433	
Phosphorus, P	mg	193	2.392	15		1		533	3341	
Potassium, K	mg	293	6.813	15		1		809	5072	
Sodium, Na	mg	66	1.278	15		1		182	1142	
Zinc, Zn	mg	2.30	0.035	3		1		6.35	39.81	
Copper, Cu	mg	0.115	0.009	3		1		0.317	1.991	
Manganese, Mn	mg	0.023	0.001	3		1		0.063	0.398	
Selenium, Se	mcg	26.5		0	PIE	4		73.1	458.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.068	0.001	15		1		0.188	1.177	
Riboflavin	mg	0.172	0.007	15		1		0.475	2.977	
Niacin	mg	4.307	0.100	15		1		11.887	74.554	
Pantothenic acid	mg	0.909		0		1		2.509	15.735	
Vitamin B-6	mg	0.470		0		1		1.297	8.136	
Folate, total	mcg	9		0		1		25	156	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		25	156	
Folate, DFE	mcg_DFE	9		0	NC	4		25	156	
Vitamin B-12	mcg	0.43		0		1		1.19	7.44	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.050		0		1		2.898	18.176	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.028	0.173	
13:0	g									
14:0	g	0.020		0		1		0.055	0.346	
15:0	g									
16:0	g	0.540		0		1		1.490	9.347	
17:0	g									
18:0	g	0.320		0		1		0.883	5.539	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05233
Turkey, young hen, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.680		0		1		1.877	11.771	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.276	1.731	
17:1.....g									
18:1 undifferentiated.....g	0.560		0		1		1.546	9.694	
20:1.....g	0.010		0		1		0.028	0.173	
22:1 undifferentiated.....g	0.010		0		1		0.028	0.173	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.920		0		1		2.539	15.925	
18:2 undifferentiated.....g	0.710		0		1		1.960	12.290	
18:3 undifferentiated.....g	0.020		0		1		0.055	0.346	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.359	2.250	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.055	0.346	
22:6 n-3.....g	0.030		0		1		0.083	0.519	
Fatty acids, total trans.....g									
Cholesterol.....mg	60	1.978	15		1		166	1039	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.682	4.276	
Threonine.....g	0.968		0		1		2.672	16.756	
Isoleucine.....g	1.132		0		1		3.124	19.595	
Leucine.....g	1.734		0		1		4.786	30.016	
Lysine.....g	2.051		0		1		5.661	35.503	
Methionine.....g	0.630		0		1		1.739	10.905	
Cystine.....g	0.226		0		1		0.624	3.912	
Phenylalanine.....g	0.864		0		1		2.385	14.956	
Tyrosine.....g	0.860		0		1		2.374	14.887	
Valine.....g	1.156		0		1		3.191	20.010	
Arginine.....g	1.518		0		1		4.190	26.277	
Histidine.....g	0.679		0		1		1.874	11.753	
Alanine.....g	1.348		0		1		3.720	23.334	
Aspartic acid.....g	2.114		0		1		5.835	36.593	
Glutamic acid.....g	3.552		0		1		9.804	61.485	
Glycine.....g	1.079		0		1		2.978	18.677	
Proline.....g	0.905		0		1		2.498	15.666	
Serine.....g	0.968		0		1		2.672	16.756	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 276g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1731g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05236
Turkey, young hen, skin only, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	35.53	0.696	15		1		11.01	69.64	
Energy	kcal	482		0	NC	4		149	945	
Energy	kj	2017				4		625	3953	
Protein (N x 6.25)	g	19.03	0.687	15		1		5.90	37.30	
Total lipid (fat)	g	44.45	1.083	15		1		13.78	87.12	
Ash	g	0.63	0.016	15		1		0.20	1.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	32	1.505	15		1		10	63	
Iron, Fe	mg	1.82	0.074	15		1		0.56	3.57	
Magnesium, Mg	mg	15	0.340	15		1		5	29	
Phosphorus, P	mg	133	4.293	15		1		41	261	
Potassium, K	mg	155	3.528	15		1		48	304	
Sodium, Na	mg	44	1.207	15		1		14	86	
Zinc, Zn	mg	2.06	0.336	3		1		0.64	4.04	
Copper, Cu	mg	0.078	0.012	3		1		0.024	0.153	
Manganese, Mn	mg	0.022	0.003	3		1		0.007	0.043	
Selenium, Se	mcg	144.1		0	BFNN	4		44.7	282.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.021	0.002	15		1		0.007	0.041	
Riboflavin	mg	0.133	0.007	15		1		0.041	0.261	
Niacin	mg	2.801	0.115	15		1		0.868	5.490	
Pantothenic acid	mg	0.297		0		1		0.092	0.582	
Vitamin B-6	mg	0.070		0		1		0.022	0.137	
Folate, total	mcg	4		0		1		1	8	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	8	
Folate, DFE	mcg_DFE	4		0	NC	4		1	8	
Vitamin B-12	mcg	0.24		0		1		0.07	0.47	
Vitamin A, IU	IU	0	0.000	3		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	3		1		0	0	
Retinol	mcg	0	0.000	3		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	11.590		0		1		3.593	22.716	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.340		0		1		0.105	0.666	
15:0	g									
16:0	g	8.370		0		1		2.595	16.405	
17:0	g									
18:0	g	2.210		0		1		0.685	4.332	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05236
Turkey, young hen, skin only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.940		0		1		5.871	37.122	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.280		0		1		1.017	6.429	
17:1.....g									
18:1 undifferentiated.....g	15.250		0		1		4.728	29.890	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.180		0		1		3.156	19.953	
18:2 undifferentiated.....g	9.200		0		1		2.852	18.032	
18:3 undifferentiated.....g	0.690		0		1		0.214	1.352	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		0.037	0.235	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	106	2.712	15		1		33	208	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.152		0		1		0.047	0.298	
Threonine.....g	0.679		0		1		0.210	1.331	
Isoleucine.....g	0.612		0		1		0.190	1.200	
Leucine.....g	1.118		0		1		0.347	2.191	
Lysine.....g	1.136		0		1		0.352	2.227	
Methionine.....g	0.381		0		1		0.118	0.747	
Cystine.....g	0.317		0		1		0.098	0.621	
Phenylalanine.....g	0.642		0		1		0.199	1.258	
Tyrosine.....g	0.432		0		1		0.134	0.847	
Valine.....g	0.801		0		1		0.248	1.570	
Arginine.....g	1.468		0		1		0.455	2.877	
Histidine.....g	0.365		0		1		0.113	0.715	
Alanine.....g	1.544		0		1		0.479	3.026	
Aspartic acid.....g	1.702		0		1		0.528	3.336	
Glutamic acid.....g	2.366		0		1		0.733	4.637	
Glycine.....g	3.036		0		1		0.941	5.951	
Proline.....g	1.775		0		1		0.550	3.479	
Serine.....g	0.773		0		1		0.240	1.515	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 31g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 196g: .5 turkey, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05235
Turkey, young hen, skin only, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	46.80	1.079	16		1		23.87	150.23	
Energy	kcal	417		0	NC	4		213	1339	
Energy	kj	1745				4		890	5601	
Protein (N x 6.25)	g	11.79	0.472	16		1		6.01	37.85	
Total lipid (fat)	g	40.62	1.420	16		1		20.72	130.39	
Ash	g	0.40	0.014	15		1		0.20	1.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	19	1.245	15		1		10	61	
Iron, Fe	mg	1.52	0.084	15		1		0.78	4.88	
Magnesium, Mg	mg	8	0.219	15		1		4	26	
Phosphorus, P	mg	81	3.334	15		1		41	260	
Potassium, K	mg	107	4.495	15		1		55	343	
Sodium, Na	mg	32	1.085	15		1		16	103	
Zinc, Zn	mg	1.26	0.059	3		1		0.64	4.04	
Copper, Cu	mg	0.080	0.026	3		1		0.041	0.257	
Manganese, Mn	mg	0.015	0.002	3		1		0.008	0.048	
Selenium, Se	mcg	11.6		0	BFNN	4		5.9	37.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.019	0.001	15		1		0.010	0.061	
Riboflavin	mg	0.083	0.007	15		1		0.042	0.266	
Niacin	mg	1.368	0.110	15		1		0.698	4.391	
Pantothenic acid	mg	0.235		0		1		0.120	0.754	
Vitamin B-6	mg	0.060		0		1		0.031	0.193	
Folate, total	mcg	4		0		1		2	13	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		2	13	
Folate, DFE	mcg_DFE	4		0	NC	4		2	13	
Vitamin B-12	mcg	0.22		0		1		0.11	0.71	
Vitamin A, IU	IU	27	6.110	3		1		14	87	
Vitamin A, RAE	mcg_RAE	8	1.835	3		1		4	26	
Retinol	mcg	8	1.835	3		1		4	26	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	10.600		0		1		5.406	34.026	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.310	0.017	14		1		0.158	0.995	
15:0	g									
16:0	g	7.650	0.338	14		1		3.902	24.557	
17:0	g									
18:0	g	2.020	0.102	14		1		1.030	6.484	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05235
Turkey, young hen, skin only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.310		0		1		8.828	55.565	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.000	0.168	14		1		1.530	9.630	
17:1.....g									
18:1 undifferentiated.....g	13.940	0.583	14		1		7.109	44.747	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.300		0		1		4.743	29.853	
18:2 undifferentiated.....g	8.410	0.378	14		1		4.289	26.996	
18:3 undifferentiated.....g	0.620	0.044	11		1		0.316	1.990	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110	0.012	10		1		0.056	0.353	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	81	2.656	15		1		41	260	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.048	0.302	
Threonine.....g	0.421		0		1		0.215	1.351	
Isoleucine.....g	0.379		0		1		0.193	1.217	
Leucine.....g	0.693		0		1		0.353	2.225	
Lysine.....g	0.704		0		1		0.359	2.260	
Methionine.....g	0.236		0		1		0.120	0.758	
Cystine.....g	0.196		0		1		0.100	0.629	
Phenylalanine.....g	0.398		0		1		0.203	1.278	
Tyrosine.....g	0.268		0		1		0.137	0.860	
Valine.....g	0.496		0		1		0.253	1.592	
Arginine.....g	0.910		0		1		0.464	2.921	
Histidine.....g	0.226		0		1		0.115	0.725	
Alanine.....g	0.957		0		1		0.488	3.072	
Aspartic acid.....g	1.055		0		1		0.538	3.387	
Glutamic acid.....g	1.466		0		1		0.748	4.706	
Glycine.....g	1.881		0		1		0.959	6.038	
Proline.....g	1.100		0		1		0.561	3.531	
Serine.....g	0.479		0		1		0.244	1.538	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 321g: .5 turkey, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.53		0		1		16.39	101.84	
Energy	kcal	238		0	NC	4		67	414	
Energy	kj	996				4		279	1733	
Protein (N x 6.25)	g	27.30		0		1		7.64	47.50	
Total lipid (fat)	g	13.46		0		1		3.77	23.42	
Ash	g	0.99		0		1		0.28	1.72	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	24		0		1		7	42	
Iron, Fe	mg	1.43		0		1		0.40	2.49	
Magnesium, Mg	mg	25		0		1		7	44	
Phosphorus, P	mg	198		0		1		55	345	
Potassium, K	mg	268		0		1		75	466	
Sodium, Na	mg	56		0		1		16	97	
Zinc, Zn	mg	1.99		0		1		0.56	3.46	
Copper, Cu	mg	0.049		0		1		0.014	0.085	
Manganese, Mn	mg	0.021		0		1		0.006	0.037	
Selenium, Se	mcg	27.6		0	BFYN	4		7.7	48.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.048		0		1		0.013	0.084	
Riboflavin	mg	0.128		0		1		0.036	0.223	
Niacin	mg	6.084		0		1		1.704	10.586	
Pantothenic acid	mg	0.570		0		1		0.160	0.992	
Vitamin B-6	mg	0.410		0		1		0.115	0.713	
Folate, total	mcg	5		0		1		1	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	5		0		1		1	9	
Folate, DFE	mcg_DFE	5		0	NC	4		1	9	
Vitamin B-12	mcg	0.33		0		1		0.09	0.57	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.680		0		1		1.030	6.403	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.003	0.017	
13:0	g									
14:0	g	0.100		0		1		0.028	0.174	
15:0	g									
16:0	g	2.410		0		1		0.675	4.193	
17:0	g									
18:0	g	0.810		0		1		0.227	1.409	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05252
Turkey, young hen, wing, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.020		0		1		1.406	8.735	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.850		0		1		0.238	1.479	
17:1.....g									
18:1 undifferentiated.....g	4.050		0		1		1.134	7.047	
20:1.....g	0.010		0		1		0.003	0.017	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.017	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.190		0		1		0.893	5.551	
18:2 undifferentiated.....g	2.700		0		1		0.756	4.698	
18:3 undifferentiated.....g	0.180		0		1		0.050	0.313	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.180		0		1		0.050	0.313	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.008	0.052	
22:6 n-3.....g	0.030		0		1		0.008	0.052	
Fatty acids, total trans.....g									
Cholesterol.....mg	77		0		1		22	134	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.083	0.513	
Threonine.....g	1.175		0		1		0.329	2.045	
Isoleucine.....g	1.329		0		1		0.372	2.312	
Leucine.....g	2.080		0		1		0.582	3.619	
Lysine.....g	2.416		0		1		0.676	4.204	
Methionine.....g	0.750		0		1		0.210	1.305	
Cystine.....g	0.312		0		1		0.087	0.543	
Phenylalanine.....g	1.056		0		1		0.296	1.837	
Tyrosine.....g	1.002		0		1		0.281	1.743	
Valine.....g	1.400		0		1		0.392	2.436	
Arginine.....g	1.938		0		1		0.543	3.372	
Histidine.....g	0.797		0		1		0.223	1.387	
Alanine.....g	1.778		0		1		0.498	3.094	
Aspartic acid.....g	2.616		0		1		0.732	4.552	
Glutamic acid.....g	4.279		0		1		1.198	7.445	
Glycine.....g	1.854		0		1		0.519	3.226	
Proline.....g	1.371		0		1		0.384	2.386	
Serine.....g	1.197		0		1		0.335	2.083	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 174g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05251
Turkey, young hen, wing, meat and skin, raw

Refuse: 31% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.18		0		1		23.46	146.00	
Energy	kcal	210		0	NC	4		76	470	
Energy	kj	879				4		316	1968	
Protein (N x 6.25)	g	19.93		0		1		7.17	44.64	
Total lipid (fat)	g	13.87		0		1		4.99	31.07	
Ash	g	0.81		0		1		0.29	1.81	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14		0		1		5	31	
Iron, Fe	mg	1.43		0		1		0.51	3.20	
Magnesium, Mg	mg	21		0		1		8	47	
Phosphorus, P	mg	162		0		1		58	363	
Potassium, K	mg	238		0		1		86	533	
Sodium, Na	mg	51		0		1		18	114	
Zinc, Zn	mg	1.49		0		1		0.54	3.34	
Copper, Cu	mg	0.081		0		1		0.029	0.181	
Manganese, Mn	mg	0.020		0		1		0.007	0.045	
Selenium, Se	mcg	21.5		0	BFNN	4		7.7	48.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.047		0		1		0.017	0.105	
Riboflavin	mg	0.116		0		1		0.042	0.260	
Niacin	mg	4.295		0		1		1.546	9.621	
Pantothenic acid	mg	0.547		0		1		0.197	1.225	
Vitamin B-6	mg	0.400		0		1		0.144	0.896	
Folate, total	mcg	7		0		1		3	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		3	16	
Folate, DFE	mcg_DFE	7		0	NC	4		3	16	
Vitamin B-12	mcg	0.38		0		1		0.14	0.85	
Vitamin A, IU	IU	8		0		1		3	18	
Vitamin A, RAE	mcg_RAE	2		0		1		1	5	
Retinol	mcg	2		0		1		1	5	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.680		0		1		1.325	8.243	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.004	0.022	
13:0	g									
14:0	g	0.100		0		1		0.036	0.224	
15:0	g									
16:0	g	2.560		0		1		0.922	5.734	
17:0	g									
18:0	g	0.740		0		1		0.266	1.658	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05251
Turkey, young hen, wing, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.620		0		1		2.023	12.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.970		0		1		0.349	2.173	
17:1.....g									
18:1 undifferentiated.....g	4.530		0		1		1.631	10.147	
20:1.....g	0.010		0		1		0.004	0.022	
22:1 undifferentiated.....g	0.010		0		1		0.004	0.022	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.220		0		1		1.159	7.213	
18:2 undifferentiated.....g	2.840		0		1		1.022	6.362	
18:3 undifferentiated.....g	0.200		0		1		0.072	0.448	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.036	0.224	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.004	0.022	
22:6 n-3.....g	0.010		0		1		0.004	0.022	
Fatty acids, total trans.....g									
Cholesterol.....mg	65		0		1		23	146	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.214		0		1		0.077	0.479	
Threonine.....g	0.854		0		1		0.307	1.913	
Isoleucine.....g	0.963		0		1		0.347	2.157	
Leucine.....g	1.511		0		1		0.544	3.385	
Lysine.....g	1.750		0		1		0.630	3.920	
Methionine.....g	0.544		0		1		0.196	1.219	
Cystine.....g	0.230		0		1		0.083	0.515	
Phenylalanine.....g	0.769		0		1		0.277	1.723	
Tyrosine.....g	0.725		0		1		0.261	1.624	
Valine.....g	1.018		0		1		0.366	2.280	
Arginine.....g	1.417		0		1		0.510	3.174	
Histidine.....g	0.578		0		1		0.208	1.295	
Alanine.....g	1.305		0		1		0.470	2.923	
Aspartic acid.....g	1.907		0		1		0.687	4.272	
Glutamic acid.....g	3.109		0		1		1.119	6.964	
Glycine.....g	1.395		0		1		0.502	3.125	
Proline.....g	1.020		0		1		0.367	2.285	
Serine.....g	0.872		0		1		0.314	1.953	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 36g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 224g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	58.33		0		1		221.65	19.25	
Energy	kcal	238		0	NC	4		904	79	
Energy	kj	996				4		3784	329	
Protein (N x 6.25)	g	26.80		0		1		101.84	8.84	
Total lipid (fat)	g	13.65		0		1		51.87	4.50	
Ash	g	0.94		0		1		3.57	0.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0		1		133	12	
Iron, Fe	mg	2.21		0		1		8.40	0.73	
Magnesium, Mg	mg	22		0		1		84	7	
Phosphorus, P	mg	191		0		1		726	63	
Potassium, K	mg	264		0		1		1003	87	
Sodium, Na	mg	77		0		1		293	25	
Zinc, Zn	mg	4.01		0		1		15.24	1.32	
Copper, Cu	mg	0.147		0		1		0.559	0.049	
Manganese, Mn	mg	0.022		0		1		0.084	0.007	
Selenium, Se	mcg	38.0		0	BFYN	4		144.4	12.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.058		0		1		0.220	0.019	
Riboflavin	mg	0.238		0		1		0.904	0.079	
Niacin	mg	3.336		0		1		12.677	1.101	
Pantothenic acid	mg	1.103		0		1		4.191	0.364	
Vitamin B-6	mg	0.310		0		1		1.178	0.102	
Folate, total	mcg	8		0		1		30	3	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		30	3	
Folate, DFE	mcg_DFE	8		0	NC	4		30	3	
Vitamin B-12	mcg	0.35		0		1		1.33	0.12	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.970		0		1		15.086	1.310	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.038	0.003	
13:0	g									
14:0	g	0.100		0		1		0.380	0.033	
15:0	g									
16:0	g	2.510		0		1		9.538	0.828	
17:0	g									
18:0	g	0.950		0		1		3.610	0.314	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05270
Turkey, young tom, back, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.730		0		1		17.974	1.561	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.790		0		1		3.002	0.261	
17:1.....g									
18:1 undifferentiated.....g	3.840		0		1		14.592	1.267	
20:1.....g	0.020		0		1		0.076	0.007	
22:1 undifferentiated.....g	0.010		0		1		0.038	0.003	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.510		0		1		13.338	1.158	
18:2 undifferentiated.....g	3.020		0		1		11.476	0.997	
18:3 undifferentiated.....g	0.180		0		1		0.684	0.059	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.220		0		1		0.836	0.073	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.114	0.010	
22:6 n-3.....g	0.040		0		1		0.152	0.013	
Fatty acids, total trans.....g									
Cholesterol.....mg	94		0		1		357	31	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.290		0		1		1.102	0.096	
Threonine.....g	1.153		0		1		4.381	0.380	
Isoleucine.....g	1.305		0		1		4.959	0.431	
Leucine.....g	2.042		0		1		7.760	0.674	
Lysine.....g	2.372		0		1		9.014	0.783	
Methionine.....g	0.737		0		1		2.801	0.243	
Cystine.....g	0.306		0		1		1.163	0.101	
Phenylalanine.....g	1.037		0		1		3.941	0.342	
Tyrosine.....g	0.984		0		1		3.739	0.325	
Valine.....g	1.375		0		1		5.225	0.454	
Arginine.....g	1.902		0		1		7.228	0.628	
Histidine.....g	0.783		0		1		2.975	0.258	
Alanine.....g	1.745		0		1		6.631	0.576	
Aspartic acid.....g	2.569		0		1		9.762	0.848	
Glutamic acid.....g	4.201		0		1		15.964	1.386	
Glycine.....g	1.817		0		1		6.905	0.600	
Proline.....g	1.344		0		1		5.107	0.444	
Serine.....g	1.175		0		1		4.465	0.388	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 380g: .5 back, bone removed

Measure 2 = 33g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05269
Turkey, young tom, back, meat and skin, raw

Refuse: 38% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	69.29		0		1		363.08	31.18	
Energy	kcal	179		0	NC	4		938	81	
Energy	kj	749				4		3924	337	
Protein (N x 6.25)	g	18.47		0		1		96.78	8.31	
Total lipid (fat)	g	11.14		0		1		58.37	5.01	
Ash	g	0.80		0		1		4.19	0.36	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		89	8	
Iron, Fe	mg	1.53		0		1		8.02	0.69	
Magnesium, Mg	mg	18		0		1		94	8	
Phosphorus, P	mg	161		0		1		844	72	
Potassium, K	mg	245		0		1		1284	110	
Sodium, Na	mg	71		0		1		372	32	
Zinc, Zn	mg	2.89		0		1		15.14	1.30	
Copper, Cu	mg	0.124		0		1		0.650	0.056	
Manganese, Mn	mg	0.018		0		1		0.094	0.008	
Selenium, Se	mcg	25.5		0	BFNN	4		133.6	11.5	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.073		0		1		0.383	0.033	
Riboflavin	mg	0.191		0		1		1.001	0.086	
Niacin	mg	2.910		0		1		15.248	1.310	
Pantothenic acid	mg	0.948		0		1		4.968	0.427	
Vitamin B-6	mg	0.300		0		1		1.572	0.135	
Folate, total	mcg	9		0		1		47	4	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		47	4	
Folate, DFE	mcg_DFE	9		0	NC	4		47	4	
Vitamin B-12	mcg	0.37		0		1		1.94	0.17	
Vitamin A, IU	IU	11		0		1		58	5	
Vitamin A, RAE	mcg_RAE	3		0		1		17	1	
Retinol	mcg	3		0		1		17	1	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.140		0		1		16.454	1.413	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.052	0.005	
13:0	g									
14:0	g	0.080		0		1		0.419	0.036	
15:0	g									
16:0	g	2.060		0		1		10.794	0.927	
17:0	g									
18:0	g	0.710		0		1		3.720	0.320	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05269
Turkey, young tom, back, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.120		0		1		21.589	1.854	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.690		0		1		3.616	0.311	
17:1.....g									
18:1 undifferentiated.....g	3.330		0		1		17.449	1.499	
20:1.....g	0.010		0		1		0.052	0.005	
22:1 undifferentiated.....g	0.010		0		1		0.052	0.005	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.780		0		1		14.567	1.251	
18:2 undifferentiated.....g	2.420		0		1		12.681	1.089	
18:3 undifferentiated.....g	0.150		0		1		0.786	0.068	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.130		0		1		0.681	0.059	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.105	0.009	
22:6 n-3.....g	0.030		0		1		0.157	0.014	
Fatty acids, total trans.....g									
Cholesterol.....mg	79		0		1		414	36	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.200		0		1		1.048	0.090	
Threonine.....g	0.795		0		1		4.166	0.358	
Isoleucine.....g	0.900		0		1		4.716	0.405	
Leucine.....g	1.408		0		1		7.378	0.634	
Lysine.....g	1.635		0		1		8.567	0.736	
Methionine.....g	0.507		0		1		2.657	0.228	
Cystine.....g	0.211		0		1		1.106	0.095	
Phenylalanine.....g	0.715		0		1		3.747	0.322	
Tyrosine.....g	0.679		0		1		3.558	0.306	
Valine.....g	0.948		0		1		4.968	0.427	
Arginine.....g	1.311		0		1		6.870	0.590	
Histidine.....g	0.539		0		1		2.824	0.243	
Alanine.....g	1.202		0		1		6.298	0.541	
Aspartic acid.....g	1.771		0		1		9.280	0.797	
Glutamic acid.....g	2.896		0		1		15.175	1.303	
Glycine.....g	1.252		0		1		6.560	0.563	
Proline.....g	0.927		0		1		4.857	0.417	
Serine.....g	0.810		0		1		4.244	0.365	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 524g: .5 back, bone removed

Measure 2 = 45g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.30		0		1		72.80	841.26	
Energy	kcal	189		0	NC	4		217	2512	
Energy	kj	791				4		909	10509	
Protein (N x 6.25)	g	28.61		0		1		32.90	380.23	
Total lipid (fat)	g	7.39		0		1		8.50	98.21	
Ash	g	1.00		0		1		1.15	13.29	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21		0		1		24	279	
Iron, Fe	mg	1.41		0		1		1.62	18.74	
Magnesium, Mg	mg	27		0		1		31	359	
Phosphorus, P	mg	210		0		1		242	2791	
Potassium, K	mg	289		0		1		332	3841	
Sodium, Na	mg	67		0		1		77	890	
Zinc, Zn	mg	2.10		0		1		2.42	27.91	
Copper, Cu	mg	0.048		0		1		0.055	0.638	
Manganese, Mn	mg	0.019		0		1		0.022	0.253	
Selenium, Se	mcg	30.2		0	BFYN	4		34.7	401.4	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.061		0		1		0.070	0.811	
Riboflavin	mg	0.134		0		1		0.154	1.781	
Niacin	mg	6.048		0		1		6.955	80.378	
Pantothenic acid	mg	0.644		0		1		0.741	8.559	
Vitamin B-6	mg	0.490		0		1		0.564	6.512	
Folate, total	mcg	6		0		1		7	80	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		7	80	
Folate, DFE	mcg_DFE	6		0	NC	4		7	80	
Vitamin B-12	mcg	0.36		0		1		0.41	4.78	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.080		0		1		2.392	27.643	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.012	0.133	
13:0	g									
14:0	g	0.050		0		1		0.058	0.665	
15:0	g									
16:0	g	1.280		0		1		1.472	17.011	
17:0	g									
18:0	g	0.490		0		1		0.564	6.512	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05272
Turkey, young tom, breast, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.510		0		1		2.887	33.358	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0		1		0.483	5.582	
17:1.....g									
18:1 undifferentiated.....g	2.030		0		1		2.335	26.979	
20:1.....g	0.010		0		1		0.012	0.133	
22:1 undifferentiated.....g	0.010		0		1		0.012	0.133	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.790		0		1		2.059	23.789	
18:2 undifferentiated.....g	1.450		0		1		1.668	19.271	
18:3 undifferentiated.....g	0.090		0		1		0.104	1.196	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.173	1.994	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.023	0.266	
22:6 n-3.....g	0.030		0		1		0.035	0.399	
Fatty acids, total trans.....g									
Cholesterol.....mg	75		0		1		86	997	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.316		0		1		0.363	4.200	
Threonine.....g	1.249		0		1		1.436	16.599	
Isoleucine.....g	1.436		0		1		1.651	19.084	
Leucine.....g	2.225		0		1		2.559	29.570	
Lysine.....g	2.606		0		1		2.997	34.634	
Methionine.....g	0.805		0		1		0.926	10.698	
Cystine.....g	0.314		0		1		0.361	4.173	
Phenylalanine.....g	1.120		0		1		1.288	14.885	
Tyrosine.....g	1.087		0		1		1.250	14.446	
Valine.....g	1.491		0		1		1.715	19.815	
Arginine.....g	2.016		0		1		2.318	26.793	
Histidine.....g	0.861		0		1		0.990	11.443	
Alanine.....g	1.822		0		1		2.095	24.214	
Aspartic acid.....g	2.758		0		1		3.172	36.654	
Glutamic acid.....g	4.567		0		1		5.252	60.695	
Glycine.....g	1.708		0		1		1.964	22.699	
Proline.....g	1.326		0		1		1.525	17.623	
Serine.....g	1.262		0		1		1.451	16.772	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 115g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1329g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05271
Turkey, young tom, breast, meat and skin, raw

Refuse: 9% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.68		0		1		109.55	1264.47	
Energy	kcal	151		0	NC	4		234	2701	
Energy	kj	632				4		979	11303	
Protein (N x 6.25)	g	21.96		0		1		34.04	392.86	
Total lipid (fat)	g	6.34		0		1		9.83	113.42	
Ash	g	0.91		0		1		1.41	16.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		20	233	
Iron, Fe	mg	1.04		0		1		1.61	18.61	
Magnesium, Mg	mg	24		0		1		37	429	
Phosphorus, P	mg	191		0		1		296	3417	
Potassium, K	mg	282		0		1		437	5045	
Sodium, Na	mg	63		0		1		98	1127	
Zinc, Zn	mg	1.61		0		1		2.50	28.80	
Copper, Cu	mg	0.065		0		1		0.101	1.163	
Manganese, Mn	mg	0.016		0		1		0.025	0.286	
Selenium, Se	mcg	22.0		0	BFNN	4		34.1	393.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.063		0		1		0.098	1.127	
Riboflavin	mg	0.109		0		1		0.169	1.950	
Niacin	mg	5.391		0		1		8.356	96.445	
Pantothenic acid	mg	0.623		0		1		0.966	11.145	
Vitamin B-6	mg	0.480		0		1		0.744	8.587	
Folate, total	mcg	7		0		1		11	125	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		11	125	
Folate, DFE	mcg_DFE	7		0	NC	4		11	125	
Vitamin B-12	mcg	0.42		0		1		0.65	7.51	
Vitamin A, IU	IU	7		0		1		11	125	
Vitamin A, RAE	mcg_RAE	2		0		1		3	38	
Retinol	mcg	2		0		1		3	38	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.730		0		1		2.682	30.950	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.016	0.179	
13:0	g									
14:0	g	0.050		0		1		0.078	0.895	
15:0	g									
16:0	g	1.130		0		1		1.752	20.216	
17:0	g									
18:0	g	0.380		0		1		0.589	6.798	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05271
Turkey, young tom, breast, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.360		0		1		3.658	42.220	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400		0		1		0.620	7.156	
17:1.....g									
18:1 undifferentiated.....g	1.910		0		1		2.961	34.170	
20:1.....g	0.010		0		1		0.016	0.179	
22:1 undifferentiated.....g	0.010		0		1		0.016	0.179	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.500		0		1		2.325	26.835	
18:2 undifferentiated.....g	1.270		0		1		1.969	22.720	
18:3 undifferentiated.....g	0.080		0		1		0.124	1.431	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.140	1.610	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.016	0.179	
22:6 n-3.....g	0.010		0		1		0.016	0.179	
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1		104	1199	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.243		0		1		0.377	4.347	
Threonine.....g	0.960		0		1		1.488	17.174	
Isoleucine.....g	1.104		0		1		1.711	19.751	
Leucine.....g	1.710		0		1		2.651	30.592	
Lysine.....g	2.003		0		1		3.105	35.834	
Methionine.....g	0.618		0		1		0.958	11.056	
Cystine.....g	0.241		0		1		0.374	4.311	
Phenylalanine.....g	0.860		0		1		1.333	15.385	
Tyrosine.....g	0.836		0		1		1.296	14.956	
Valine.....g	1.145		0		1		1.775	20.484	
Arginine.....g	1.545		0		1		2.395	27.640	
Histidine.....g	0.662		0		1		1.026	11.843	
Alanine.....g	1.396		0		1		2.164	24.974	
Aspartic acid.....g	2.117		0		1		3.281	37.873	
Glutamic acid.....g	3.509		0		1		5.439	62.776	
Glycine.....g	1.299		0		1		2.013	23.239	
Proline.....g	1.012		0		1		1.569	18.105	
Serine.....g	0.969		0		1		1.502	17.335	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 155g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1789g: .5 breast, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.33	0.453	20		1		62.14	714.31	
Energy	kcal	216		0	NC	4		222	2557	
Energy	kj	904				4		931	10700	
Protein (N x 6.25)	g	27.58	0.187	20		1		28.41	326.55	
Total lipid (fat)	g	10.85	0.455	20		1		11.18	128.46	
Ash	g	0.97	0.012	20		1		1.00	11.48	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35	2.302	20		1		36	414	
Iron, Fe	mg	2.26	0.082	20		1		2.33	26.76	
Magnesium, Mg	mg	23	0.372	20		1		24	272	
Phosphorus, P	mg	197	2.174	20		1		203	2332	
Potassium, K	mg	276	5.006	20		1		284	3268	
Sodium, Na	mg	80	1.200	20		1		82	947	
Zinc, Zn	mg	4.25	0.234	4		1		4.38	50.32	
Copper, Cu	mg	0.154	0.019	4		1		0.159	1.823	
Manganese, Mn	mg	0.022	0.001	4		1		0.023	0.260	
Selenium, Se	mcg	39.7		0	BFYN	4		40.9	470.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.062	0.001	20		1		0.064	0.734	
Riboflavin	mg	0.247	0.005	20		1		0.254	2.924	
Niacin	mg	3.429	0.087	20		1		3.532	40.599	
Pantothenic acid	mg	1.196		0		1		1.232	14.161	
Vitamin B-6	mg	0.330		0		1		0.340	3.907	
Folate, total	mcg	9		0		1		9	107	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		9	107	
Folate, DFE	mcg_DFE	9		0	NC	4		9	107	
Vitamin B-12	mcg	0.37		0		1		0.38	4.38	
Vitamin A, IU	IU	0	0.000	4		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	4		1		0	0	
Retinol	mcg	0	0.000	4		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.280		0		1		3.378	38.835	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.010	0.118	
13:0	g									
14:0	g	0.080		0		1		0.082	0.947	
15:0	g									
16:0	g	1.970		0		1		2.029	23.325	
17:0	g									
18:0	g	0.850		0		1		0.876	10.064	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05264
Turkey, young tom, dark meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.410		0		1		3.512	40.374	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.550		0		1		0.567	6.512	
17:1.....g									
18:1 undifferentiated.....g	2.770		0		1		2.853	32.797	
20:1.....g	0.020		0		1		0.021	0.237	
22:1 undifferentiated.....g	0.010		0		1		0.010	0.118	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.910		0		1		2.997	34.454	
18:2 undifferentiated.....g	2.460		0		1		2.534	29.126	
18:3 undifferentiated.....g	0.130		0		1		0.134	1.539	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		0.237	2.723	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.031	0.355	
22:6 n-3.....g	0.050		0		1		0.052	0.592	
Fatty acids, total trans.....g									
Cholesterol.....mg	91	2.905	20		1		94	1077	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.305		0		1		0.314	3.611	
Threonine.....g	1.204		0		1		1.240	14.255	
Isoleucine.....g	1.383		0		1		1.424	16.375	
Leucine.....g	2.144		0		1		2.208	25.385	
Lysine.....g	2.510		0		1		2.585	29.718	
Methionine.....g	0.776		0		1		0.799	9.188	
Cystine.....g	0.303		0		1		0.312	3.588	
Phenylalanine.....g	1.079		0		1		1.111	12.775	
Tyrosine.....g	1.047		0		1		1.078	12.396	
Valine.....g	1.437		0		1		1.480	17.014	
Arginine.....g	1.943		0		1		2.001	23.005	
Histidine.....g	0.830		0		1		0.855	9.827	
Alanine.....g	1.757		0		1		1.810	20.803	
Aspartic acid.....g	2.659		0		1		2.739	31.483	
Glutamic acid.....g	4.401		0		1		4.533	52.108	
Glycine.....g	1.651		0		1		1.701	19.548	
Proline.....g	1.280		0		1		1.318	15.155	
Serine.....g	1.217		0		1		1.254	14.409	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 103g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1184g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.88	0.306	20		1		109.26	1263.65	
Energy	kcal	152		0	NC	4		231	2672	
Energy	kj	636				4		967	11180	
Protein (N x 6.25)	g	19.05	0.105	20		1		28.96	334.90	
Total lipid (fat)	g	7.89	0.373	20		1		11.99	138.71	
Ash	g	0.86	0.003	20		1		1.31	15.12	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17	0.726	20		1		26	299	
Iron, Fe	mg	1.57	0.060	20		1		2.39	27.60	
Magnesium, Mg	mg	20	0.356	20		1		30	352	
Phosphorus, P	mg	172	1.903	20		1		261	3024	
Potassium, K	mg	265	6.549	20		1		403	4659	
Sodium, Na	mg	75	1.728	20		1		114	1319	
Zinc, Zn	mg	3.11	0.035	4		1		4.73	54.67	
Copper, Cu	mg	0.131	0.005	4		1		0.199	2.303	
Manganese, Mn	mg	0.019	0.000	4		1		0.029	0.334	
Selenium, Se	mcg	26.6		0	PAK	1		40.4	467.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.080	0.003	20		1		0.122	1.406	
Riboflavin	mg	0.205	0.005	20		1		0.312	3.604	
Niacin	mg	3.087	0.127	20		1		4.692	54.269	
Pantothenic acid	mg	1.039		0		1		1.579	18.266	
Vitamin B-6	mg	0.330		0		1		0.502	5.801	
Folate, total	mcg	10		0		1		15	176	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		15	176	
Folate, DFE	mcg_DFE	10		0	NC	4		15	176	
Vitamin B-12	mcg	0.38		0		1		0.58	6.68	
Vitamin A, IU	IU	6	1.389	4		1		9	105	
Vitamin A, RAE	mcg_RAE	2	0.417	4		1		3	32	
Retinol	mcg	2	0.417	4		1		3	32	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.320		0		1		3.526	40.786	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.015	0.176	
13:0	g									
14:0	g	0.060		0		1		0.091	1.055	
15:0	g									
16:0	g	1.450		0		1		2.204	25.491	
17:0	g									
18:0	g	0.570		0		1		0.866	10.021	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05263
Turkey, young tom, dark meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.660		0		1		4.043	46.763	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.669	7.735	
17:1.....g									
18:1 undifferentiated.....g	2.160		0		1		3.283	37.973	
20:1.....g	0.010		0		1		0.015	0.176	
22:1 undifferentiated.....g	0.010		0		1		0.015	0.176	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.060		0		1		3.131	36.215	
18:2 undifferentiated.....g	1.760		0		1		2.675	30.941	
18:3 undifferentiated.....g	0.100		0		1		0.152	1.758	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.213	2.461	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.030	0.352	
22:6 n-3.....g	0.030		0		1		0.046	0.527	
Fatty acids, total trans.....g									
Cholesterol.....mg	77	1.604	20		1		117	1354	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.211		0		1		0.321	3.709	
Threonine.....g	0.832		0		1		1.265	14.627	
Isoleucine.....g	0.957		0		1		1.455	16.824	
Leucine.....g	1.482		0		1		2.253	26.054	
Lysine.....g	1.736		0		1		2.639	30.519	
Methionine.....g	0.536		0		1		0.815	9.423	
Cystine.....g	0.209		0		1		0.318	3.674	
Phenylalanine.....g	0.746		0		1		1.134	13.115	
Tyrosine.....g	0.724		0		1		1.100	12.728	
Valine.....g	0.993		0		1		1.509	17.457	
Arginine.....g	1.341		0		1		2.038	23.575	
Histidine.....g	0.574		0		1		0.872	10.091	
Alanine.....g	1.212		0		1		1.842	21.307	
Aspartic acid.....g	1.837		0		1		2.792	32.294	
Glutamic acid.....g	3.042		0		1		4.624	53.478	
Glycine.....g	1.130		0		1		1.718	19.865	
Proline.....g	0.880		0		1		1.338	15.470	
Serine.....g	0.841		0		1		1.278	14.785	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 152g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1758g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.07	0.428	20		1		88.30	56.76	
Energy	kcal	185		0	NC	4		259	167	
Energy	kj	774				4		1084	697	
Protein (N x 6.25)	g	28.68	0.188	20		1		40.15	25.81	
Total lipid (fat)	g	6.98	0.330	20		1		9.77	6.28	
Ash	g	1.01	0.012	20		1		1.41	0.91	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35	2.526	20		1		49	32	
Iron, Fe	mg	2.33	0.088	20		1		3.26	2.10	
Magnesium, Mg	mg	23	0.391	20		1		32	21	
Phosphorus, P	mg	205	1.921	20		1		287	185	
Potassium, K	mg	293	4.959	20		1		410	264	
Sodium, Na	mg	82	1.056	20		1		115	74	
Zinc, Zn	mg	4.56	0.271	4		1		6.38	4.10	
Copper, Cu	mg	0.164	0.021	4		1		0.230	0.148	
Manganese, Mn	mg	0.022	0.001	4		1		0.031	0.020	
Selenium, Se	mcg	40.9	4.175	16	A	1		57.3	36.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.068	0.001	20		1		0.095	0.061	
Riboflavin	mg	0.261	0.006	20		1		0.365	0.235	
Niacin	mg	3.563	0.097	20		1		4.988	3.207	
Pantothenic acid	mg	1.325		0		1		1.855	1.193	
Vitamin B-6	mg	0.370		0		1		0.518	0.333	
Folate, total	mcg	10		0		1		14	9	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		14	9	
Folate, DFE	mcg_DFE	10		0	NC	4		14	9	
Vitamin B-12	mcg	0.38		0		1		0.53	0.34	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.340		0		1		3.276	2.106	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.020		0		1		0.028	0.018	
13:0	g									
14:0	g	0.040		0		1		0.056	0.036	
15:0	g									
16:0	g	1.240		0		1		1.736	1.116	
17:0	g									
18:0	g	0.700		0		1		0.980	0.630	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05268
Turkey, young tom, dark meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.580		0		1		2.212	1.422	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.322	0.207	
17:1.....g									
18:1 undifferentiated.....g	1.310		0		1		1.834	1.179	
20:1.....g	0.030		0		1		0.042	0.027	
22:1 undifferentiated.....g	0.020		0		1		0.028	0.018	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.090		0		1		2.926	1.881	
18:2 undifferentiated.....g	1.690		0		1		2.366	1.521	
18:3 undifferentiated.....g	0.060		0		1		0.084	0.054	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.250		0		1		0.350	0.225	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.040		0		1		0.056	0.036	
22:6 n-3.....g	0.050		0		1		0.070	0.045	
Fatty acids, total trans.....g									
Cholesterol.....mg	88	2.824	20		1		123	79	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.326		0		1		0.456	0.293	
Threonine.....g	1.276		0		1		1.786	1.148	
Isoleucine.....g	1.491		0		1		2.087	1.342	
Leucine.....g	2.285		0		1		3.199	2.057	
Lysine.....g	2.703		0		1		3.784	2.433	
Methionine.....g	0.831		0		1		1.163	0.748	
Cystine.....g	0.298		0		1		0.417	0.268	
Phenylalanine.....g	1.138		0		1		1.593	1.024	
Tyrosine.....g	1.133		0		1		1.586	1.020	
Valine.....g	1.524		0		1		2.134	1.372	
Arginine.....g	2.001		0		1		2.801	1.801	
Histidine.....g	0.895		0		1		1.253	0.806	
Alanine.....g	1.776		0		1		2.486	1.598	
Aspartic acid.....g	2.786		0		1		3.900	2.507	
Glutamic acid.....g	4.681		0		1		6.553	4.213	
Glycine.....g	1.423		0		1		1.992	1.281	
Proline.....g	1.193		0		1		1.670	1.074	
Serine.....g	1.276		0		1		1.786	1.148	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 90g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.70	0.193	22		1		99.35	1144.40	
Energy	kcal	123		0	NC	4		164	1884	
Energy	kj	515				4		684	7884	
Protein (N x 6.25)	g	20.04	0.140	22		1		26.65	307.01	
Total lipid (fat)	g	4.11	0.151	22		1		5.47	62.97	
Ash	g	0.93	0.005	20		1		1.24	14.25	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17	0.824	20		1		23	260	
Iron, Fe	mg	1.62	0.063	20		1		2.15	24.82	
Magnesium, Mg	mg	21	0.374	20		1		28	322	
Phosphorus, P	mg	185	2.243	20		1		246	2834	
Potassium, K	mg	290	8.127	20		1		386	4443	
Sodium, Na	mg	80	1.904	20		1		106	1226	
Zinc, Zn	mg	3.38	0.027	4		1		4.50	51.78	
Copper, Cu	mg	0.141	0.006	4		1		0.188	2.160	
Manganese, Mn	mg	0.021	0.001	4		1		0.028	0.322	
Selenium, Se	mcg	28.6		0	BFZN	4		38.0	438.2	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.089	0.003	20		1		0.118	1.363	
Riboflavin	mg	0.224	0.006	20		1		0.298	3.432	
Niacin	mg	3.313	0.144	20		1		4.406	50.755	
Pantothenic acid	mg	1.153		0		1		1.533	17.664	
Vitamin B-6	mg	0.360		0		1		0.479	5.515	
Folate, total	mcg	11		0		1		15	169	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	11		0		1		15	169	
Folate, DFE	mcg_DFE	11		0	NC	4		15	169	
Vitamin B-12	mcg	0.40		0		1		0.53	6.13	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.380		0		1		1.835	21.142	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.003	6		1		0.013	0.153	
13:0	g									
14:0	g	0.030	0.005	8		1		0.040	0.460	
15:0	g									
16:0	g	0.730	0.069	8		1		0.971	11.184	
17:0	g									
18:0	g	0.410	0.036	8		1		0.545	6.281	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05267
Turkey, young tom, dark meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.930		0		1		1.237	14.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140	0.032	8		1		0.186	2.145	
17:1.....g									
18:1 undifferentiated.....g	0.770	0.075	8		1		1.024	11.796	
20:1.....g	0.020	0.002	7		1		0.027	0.306	
22:1 undifferentiated.....g	0.010	0.003	7		1		0.013	0.153	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.230		0		1		1.636	18.844	
18:2 undifferentiated.....g	1.000	0.093	8		1		1.330	15.320	
18:3 undifferentiated.....g	0.040	0.012	8		1		0.053	0.613	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150	0.024	8		1		0.200	2.298	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020	0.005	7		1		0.027	0.306	
22:6 n-3.....g	0.030	0.017	7		1		0.040	0.460	
Fatty acids, total trans.....g									
Cholesterol.....mg	75	1.626	20		1		100	1149	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.228		0		1		0.303	3.493	
Threonine.....g	0.892		0		1		1.186	13.665	
Isoleucine.....g	1.042		0		1		1.386	15.963	
Leucine.....g	1.597		0		1		2.124	24.466	
Lysine.....g	1.889		0		1		2.512	28.939	
Methionine.....g	0.580		0		1		0.771	8.886	
Cystine.....g	0.208		0		1		0.277	3.187	
Phenylalanine.....g	0.795		0		1		1.057	12.179	
Tyrosine.....g	0.792		0		1		1.053	12.133	
Valine.....g	1.065		0		1		1.416	16.316	
Arginine.....g	1.398		0		1		1.859	21.417	
Histidine.....g	0.625		0		1		0.831	9.575	
Alanine.....g	1.241		0		1		1.651	19.012	
Aspartic acid.....g	1.947		0		1		2.590	29.828	
Glutamic acid.....g	3.271		0		1		4.350	50.112	
Glycine.....g	0.994		0		1		1.322	15.228	
Proline.....g	0.834		0		1		1.109	12.777	
Serine.....g	0.892		0		1		1.186	13.665	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 133g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1532g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.18		0		1		492.50	42.83	
Energy	kcal	206		0	NC	4		1658	144	
Energy	kj	862				4		6938	603	
Protein (N x 6.25)	g	27.93		0		1		224.84	19.55	
Total lipid (fat)	g	9.63		0		1		77.52	6.74	
Ash	g	0.98		0		1		7.89	0.69	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	35		0		1		282	25	
Iron, Fe	mg	2.28		0		1		18.35	1.60	
Magnesium, Mg	mg	23		0		1		185	16	
Phosphorus, P	mg	200		0		1		1610	140	
Potassium, K	mg	281		0		1		2262	197	
Sodium, Na	mg	80		0		1		644	56	
Zinc, Zn	mg	4.34		0		1		34.94	3.04	
Copper, Cu	mg	0.157		0		1		1.264	0.110	
Manganese, Mn	mg	0.022		0		1		0.177	0.015	
Selenium, Se	mcg	41.1		0	BFYN	4		330.9	28.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.064		0		1		0.515	0.045	
Riboflavin	mg	0.252		0		1		2.029	0.176	
Niacin	mg	3.473		0		1		27.958	2.431	
Pantothenic acid	mg	1.237		0		1		9.958	0.866	
Vitamin B-6	mg	0.340		0		1		2.737	0.238	
Folate, total	mcg	9		0		1		72	6	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		72	6	
Folate, DFE	mcg_DFE	9		0	NC	4		72	6	
Vitamin B-12	mcg	0.37		0		1		2.98	0.26	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.990		0		1		24.070	2.093	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.081	0.007	
13:0	g									
14:0	g	0.070		0		1		0.564	0.049	
15:0	g									
16:0	g	1.740		0		1		14.007	1.218	
17:0	g									
18:0	g	0.800		0		1		6.440	0.560	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05274
Turkey, young tom, leg, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.830		0		1		22.782	1.981	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		3.623	0.315	
17:1.....g									
18:1 undifferentiated.....g	2.310		0		1		18.596	1.617	
20:1.....g	0.030		0		1		0.242	0.021	
22:1 undifferentiated.....g	0.020		0		1		0.161	0.014	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.660		0		1		21.413	1.862	
18:2 undifferentiated.....g	2.220		0		1		17.871	1.554	
18:3 undifferentiated.....g	0.110		0		1		0.886	0.077	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.230		0		1		1.852	0.161	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.242	0.021	
22:6 n-3.....g	0.050		0		1		0.403	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	90		0		1		725	63	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.312		0		1		2.512	0.218	
Threonine.....g	1.227		0		1		9.877	0.859	
Isoleucine.....g	1.417		0		1		11.407	0.992	
Leucine.....g	2.188		0		1		17.613	1.532	
Lysine.....g	2.572		0		1		20.705	1.800	
Methionine.....g	0.794		0		1		6.392	0.556	
Cystine.....g	0.301		0		1		2.423	0.211	
Phenylalanine.....g	1.098		0		1		8.839	0.769	
Tyrosine.....g	1.074		0		1		8.646	0.752	
Valine.....g	1.465		0		1		11.793	1.026	
Arginine.....g	1.962		0		1		15.794	1.373	
Histidine.....g	0.851		0		1		6.851	0.596	
Alanine.....g	1.764		0		1		14.200	1.235	
Aspartic acid.....g	2.700		0		1		21.735	1.890	
Glutamic acid.....g	4.490		0		1		36.145	3.143	
Glycine.....g	1.580		0		1		12.719	1.106	
Proline.....g	1.253		0		1		10.087	0.877	
Serine.....g	1.236		0		1		9.950	0.865	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 805g: 1 leg, bone removed (yield after cooking)

Measure 2 = 70g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05273
Turkey, young tom, leg, meat and skin, raw

Refuse: 17% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	72.98		0		1		78.09	900.57	
Energy	kcal	141		0	NC	4		151	1740	
Energy	kj	590				4		631	7280	
Protein (N x 6.25)	g	19.54		0		1		20.91	241.12	
Total lipid (fat)	g	6.34		0		1		6.78	78.24	
Ash	g	0.89		0		1		0.95	10.98	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	17		0		1		18	210	
Iron, Fe	mg	1.59		0		1		1.70	19.62	
Magnesium, Mg	mg	20		0		1		21	247	
Phosphorus, P	mg	177		0		1		189	2184	
Potassium, K	mg	275		0		1		294	3394	
Sodium, Na	mg	77		0		1		82	950	
Zinc, Zn	mg	3.22		0		1		3.45	39.73	
Copper, Cu	mg	0.136		0		1		0.146	1.678	
Manganese, Mn	mg	0.020		0		1		0.021	0.247	
Selenium, Se	mcg	27.6		0	BFNN	4		29.5	340.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.084		0		1		0.090	1.037	
Riboflavin	mg	0.213		0		1		0.228	2.628	
Niacin	mg	3.185		0		1		3.408	39.303	
Pantothenic acid	mg	1.088		0		1		1.164	13.426	
Vitamin B-6	mg	0.340		0		1		0.364	4.196	
Folate, total	mcg	10		0		1		11	123	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	10		0		1		11	123	
Folate, DFE	mcg_DFE	10		0	NC	4		11	123	
Vitamin B-12	mcg	0.39		0		1		0.42	4.81	
Vitamin A, IU	IU	4		0		1		4	49	
Vitamin A, RAE	mcg_RAE	1		0		1		1	15	
Retinol	mcg	1		0		1		1	15	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.940		0		1		2.076	23.940	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.011	0.123	
13:0	g									
14:0	g	0.040		0		1		0.043	0.494	
15:0	g									
16:0	g	1.150		0		1		1.231	14.191	
17:0	g									
18:0	g	0.510		0		1		0.546	6.293	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05273
Turkey, young tom, leg, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.940		0		1		2.076	23.940	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.310		0		1		0.332	3.825	
17:1.....g									
18:1 undifferentiated.....g	1.580		0		1		1.691	19.497	
20:1.....g	0.020		0		1		0.021	0.247	
22:1 undifferentiated.....g	0.010		0		1		0.011	0.123	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.720		0		1		1.840	21.225	
18:2 undifferentiated.....g	1.450		0		1		1.552	17.893	
18:3 undifferentiated.....g	0.070		0		1		0.075	0.864	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.150	1.728	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.021	0.247	
22:6 n-3.....g	0.030		0		1		0.032	0.370	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0		1		81	938	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.234	2.702	
Threonine.....g	0.861		0		1		0.921	10.625	
Isoleucine.....g	0.997		0		1		1.067	12.303	
Leucine.....g	1.537		0		1		1.645	18.967	
Lysine.....g	1.809		0		1		1.936	22.323	
Methionine.....g	0.557		0		1		0.596	6.873	
Cystine.....g	0.209		0		1		0.224	2.579	
Phenylalanine.....g	0.770		0		1		0.824	9.502	
Tyrosine.....g	0.756		0		1		0.809	9.329	
Valine.....g	1.028		0		1		1.100	12.686	
Arginine.....g	1.370		0		1		1.466	16.906	
Histidine.....g	0.598		0		1		0.640	7.379	
Alanine.....g	1.229		0		1		1.315	15.166	
Aspartic acid.....g	1.891		0		1		2.023	23.335	
Glutamic acid.....g	3.152		0		1		3.373	38.896	
Glycine.....g	1.076		0		1		1.151	13.278	
Proline.....g	0.863		0		1		0.923	10.649	
Serine.....g	0.866		0		1		0.927	10.686	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 107g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1234g: 1 leg, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	63.13	0.396	20		1		85.86	988.62	
Energy	kcal	191		0	NC	4		260	2991	
Energy	kj	799				4		1087	12515	
Protein (N x 6.25)	g	28.48	0.198	20		1		38.73	446.00	
Total lipid (fat)	g	7.70	0.393	20		1		10.47	120.58	
Ash	g	1.00	0.010	20		1		1.36	15.66	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	21	0.888	20		1		29	329	
Iron, Fe	mg	1.41	0.102	20		1		1.92	22.08	
Magnesium, Mg	mg	27	0.371	20		1		37	423	
Phosphorus, P	mg	209	2.365	20		1		284	3273	
Potassium, K	mg	287	7.903	20		1		390	4494	
Sodium, Na	mg	67	2.209	20		1		91	1049	
Zinc, Zn	mg	2.10	0.085	4		1		2.86	32.89	
Copper, Cu	mg	0.048	0.004	4		1		0.065	0.752	
Manganese, Mn	mg	0.019	0.001	4		1		0.026	0.298	
Selenium, Se	mcg	30.7		0	BFYN	4		41.8	480.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.061	0.002	20		1		0.083	0.955	
Riboflavin	mg	0.134	0.002	20		1		0.182	2.098	
Niacin	mg	6.024	0.177	20		1		8.193	94.336	
Pantothenic acid	mg	0.639		0		1		0.869	10.007	
Vitamin B-6	mg	0.480		0		1		0.653	7.517	
Folate, total	mcg	6		0		1		8	94	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	94	
Folate, DFE	mcg_DFE	6		0	NC	4		8	94	
Vitamin B-12	mcg	0.36		0		1		0.49	5.64	
Vitamin A, IU	IU	0	0.000	4		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	4		1		0	0	
Retinol	mcg	0	0.000	4		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.150		0		1		2.924	33.669	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.157	
13:0	g									
14:0	g	0.050		0		1		0.068	0.783	
15:0	g									
16:0	g	1.340		0		1		1.822	20.984	
17:0	g									
18:0	g	0.500		0		1		0.680	7.830	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05262
Turkey, young tom, light meat, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.660		0		1		3.618	41.656	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.440		0		1		0.598	6.890	
17:1.....g									
18:1 undifferentiated.....g	2.150		0		1		2.924	33.669	
20:1.....g	0.010		0		1		0.014	0.157	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.157	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.860		0		1		2.530	29.128	
18:2 undifferentiated.....g	1.520		0		1		2.067	23.803	
18:3 undifferentiated.....g	0.090		0		1		0.122	1.409	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.190	2.192	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.027	0.313	
22:6 n-3.....g	0.030		0		1		0.041	0.470	
Fatty acids, total trans.....g									
Cholesterol.....mg	75	2.287	20		1		102	1175	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.314		0		1		0.427	4.917	
Threonine.....g	1.242		0		1		1.689	19.450	
Isoleucine.....g	1.424		0		1		1.937	22.300	
Leucine.....g	2.209		0		1		3.004	34.593	
Lysine.....g	2.585		0		1		3.516	40.481	
Methionine.....g	0.799		0		1		1.087	12.512	
Cystine.....g	0.314		0		1		0.427	4.917	
Phenylalanine.....g	1.113		0		1		1.514	17.430	
Tyrosine.....g	1.077		0		1		1.465	16.866	
Valine.....g	1.481		0		1		2.014	23.192	
Arginine.....g	2.008		0		1		2.731	31.445	
Histidine.....g	0.854		0		1		1.161	13.374	
Alanine.....g	1.819		0		1		2.474	28.486	
Aspartic acid.....g	2.744		0		1		3.732	42.971	
Glutamic acid.....g	4.537		0		1		6.170	71.049	
Glycine.....g	1.727		0		1		2.349	27.045	
Proline.....g	1.333		0		1		1.813	20.875	
Serine.....g	1.256		0		1		1.708	19.669	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 136g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1566g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.20	0.261	20		1		129.87	1500.17	
Energy	kcal	156		0	NC	4		289	3334	
Energy	kj	653				4		1208	13948	
Protein (N x 6.25)	g	21.63	0.198	20		1		40.02	462.23	
Total lipid (fat)	g	7.04	0.424	20		1		13.02	150.44	
Ash	g	0.90	0.005	20		1		1.67	19.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13	0.296	20		1		24	278	
Iron, Fe	mg	1.04	0.074	20		1		1.92	22.22	
Magnesium, Mg	mg	24	0.266	20		1		44	513	
Phosphorus, P	mg	188	1.833	20		1		348	4018	
Potassium, K	mg	277	7.263	20		1		512	5919	
Sodium, Na	mg	63	2.276	20		1		117	1346	
Zinc, Zn	mg	1.60	0.067	4		1		2.96	34.19	
Copper, Cu	mg	0.065	0.004	4		1		0.120	1.389	
Manganese, Mn	mg	0.016	0.001	4		1		0.030	0.342	
Selenium, Se	mcg	22.4		0	PAK	1		41.4	478.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.061	0.003	20		1		0.113	1.304	
Riboflavin	mg	0.108	0.003	20		1		0.200	2.308	
Niacin	mg	5.302	0.165	20		1		9.809	113.304	
Pantothenic acid	mg	0.612		0		1		1.132	13.078	
Vitamin B-6	mg	0.470		0		1		0.870	10.044	
Folate, total	mcg	7		0		1		13	150	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		13	150	
Folate, DFE	mcg_DFE	7		0	NC	4		13	150	
Vitamin B-12	mcg	0.42		0		1		0.78	8.98	
Vitamin A, IU	IU	8	1.438	4		1		15	171	
Vitamin A, RAE	mcg_RAE	2	0.432	4		1		4	51	
Retinol	mcg	2	0.432	4		1		4	51	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.910		0		1		3.534	40.817	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.019	0.214	
13:0	g									
14:0	g	0.050		0		1		0.093	1.069	
15:0	g									
16:0	g	1.270		0		1		2.350	27.140	
17:0	g									
18:0	g	0.410		0		1		0.759	8.762	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05261
Turkey, young tom, light meat, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.680		0		1		4.958	57.272	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		0.833	9.617	
17:1.....g									
18:1 undifferentiated.....g	2.160		0		1		3.996	46.159	
20:1.....g	0.010		0		1		0.019	0.214	
22:1 undifferentiated.....g	0.010		0		1		0.019	0.214	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.660		0		1		3.071	35.474	
18:2 undifferentiated.....g	1.420		0		1		2.627	30.345	
18:3 undifferentiated.....g	0.090		0		1		0.167	1.923	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080		0		1		0.148	1.710	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.019	0.214	
22:6 n-3.....g	0.010		0		1		0.019	0.214	
Fatty acids, total trans.....g									
Cholesterol.....mg	67	1.256	20		1		124	1432	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.238		0		1		0.440	5.086	
Threonine.....g	0.942		0		1		1.743	20.131	
Isoleucine.....g	1.080		0		1		1.998	23.080	
Leucine.....g	1.676		0		1		3.101	35.816	
Lysine.....g	1.960		0		1		3.626	41.885	
Methionine.....g	0.606		0		1		1.121	12.950	
Cystine.....g	0.239		0		1		0.442	5.107	
Phenylalanine.....g	0.845		0		1		1.563	18.058	
Tyrosine.....g	0.817		0		1		1.511	17.459	
Valine.....g	1.124		0		1		2.079	24.020	
Arginine.....g	1.526		0		1		2.823	32.611	
Histidine.....g	0.648		0		1		1.199	13.848	
Alanine.....g	1.383		0		1		2.559	29.555	
Aspartic acid.....g	2.083		0		1		3.854	44.514	
Glutamic acid.....g	3.442		0		1		6.368	73.556	
Glycine.....g	1.322		0		1		2.446	28.251	
Proline.....g	1.017		0		1		1.881	21.733	
Serine.....g	0.953		0		1		1.763	20.366	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 185g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2137g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	66.56	0.299	20		1		93.18	77.88	
Energy	kcal	154		0	NC	4		216	180	
Energy	kj	644				4		902	754	
Protein (N x 6.25)	g	29.88	0.243	20		1		41.83	34.96	
Total lipid (fat)	g	2.92	0.161	20		1		4.09	3.42	
Ash	g	1.05	0.007	20		1		1.47	1.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	0.915	20		1		25	21	
Iron, Fe	mg	1.36	0.115	20		1		1.90	1.59	
Magnesium, Mg	mg	28	0.426	20		1		39	33	
Phosphorus, P	mg	220	2.393	20		1		308	257	
Potassium, K	mg	308	8.238	20		1		431	360	
Sodium, Na	mg	68	2.268	20		1		95	80	
Zinc, Zn	mg	2.10	0.082	4		1		2.94	2.46	
Copper, Cu	mg	0.042	0.003	4		1		0.059	0.049	
Manganese, Mn	mg	0.019	0.001	4		1		0.027	0.022	
Selenium, Se	mcg	32.1	2.047	45	A	1		44.9	37.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.067	0.002	20		1		0.094	0.078	
Riboflavin	mg	0.131	0.003	20		1		0.183	0.153	
Niacin	mg	6.575	0.176	20		1		9.205	7.693	
Pantothenic acid	mg	0.693		0		1		0.970	0.811	
Vitamin B-6	mg	0.550		0		1		0.770	0.644	
Folate, total	mcg	6		0		1		8	7	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		8	7	
Folate, DFE	mcg_DFE	6		0	NC	4		8	7	
Vitamin B-12	mcg	0.38		0		1		0.53	0.44	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.930		0		1		1.302	1.088	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.012	
13:0	g									
14:0	g	0.020		0		1		0.028	0.023	
15:0	g									
16:0	g	0.420		0		1		0.588	0.491	
17:0	g									
18:0	g	0.280		0		1		0.392	0.328	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05266
Turkey, young tom, light meat, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.510		0		1		0.714	0.597	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.098	0.082	
17:1.....g									
18:1 undifferentiated.....g	0.420		0		1		0.588	0.491	
20:1.....g	0.010		0		1		0.014	0.012	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.012	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		1.092	0.913	
18:2 undifferentiated.....g	0.510		0		1		0.714	0.597	
18:3 undifferentiated.....g	0.010		0		1		0.014	0.012	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.150		0		1		0.210	0.176	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.035	
22:6 n-3.....g	0.030		0		1		0.042	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	69	2.169	20		1		97	81	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.339		0		1		0.475	0.397	
Threonine.....g	1.329		0		1		1.861	1.555	
Isoleucine.....g	1.554		0		1		2.176	1.818	
Leucine.....g	2.381		0		1		3.333	2.786	
Lysine.....g	2.816		0		1		3.942	3.295	
Methionine.....g	0.865		0		1		1.211	1.012	
Cystine.....g	0.311		0		1		0.435	0.364	
Phenylalanine.....g	1.186		0		1		1.660	1.388	
Tyrosine.....g	1.181		0		1		1.653	1.382	
Valine.....g	1.587		0		1		2.222	1.857	
Arginine.....g	2.085		0		1		2.919	2.439	
Histidine.....g	0.932		0		1		1.305	1.090	
Alanine.....g	1.850		0		1		2.590	2.165	
Aspartic acid.....g	2.902		0		1		4.063	3.395	
Glutamic acid.....g	4.877		0		1		6.828	5.706	
Glycine.....g	1.482		0		1		2.075	1.734	
Proline.....g	1.243		0		1		1.740	1.454	
Serine.....g	1.329		0		1		1.861	1.555	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 117g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.96	0.110	21		1		113.90	1309.83	
Energy	kcal	114		0	NC	4		176	2019	
Energy	kj	477				4		735	8447	
Protein (N x 6.25)	g	23.43	0.165	21		1		36.08	414.95	
Total lipid (fat)	g	1.57	0.093	21		1		2.42	27.80	
Ash	g	1.00	0.005	20		1		1.54	17.71	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	12	0.321	20		1		18	213	
Iron, Fe	mg	1.01	0.085	20		1		1.56	17.89	
Magnesium, Mg	mg	27	0.290	20		1		42	478	
Phosphorus, P	mg	209	2.339	20		1		322	3701	
Potassium, K	mg	314	8.364	20		1		484	5561	
Sodium, Na	mg	67	2.541	20		1		103	1187	
Zinc, Zn	mg	1.67	0.060	4		1		2.57	29.58	
Copper, Cu	mg	0.064	0.004	4		1		0.099	1.133	
Manganese, Mn	mg	0.017	0.001	4		1		0.026	0.301	
Selenium, Se	mcg	24.4		0	BFZN	4		37.6	432.1	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070	0.004	20		1		0.108	1.240	
Riboflavin	mg	0.114	0.004	20		1		0.176	2.019	
Niacin	mg	6.036	0.176	20		1		9.295	106.898	
Pantothenic acid	mg	0.684		0		1		1.053	12.114	
Vitamin B-6	mg	0.550		0		1		0.847	9.741	
Folate, total	mcg	8		0		1		12	142	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		12	142	
Folate, DFE	mcg_DFE	8		0	NC	4		12	142	
Vitamin B-12	mcg	0.45		0		1		0.69	7.97	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.500		0		1		0.770	8.855	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010	0.002	10		1		0.015	0.177	
13:0	g									
14:0	g	0.010	0.001	12		1		0.015	0.177	
15:0	g									
16:0	g	0.230	0.023	12		1		0.354	4.073	
17:0	g									
18:0	g	0.150	0.013	12		1		0.231	2.657	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05265
Turkey, young tom, light meat, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.280		0		1		0.431	4.959	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040	0.006	12		1		0.062	0.708	
17:1.....g									
18:1 undifferentiated.....g	0.230	0.021	12		1		0.354	4.073	
20:1.....g	0.010	0.001	10		1		0.015	0.177	
22:1 undifferentiated.....g	0.010	0.001	10		1		0.015	0.177	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.420		0		1		0.647	7.438	
18:2 undifferentiated.....g	0.280	0.027	12		1		0.431	4.959	
18:3 undifferentiated.....g	0.010	0.002	12		1		0.015	0.177	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.080	0.010	11		1		0.123	1.417	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010	0.002	10		1		0.015	0.177	
22:6 n-3.....g	0.020	0.006	10		1		0.031	0.354	
Fatty acids, total trans.....g									
Cholesterol.....mg	62	1.363	20		1		95	1098	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.266		0		1		0.410	4.711	
Threonine.....g	1.042		0		1		1.605	18.454	
Isoleucine.....g	1.218		0		1		1.876	21.571	
Leucine.....g	1.867		0		1		2.875	33.065	
Lysine.....g	2.208		0		1		3.400	39.104	
Methionine.....g	0.678		0		1		1.044	12.007	
Cystine.....g	0.244		0		1		0.376	4.321	
Phenylalanine.....g	0.930		0		1		1.432	16.470	
Tyrosine.....g	0.926		0		1		1.426	16.399	
Valine.....g	1.244		0		1		1.916	22.031	
Arginine.....g	1.634		0		1		2.516	28.938	
Histidine.....g	0.731		0		1		1.126	12.946	
Alanine.....g	1.450		0		1		2.233	25.680	
Aspartic acid.....g	2.275		0		1		3.504	40.290	
Glutamic acid.....g	3.823		0		1		5.887	67.705	
Glycine.....g	1.162		0		1		1.789	20.579	
Proline.....g	0.974		0		1		1.500	17.250	
Serine.....g	1.042		0		1		1.605	18.454	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 154g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 1771g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	62.18		0		1		160.42	3704.06	
Energy	kcal	199		0	NC	4		513	11854	
Energy	kj	833				4		2148	49599	
Protein (N x 6.25)	g	27.97		0		1		72.16	1666.17	
Total lipid (fat)	g	8.81		0		1		22.73	524.81	
Ash	g	0.97		0		1		2.50	57.78	
Carbohydrate, by difference	g	0.10		0	NC	4		0.26	5.96	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	26		0		1		67	1549	
Iron, Fe	mg	2.00		0		1		5.16	119.14	
Magnesium, Mg	mg	24		0		1		62	1430	
Phosphorus, P	mg	201		0		1		519	11974	
Potassium, K	mg	276		0		1		712	16441	
Sodium, Na	mg	72		0		1		186	4289	
Zinc, Zn	mg	3.24		0		1		8.36	193.01	
Copper, Cu	mg	0.105		0		1		0.271	6.255	
Manganese, Mn	mg	0.026		0		1		0.067	1.549	
Selenium, Se	mcg	32.9		0	BFYN	4		84.9	1959.9	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.1		0		1		0.3	6.0	
Thiamin	mg	0.061		0		1		0.157	3.634	
Riboflavin	mg	0.211		0		1		0.544	12.569	
Niacin	mg	4.759		0		1		12.278	283.494	
Pantothenic acid	mg	0.972		0		1		2.508	57.902	
Vitamin B-6	mg	0.410		0		1		1.058	24.424	
Folate, total	mcg	20		0		1		52	1191	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	20		0		1		52	1191	
Folate, DFE	mcg_DFE	20		0	NC	4		52	1191	
Vitamin B-12	mcg	1.27		0		1		3.28	75.65	
Vitamin A, IU	IU	285		0		1		735	16977	
Vitamin A, RAE	mcg_RAE	86		0		1		221	5098	
Retinol	mcg	86		0		1		221	5098	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.580		0		1		6.656	153.691	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.026	0.596	
13:0	g									
14:0	g	0.060		0		1		0.155	3.574	
15:0	g									
16:0	g	1.570		0		1		4.051	93.525	
17:0	g									
18:0	g	0.640		0		1		1.651	38.125	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05254

Turkey, young tom, meat and skin and giblets and neck, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.860		0		1		7.379	170.370	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.470		0		1		1.213	27.998	
17:1.....g									
18:1 undifferentiated.....g	2.320		0		1		5.986	138.202	
20:1.....g	0.020		0		1		0.052	1.191	
22:1 undifferentiated.....g	0.010		0		1		0.026	0.596	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.260		0		1		5.831	134.628	
18:2 undifferentiated.....g	1.870		0		1		4.825	111.396	
18:3 undifferentiated.....g	0.100		0		1		0.258	5.957	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190		0		1		0.490	11.318	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.077	1.787	
22:6 n-3.....g	0.030		0		1		0.077	1.787	
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		248	5719	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.800	18.467	
Threonine.....g	1.223		0		1		3.155	72.854	
Isoleucine.....g	1.404		0		1		3.622	83.636	
Leucine.....g	2.177		0		1		5.617	129.684	
Lysine.....g	2.530		0		1		6.527	150.712	
Methionine.....g	0.784		0		1		2.023	46.703	
Cystine.....g	0.309		0		1		0.797	18.407	
Phenylalanine.....g	1.101		0		1		2.841	65.587	
Tyrosine.....g	1.057		0		1		2.727	62.965	
Valine.....g	1.459		0		1		3.764	86.913	
Arginine.....g	1.967		0		1		5.075	117.174	
Histidine.....g	0.836		0		1		2.157	49.801	
Alanine.....g	1.770		0		1		4.567	105.439	
Aspartic acid.....g	2.694		0		1		6.951	160.482	
Glutamic acid.....g	4.454		0		1		11.491	265.325	
Glycine.....g	1.670		0		1		4.309	99.482	
Proline.....g	1.303		0		1		3.362	77.620	
Serine.....g	1.233		0		1		3.181	73.450	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 258g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 5957g: 1 turkey

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	71.14		0		1		5975.05		
Energy	kcal	152		0	NC	4		12766		
Energy	kj	636				4		53415		
Protein (N x 6.25)	g	20.39		0		1		1712.56		
Total lipid (fat)	g	7.21		0		1		605.57		
Ash	g	0.89		0		1		74.75		
Carbohydrate, by difference	g	0.08		0	NC	4		6.72		
Fiber, total dietary	g	0.0		0	Z	7		0.0		
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15		0		1		1260		
Iron, Fe	mg	1.50		0		1		125.99		
Magnesium, Mg	mg	22		0		1		1848		
Phosphorus, P	mg	182		0		1		15286		
Potassium, K	mg	274		0		1		23013		
Sodium, Na	mg	70		0		1		5879		
Zinc, Zn	mg	2.39		0		1		200.74		
Copper, Cu	mg	0.106		0		1		8.903		
Manganese, Mn	mg	0.022		0		1		1.848		
Selenium, Se	mcg	23.3		0	BFNN	4		1957.0		
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.2		0		1		16.8		
Thiamin	mg	0.071		0		1		5.963		
Riboflavin	mg	0.193		0		1		16.210		
Niacin	mg	4.334		0		1		364.013		
Pantothenic acid	mg	0.943		0		1		79.203		
Vitamin B-6	mg	0.410		0		1		34.436		
Folate, total	mcg	22		0		1		1848		
Folic acid	mcg	0		0	Z	7		0		
Folate, food	mcg	22		0		1		1848		
Folate, DFE	mcg_DFE	22		0	NC	4		1848		
Vitamin B-12	mcg	1.55		0		1		130.18		
Vitamin A, IU	IU	289		0		1		24273		
Vitamin A, RAE	mcg_RAE	87		0		1		7289		
Retinol	mcg	87		0		1		7289		
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.050		0		1		172.180		
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000		
12:0	g	0.010		0		1		0.840		
13:0	g									
14:0	g	0.050		0		1		4.200		
15:0	g									
16:0	g	1.310		0		1		110.027		
17:0	g									
18:0	g	0.480		0		1		40.315		
20:0	g									
22:0	g									
24:0	g									

NDB No. 05253
Turkey, young tom, meat and skin and giblets and neck, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.550		0		1		214.175		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.430		0		1		36.116		
17:1.....g									
18:1 undifferentiated.....g	2.060		0		1		173.019		
20:1.....g	0.010		0		1		0.840		
22:1 undifferentiated.....g	0.010		0		1		0.840		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.790		0		1		150.342		
18:2 undifferentiated.....g	1.520		0		1		127.665		
18:3 undifferentiated.....g	0.090		0		1		7.559		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.120		0		1		10.079		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.010		0		1		0.840		
22:6 n-3.....g	0.020		0		1		1.680		
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		6803		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0		1		18.982		
Threonine.....g	0.891		0		1		74.835		
Isoleucine.....g	1.023		0		1		85.922		
Leucine.....g	1.588		0		1		133.376		
Lysine.....g	1.842		0		1		154.710		
Methionine.....g	0.570		0		1		47.874		
Cystine.....g	0.226		0		1		18.982		
Phenylalanine.....g	0.803		0		1		67.444		
Tyrosine.....g	0.770		0		1		64.672		
Valine.....g	1.064		0		1		89.365		
Arginine.....g	1.434		0		1		120.442		
Histidine.....g	0.608		0		1		51.066		
Alanine.....g	1.290		0		1		108.347		
Aspartic acid.....g	1.964		0		1		164.956		
Glutamic acid.....g	3.244		0		1		272.464		
Glycine.....g	1.221		0		1		102.552		
Proline.....g	0.952		0		1		79.958		
Serine.....g	0.899		0		1		75.507		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 8399g: 1 turkey

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05256
Turkey, young tom, meat and skin, cooked, roasted

Refuse: 20% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	61.92	0.398	20		1		147.99	1702.80	
Energy	kcal	202		0	NC	4		483	5555	
Energy	kj	845				4		2020	23242	
Protein (N x 6.25)	g	28.09	0.185	20		1		67.14	772.48	
Total lipid (fat)	g	9.06	0.400	20		1		21.65	249.15	
Ash	g	0.99	0.010	20		1		2.37	27.23	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	27	1.056	20		1		65	743	
Iron, Fe	mg	1.78	0.082	20		1		4.25	48.95	
Magnesium, Mg	mg	25	0.279	20		1		60	688	
Phosphorus, P	mg	203	1.877	20		1		485	5583	
Potassium, K	mg	282	6.264	20		1		674	7755	
Sodium, Na	mg	72	1.703	20		1		172	1980	
Zinc, Zn	mg	3.02	0.108	4		1		7.22	83.05	
Copper, Cu	mg	0.094	0.010	4		1		0.225	2.585	
Manganese, Mn	mg	0.020	0.001	4		1		0.048	0.550	
Selenium, Se	mcg	34.5		0	BFYN	4		82.5	948.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.062	0.001	20		1		0.148	1.705	
Riboflavin	mg	0.183	0.003	20		1		0.437	5.033	
Niacin	mg	4.900	0.123	20		1		11.711	134.750	
Pantothenic acid	mg	0.879		0		1		2.101	24.173	
Vitamin B-6	mg	0.420		0		1		1.004	11.550	
Folate, total	mcg	7		0		1		17	193	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		17	193	
Folate, DFE	mcg_DFE	7		0	NC	4		17	193	
Vitamin B-12	mcg	0.36		0		1		0.86	9.90	
Vitamin A, IU	IU	0	0.000	4		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	4		1		0	0	
Retinol	mcg	0	0.000	4		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.640		0		1		6.310	72.600	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.024	0.275	
13:0	g									
14:0	g	0.060		0		1		0.143	1.650	
15:0	g									
16:0	g	1.610		0		1		3.848	44.275	
17:0	g									
18:0	g	0.650		0		1		1.554	17.875	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05256
Turkey, young tom, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.980		0		1		7.122	81.950	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.490		0		1		1.171	13.475	
17:1.....g									
18:1 undifferentiated.....g	2.420		0		1		5.784	66.550	
20:1.....g	0.020		0		1		0.048	0.550	
22:1 undifferentiated.....g	0.010		0		1		0.024	0.275	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0		1		5.521	63.525	
18:2 undifferentiated.....g	1.920		0		1		4.589	52.800	
18:3 undifferentiated.....g	0.110		0		1		0.263	3.025	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.180		0		1		0.430	4.950	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.072	0.825	
22:6 n-3.....g	0.040		0		1		0.096	1.100	
Fatty acids, total trans.....g									
Cholesterol.....mg	82	2.336	20		1		196	2255	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.310		0		1		0.741	8.525	
Threonine.....g	1.226		0		1		2.930	33.715	
Isoleucine.....g	1.407		0		1		3.363	38.693	
Leucine.....g	2.181		0		1		5.213	59.978	
Lysine.....g	2.553		0		1		6.102	70.208	
Methionine.....g	0.789		0		1		1.886	21.698	
Cystine.....g	0.309		0		1		0.739	8.498	
Phenylalanine.....g	1.099		0		1		2.627	30.223	
Tyrosine.....g	1.064		0		1		2.543	29.260	
Valine.....g	1.462		0		1		3.494	40.205	
Arginine.....g	1.980		0		1		4.732	54.450	
Histidine.....g	0.844		0		1		2.017	23.210	
Alanine.....g	1.792		0		1		4.283	49.280	
Aspartic acid.....g	2.707		0		1		6.470	74.443	
Glutamic acid.....g	4.478		0		1		10.702	123.145	
Glycine.....g	1.694		0		1		4.049	46.585	
Proline.....g	1.310		0		1		3.131	36.025	
Serine.....g	1.239		0		1		2.961	34.073	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 239g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 2750g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05255
Turkey, young tom, meat and skin, raw

Refuse: 19% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	70.96	0.279	20		1		239.84	2763.89	
Energy	kcal	154		0	NC	4		521	5998	
Energy	kj	644				4		2178	25097	
Protein (N x 6.25)	g	20.45	0.138	20		1		69.12	796.53	
Total lipid (fat)	g	7.43	0.391	20		1		25.11	289.40	
Ash	g	0.88	0.003	20		1		2.97	34.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	15	0.349	20		1		51	584	
Iron, Fe	mg	1.28	0.064	20		1		4.33	49.86	
Magnesium, Mg	mg	22	0.232	20		1		74	857	
Phosphorus, P	mg	180	1.539	20		1		608	7011	
Potassium, K	mg	271	6.797	20		1		916	10555	
Sodium, Na	mg	68	1.988	20		1		230	2649	
Zinc, Zn	mg	2.28	0.054	4		1		7.71	88.81	
Copper, Cu	mg	0.095	0.004	4		1		0.321	3.700	
Manganese, Mn	mg	0.017	0.000	4		1		0.057	0.662	
Selenium, Se	mcg	24.5		0	PAK	1		82.8	954.3	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.070	0.003	20		1		0.237	2.727	
Riboflavin	mg	0.152	0.004	20		1		0.514	5.920	
Niacin	mg	4.295	0.140	20		1		14.517	167.290	
Pantothenic acid	mg	0.805		0		1		2.721	31.355	
Vitamin B-6	mg	0.410		0		1		1.386	15.970	
Folate, total	mcg	8		0		1		27	312	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		27	312	
Folate, DFE	mcg_DFE	8		0	NC	4		27	312	
Vitamin B-12	mcg	0.40		0		1		1.35	15.58	
Vitamin A, IU	IU	7	1.401	4		1		24	273	
Vitamin A, RAE	mcg_RAE	2	0.421	4		1		7	82	
Retinol	mcg	2	0.421	4		1		7	82	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.100		0		1		7.098	81.795	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.034	0.390	
13:0	g									
14:0	g	0.050		0		1		0.169	1.948	
15:0	g									
16:0	g	1.350		0		1		4.563	52.583	
17:0	g									
18:0	g	0.480		0		1		1.622	18.696	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05255
Turkey, young tom, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.680		0		1		9.058	104.386	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.450		0		1		1.521	17.528	
17:1.....g									
18:1 undifferentiated.....g	2.160		0		1		7.301	84.132	
20:1.....g	0.010		0		1		0.034	0.390	
22:1 undifferentiated.....g	0.010		0		1		0.034	0.390	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.840		0		1		6.219	71.668	
18:2 undifferentiated.....g	1.570		0		1		5.307	61.152	
18:3 undifferentiated.....g	0.100		0		1		0.338	3.895	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.372	4.285	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.034	0.390	
22:6 n-3.....g	0.020		0		1		0.068	0.779	
Fatty acids, total trans.....g									
Cholesterol.....mg	72	1.350	20		1		243	2804	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.226		0		1		0.764	8.803	
Threonine.....g	0.892		0		1		3.015	34.743	
Isoleucine.....g	1.024		0		1		3.461	39.885	
Leucine.....g	1.588		0		1		5.367	61.853	
Lysine.....g	1.858		0		1		6.280	72.369	
Methionine.....g	0.574		0		1		1.940	22.357	
Cystine.....g	0.225		0		1		0.761	8.764	
Phenylalanine.....g	0.800		0		1		2.704	31.160	
Tyrosine.....g	0.775		0		1		2.620	30.186	
Valine.....g	1.064		0		1		3.596	41.443	
Arginine.....g	1.442		0		1		4.874	56.166	
Histidine.....g	0.614		0		1		2.075	23.915	
Alanine.....g	1.305		0		1		4.411	50.830	
Aspartic acid.....g	1.971		0		1		6.662	76.770	
Glutamic acid.....g	3.260		0		1		11.019	126.977	
Glycine.....g	1.236		0		1		4.178	48.142	
Proline.....g	0.955		0		1		3.228	37.197	
Serine.....g	0.902		0		1		3.049	35.133	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 338g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3895g: .5 turkey, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	65.05	0.339	20		1		91.07	134.00	
Energy	kcal	168		0	NC	4		235	346	
Energy	kj	703				4		984	1448	
Protein (N x 6.25)	g	29.36	0.206	20		1		41.10	60.48	
Total lipid (fat)	g	4.68	0.215	20		1		6.55	9.64	
Ash	g	1.03	0.008	20		1		1.44	2.12	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	25	1.057	20		1		35	52	
Iron, Fe	mg	1.78	0.088	20		1		2.49	3.67	
Magnesium, Mg	mg	26	0.290	20		1		36	54	
Phosphorus, P	mg	214	1.611	20		1		300	441	
Potassium, K	mg	301	6.395	20		1		421	620	
Sodium, Na	mg	74	1.670	20		1		104	152	
Zinc, Zn	mg	3.17	0.131	4		1		4.44	6.53	
Copper, Cu	mg	0.095	0.010	4		1		0.133	0.196	
Manganese, Mn	mg	0.020	0.001	4		1		0.028	0.041	
Selenium, Se	mcg	36.8		0	BFYN	4		51.5	75.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.068	0.002	20		1		0.095	0.140	
Riboflavin	mg	0.188	0.003	20		1		0.263	0.387	
Niacin	mg	5.265	0.127	20		1		7.371	10.846	
Pantothenic acid	mg	0.968		0		1		1.355	1.994	
Vitamin B-6	mg	0.470		0		1		0.658	0.968	
Folate, total	mcg	8		0		1		11	16	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	8		0		1		11	16	
Folate, DFE	mcg_DFE	8		0	NC	4		11	16	
Vitamin B-12	mcg	0.38		0		1		0.53	0.78	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.540		0		1		2.156	3.172	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.014	0.021	
13:0	g									
14:0	g	0.030		0		1		0.042	0.062	
15:0	g									
16:0	g	0.780		0		1		1.092	1.607	
17:0	g									
18:0	g	0.460		0		1		0.644	0.948	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05258
Turkey, young tom, meat only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.980		0		1		1.372	2.019	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		0		1		0.196	0.288	
17:1.....g									
18:1 undifferentiated.....g	0.810		0		1		1.134	1.669	
20:1.....g	0.020		0		1		0.028	0.041	
22:1 undifferentiated.....g	0.010		0		1		0.014	0.021	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.350		0		1		1.890	2.781	
18:2 undifferentiated.....g	1.030		0		1		1.442	2.122	
18:3 undifferentiated.....g	0.030		0		1		0.042	0.062	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.190		0		1		0.266	0.391	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.030		0		1		0.042	0.062	
22:6 n-3.....g	0.040		0		1		0.056	0.082	
Fatty acids, total trans.....g									
Cholesterol.....mg	77	2.179	20		1		108	159	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.333		0		1		0.466	0.686	
Threonine.....g	1.306		0		1		1.828	2.690	
Isoleucine.....g	1.527		0		1		2.138	3.146	
Leucine.....g	2.339		0		1		3.275	4.818	
Lysine.....g	2.767		0		1		3.874	5.700	
Methionine.....g	0.850		0		1		1.190	1.751	
Cystine.....g	0.305		0		1		0.427	0.628	
Phenylalanine.....g	1.165		0		1		1.631	2.400	
Tyrosine.....g	1.160		0		1		1.624	2.390	
Valine.....g	1.559		0		1		2.183	3.212	
Arginine.....g	2.048		0		1		2.867	4.219	
Histidine.....g	0.916		0		1		1.282	1.887	
Alanine.....g	1.818		0		1		2.545	3.745	
Aspartic acid.....g	2.851		0		1		3.991	5.873	
Glutamic acid.....g	4.791		0		1		6.707	9.869	
Glycine.....g	1.456		0		1		2.038	2.999	
Proline.....g	1.221		0		1		1.709	2.515	
Serine.....g	1.306		0		1		1.828	2.690	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 140g: 1 cup, chopped or diced

Measure 2 = 206g: 1 unit (yield from 1 lb ready-to-cook turkey)

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	74.38	0.110	20		1		212.73	2456.03	
Energy	kcal	117		0	NC	4		335	3863	
Energy	kj	490				4		1400	16164	
Protein (N x 6.25)	g	21.72	0.086	20		1		62.12	717.19	
Total lipid (fat)	g	2.70	0.112	20		1		7.72	89.15	
Ash	g	0.97	0.004	20		1		2.77	32.03	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	14	0.380	20		1		40	462	
Iron, Fe	mg	1.30	0.070	20		1		3.72	42.93	
Magnesium, Mg	mg	24	0.221	20		1		69	792	
Phosphorus, P	mg	198	1.928	20		1		566	6538	
Potassium, K	mg	302	8.201	20		1		864	9972	
Sodium, Na	mg	73	2.200	20		1		209	2410	
Zinc, Zn	mg	2.46	0.035	4		1		7.04	81.23	
Copper, Cu	mg	0.100	0.004	4		1		0.286	3.302	
Manganese, Mn	mg	0.019	0.000	4		1		0.054	0.627	
Selenium, Se	mcg	26.5		0	PIE	4		75.8	875.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.079	0.003	20		1		0.226	2.609	
Riboflavin	mg	0.165	0.004	20		1		0.472	5.448	
Niacin	mg	4.768	0.156	20		1		13.636	157.439	
Pantothenic acid	mg	0.902		0		1		2.580	29.784	
Vitamin B-6	mg	0.470		0		1		1.344	15.519	
Folate, total	mcg	9		0		1		26	297	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	9		0		1		26	297	
Folate, DFE	mcg_DFE	9		0	NC	4		26	297	
Vitamin B-12	mcg	0.43		0		1		1.23	14.20	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	0.890		0		1		2.545	29.388	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.029	0.330	
13:0	g									
14:0	g	0.020		0		1		0.057	0.660	
15:0	g									
16:0	g	0.450		0		1		1.287	14.859	
17:0	g									
18:0	g	0.270		0		1		0.772	8.915	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05257
Turkey, young tom, meat only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.570		0		1		1.630	18.821	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.229	2.642	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		1.344	15.519	
20:1.....g	0.010		0		1		0.029	0.330	
22:1 undifferentiated.....g	0.010		0		1		0.029	0.330	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.780		0		1		2.231	25.756	
18:2 undifferentiated.....g	0.600		0		1		1.716	19.812	
18:3 undifferentiated.....g	0.020		0		1		0.057	0.660	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.110		0		1		0.315	3.632	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.057	0.660	
22:6 n-3.....g	0.020		0		1		0.057	0.660	
Fatty acids, total trans.....g									
Cholesterol.....mg	68	1.387	20		1		194	2245	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.247		0		1		0.706	8.156	
Threonine.....g	0.966		0		1		2.763	31.897	
Isoleucine.....g	1.129		0		1		3.229	37.280	
Leucine.....g	1.731		0		1		4.951	57.158	
Lysine.....g	2.047		0		1		5.854	67.592	
Methionine.....g	0.629		0		1		1.799	20.770	
Cystine.....g	0.226		0		1		0.646	7.463	
Phenylalanine.....g	0.862		0		1		2.465	28.463	
Tyrosine.....g	0.858		0		1		2.454	28.331	
Valine.....g	1.154		0		1		3.300	38.105	
Arginine.....g	1.515		0		1		4.333	50.025	
Histidine.....g	0.678		0		1		1.939	22.388	
Alanine.....g	1.345		0		1		3.847	44.412	
Aspartic acid.....g	2.109		0		1		6.032	69.639	
Glutamic acid.....g	3.544		0		1		10.136	117.023	
Glycine.....g	1.077		0		1		3.080	35.563	
Proline.....g	0.903		0		1		2.583	29.817	
Serine.....g	0.966		0		1		2.763	31.897	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 286g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 3302g: .5 turkey, bone and skin removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05260
Turkey, young tom, skin only, cooked, roasted

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	41.54	0.670	20		1		13.29	155.36	
Energy	kcal	422		0	NC	4		135	1578	
Energy	kj	1766				4		565	6604	
Protein (N x 6.25)	g	20.14	0.493	20		1		6.44	75.32	
Total lipid (fat)	g	37.25	1.038	20		1		11.92	139.32	
Ash	g	0.67	0.022	20		1		0.21	2.51	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	37	1.916	20		1		12	138	
Iron, Fe	mg	1.76	0.093	20		1		0.56	6.58	
Magnesium, Mg	mg	17	0.459	20		1		5	64	
Phosphorus, P	mg	140	5.111	20		1		45	524	
Potassium, K	mg	161	8.480	20		1		52	602	
Sodium, Na	mg	60	2.685	20		1		19	224	
Zinc, Zn	mg	2.08	0.161	4		1		0.67	7.78	
Copper, Cu	mg	0.087	0.006	4		1		0.028	0.325	
Manganese, Mn	mg	0.021	0.001	4		1		0.007	0.079	
Selenium, Se	mcg	152.9		0	BFNN	4		48.9	571.8	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.022	0.001	20		1		0.007	0.082	
Riboflavin	mg	0.155	0.005	20		1		0.050	0.580	
Niacin	mg	2.534	0.092	20		1		0.811	9.477	
Pantothenic acid	mg	0.316		0		1		0.101	1.182	
Vitamin B-6	mg	0.080		0		1		0.026	0.299	
Folate, total	mcg	4		0		1		1	15	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		1	15	
Folate, DFE	mcg_DFE	4		0	NC	4		1	15	
Vitamin B-12	mcg	0.25		0		1		0.08	0.94	
Vitamin A, IU	IU	0	0.000	4		1		0	0	
Vitamin A, RAE	mcg_RAE	0	0.000	4		1		0	0	
Retinol	mcg	0	0.000	4		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.720		0		1		3.110	36.353	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.290		0		1		0.093	1.085	
15:0	g									
16:0	g	7.010		0		1		2.243	26.217	
17:0	g									
18:0	g	1.850		0		1		0.592	6.919	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05260
Turkey, young tom, skin only, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.870		0		1		5.078	59.354	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.750		0		1		0.880	10.285	
17:1.....g									
18:1 undifferentiated.....g	12.780		0		1		4.090	47.797	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.530		0		1		2.730	31.902	
18:2 undifferentiated.....g	7.710		0		1		2.467	28.835	
18:3 undifferentiated.....g	0.570		0		1		0.182	2.132	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100		0		1		0.032	0.374	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	117	5.349	20		1		37	438	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.161		0		1		0.052	0.602	
Threonine.....g	0.719		0		1		0.230	2.689	
Isoleucine.....g	0.648		0		1		0.207	2.424	
Leucine.....g	1.182		0		1		0.378	4.421	
Lysine.....g	1.202		0		1		0.385	4.495	
Methionine.....g	0.403		0		1		0.129	1.507	
Cystine.....g	0.335		0		1		0.107	1.253	
Phenylalanine.....g	0.680		0		1		0.218	2.543	
Tyrosine.....g	0.458		0		1		0.147	1.713	
Valine.....g	0.847		0		1		0.271	3.168	
Arginine.....g	1.553		0		1		0.497	5.808	
Histidine.....g	0.387		0		1		0.124	1.447	
Alanine.....g	1.634		0		1		0.523	6.111	
Aspartic acid.....g	1.801		0		1		0.576	6.736	
Glutamic acid.....g	2.503		0		1		0.801	9.361	
Glycine.....g	3.212		0		1		1.028	12.013	
Proline.....g	1.878		0		1		0.601	7.024	
Serine.....g	0.818		0		1		0.262	3.059	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 32g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 374g: .5 turkey, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05259
Turkey, young tom, skin only, raw

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	51.25	1.069	21		1		26.14	303.40	
Energy	kcal	368		0	NC	4		188	2179	
Energy	kj	1540				4		785	9115	
Protein (N x 6.25)	g	13.24	0.363	22		1		6.75	78.38	
Total lipid (fat)	g	34.56	1.478	21		1		17.63	204.60	
Ash	g	0.39	0.008	20		1		0.20	2.31	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	18	0.569	20		1		9	107	
Iron, Fe	mg	1.20	0.077	20		1		0.61	7.10	
Magnesium, Mg	mg	8	0.170	20		1		4	47	
Phosphorus, P	mg	82	2.239	20		1		42	485	
Potassium, K	mg	96	4.949	20		1		49	568	
Sodium, Na	mg	40	1.973	20		1		20	237	
Zinc, Zn	mg	1.26	0.087	4		1		0.64	7.46	
Copper, Cu	mg	0.068	0.007	4		1		0.035	0.403	
Manganese, Mn	mg	0.009	0.001	4		1		0.005	0.053	
Selenium, Se	mcg	13.0		0	BFNN	4		6.6	77.0	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.019	0.001	20		1		0.010	0.112	
Riboflavin	mg	0.079	0.003	20		1		0.040	0.468	
Niacin	mg	1.568	0.078	20		1		0.800	9.283	
Pantothenic acid	mg	0.263		0		1		0.134	1.557	
Vitamin B-6	mg	0.070		0		1		0.036	0.414	
Folate, total	mcg	4		0		1		2	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	4		0		1		2	24	
Folate, DFE	mcg_DFE	4		0	NC	4		2	24	
Vitamin B-12	mcg	0.25		0		1		0.13	1.48	
Vitamin A, IU	IU	49	6.976	4		1		25	290	
Vitamin A, RAE	mcg_RAE	15	2.095	4		1		8	87	
Retinol	mcg	15	2.095	4		1		8	87	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	9.020		0		1		4.600	53.398	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.000		0		1		0.000	0.000	
13:0	g									
14:0	g	0.270	0.017	14		1		0.138	1.598	
15:0	g									
16:0	g	6.510	0.374	14		1		3.320	38.539	
17:0	g									
18:0	g	1.720	0.107	14		1		0.877	10.182	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05259
Turkey, young tom, skin only, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.730		0		1		7.512	87.202	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.550	0.171	14		1		1.301	15.096	
17:1.....g									
18:1 undifferentiated.....g	11.860	0.660	14		1		6.049	70.211	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.920		0		1		4.039	46.886	
18:2 undifferentiated.....g	7.160	0.416	14		1		3.652	42.387	
18:3 undifferentiated.....g	0.530	0.044	11		1		0.270	3.138	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090	0.011	10		1		0.046	0.533	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	3.414	20		1		48	562	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.054	0.628	
Threonine.....g	0.472		0		1		0.241	2.794	
Isoleucine.....g	0.426		0		1		0.217	2.522	
Leucine.....g	0.777		0		1		0.396	4.600	
Lysine.....g	0.790		0		1		0.403	4.677	
Methionine.....g	0.265		0		1		0.135	1.569	
Cystine.....g	0.220		0		1		0.112	1.302	
Phenylalanine.....g	0.447		0		1		0.228	2.646	
Tyrosine.....g	0.301		0		1		0.154	1.782	
Valine.....g	0.557		0		1		0.284	3.297	
Arginine.....g	1.021		0		1		0.521	6.044	
Histidine.....g	0.254		0		1		0.130	1.504	
Alanine.....g	1.074		0		1		0.548	6.358	
Aspartic acid.....g	1.184		0		1		0.604	7.009	
Glutamic acid.....g	1.646		0		1		0.839	9.744	
Glycine.....g	2.112		0		1		1.077	12.503	
Proline.....g	1.235		0		1		0.630	7.311	
Serine.....g	0.538		0		1		0.274	3.185	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 51g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 592g: .5 turkey, skin only

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	60.31		0		1		12.67	142.93	
Energy	kcal	221		0	NC	4		46	524	
Energy	kj	925				4		194	2191	
Protein (N x 6.25)	g	27.45		0		1		5.76	65.06	
Total lipid (fat)	g	11.50		0		1		2.42	27.26	
Ash	g	0.96		0		1		0.20	2.28	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	23		0		1		5	55	
Iron, Fe	mg	1.46		0		1		0.31	3.46	
Magnesium, Mg	mg	25		0		1		5	59	
Phosphorus, P	mg	200		0		1		42	474	
Potassium, K	mg	271		0		1		57	642	
Sodium, Na	mg	66		0		1		14	156	
Zinc, Zn	mg	2.10		0		1		0.44	4.98	
Copper, Cu	mg	0.053		0		1		0.011	0.126	
Manganese, Mn	mg	0.020		0		1		0.004	0.047	
Selenium, Se	mcg	30.2		0	BFYN	4		6.3	71.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.056		0		1		0.012	0.133	
Riboflavin	mg	0.137		0		1		0.029	0.325	
Niacin	mg	5.565		0		1		1.169	13.189	
Pantothenic acid	mg	0.599		0		1		0.126	1.420	
Vitamin B-6	mg	0.430		0		1		0.090	1.019	
Folate, total	mcg	6		0		1		1	14	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	6		0		1		1	14	
Folate, DFE	mcg_DFE	6		0	NC	4		1	14	
Vitamin B-12	mcg	0.35		0		1		0.07	0.83	
Vitamin A, IU	IU	0		0		1		0	0	
Vitamin A, RAE	mcg_RAE	0		0		1		0	0	
Retinol	mcg	0		0		1		0	0	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	3.130		0		1		0.657	7.418	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.002	0.024	
13:0	g									
14:0	g	0.080		0		1		0.017	0.190	
15:0	g									
16:0	g	2.070		0		1		0.435	4.906	
17:0	g									
18:0	g	0.680		0		1		0.143	1.612	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05276
Turkey, young tom, wing, meat and skin, cooked, roasted

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.350		0		1		0.914	10.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.740		0		1		0.155	1.754	
17:1.....g									
18:1 undifferentiated.....g	3.510		0		1		0.737	8.319	
20:1.....g	0.010		0		1		0.002	0.024	
22:1 undifferentiated.....g	0.010		0		1		0.002	0.024	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.720		0		1		0.571	6.446	
18:2 undifferentiated.....g	2.310		0		1		0.485	5.475	
18:3 undifferentiated.....g	0.150		0		1		0.032	0.356	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.140		0		1		0.029	0.332	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.020		0		1		0.004	0.047	
22:6 n-3.....g	0.020		0		1		0.004	0.047	
Fatty acids, total trans.....g									
Cholesterol.....mg	81		0		1		17	192	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.295		0		1		0.062	0.699	
Threonine.....g	1.177		0		1		0.247	2.789	
Isoleucine.....g	1.328		0		1		0.279	3.147	
Leucine.....g	2.081		0		1		0.437	4.932	
Lysine.....g	2.413		0		1		0.507	5.719	
Methionine.....g	0.750		0		1		0.158	1.778	
Cystine.....g	0.317		0		1		0.067	0.751	
Phenylalanine.....g	1.060		0		1		0.223	2.512	
Tyrosine.....g	1.000		0		1		0.210	2.370	
Valine.....g	1.402		0		1		0.294	3.323	
Arginine.....g	1.952		0		1		0.410	4.626	
Histidine.....g	0.796		0		1		0.167	1.887	
Alanine.....g	1.796		0		1		0.377	4.257	
Aspartic acid.....g	2.627		0		1		0.552	6.226	
Glutamic acid.....g	4.284		0		1		0.900	10.153	
Glycine.....g	1.915		0		1		0.402	4.539	
Proline.....g	1.402		0		1		0.294	3.323	
Serine.....g	1.201		0		1		0.252	2.846	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 21g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 237g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05275
Turkey, young tom, wing, meat and skin, raw

Refuse: 34% Bone

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	67.32		0		1		20.20	234.27	
Energy	kcal	188		0	NC	4		56	654	
Energy	kj	787				4		236	2737	
Protein (N x 6.25)	g	20.45		0		1		6.14	71.17	
Total lipid (fat)	g	11.22		0		1		3.37	39.05	
Ash	g	0.82		0		1		0.25	2.85	
Carbohydrate, by difference	g	0.00		0	Z	7		0.00	0.00	
Fiber, total dietary	g	0.0		0	Z	7		0.0	0.0	
Sugars, total	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	13		0		1		4	45	
Iron, Fe	mg	1.07		0		1		0.32	3.72	
Magnesium, Mg	mg	21		0		1		6	73	
Phosphorus, P	mg	172		0		1		52	599	
Potassium, K	mg	250		0		1		75	870	
Sodium, Na	mg	60		0		1		18	209	
Zinc, Zn	mg	1.55		0		1		0.47	5.39	
Copper, Cu	mg	0.065		0		1		0.020	0.226	
Manganese, Mn	mg	0.015		0		1		0.005	0.052	
Selenium, Se	mcg	22.0		0	BFNN	4		6.6	76.6	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		0	Z	7		0.0	0.0	
Thiamin	mg	0.055		0		1		0.017	0.191	
Riboflavin	mg	0.104		0		1		0.031	0.362	
Niacin	mg	4.730		0		1		1.419	16.460	
Pantothenic acid	mg	0.561		0		1		0.168	1.952	
Vitamin B-6	mg	0.410		0		1		0.123	1.427	
Folate, total	mcg	7		0		1		2	24	
Folic acid	mcg	0		0	Z	7		0	0	
Folate, food	mcg	7		0		1		2	24	
Folate, DFE	mcg_DFE	7		0	NC	4		2	24	
Vitamin B-12	mcg	0.39		0		1		0.12	1.36	
Vitamin A, IU	IU	14		0		1		4	49	
Vitamin A, RAE	mcg_RAE	4		0		1		1	15	
Retinol	mcg	4		0		1		1	15	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	2.990		0		1		0.897	10.405	
4:0	g									
6:0	g									
8:0	g									
10:0	g	0.000		0		4		0.000	0.000	
12:0	g	0.010		0		1		0.003	0.035	
13:0	g									
14:0	g	0.080		0		1		0.024	0.278	
15:0	g									
16:0	g	2.060		0		1		0.618	7.169	
17:0	g									
18:0	g	0.610		0		1		0.183	2.123	
20:0	g									
22:0	g									
24:0	g									

NDB No. 05275
Turkey, young tom, wing, meat and skin, raw

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.500		0		1		1.350	15.660	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.770		0		1		0.231	2.680	
17:1.....g									
18:1 undifferentiated.....g	3.630		0		1		1.089	12.632	
20:1.....g	0.010		0		1		0.003	0.035	
22:1 undifferentiated.....g	0.010		0		1		0.003	0.035	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.610		0		1		0.783	9.083	
18:2 undifferentiated.....g	2.290		0		1		0.687	7.969	
18:3 undifferentiated.....g	0.160		0		1		0.048	0.557	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		0		1		0.027	0.313	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.010		0		1		0.003	0.035	
22:6 n-3.....g	0.010		0		1		0.003	0.035	
Fatty acids, total trans.....g									
Cholesterol.....mg	72		0		1		22	251	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.219		0		1		0.066	0.762	
Threonine.....g	0.875		0		1		0.263	3.045	
Isoleucine.....g	0.986		0		1		0.296	3.431	
Leucine.....g	1.548		0		1		0.464	5.387	
Lysine.....g	1.794		0		1		0.538	6.243	
Methionine.....g	0.557		0		1		0.167	1.938	
Cystine.....g	0.237		0		1		0.071	0.825	
Phenylalanine.....g	0.789		0		1		0.237	2.746	
Tyrosine.....g	0.743		0		1		0.223	2.586	
Valine.....g	1.043		0		1		0.313	3.630	
Arginine.....g	1.455		0		1		0.437	5.063	
Histidine.....g	0.592		0		1		0.178	2.060	
Alanine.....g	1.340		0		1		0.402	4.663	
Aspartic acid.....g	1.956		0		1		0.587	6.807	
Glutamic acid.....g	3.187		0		1		0.956	11.091	
Glycine.....g	1.440		0		1		0.432	5.011	
Proline.....g	1.050		0		1		0.315	3.654	
Serine.....g	0.895		0		1		0.269	3.115	
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 30g: 1 unit (yield from 1 lb ready-to-cook turkey)

Measure 2 = 348g: 1 wing, bone removed

Calories Factors: Protein 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 05600
USDA Commodity, turkey ham, dark meat, smoked, frozen

Refuse: 0%

Nutrients and Units		Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:										
Water	g	73.50		1	A	1		20.84	20.58	
Energy	kcal	118		0	NC	4		33	33	
Energy	kj	494				4		140	138	
Protein (N x 6.25)	g	16.30		1	A	1		4.62	4.56	
Total lipid (fat)	g	4.00		1	A	1		1.13	1.12	
Ash	g	3.20		1	A	1		0.91	0.90	
Carbohydrate, by difference	g	3.10		0	NC	4		0.88	0.87	
Fiber, total dietary	g	0.0		1	A	1		0.0	0.0	
Sugars, total	g	1.20		1	A	1		0.34	0.34	
Sucrose	g	0.50		1	A	1		0.14	0.14	
Glucose (dextrose)	g	0.70		1	A	1		0.20	0.20	
Fructose	g									
Lactose	g									
Maltose	g									
Galactose	g									
Starch	g									
Minerals:										
Calcium, Ca	mg	7		1	A	1		2	2	
Iron, Fe	mg	1.00		1	A	1		0.28	0.28	
Magnesium, Mg	mg	16		1	A	1		5	4	
Phosphorus, P	mg	289		1	A	1		82	81	
Potassium, K	mg	253		1	A	1		72	71	
Sodium, Na	mg	909		1	A	1		258	255	
Zinc, Zn	mg	2.10		1	A	1		0.60	0.59	
Copper, Cu	mg									
Manganese, Mn	mg									
Selenium, Se	mcg	38.2		0	BFNN	4		10.8	10.7	
Vitamins:										
Vitamin C, total ascorbic acid	mg	0.0		1	A	1		0.0	0.0	
Thiamin	mg	0.230		1	A	1		0.065	0.064	
Riboflavin	mg	0.270		1	A	1		0.077	0.076	
Niacin	mg	4.120		1	A	1		1.168	1.154	
Pantothenic acid	mg									
Vitamin B-6	mg	0.060		1	A	1		0.017	0.017	
Folate, total	mcg									
Folate, DFE	mcg_DFE									
Vitamin B-12	mcg	0.80		1	A	1		0.23	0.22	
Vitamin A, IU	IU	53		2	AS	1		15	15	
Vitamin A, RAE	mcg_RAE	16		2	AS	1		5	4	
Vitamin E (alpha-tocopherol)	mg									
Tocopherol, beta	mg									
Tocopherol, gamma	mg									
Tocopherol, delta	mg									
Vitamin D	IU									
Vitamin K (phylloquinone)	mcg									
Lipids:										
Fatty acids, total saturated	g	1.200		1	A	1		0.340	0.336	
4:0	g									
6:0	g									
8:0	g									
10:0	g									
12:0	g									
13:0	g									
14:0	g	0.047		1	A	1		0.013	0.013	
15:0	g									
16:0	g	0.802		1	A	1		0.227	0.225	
17:0	g									
18:0	g	0.351		1	A	1		0.100	0.098	

NDB No. 05600
USDA Commodity, turkey ham, dark meat, smoked, frozen

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	1.337		1	A	1		0.379	0.374	
14:1 g									
15:1 g									
16:1 undifferentiated g									
17:1 g									
18:1 undifferentiated g	1.337		1	A	1		0.379	0.374	
20:1 g									
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.873		1	A	1		0.247	0.244	
18:2 undifferentiated g	0.836		1	A	1		0.237	0.234	
18:3 undifferentiated g	0.037		1	A	1		0.010	0.010	
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g									
20:5 n-3 g									
22:5 n-3 g									
22:6 n-3 g									
Fatty acids, total trans g									
Cholesterol mg	64		1	A	1		18	18	
Phytosterols mg									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 serving

Calories Factors: **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 16 (2003)