NDB No. 05111

Canada Goose, breast meat, skinless, raw

Branta canadensis

Canadian geese

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	70.78	0.693	3	A	1		60.16	449.45	3117.86
Energy kcal	133		0	NC	4		113	847	5878
Energy kJ	558		0	NC	4		474	3543	24580
Protein g	24.31	0.166	3	A	1		20.67	154.38	1070.96
Total lipid (fat) g	4.02	0.505	3	A	1		3.42	25.53	177.08
Ash g	1.41	0.054	3	A	1		1.20	8.97	62.26
Carbohydrate, by difference g	0.00		0	NC	4		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	4	0.023	3	A	1		3	22	155
Iron, Fe mg	5.91	0.359	3	A	1		5.02	37.51	260.19
Magnesium, Mg mg	29	0.458	3	A	1		25	184	1273
Phosphorus, P mg	256	1.000	3	A	1		218	1626	11277
Potassium, K mg	336	2.848	3	A	1		285	2131	14786
Sodium, Na mg	50	0.784	3	A	1		43	319	2213
Zinc, Zn mg	1.68	0.061	3	A	1		1.43	10.67	74.00
Copper, Cu mg	0.443	0.023	3	A	1		0.377	2.815	19.526
Manganese, Mn mg	0.050	0.004	3	A	1		0.043	0.320	2.223
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.284	0.022	3	A	1		0.242	1.806	12.525
Riboflavin mg	1.523	0.052	3	A	1		1.295	9.673	67.100
Niacin mg	6.560	0.306	3	A	1		5.576	41.656	288.965
Pantothenic acid mg									
Vitamin B-6 mg	1.077	0.067	3	A	1		0.915	6.836	47.424
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.10	0.321	3	A	1		3.48	26.03	180.60
Vitamin A, RAE µg	11		0	AS	1		10	72	501
Vitamin A, IU IU	38		0	AS	1		32	241	1669
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.57		2	A	1		0.49	3.63	25.17
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.06		2	A	1		0.05	0.37	2.60
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.609		0	NC	4		0.517	3.866	26.818
4:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 05111
Canada Goose, breast meat, skinless, 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
8:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
10:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0 g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.008	0.002	3	A	1		0.006	0.048	0.335
15:0 g	0.002	0.001	3	A	1		0.002	0.015	0.103
16:0 g	0.382	0.099	3	A	1		0.325	2.425	16.824
17:0 g	0.003	0.001	3	A	1		0.002	0.017	0.117
18:0 g	0.207	0.051	3	A	1		0.176	1.316	9.130
20:0 g	0.003	0.001	3	A	1		0.003	0.019	0.132
22:0 g	0.002	0.001	3	A	1		0.002	0.015	0.103
24:0 g	0.002	0.000	3	A	1		0.001	0.011	0.073
Fatty acids, total monounsaturated g	0.817		0	NC	4		0.695	5.191	36.009
14:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1 g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.059	0.016	3	AS	1		0.050	0.372	2.581
16:1 c g	0.059	0.016	3	A	1		0.050	0.372	2.581
16:1 t g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1 g	0.000	0.000	3	A	1		0.000	0.002	0.015
18:1 undifferentiated g	0.752	0.202	3	AS	1		0.639	4.777	33.136
18:1 c g	0.745	0.199	3	A	1		0.633	4.730	32.814
18:1 t g	0.007	0.003	3	A	1		0.006	0.046	0.322
18:1-11 t (18:1t n-7) g									
20:1 g	0.006	0.002	3	A	1		0.005	0.040	0.278
22:1 undifferentiated g	0.000	0.000	3	AS	1		0.000	0.000	0.000
22:1 c g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 t g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.347		0	NC	4		0.295	2.204	15.290
18:2 undifferentiated g	0.227	0.045	3	AS	1		0.193	1.441	9.996
18:2 n-6 c,c g	0.226	0.044	3	A	1		0.192	1.433	9.938
18:2 CLAs g	0.001	0.001	3	A	1		0.001	0.004	0.029
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.001	0.001	3	A	1		0.001	0.004	0.029
18:3 undifferentiated g	0.033	0.007	3	AS	1		0.028	0.207	1.436
18:3 n-3 c,c,c (ALA) g	0.033	0.007	3	A	1		0.028	0.207	1.436
18:3 n-6 c,c,c g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:3i g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4 g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.002	0.001	3	A	1		0.001	0.011	0.073
20:3 undifferentiated g	0.005	0.001	3	AS	1		0.004	0.029	0.204
20:3 n-3 g	0.001	0.001	3	A	1		0.001	0.008	0.059
20:3 n-6 g	0.003	0.001	3	A	1		0.003	0.021	0.145
20:4 undifferentiated g	0.062	0.018	3	A	1		0.052	0.392	2.716
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.002	3	A	1		0.003	0.023	0.162
21:5 g									
22:4 g	0.005	0.002	3	A	1		0.005	0.034	0.233
22:5 n-3 (DPA) g	0.004	0.002	3	A	1		0.004	0.027	0.189
22:6 n-3 (DHA) g	0.006	0.003	3	A	1		0.005	0.040	0.279
Fatty acids, total trans g	0.008		0	NC	4		0.007	0.051	0.351
Fatty acids, total trans-monoenoic g	0.007		0	NC	4		0.006	0.046	0.322
Fatty acids, total trans-polyenoic g	0.001		0	NC	4		0.001	0.004	0.029
Cholesterol mg	80	2.707	3	A	1		68	511	3542
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	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

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

NDB No. 05111
Canada Goose, breast meat, skinless, 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

food, or similar food.

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 635g: 1 breast

Measure 3 = 4405g: 1 bird

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05326
Chicken breast tenders, breaded, cooked, microwaved

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	51.34		1	A	1		7.70	31.83	
Energy kcal	252		0	NC	4		38	156	
Energy kJ	1053		0	NC	4		158	653	
Protein (N x 6.25) g	16.35		1	A	1		2.45	10.14	
Total lipid (fat) g	12.89		1	A	1		1.93	7.99	
Ash g	1.87		1	A	1		0.28	1.16	
Carbohydrate, by difference g	17.56		0	NC	4		2.63	10.88	
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		1	A	1		2	8	
Iron, Fe mg	1.00		1	A	1		0.15	0.62	
Magnesium, Mg mg	26		1	A	1		4	16	
Phosphorus, P mg	216		1	A	1		32	134	
Potassium, K mg	225		1	A	1		34	139	
Sodium, Na mg	446		1	A	1		67	277	
Zinc, Zn mg	0.77		1	A	1		0.12	0.48	
Copper, Cu mg	0.316		1	A	1		0.047	0.196	
Manganese, Mn mg	0.235		1	A	1		0.035	0.146	
Selenium, Se µg	30.6		1	A	1		4.6	19.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.324		1	A	1		0.049	0.201	
Riboflavin mg	0.098		1	A	1		0.015	0.061	
Niacin mg	6.514		1	A	1		0.977	4.039	
Pantothenic acid mg	0.994		1	A	1		0.149	0.616	
Vitamin B-6 mg	0.037		1	A	1		0.006	0.023	
Folate, total µg	12		1	A	1		2	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		1	A	1		2	8	
Folate, DFE µg	12		0	NC	4		2	8	
Choline, total mg	40.8		0	BFNN	4		6.1	25.3	
Betaine mg	30.2		0	BFNN	4		4.5	18.7	
Vitamin B-12 µg	0.44		1	A	1		0.07	0.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.06	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	4.2		0	BFSN	4		0.6	2.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05326

Chicken breast tenders, breaded, cooked, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.200		0	NC	4		0.480	1.984	
4:0....g	0.000		1	A	1		0.000	0.000	
6:0....g	0.000		1	A	1		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	0.000		1	A	1		0.000	0.000	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	2.640		1	A	1		0.396	1.637	
17:0....g	0.000		1	A	1		0.000	0.000	
18:0....g	0.560		1	A	1		0.084	0.347	
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	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	5.710		0	NC	4		0.856	3.540	
14:1....g	0.000		1	A	1		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.550		1	A	1		0.083	0.341	
17:1....g									
18:1 undifferentiated....g	5.160		1	A	1		0.774	3.199	
20:1....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated....g	0.000		1	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.790		0	NC	4		0.419	1.730	
18:2 undifferentiated....g	2.690		1	A	1		0.404	1.668	
18:3 undifferentiated....g	0.100		1	A	1		0.015	0.062	
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000	0.000	
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	45		1	A	1		7	28	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0	A	1		0.030	0.125	
Threonine....g	0.612		0	A	1		0.092	0.379	
Isoleucine....g	0.667		0	A	1		0.100	0.414	
Leucine....g	1.108		0	A	1		0.166	0.687	
Lysine....g	1.070		0	A	1		0.160	0.663	
Methionine....g	0.332		0	A	1		0.050	0.206	
Cystine....g	0.184		0	A	1		0.028	0.114	
Phenylalanine....g	0.568		0	A	1		0.085	0.352	
Tyrosine....g	0.354		0	A	1		0.053	0.219	
Valine....g	0.714		0	A	1		0.107	0.443	
Arginine....g	0.927		0	A	1		0.139	0.575	
Histidine....g	0.464		0	A	1		0.070	0.288	
Alanine....g	0.802		0	A	1		0.120	0.497	
Aspartic acid....g	1.307		0	A	1		0.196	0.810	
Glutamic acid....g	2.447		0	A	1		0.367	1.517	
Glycine....g	0.713		0	A	1		0.107	0.442	
Proline....g	0.751		0	A	1		0.113	0.466	
Serine....g	0.589		0	A	1		0.088	0.365	
Hydroxyproline....g	0.110		0	A	1		0.016	0.068	
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	

NDB No. 05326

Chicken breast tenders, breaded, cooked, microwaved

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece

Measure 2 = 62g: 4 pieces

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05324
Chicken patty, frozen, 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	50.82		1	A	1		30.49		
Energy kcal	287		0	NC	4		172		
Energy kJ	1201		0	NC	4		721		
Protein g	14.85		1	A	1		8.91		
Total lipid (fat) g	19.58		1	A	1		11.75		
Ash g	1.92		1	A	1		1.15		
Carbohydrate, by difference g	12.84		0	NC	4		7.71		
Fiber, total dietary g	0.3		1	A	1		0.2		
Sugars, total g	0.00		0	Z	7		0.00		
Starch g	10.35		1	A	1		6.21		
Minerals:									
Calcium, Ca mg	19		2	A	1		11		
Iron, Fe mg	0.95		2	A	1		0.57		
Magnesium, Mg mg	24		2	A	1		15		
Phosphorus, P mg	208		2	A	1		125		
Potassium, K mg	261		2	A	1		156		
Sodium, Na mg	532		2	A	1		319		
Zinc, Zn mg	1.05		2	A	1		0.63		
Copper, Cu mg	0.090		2	A	1		0.054		
Manganese, Mn mg	0.260		2	A	1		0.156		
Selenium, Se µg	23.3		2	A	1		14.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg	0.083		2	A	1		0.050		
Riboflavin mg	0.072		0	BFNN	4		0.043		
Niacin mg	4.764		0	BFNN	4		2.859		
Pantothenic acid mg	1.090		1	A	1		0.654		
Vitamin B-6 mg	0.183		1	A	1		0.110		
Folate, total µg	7		0	BFNN	4		4		
Folic acid µg	0		0	BFNN	4		0		
Folate, food µg	7		0	BFNN	4		4		
Folate, DFE µg	7		0	NC	4		4		
Choline, total mg	33.8		0	BFNN	4		20.3		
Betaine mg	25.0		0	BFNN	4		15.0		
Vitamin B-12 µg	0.29		0	BFNN	4		0.17		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	NR	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.28		1	A	1		0.77		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.05		1	A	1		0.03		
Tocopherol, gamma mg	2.21		1	A	1		1.33		
Tocopherol, delta mg	0.66		1	A	1		0.40		
Tocotrienol, alpha mg	0.68		1	A	1		0.41		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.89		1	A	1		0.53		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.3		0	BFFN	4		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	11		0	BFFN	4		7		
Vitamin K (phylloquinone) µg	4.2		0	BFSN	4		2.5		

NDB No. 05324
Chicken patty, frozen, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.662		0	NC	4		2.197		
4:0....g	0.000		1	A	1		0.000		
6:0....g	0.000		1	A	1		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	0.000		1	A	1		0.000		
16:0....g	3.001		1	A	1		1.801		
17:0....g	0.000		1	A	1		0.000		
18:0....g	0.661		1	A	1		0.397		
20:0....g	0.000		1	A	1		0.000		
22:0....g	0.000		1	A	1		0.000		
24:0....g	0.000		1	A	1		0.000		
Fatty acids, total monounsaturated....g	8.337		0	NC	4		5.002		
14:1....g	0.000		1	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.686		1	A	1		0.412		
17:1....g									
18:1 undifferentiated....g	7.651		1	A	1		4.591		
20:1....g	0.000		1	A	1		0.000		
22:1 undifferentiated....g	0.000		1	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.805		0	NC	4		2.883		
18:2 undifferentiated....g	4.680		1	A	1		2.808		
18:3 undifferentiated....g	0.125		1	A	1		0.075		
18:4....g	0.000		1	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000		1	A	1		0.000		
20:5 n-3 (EPA)....g	0.000		1	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		1	A	1		0.000		
22:6 n-3 (DHA)....g	0.000		1	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	43		1	A	1		26		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.183		0	A	1		0.110		
Threonine....g	0.556		0	A	1		0.334		
Isoleucine....g	0.606		0	A	1		0.364		
Leucine....g	1.006		0	A	1		0.604		
Lysine....g	0.972		0	A	1		0.583		
Methionine....g	0.302		0	A	1		0.181		
Cystine....g	0.167		0	A	1		0.100		
Phenylalanine....g	0.516		0	A	1		0.310		
Tyrosine....g	0.321		0	A	1		0.193		
Valine....g	0.649		0	A	1		0.389		
Arginine....g	0.842		0	A	1		0.505		
Histidine....g	0.421		0	A	1		0.253		
Alanine....g	0.728		0	A	1		0.437		
Aspartic acid....g	1.187		0	A	1		0.712		
Glutamic acid....g	2.223		0	A	1		1.334		
Glycine....g	0.647		0	A	1		0.388		
Proline....g	0.683		0	A	1		0.410		
Serine....g	0.535		0	A	1		0.321		
Hydroxyproline....g	0.100		0	A	1		0.060		

NDB No. 05324
Chicken patty, frozen, 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
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		

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

Common Measures:

Measure 1 = 60g: 1 patty

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05323
Chicken patty, frozen, uncooked

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	50.04	2.208	3	A	1		30.02		
Energy kcal	292		0	NC	4		175		
Energy kJ	1222		0	NC	4		733		
Protein g	14.33	0.136	3	A	1		8.60		
Total lipid (fat) g	20.04	1.102	3	A	1		12.03		
Ash g	1.98	0.143	3	A	1		1.19		
Carbohydrate, by difference g	13.61		0	NC	4		8.17		
Fiber, total dietary g	1.2	0.610	3	A	1		0.7		
Sugars, total g	0.00		0	BFNN	4		0.00		
Starch g	6.47		2	A	1		3.88		
Minerals:									
Calcium, Ca mg	20	3.146	6	A	1		12		
Iron, Fe mg	0.93	0.058	6	A	1		0.56		
Magnesium, Mg mg	25	0.958	6	A	1		15		
Phosphorus, P mg	196	6.835	6	A	1		117		
Potassium, K mg	248	8.086	6	A	1		149		
Sodium, Na mg	518	17.910	6	A	1		311		
Zinc, Zn mg	0.94	0.076	6	A	1		0.57		
Copper, Cu mg	0.207	0.103	6	A	1		0.124		
Manganese, Mn mg	0.254	0.020	6	A	1		0.153		
Selenium, Se µg	21.4	0.876	6	A	1		12.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		2	A	1		0.0		
Thiamin mg	0.073	0.005	6	A	1		0.044		
Riboflavin mg	0.054		0	BFNN	4		0.033		
Niacin mg	6.630		0	BFNN	4		3.978		
Pantothenic acid mg	1.081	0.010	3	A	1		0.648		
Vitamin B-6 mg	0.155	0.030	3	A	1		0.093		
Folate, total µg	5		0	BFNN	4		3		
Folic acid µg	0		0	BFNN	4		0		
Folate, food µg	5		0	BFNN	4		3		
Folate, DFE µg	5		0	NC	4		3		
Choline, total mg	44.8		0	BFNN	4		26.9		
Betaine mg	22.4		0	BFNN	4		13.5		
Vitamin B-12 µg	0.23		0	BFNN	4		0.14		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	11		0	AS	1		7		
Retinol µg	11		1	A	1		7		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	37		0	AS	1		22		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	1.18	0.088	3	A	1		0.71		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.05	0.003	3	A	1		0.03		
Tocopherol, gamma mg	2.86	0.590	3	A	1		1.72		
Tocopherol, delta mg	0.99	0.211	3	A	1		0.59		
Tocotrienol, alpha mg	0.44	0.101	3	A	1		0.26		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma mg	0.55	0.146	3	A	1		0.33		
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	11.1		0	BFFN	4		6.6		

NDB No. 05323
Chicken patty, frozen, uncooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.013		0	NC	4		2.408		
4:0....g	0.000	0.000	3	A	1		0.000		
6:0....g	0.000	0.000	3	A	1		0.000		
8:0....g	0.000	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.000	0.000	3	A	1		0.000		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	3.219	0.073	3	A	1		1.931		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	0.794	0.075	3	A	1		0.477		
20:0....g	0.000	0.000	3	A	1		0.000		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	8.980		0	NC	4		5.388		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g									
16:1 undifferentiated....g	0.691	0.003	3	A	1		0.415		
17:1....g									
18:1 undifferentiated....g	8.288	0.359	3	A	1		4.973		
20:1....g	0.000	0.000	3	A	1		0.000		
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.204		0	NC	4		3.122		
18:2 undifferentiated....g	5.049	0.237	3	A	1		3.029		
18:3 undifferentiated....g	0.155	0.023	3	A	1		0.093		
18:4....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.000	0.000	3	A	1		0.000		
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	3	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	45	1.295	3	A	1		27		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.178		0	A	1		0.107		
Threonine....g	0.542		0	A	1		0.325		
Isoleucine....g	0.586		0	A	1		0.352		
Leucine....g	0.991		0	A	1		0.595		
Lysine....g	0.961		0	A	1		0.576		
Methionine....g	0.292		0	A	1		0.175		
Cystine....g	0.162		0	A	1		0.097		
Phenylalanine....g	0.510		0	A	1		0.306		
Tyrosine....g	0.322		0	A	1		0.193		
Valine....g	0.641		0	A	1		0.384		
Arginine....g	0.782		0	A	1		0.469		
Histidine....g	0.423		0	A	1		0.254		
Alanine....g	0.702		0	A	1		0.421		
Aspartic acid....g	1.157		0	A	1		0.694		
Glutamic acid....g	2.181		0	A	1		1.308		
Glycine....g	0.615		0	A	1		0.369		
Proline....g	0.656		0	A	1		0.394		
Serine....g	0.523		0	A	1		0.314		
Hydroxyproline....g	0.075		0	A	1		0.045		

NDB No. 05323
Chicken patty, frozen, uncooked

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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		

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

Common Measures:

Measure 1 = 60g: 1 patty

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05679
Chicken, Dark meat, Drumstick, Meat only, Enhanced, Cooked, Roasted

Refuse: 74% Bone and Cartilage 27%, Skin and 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	69.50	0.534	4	A	1		63.24	89.65	
Energy kcal	146		0	NC	4		133	189	
Energy kJ	613		0	NC	4		558	791	
Protein (N x 6.25) g	25.34	0.220	4	A	1		23.06	32.69	
Total lipid (fat) g	5.00	0.315	4	A	1		4.55	6.46	
Ash g	1.19	0.046	4	A	1		1.09	1.54	
Carbohydrate, by difference g	0.00		0	NC	4		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	1.150	4	A	1		11	16	
Iron, Fe mg	1.10	0.041	4	A	1		1.00	1.42	
Magnesium, Mg mg	20	0.413	4	A	1		18	26	
Phosphorus, P mg	197	4.579	4	A	1		179	254	
Potassium, K mg	250	12.214	4	A	1		228	323	
Sodium, Na mg	190	15.962	4	A	1		173	245	
Zinc, Zn mg	2.64	0.020	4	A	1		2.41	3.41	
Copper, Cu mg	0.080	0.005	4	A	1		0.073	0.104	
Manganese, Mn mg	0.009	0.000	4	A	1		0.008	0.012	
Selenium, Se µg	30.8	3.667	3	A	1		28.0	39.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.102	0.002	3	A	1		0.092	0.131	
Riboflavin mg	0.297	0.023	3	A	1		0.270	0.383	
Niacin mg	5.913	0.097	3	A	1		5.381	7.628	
Pantothenic acid mg	1.300		2	A	1		1.183	1.677	
Vitamin B-6 mg	0.413	0.003	3	A	1		0.375	0.532	
Folate, total µg	4		0	BFPN	4		3	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0	BFPN	4		3	5	
Folate, DFE µg	4		0	NC	4		3	5	
Choline, total mg	115.0		0	AS	1		104.6	148.3	
Betaine mg	15.6		1	A	1		14.2	20.1	
Vitamin B-12 µg	0.41	0.013	3	A	1		0.38	0.53	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	NC	4		5	8	
Retinol µg	6		0	BFSN	4		5	8	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	1	
Vitamin A, IU IU	20		0	NC	4		18	26	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	100		1	A	1		91	129	
Vitamin E (alpha-tocopherol) mg	0.23		1	A	1		0.21	0.30	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.10		1	A	1		0.09	0.13	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.05		1	A	1		0.05	0.06	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.2	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		1	A	1		0.1	0.2	
Vitamin D IU	6		1	A	1		5	7	
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 05679

Chicken, Dark meat, Drumstick, Meat only, Enhanced, 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
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	12.7		1	A	1		11.5	16.4	
Lipids:									
Fatty acids, total saturated....g	1.438		0	NC	4		1.309	1.855	
4:0....g	0.001	0.000	3	A	1		0.001	0.001	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.005	0.000	3	A	1		0.004	0.006	
12:0....g	0.004	0.000	3	A	1		0.003	0.005	
13:0....g									
14:0....g	0.027	0.001	3	A	1		0.025	0.035	
15:0....g	0.004	0.000	3	A	1		0.004	0.006	
16:0....g	1.058	0.021	3	A	1		0.963	1.365	
17:0....g	0.004	0.002	3	A	1		0.004	0.005	
18:0....g	0.321	0.000	3	A	1		0.292	0.414	
20:0....g	0.004	0.000	3	A	1		0.004	0.006	
22:0....g	0.007	0.002	3	A	1		0.006	0.009	
24:0....g	0.003	0.000	3	A	1		0.003	0.004	
Fatty acids, total monounsaturated....g	2.030		0	NC	4		1.848	2.619	
14:1....g	0.010	0.000	3	A	1		0.009	0.012	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.307	0.019	3	AS	1		0.279	0.396	
16:1 c....g	0.305	0.019	3	A	1		0.278	0.393	
16:1 t....g	0.002	0.000	3	A	1		0.002	0.003	
17:1....g	0.004	0.000	3	A	1		0.004	0.005	
18:1 undifferentiated....g	1.677	0.032	3	AS	1		1.526	2.164	
18:1 c....g	1.660	0.032	3	A	1		1.511	2.141	
18:1 t....g	0.017	0.000	3	A	1		0.016	0.022	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028	0.001	3	A	1		0.025	0.036	
22:1 undifferentiated....g	0.002	0.000	3	AS	1		0.002	0.002	
22:1 c....g	0.002	0.000	3	A	1		0.002	0.002	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.003	0.000	3	A	1		0.003	0.004	
Fatty acids, total polyunsaturated....g	1.203		0	NC	4		1.095	1.552	
18:2 undifferentiated....g	0.965	0.000	3	AS	1		0.878	1.244	
18:2 n-6 c,c....g	0.952	0.001	3	A	1		0.866	1.228	
18:2 CLAs....g	0.004	0.000	3	A	1		0.003	0.005	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009	0.000	3	A	1		0.008	0.012	
18:3 undifferentiated....g	0.044	0.001	3	AS	1		0.040	0.057	
18:3 n-3 c,c,c (ALA)....g	0.041	0.001	3	A	1		0.037	0.052	
18:3 n-6 c,c,c....g	0.003	0.000	3	A	1		0.003	0.004	
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.012	0.001	3	A	1		0.011	0.015	
20:3 undifferentiated....g	0.025	0.003	3	AS	1		0.023	0.033	
20:3 n-3....g	0.001	0.000	3	A	1		0.001	0.002	
20:3 n-6....g	0.024	0.003	3	A	1		0.022	0.031	
20:4 undifferentiated....g	0.109	0.002	3	A	1		0.099	0.141	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.003	0.004	
21:5....g									
22:4....g	0.030	0.003	3	A	1		0.027	0.038	
22:5 n-3 (DPA)....g	0.010	0.001	3	A	1		0.009	0.013	
22:6 n-3 (DHA)....g	0.006	0.000	3	A	1		0.005	0.008	
Fatty acids, total trans....g	0.028		0	NC	4		0.026	0.036	
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.018	0.025	
Fatty acids, total trans-polyenoic....g	0.009		0	NC	4		0.008	0.012	
Cholesterol....mg	124	3.333	3	A	1		113	160	
Phytosterols....mg									
Amino Acids:									

NDB No. 05679

Chicken, Dark meat, Drumstick, Meat only, Enhanced, 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
Tryptophan g	0.286		0	A	1		0.260	0.369	
Threonine g	1.198		0	A	1		1.091	1.546	
Isoleucine g	1.210		0	A	1		1.101	1.561	
Leucine g	2.159		0	A	1		1.965	2.785	
Lysine g	2.390		0	A	1		2.175	3.083	
Methionine g	0.725		0	A	1		0.659	0.935	
Cystine g	0.296		0	A	1		0.269	0.382	
Phenylalanine g	1.012		0	A	1		0.921	1.306	
Tyrosine g	0.952		0	A	1		0.867	1.229	
Valine g	1.232		0	A	1		1.121	1.589	
Arginine g	1.769		0	A	1		1.610	2.282	
Histidine g	0.756		0	A	1		0.688	0.975	
Alanine g	1.518		0	A	1		1.381	1.958	
Aspartic acid g	2.492		0	A	1		2.267	3.214	
Glutamic acid g	4.151		0	A	1		3.777	5.355	
Glycine g	1.162		0	A	1		1.057	1.499	
Proline g	1.022		0	A	1		0.930	1.319	
Serine g	1.060		0	A	1		0.965	1.368	
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	

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

Common Measures:

Measure 1 = 91g: 1 drumstick without skin

Measure 2 = 129g: 1 drumstick with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05746

Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised

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	65.32	0.309	6	A	1		55.52	118.24	
Energy kcal	157		0	NC	4		134	285	
Energy kJ	659		0	NC	4		560	1193	
Protein g	32.06	0.249	6	A	1		27.25	58.03	
Total lipid (fat) g	3.24	0.277	6	A	1		2.76	5.87	
Ash g	1.19	0.027	6	A	1		1.01	2.15	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.257	6	A	1		5	10	
Iron, Fe mg	0.49	0.014	6	A	1		0.42	0.89	
Magnesium, Mg mg	32	0.664	6	A	1		27	58	
Phosphorus, P mg	241	5.747	6	A	1		205	437	
Potassium, K mg	343	13.828	6	A	1		292	621	
Sodium, Na mg	47	2.524	6	A	1		40	84	
Zinc, Zn mg	0.96	0.018	6	A	1		0.81	1.74	
Copper, Cu mg	0.044	0.003	6	A	1		0.037	0.080	
Manganese, Mn mg	0.012	0.001	6	A	1		0.010	0.021	
Selenium, Se µg	31.9	4.153	3	A	1		27.1	57.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.098	0.011	3	A	1		0.083	0.177	
Riboflavin mg	0.187	0.028	3	A	1		0.159	0.338	
Niacin mg	9.450	0.603	3	A	1		8.032	17.104	
Pantothenic acid mg	1.585		2	A	1		1.347	2.869	
Vitamin B-6 mg	0.921	0.036	3	A	1		0.783	1.667	
Folate, total µg									
Folate, DFE µg									
Choline, total mg	117.0		0	BFPN	4		99.4	211.7	
Betaine mg	10.0		0	BFPN	4		8.5	18.1	
Vitamin B-12 µg	0.20	0.015	3	A	1		0.17	0.36	
Vitamin A, RAE µg	10		0	NC	4		8	18	
Vitamin A, IU IU	33		0	NC	4		28	60	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		2	A	1		0.28	0.60	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.07		2	A	1		0.06	0.13	
Tocopherol, delta mg	0.01		2	A	1		0.01	0.02	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	BFFN	4		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	2	
Vitamin K (phylloquinone) µg	4.3		0	BFSN	4		3.7	7.8	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.010		0	NC	4		0.859	1.829	
4:0 g	0.000	0.000	6	A	1		0.000	0.000	
6:0 g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 05746

Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
8:0 g	0.000	0.000	6	A	1		0.000	0.000	
10:0 g	0.015	0.001	6	A	1		0.012	0.026	
12:0 g	0.005	0.001	6	A	1		0.004	0.009	
13:0 g									
14:0 g	0.019	0.002	6	A	1		0.016	0.034	
15:0 g	0.004	0.000	6	A	1		0.004	0.008	
16:0 g	0.746	0.066	6	A	1		0.634	1.350	
17:0 g	0.004	0.001	6	A	1		0.003	0.007	
18:0 g	0.211	0.045	6	A	1		0.179	0.382	
20:0 g	0.002	0.001	6	A	1		0.002	0.004	
22:0 g	0.005	0.001	6	A	1		0.004	0.009	
24:0 g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	1.275		0	NC	4		1.084	2.308	
14:1 g	0.005	0.001	6	A	1		0.004	0.009	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.155	0.020	6	AS	1		0.132	0.281	
16:1 c g	0.155	0.020	6	A	1		0.132	0.281	
16:1 t g	0.000	0.000	6	A	1		0.000	0.000	
17:1 g	0.002	0.001	6	A	1		0.001	0.003	
18:1 undifferentiated g	1.096	0.102	6	AS	1		0.931	1.983	
18:1 c g	1.085	0.101	6	A	1		0.922	1.963	
18:1 t g	0.011	0.002	6	A	1		0.009	0.020	
18:1-11 t (18:1t n-7) g									
20:1 g	0.018	0.002	6	A	1		0.015	0.032	
22:1 undifferentiated g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.791		0	NC	4		0.672	1.431	
18:2 undifferentiated g	0.601	0.040	6	AS	1		0.511	1.088	
18:2 n-6 c,c g	0.598	0.039	6	A	1		0.509	1.083	
18:2 CLAs g	0.001	0.001	6	A	1		0.001	0.002	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.002	0.001	6	A	1		0.002	0.003	
18:3 undifferentiated g	0.026	0.001	6	AS	1		0.022	0.047	
18:3 n-3 c,c,c (ALA) g	0.026	0.001	6	A	1		0.022	0.047	
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	
18:3i g	0.000	0.000	6	A	1		0.000	0.000	
18:4 g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c g	0.011	0.001	6	A	1		0.009	0.020	
20:3 undifferentiated g	0.022	0.001	6	AS	1		0.019	0.040	
20:3 n-3 g	0.001	0.001	6	A	1		0.001	0.001	
20:3 n-6 g	0.021	0.001	6	A	1		0.018	0.039	
20:4 undifferentiated g	0.086	0.004	6	A	1		0.073	0.156	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.000	6	A	1		0.004	0.007	
21:5 g									
22:4 g	0.023	0.002	6	A	1		0.019	0.042	
22:5 n-3 (DPA) g	0.010	0.001	6	A	1		0.009	0.018	
22:6 n-3 (DHA) g	0.007	0.000	6	A	1		0.006	0.013	
Fatty acids, total trans g	0.013		0	NC	4		0.011	0.023	
Fatty acids, total trans-monoenoic g	0.011		0	NC	4		0.009	0.020	
Fatty acids, total trans-polyenoic g	0.002		0	NC	4		0.002	0.003	
Cholesterol mg	116	3.712	3	A	1		98	209	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.404		0	A	1		0.343	0.731	
Threonine g	1.438		0	A	1		1.222	2.602	
Isoleucine g	1.573		0	A	1		1.337	2.846	
Leucine g	2.652		0	A	1		2.255	4.801	
Lysine g	3.083		0	A	1		2.620	5.580	
Methionine g	0.834		0	A	1		0.709	1.509	

NDB No. 05746

Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.336		0	A	1		0.285	0.607	
Phenylalanine....g	1.294		0	A	1		1.100	2.343	
Tyrosine....g	1.155		0	A	1		0.982	2.090	
Valine....g	1.660		0	A	1		1.411	3.004	
Arginine....g	2.168		0	A	1		1.843	3.924	
Histidine....g	1.195		0	A	1		1.016	2.163	
Alanine....g	1.872		0	A	1		1.591	3.387	
Aspartic acid....g	3.015		0	A	1		2.563	5.458	
Glutamic acid....g	4.749		0	A	1		4.037	8.596	
Glycine....g	1.419		0	A	1		1.206	2.568	
Proline....g	1.019		0	A	1		0.866	1.844	
Serine....g	1.222		0	A	1		1.039	2.212	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 181g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05747

Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled

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	66.14	0.608	6	A	1		56.22	129.63	
Energy kcal	151		0	NC	4		128	295	
Energy kJ	631		0	NC	4		536	1237	
Protein g	30.54	0.807	6	A	1		25.96	59.86	
Total lipid (fat) g	3.17	0.319	6	A	1		2.69	6.21	
Ash g	1.33	0.041	6	A	1		1.13	2.62	
Carbohydrate, by difference g	0.00		0	NC	4		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	5	0.159	6	A	1		5	11	
Iron, Fe mg	0.45	0.019	6	A	1		0.38	0.88	
Magnesium, Mg mg	34	1.006	6	A	1		29	68	
Phosphorus, P mg	258	7.329	6	A	1		220	506	
Potassium, K mg	391	16.484	6	A	1		332	766	
Sodium, Na mg	52	2.167	6	A	1		44	101	
Zinc, Zn mg	0.90	0.022	6	A	1		0.76	1.75	
Copper, Cu mg	0.042	0.004	6	A	1		0.035	0.082	
Manganese, Mn mg	0.012	0.001	6	A	1		0.010	0.023	
Selenium, Se µg	28.4	3.267	3	A	1		24.1	55.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.107	0.019	3	A	1		0.091	0.209	
Riboflavin mg	0.213	0.009	3	A	1		0.181	0.418	
Niacin mg	12.133	1.233	3	A	1		10.313	23.781	
Pantothenic acid mg	1.710		2	A	1		1.453	3.352	
Vitamin B-6 mg	1.157	0.092	3	A	1		0.983	2.267	
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.21	0.015	3	A	1		0.18	0.41	
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.54		2	A	1		0.46	1.05	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.09		2	A	1		0.08	0.18	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	BFFN	4		0.0	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	BFFN	4		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	2	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.992		0	NC	4		0.844	1.945	
4:0 g	0.000	0.000	6	A	1		0.000	0.000	
6:0 g	0.000	0.000	6	A	1		0.000	0.000	
8:0 g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 05747

Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
10:0 g	0.014	0.002	6	A	1		0.012	0.027	
12:0 g	0.005	0.000	6	A	1		0.004	0.009	
13:0 g									
14:0 g	0.019	0.003	6	A	1		0.016	0.037	
15:0 g	0.005	0.001	6	A	1		0.005	0.010	
16:0 g	0.704	0.079	6	A	1		0.598	1.379	
17:0 g	0.004	0.000	6	A	1		0.004	0.009	
18:0 g	0.236	0.019	6	A	1		0.200	0.462	
20:0 g	0.002	0.001	6	A	1		0.002	0.004	
22:0 g	0.004	0.000	6	A	1		0.004	0.008	
24:0 g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	1.212		0	NC	4		1.031	2.376	
14:1 g	0.005	0.001	6	A	1		0.004	0.010	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.147	0.021	6	AS	1		0.125	0.288	
16:1 c g	0.147	0.021	6	A	1		0.125	0.288	
16:1 t g	0.000	0.000	6	A	1		0.000	0.000	
17:1 g	0.002	0.001	6	A	1		0.002	0.005	
18:1 undifferentiated g	1.041	0.129	6	AS	1		0.885	2.040	
18:1 c g	1.031	0.127	6	A	1		0.877	2.022	
18:1 t g	0.009	0.001	6	A	1		0.008	0.018	
18:1-11 t (18:1t n-7) g									
20:1 g	0.017	0.002	6	A	1		0.015	0.034	
22:1 undifferentiated g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.764		0	NC	4		0.649	1.498	
18:2 undifferentiated g	0.581	0.060	6	AS	1		0.494	1.139	
18:2 n-6 c,c g	0.579	0.060	6	A	1		0.492	1.135	
18:2 CLAs g	0.001	0.001	6	A	1		0.001	0.002	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.001	0.001	6	A	1		0.001	0.002	
18:3 undifferentiated g	0.024	0.002	6	AS	1		0.020	0.046	
18:3 n-3 c,c,c (ALA) g	0.024	0.002	6	A	1		0.020	0.046	
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	
18:3i g	0.000	0.000	6	A	1		0.000	0.000	
18:4 g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c g	0.011	0.000	6	A	1		0.009	0.021	
20:3 undifferentiated g	0.020	0.000	6	AS	1		0.017	0.039	
20:3 n-3 g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6 g	0.020	0.000	6	A	1		0.017	0.039	
20:4 undifferentiated g	0.085	0.004	6	A	1		0.073	0.167	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.000	6	A	1		0.004	0.008	
21:5 g									
22:4 g	0.022	0.001	6	A	1		0.019	0.043	
22:5 n-3 (DPA) g	0.010	0.001	6	A	1		0.008	0.019	
22:6 n-3 (DHA) g	0.007	0.000	6	A	1		0.006	0.014	
Fatty acids, total trans g	0.010		0	NC	4		0.009	0.020	
Fatty acids, total trans-monoenoic g	0.009		0	NC	4		0.008	0.018	
Fatty acids, total trans-polyenoic g	0.001		0	NC	4		0.001	0.002	
Cholesterol mg	104	1.856	3	A	1		88	203	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.385		0	A	1		0.327	0.754	
Threonine g	1.370		0	A	1		1.164	2.684	
Isoleucine g	1.498		0	A	1		1.273	2.936	
Leucine g	2.527		0	A	1		2.148	4.952	
Lysine g	2.936		0	A	1		2.496	5.755	
Methionine g	0.794		0	A	1		0.675	1.557	
Cystine g	0.320		0	A	1		0.272	0.627	

NDB No. 05747

Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Phenylalanine....g	1.233		0	A	1		1.048	2.416	
Tyrosine....g	1.100		0	A	1		0.935	2.156	
Valine....g	1.581		0	A	1		1.344	3.098	
Arginine....g	2.065		0	A	1		1.755	4.047	
Histidine....g	1.138		0	A	1		0.968	2.231	
Alanine....g	1.783		0	A	1		1.515	3.494	
Aspartic acid....g	2.872		0	A	1		2.442	5.630	
Glutamic acid....g	4.524		0	A	1		3.845	8.867	
Glycine....g	1.352		0	A	1		1.149	2.649	
Proline....g	0.970		0	A	1		0.825	1.902	
Serine....g	1.164		0	A	1		0.990	2.282	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 196g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05748

Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised

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	68.05	0.885	6	A	1		57.85	132.70	
Energy kcal	145		0	NC	4		124	284	
Energy kJ	609		0	NC	4		518	1188	
Protein g	28.24	0.804	6	A	1		24.00	55.07	
Total lipid (fat) g	3.61	0.211	6	A	1		3.07	7.05	
Ash g	1.32	0.034	6	A	1		1.12	2.58	
Carbohydrate, by difference g	0.00		0	NC	4		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	5	0.411	6	A	1		5	11	
Iron, Fe mg	0.43	0.017	6	A	1		0.36	0.83	
Magnesium, Mg mg	28	0.492	6	A	1		24	54	
Phosphorus, P mg	217	7.906	6	A	1		185	424	
Potassium, K mg	313	25.580	6	A	1		266	611	
Sodium, Na mg	172	17.638	6	A	1		146	334	
Zinc, Zn mg	0.80	0.013	6	A	1		0.68	1.57	
Copper, Cu mg	0.034	0.002	6	A	1		0.029	0.066	
Manganese, Mn mg	0.011	0.000	6	A	1		0.009	0.021	
Selenium, Se µg	40.2	7.586	3	A	1		34.2	78.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.075	0.015	3	A	1		0.064	0.146	
Riboflavin mg	0.167	0.019	3	A	1		0.142	0.325	
Niacin mg	9.173	0.771	3	A	1		7.797	17.888	
Pantothenic acid mg	1.250		2	A	1		1.062	2.437	
Vitamin B-6 mg	0.962	0.098	3	A	1		0.818	1.876	
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.17	0.013	3	A	1		0.14	0.33	
Vitamin A, RAE µg	9		0	NC	4		8	18	
Vitamin A, IU IU	31		0	NC	4		26	60	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.42		2	A	1		0.35	0.81	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.05		2	A	1		0.05	0.11	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		2	A	1		0.02	0.04	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	BFFN	4		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	3	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.193		0	NC	4		1.014	2.326	
4:0 g	0.000	0.000	6	A	1		0.000	0.000	
6:0 g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 05748

Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
8:0 g	0.000	0.000	6	A	1		0.000	0.000	
10:0 g	0.012	0.003	6	A	1		0.010	0.024	
12:0 g	0.004	0.001	6	A	1		0.004	0.008	
13:0 g									
14:0 g	0.021	0.002	6	A	1		0.018	0.041	
15:0 g	0.004	0.001	6	A	1		0.004	0.008	
16:0 g	0.872	0.087	6	A	1		0.741	1.701	
17:0 g	0.004	0.000	6	A	1		0.003	0.007	
18:0 g	0.268	0.020	6	A	1		0.227	0.522	
20:0 g	0.003	0.001	6	A	1		0.002	0.006	
22:0 g	0.005	0.000	6	A	1		0.004	0.010	
24:0 g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	1.576		0	NC	4		1.339	3.073	
14:1 g	0.007	0.001	6	A	1		0.006	0.013	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.200	0.027	6	AS	1		0.170	0.390	
16:1 c g	0.200	0.027	6	A	1		0.170	0.390	
16:1 t g	0.000	0.000	6	A	1		0.000	0.001	
17:1 g	0.002	0.002	6	A	1		0.002	0.004	
18:1 undifferentiated g	1.345	0.146	6	AS	1		1.143	2.623	
18:1 c g	1.334	0.146	6	A	1		1.134	2.601	
18:1 t g	0.011	0.001	6	A	1		0.009	0.021	
18:1-11 t (18:1t n-7) g									
20:1 g	0.022	0.002	6	A	1		0.019	0.043	
22:1 undifferentiated g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.793		0	NC	4		0.674	1.547	
18:2 undifferentiated g	0.625	0.036	6	AS	1		0.531	1.219	
18:2 n-6 c,c g	0.620	0.035	6	A	1		0.527	1.209	
18:2 CLAs g	0.002	0.001	6	A	1		0.002	0.004	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.003	0.001	6	A	1		0.002	0.005	
18:3 undifferentiated g	0.024	0.001	6	AS	1		0.020	0.047	
18:3 n-3 c,c,c (ALA) g	0.024	0.001	6	A	1		0.020	0.047	
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	
18:3i g	0.000	0.000	6	A	1		0.000	0.000	
18:4 g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c g	0.009	0.000	6	A	1		0.007	0.017	
20:3 undifferentiated g	0.020	0.001	6	AS	1		0.017	0.040	
20:3 n-3 g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6 g	0.020	0.001	6	A	1		0.017	0.040	
20:4 undifferentiated g	0.076	0.001	6	A	1		0.065	0.149	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.000	6	A	1		0.003	0.007	
21:5 g									
22:4 g	0.020	0.001	6	A	1		0.017	0.039	
22:5 n-3 (DPA) g	0.009	0.001	6	A	1		0.007	0.017	
22:6 n-3 (DHA) g	0.007	0.001	6	A	1		0.006	0.013	
Fatty acids, total trans g	0.014		0	NC	4		0.012	0.027	
Fatty acids, total trans-monoenoic g	0.011		0	NC	4		0.010	0.022	
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.002	0.005	
Cholesterol mg	99	2.267	3	A	1		84	193	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.356		0	A	1		0.302	0.694	
Threonine g	1.266		0	A	1		1.076	2.469	
Isoleucine g	1.385		0	A	1		1.177	2.701	
Leucine g	2.336		0	A	1		1.986	4.556	
Lysine g	2.715		0	A	1		2.308	5.294	
Methionine g	0.734		0	A	1		0.624	1.432	

NDB No. 05748

Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine....g	0.296		0	A	1		0.251	0.576	
Phenylalanine....g	1.140		0	A	1		0.969	2.223	
Tyrosine....g	1.017		0	A	1		0.864	1.983	
Valine....g	1.462		0	A	1		1.242	2.850	
Arginine....g	1.909		0	A	1		1.623	3.723	
Histidine....g	1.053		0	A	1		0.895	2.053	
Alanine....g	1.648		0	A	1		1.401	3.214	
Aspartic acid....g	2.656		0	A	1		2.258	5.179	
Glutamic acid....g	4.183		0	A	1		3.555	8.157	
Glycine....g	1.250		0	A	1		1.062	2.437	
Proline....g	0.897		0	A	1		0.763	1.749	
Serine....g	1.077		0	A	1		0.915	2.099	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 195g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05749

Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled

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	0.757	6	A	1		56.56	127.76	
Energy kcal	148		0	NC	4		126	285	
Energy kJ	621		0	NC	4		528	1192	
Protein g	29.50	0.711	6	A	1		25.07	56.64	
Total lipid (fat) g	3.39	0.251	6	A	1		2.88	6.51	
Ash g	1.68	0.075	6	A	1		1.43	3.22	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.468	6	A	1		5	12	
Iron, Fe mg	0.43	0.020	6	A	1		0.37	0.83	
Magnesium, Mg mg	31	0.309	6	A	1		27	60	
Phosphorus, P mg	249	7.548	6	A	1		211	477	
Potassium, K mg	420	39.997	6	A	1		357	807	
Sodium, Na mg	215	19.936	6	A	1		182	412	
Zinc, Zn mg	0.82	0.020	6	A	1		0.70	1.58	
Copper, Cu mg	0.034	0.001	6	A	1		0.029	0.066	
Manganese, Mn mg	0.011	0.000	6	A	1		0.009	0.021	
Selenium, Se µg	42.4	9.896	3	A	1		36.1	81.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.079	0.018	3	A	1		0.067	0.152	
Riboflavin mg	0.227	0.009	3	A	1		0.193	0.435	
Niacin mg	11.067	0.677	3	A	1		9.407	21.248	
Pantothenic acid mg	1.485		2	A	1		1.262	2.851	
Vitamin B-6 mg	0.984	0.029	3	A	1		0.836	1.889	
Folate, total µg									
Folate, DFE µg									
Choline, total mg	107.7		0	BFPN	4		91.6	206.8	
Betaine mg	3.6		0	BFPN	4		3.0	6.9	
Vitamin B-12 µg	0.20	0.034	3	A	1		0.17	0.39	
Vitamin A, RAE µg	10		0	NC	4		8	18	
Vitamin A, IU IU	32		0	NC	4		27	61	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		2	A	1		0.28	0.63	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.10		2	A	1		0.09	0.20	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	BFFN	4		0.0	0.1	
Vitamin D IU	1		0	BFFN	4		1	3	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.144		0	NC	4		0.972	2.197	
4:0 g	0.000	0.000	6	A	1		0.000	0.000	
6:0 g	0.000	0.000	6	A	1		0.000	0.000	

NDB No. 05749

Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
8:0 g	0.000	0.000	6	A	1		0.000	0.000	
10:0 g	0.017	0.001	6	A	1		0.014	0.032	
12:0 g	0.005	0.000	6	A	1		0.004	0.010	
13:0 g									
14:0 g	0.021	0.001	6	A	1		0.018	0.040	
15:0 g	0.003	0.001	6	A	1		0.002	0.005	
16:0 g	0.834	0.040	6	A	1		0.709	1.601	
17:0 g	0.004	0.000	6	A	1		0.004	0.008	
18:0 g	0.254	0.010	6	A	1		0.216	0.487	
20:0 g	0.002	0.001	6	A	1		0.002	0.004	
22:0 g	0.004	0.001	6	A	1		0.004	0.008	
24:0 g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	1.498		0	NC	4		1.273	2.876	
14:1 g	0.006	0.000	6	A	1		0.005	0.012	
15:1 g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated g	0.195	0.012	6	AS	1		0.166	0.374	
16:1 c g	0.195	0.012	6	A	1		0.166	0.374	
16:1 t g	0.000	0.000	6	A	1		0.000	0.000	
17:1 g	0.000	0.000	6	A	1		0.000	0.000	
18:1 undifferentiated g	1.275	0.068	6	AS	1		1.084	2.448	
18:1 c g	1.263	0.068	6	A	1		1.074	2.425	
18:1 t g	0.012	0.001	6	A	1		0.010	0.023	
18:1-11 t (18:1t n-7) g									
20:1 g	0.021	0.001	6	A	1		0.018	0.040	
22:1 undifferentiated g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated g	0.807		0	NC	4		0.686	1.548	
18:2 undifferentiated g	0.640	0.023	6	AS	1		0.544	1.230	
18:2 n-6 c,c g	0.634	0.023	6	A	1		0.539	1.218	
18:2 CLAs g	0.002	0.000	6	A	1		0.002	0.005	
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.004	0.001	6	A	1		0.003	0.007	
18:3 undifferentiated g	0.025	0.001	6	AS	1		0.021	0.047	
18:3 n-3 c,c,c (ALA) g	0.025	0.001	6	A	1		0.021	0.047	
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	
18:3i g	0.000	0.000	6	A	1		0.000	0.000	
18:4 g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c g	0.010	0.000	6	A	1		0.008	0.019	
20:3 undifferentiated g	0.021	0.001	6	AS	1		0.018	0.040	
20:3 n-3 g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6 g	0.021	0.001	6	A	1		0.018	0.040	
20:4 undifferentiated g	0.078	0.003	6	A	1		0.067	0.151	
20:4 n-6 g									
20:5 n-3 (EPA) g	0.004	0.000	6	A	1		0.003	0.007	
21:5 g									
22:4 g	0.021	0.001	6	A	1		0.018	0.040	
22:5 n-3 (DPA) g	0.010	0.000	6	A	1		0.008	0.018	
22:6 n-3 (DHA) g	0.008	0.001	6	A	1		0.007	0.016	
Fatty acids, total trans g	0.015		0	NC	4		0.013	0.029	
Fatty acids, total trans-monoenoic g	0.012		0	NC	4		0.010	0.022	
Fatty acids, total trans-polyenoic g	0.004		0	NC	4		0.003	0.007	
Cholesterol mg	106	4.096	3	A	1		90	204	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.372		0	A	1		0.316	0.713	
Threonine g	1.323		0	A	1		1.124	2.540	
Isoleucine g	1.447		0	A	1		1.230	2.778	
Leucine g	2.440		0	A	1		2.074	4.686	
Lysine g	2.836		0	A	1		2.411	5.446	
Methionine g	0.767		0	A	1		0.652	1.473	

NDB No. 05749

Chicken, broiler or fryers, breast, skinless, boneless, meat only, enhanced, cooked, grilled

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cystine g	0.309		0	A	1		0.262	0.593	
Phenylalanine g	1.191		0	A	1		1.012	2.286	
Tyrosine g	1.062		0	A	1		0.903	2.040	
Valine g	1.527		0	A	1		1.298	2.932	
Arginine g	1.995		0	A	1		1.695	3.830	
Histidine g	1.100		0	A	1		0.935	2.111	
Alanine g	1.722		0	A	1		1.464	3.306	
Aspartic acid g	2.774		0	A	1		2.358	5.327	
Glutamic acid g	4.370		0	A	1		3.714	8.390	
Glycine g	1.306		0	A	1		1.110	2.507	
Proline g	0.937		0	A	1		0.797	1.799	
Serine g	1.125		0	A	1		0.956	2.159	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 192g: 1 piece

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05062

Chicken, broiler or fryers, breast, skinless, boneless, 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	73.90	0.260	6	A	1		62.81	201.00	684.30
Energy kcal	120		0	NC	4		102	326	1109
Energy kJ	501		0	NC	4		426	1363	4639
Protein (N x 6.25) g	22.50	0.238	6	A	1		19.12	61.20	208.35
Total lipid (fat) g	2.62	0.220	6	A	1		2.23	7.14	24.31
Ash g	1.13	0.010	6	A	1		0.96	3.07	10.46
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	5	0.338	6	A	1		4	13	44
Iron, Fe mg	0.37	0.013	6	A	1		0.32	1.02	3.46
Magnesium, Mg mg	28	0.473	6	A	1		24	77	264
Phosphorus, P mg	213	2.442	6	A	1		181	579	1971
Potassium, K mg	334	3.420	6	A	1		284	908	3091
Sodium, Na mg	45	2.309	6	A	1		39	123	420
Zinc, Zn mg	0.68	0.030	6	A	1		0.58	1.85	6.31
Copper, Cu mg	0.037	0.003	6	A	1		0.031	0.099	0.338
Manganese, Mn mg	0.011	0.000	6	A	1		0.009	0.030	0.101
Selenium, Se µg	22.8	3.403	3	A	1		19.4	62.1	211.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.094	0.011	3	A	1		0.080	0.256	0.872
Riboflavin mg	0.177	0.012	3	A	1		0.150	0.480	1.636
Niacin mg	9.600	0.656	3	A	1		8.160	26.112	88.896
Pantothenic acid mg	1.495		2	A	1		1.271	4.066	13.843
Vitamin B-6 mg	0.811	0.045	3	A	1		0.689	2.205	7.507
Folate, total µg	9		0	BFPN	4		7	24	80
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	9		0	BFPN	4		7	24	80
Folate, DFE µg	9		0	NC	4		7	24	80
Choline, total mg	82.1		0	AS	1		69.8	223.2	760.0
Betaine mg	7.0		1	A	1		6.0	19.0	64.8
Vitamin B-12 µg	0.21	0.007	3	A	1		0.18	0.56	1.91
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	7		0	NC	4		6	20	69
Retinol µg	7		0	BFSN	4		6	20	69
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	25		0	NC	4		21	68	231
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.56		2	A	1		0.47	1.51	5.14
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.09		2	A	1		0.08	0.24	0.83
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.0		0	BFFN	4		0.0	0.1	0.2
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	BFFN	4		0.0	0.1	0.2
Vitamin D IU	1		0	BFFN	4		1	3	9
Vitamin K (phylloquinone) µg	0.2		0	BFYN	4		0.2	0.5	1.7

NDB No. 05062

Chicken, broiler or fryers, breast, skinless, boneless, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.563		0	NC	4		0.479	1.532	5.217
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.017	0.002	6	A	1		0.014	0.046	0.155
12:0....g	0.004	0.001	6	A	1		0.004	0.011	0.038
13:0....g									
14:0....g	0.011	0.001	6	A	1		0.009	0.029	0.100
15:0....g	0.003	0.000	6	A	1		0.003	0.009	0.029
16:0....g	0.393	0.048	6	A	1		0.334	1.069	3.639
17:0....g	0.003	0.000	6	A	1		0.002	0.007	0.023
18:0....g	0.129	0.013	6	A	1		0.110	0.352	1.199
20:0....g	0.001	0.000	6	A	1		0.001	0.003	0.009
22:0....g	0.003	0.001	6	A	1		0.002	0.007	0.025
24:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.689		0	NC	4		0.585	1.873	6.376
14:1....g	0.003	0.000	6	A	1		0.003	0.009	0.029
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.083	0.012	6	AS	1		0.071	0.226	0.770
16:1 c....g	0.083	0.012	6	A	1		0.071	0.226	0.770
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.002	0.001	6	A	1		0.002	0.006	0.021
18:1 undifferentiated....g	0.590	0.069	6	AS	1		0.501	1.604	5.461
18:1 c....g	0.583	0.068	6	A	1		0.496	1.587	5.403
18:1 t....g	0.006	0.001	6	A	1		0.005	0.017	0.058
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.001	6	A	1		0.009	0.028	0.095
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.424		0	NC	4		0.360	1.153	3.926
18:2 undifferentiated....g	0.319	0.036	6	AS	1		0.271	0.867	2.950
18:2 n-6 c,c....g	0.317	0.036	6	A	1		0.270	0.863	2.938
18:2 CLAs....g	0.001	0.000	6	A	1		0.001	0.002	0.006
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.001	0.000	6	A	1		0.001	0.002	0.006
18:3 undifferentiated....g	0.013	0.001	6	AS	1		0.011	0.037	0.125
18:3 n-3 c,c,c (ALA)....g	0.013	0.001	6	A	1		0.011	0.037	0.125
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005	0.017	0.057
20:3 undifferentiated....g	0.012	0.001	6	AS	1		0.010	0.032	0.109
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.012	0.001	6	A	1		0.010	0.032	0.109
20:4 undifferentiated....g	0.048	0.003	6	A	1		0.041	0.130	0.443
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	6	A	1		0.003	0.009	0.029
21:5....g									
22:4....g	0.013	0.001	6	A	1		0.011	0.036	0.123
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.005	0.015	0.052
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.004	0.011	0.038
Fatty acids, total trans....g	0.007		0	NC	4		0.006	0.019	0.065
Fatty acids, total trans-monoenoic....g	0.006		0	NC	4		0.005	0.017	0.058
Fatty acids, total trans-polyenoic....g	0.001		0	NC	4		0.001	0.002	0.006
Cholesterol....mg	73	2.904	3	A	1		62	199	678
Phytosterols....mg									
Amino Acids:									

NDB No. 05062

Chicken, broiler or fryers, breast, skinless, boneless, 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
Tryptophan g	0.283		0	A	1		0.241	0.771	2.624
Threonine g	1.009		0	A	1		0.858	2.744	9.343
Isoleucine g	1.104		0	A	1		0.938	3.002	10.219
Leucine g	1.861		0	A	1		1.582	5.063	17.236
Lysine g	2.163		0	A	1		1.839	5.884	20.032
Methionine g	0.585		0	A	1		0.497	1.592	5.419
Cystine g	0.236		0	A	1		0.200	0.641	2.181
Phenylalanine g	0.908		0	A	1		0.772	2.471	8.411
Tyrosine g	0.810		0	A	1		0.689	2.204	7.504
Valine g	1.165		0	A	1		0.990	3.168	10.784
Arginine g	1.521		0	A	1		1.293	4.138	14.087
Histidine g	0.839		0	A	1		0.713	2.281	7.766
Alanine g	1.313		0	A	1		1.116	3.572	12.162
Aspartic acid g	2.116		0	A	1		1.799	5.756	19.595
Glutamic acid g	3.333		0	A	1		2.833	9.065	30.861
Glycine g	0.996		0	A	1		0.846	2.708	9.221
Proline g	0.715		0	A	1		0.608	1.944	6.619
Serine g	0.858		0	A	1		0.729	2.333	7.943
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 272g: 1 piece

Measure 3 = 926g: 1 package

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05357
Chicken, broiler, rotisserie, BBQ, back meat and skin

Refuse: 37% Bone and connective tissue 37%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.41		0	PAK	1		50.50	108.12	
Energy kcal	251		0	PIK	4		213	457	
Energy kJ	1051		0	PIK	4		893	1913	
Protein g	20.29		0	PAK	1		17.25	36.93	
Total lipid (fat) g	18.86		0	PAK	1		16.03	34.32	
Ash g	1.43		0	PAK	1		1.21	2.60	
Carbohydrate, by difference g	0.40		0	NR	4		0.34	0.74	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.40		0	PAK	1		0.34	0.74	
Sucrose g	0.18		0	PAK	1		0.15	0.32	
Glucose (dextrose) g	0.17		0	PAK	1		0.15	0.32	
Fructose g	0.05		0	PAK	1		0.05	0.10	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.00		0	PAK	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	33		0	PIK	4		28	60	
Iron, Fe mg	0.83		0	PIK	4		0.71	1.51	
Magnesium, Mg mg	19		0	PIK	4		16	35	
Phosphorus, P mg	217		0	PIK	4		184	394	
Potassium, K mg	254		0	PIK	4		216	462	
Sodium, Na mg	509		0	PIK	4		433	927	
Zinc, Zn mg	1.51		0	PIK	4		1.28	2.75	
Copper, Cu mg	0.061		0	PIK	4		0.052	0.112	
Manganese, Mn mg	0.006		0	PAK	1		0.005	0.012	
Selenium, Se µg	35.4		0	PIK	4		30.1	64.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.065		0	PIK	4		0.056	0.119	
Riboflavin mg	0.185		0	PIK	4		0.157	0.337	
Niacin mg	5.621		0	PIK	4		4.778	10.231	
Pantothenic acid mg	0.201		0	PAK	1		0.171	0.365	
Vitamin B-6 mg	0.153		0	PIK	4		0.130	0.278	
Folate, total µg	7		0	PIK	4		6	14	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PIK	4		6	14	
Folate, DFE µg	7		0	NC	4		6	14	
Choline, total mg	51.4		0	PIK	4		43.7	93.5	
Betaine mg	4.3		0	PIK	4		3.7	7.9	
Vitamin B-12 µg	0.60		0	PIK	4		0.51	1.09	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	24		0	PAK	1		20	43	
Retinol µg	24		0	PAK	1		20	43	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	79		0	PAK	1		67	144	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.26		0	PIK	4		0.22	0.47	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 05357

Chicken, broiler, rotisserie, BBQ, back 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
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	BFFN	4		0.1	0.2	
Vitamin D....IU	5		0	BFFN	4		4	9	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.953		0	PIK	4		4.210	9.015	
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	0.000		0	PIK	4		0.000	0.000	
13:0....g									
14:0....g	0.104		0	PIK	4		0.089	0.190	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	3.925		0	PIK	4		3.336	7.144	
17:0....g	0.006		0	PAK	1		0.005	0.011	
18:0....g	0.898		0	PIK	4		0.763	1.634	
20:0....g	0.000		0	PAK	1		0.000	0.000	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	7.895		0	PIK	4		6.711	14.369	
14:1....g	0.017		0	PAK	1		0.014	0.030	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	1.233		0	PIK	4		1.048	2.245	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	6.574		0	PIK	4		5.588	11.965	
18:1 c....g	2.741		0	PAK	1		2.330	4.989	
18:1 t....g	0.077		0	PAK	1		0.065	0.140	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.048		0	PIK	4		0.040	0.087	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
22:1 c....g	0.000		0	PAK	1		0.000	0.000	
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.507		0	PIK	4		2.131	4.562	
18:2 undifferentiated....g	2.314		0	PIK	4		1.967	4.211	
18:2 n-6 c,c....g	0.850		0	PAK	1		0.723	1.548	
18:2 CLAs....g									
18:2 t,t....g	0.026		0	PAK	1		0.022	0.047	
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.128		0	PIK	4		0.109	0.233	
18:3 n-3 c,c,c (ALA)....g	0.034		0	PAK	1		0.029	0.062	
18:3 n-6 c,c,c....g	0.009		0	PAK	1		0.007	0.016	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.014		0	PAK	1		0.012	0.026	
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	0.038		0	PIK	4		0.032	0.069	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.103		0	PIK	4		0.087	0.187	
Cholesterol....mg	118		0	PIK	4		100	215	
Phytosterols....mg									

NDB No. 05357

Chicken, broiler, rotisserie, BBQ, back 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
Amino Acids:									
Tryptophan g	0.175		0	PAK	1		0.149	0.318	
Threonine g	0.506		0	PAK	1		0.430	0.922	
Isoleucine g	0.799		0	PAK	1		0.679	1.454	
Leucine g	1.375		0	PAK	1		1.168	2.502	
Lysine g	1.441		0	PAK	1		1.225	2.624	
Methionine g	0.537		0	PAK	1		0.457	0.978	
Cystine g	0.192		0	PAK	1		0.164	0.350	
Phenylalanine g	0.665		0	PAK	1		0.565	1.210	
Tyrosine g	0.502		0	PAK	1		0.427	0.913	
Valine g	0.906		0	PAK	1		0.770	1.649	
Arginine g	1.101		0	PAK	1		0.936	2.004	
Histidine g	0.521		0	PAK	1		0.443	0.949	
Alanine g	1.032		0	PAK	1		0.877	1.878	
Aspartic acid g	1.632		0	PAK	1		1.387	2.970	
Glutamic acid g	2.618		0	PAK	1		2.226	4.765	
Glycine g	1.080		0	PAK	1		0.918	1.966	
Proline g	0.949		0	PAK	1		0.807	1.728	
Serine g	0.527		0	PAK	1		0.448	0.960	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 182g: 1 back

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05693
Chicken, broiler, rotisserie, BBQ, back meat only

Refuse: 51% Bone and connective tissue 37%, skin and separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.96		1	A	1		53.51	114.58	
Energy kcal	212		0	NC	4		180	386	
Energy kJ	888		0	NC	4		755	1616	
Protein g	21.85		1	A	1		18.57	39.77	
Total lipid (fat) g	13.87		1	A	1		11.79	25.24	
Ash g	1.40		1	A	1		1.19	2.55	
Carbohydrate, by difference g	0.31		0	NR	4		0.27	0.57	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.31		1	A	1		0.27	0.57	
Sucrose g	0.16		1	A	1		0.14	0.30	
Glucose (dextrose) g	0.15		1	A	1		0.13	0.27	
Fructose g	0.00		1	A	1		0.00	0.00	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		1	A	1		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	33		0	BFNN	4		28	60	
Iron, Fe mg	0.82		0	BFNN	4		0.70	1.50	
Magnesium, Mg mg	18		0	BFNN	4		15	33	
Phosphorus, P mg	212		0	BFNN	4		181	387	
Potassium, K mg	263		0	BFNN	4		223	478	
Sodium, Na mg	563		0	BFNN	4		478	1024	
Zinc, Zn mg	1.74		0	BFNN	4		1.48	3.17	
Copper, Cu mg	0.067		0	BFNN	4		0.057	0.122	
Manganese, Mn mg									
Selenium, Se µg	41.1		0	BFNN	4		35.0	74.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.069		0	BFPN	4		0.059	0.125	
Riboflavin mg	0.181		0	BFPN	4		0.154	0.329	
Niacin mg	5.175		0	BFPN	4		4.398	9.418	
Pantothenic acid mg									
Vitamin B-6 mg	0.121		0	BFPN	4		0.103	0.220	
Folate, total µg	7		0	BFPN	4		6	13	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		6	13	
Folate, DFE µg	7		0	NC	4		6	13	
Choline, total mg	55.1		0	BFPN	4		46.8	100.3	
Betaine mg	5.7		0	BFPN	4		4.8	10.3	
Vitamin B-12 µg	0.61		0	BFPN	4		0.52	1.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	15		1	AS	1		13	28	
Retinol µg	15		1	A	1		13	28	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	51		1	AS	1		43	93	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.20	0.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 05693
Chicken, broiler, rotisserie, BBQ, back 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
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0	0.0	
Vitamin D IU	0		0	BFFN	4		0	0	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.613		0	BFFN	4		3.071	6.575	
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	BFFN	4		0.000	0.000	
12:0 g	0.000		0	BFFN	4		0.000	0.000	
13:0 g									
14:0 g	0.079		0	BFFN	4		0.067	0.144	
15:0 g									
16:0 g	2.838		0	BFFN	4		2.413	5.166	
17:0 g									
18:0 g	0.670		0	BFFN	4		0.570	1.220	
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	5.885		0	BFFN	4		5.002	10.710	
14:1 g									
15:1 g									
16:1 undifferentiated g	0.912		0	BFFN	4		0.775	1.660	
17:1 g									
18:1 undifferentiated g	4.906		0	BFFN	4		4.170	8.929	
20:1 g	0.037		0	BFFN	4		0.031	0.067	
22:1 undifferentiated g	0.000		0	BFFN	4		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.044		0	BFFN	4		1.738	3.720	
18:2 undifferentiated g	1.877		0	BFFN	4		1.596	3.416	
18:3 undifferentiated g	0.111		0	BFFN	4		0.094	0.202	
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	0.039		0	BFFN	4		0.033	0.070	
20:5 n-3 (EPA) g	0.000		0	BFFN	4		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA) g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans g									
Cholesterol mg	117		0	BFSN	4		100	214	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.207		0	A	1		0.176	0.377	
Threonine g	0.578		0	A	1		0.491	1.052	
Isoleucine g	0.940		0	A	1		0.799	1.711	
Leucine g	1.587		0	A	1		1.349	2.888	
Lysine g	1.664		0	A	1		1.415	3.029	
Methionine g	0.595		0	A	1		0.506	1.083	
Cystine g	0.216		0	A	1		0.183	0.392	
Phenylalanine g	0.793		0	A	1		0.674	1.444	
Tyrosine g	0.586		0	A	1		0.498	1.067	
Valine g	1.061		0	A	1		0.902	1.931	
Arginine g	1.233		0	A	1		1.048	2.244	
Histidine g	0.552		0	A	1		0.469	1.004	
Alanine g	1.112		0	A	1		0.946	2.025	
Aspartic acid g	1.871		0	A	1		1.591	3.406	
Glutamic acid g	3.001		0	A	1		2.551	5.462	
Glycine g	1.009		0	A	1		0.858	1.836	

NDB No. 05693
Chicken, broiler, rotisserie, BBQ, back 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
Proline....g	0.923		0	A	1		0.784	1.679	
Serine....g	0.560		0	A	1		0.476	1.020	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 182g: 1 back

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05358
Chicken, broiler, rotisserie, BBQ, breast meat and skin

Refuse: 11% Bone and connective tissue 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		55.41	250.32	
Energy kcal	175		0	NC	4		148	671	
Energy kJ	731		0	NC	4		621	2807	
Protein g	26.37		0	PAK	1		22.41	101.26	
Total lipid (fat) g	7.67		0	PAK	1		6.52	29.45	
Ash g	1.42		0	PAK	1		1.20	5.43	
Carbohydrate, by difference g	0.09		0	NR	4		0.08	0.35	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.09		0	PIK	4		0.08	0.35	
Sucrose g	0.03		0	PAK	1		0.02	0.11	
Glucose (dextrose) g	0.03		0	PAK	1		0.03	0.13	
Fructose g	0.03		0	PAK	1		0.03	0.11	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.00		0	PAK	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	16		0	PIK	4		13	61	
Iron, Fe mg	0.51		0	PIK	4		0.44	1.98	
Magnesium, Mg mg	25		0	PIK	4		21	96	
Phosphorus, P mg	244		0	PIK	4		207	937	
Potassium, K mg	276		0	PIK	4		235	1060	
Sodium, Na mg	329		0	PIK	4		279	1262	
Zinc, Zn mg	0.86		0	PIK	4		0.73	3.29	
Copper, Cu mg	0.041		0	PIK	4		0.035	0.157	
Manganese, Mn mg	0.004		0	PAK	1		0.003	0.014	
Selenium, Se µg	22.3		0	PIK	4		18.9	85.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.078		0	PIK	4		0.066	0.299	
Riboflavin mg	0.139		0	PIK	4		0.119	0.536	
Niacin mg	9.303		0	PIK	4		7.907	35.722	
Pantothenic acid mg	0.111		0	PAK	1		0.095	0.427	
Vitamin B-6 mg	0.307		0	PIK	4		0.261	1.178	
Folate, total µg	11		0	PIK	4		9	41	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	8		0	PIK	4		7	31	
Folate, DFE µg	8		0	NC	4		7	31	
Choline, total mg	57.1		0	PIK	4		48.6	219.4	
Betaine mg	7.0		0	PAK	1		5.9	26.8	
Vitamin B-12 µg	0.30		0	PIK	4		0.26	1.17	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	11		0	NC	4		10	43	
Retinol µg	11		0	PIK	4		10	43	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	37		0	NC	4		32	143	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	PIK	4		0.28	1.25	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.06		0	PAK	1		0.05	0.24	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		0	PAK	1		0.02	0.07	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05358

Chicken, broiler, rotisserie, BBQ, breast 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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0	0.0	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	PIK	4		0	0	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.958		0	PIK	4		1.664	7.518	
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	0.000		0	PIK	4		0.000	0.001	
13:0....g									
14:0....g	0.040		0	PIK	4		0.034	0.152	
15:0....g	0.000		0	PAK	1		0.000	0.000	
16:0....g	1.571		0	PIK	4		1.335	6.032	
17:0....g	0.003		0	PAK	1		0.003	0.013	
18:0....g	0.344		0	PIK	4		0.292	1.321	
20:0....g	0.000		0	PAK	1		0.000	0.000	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.131		0	PIK	4		2.661	12.022	
14:1....g	0.009		0	PAK	1		0.008	0.036	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.504		0	PIK	4		0.428	1.934	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	2.599		0	PIK	4		2.209	9.981	
20:1....g	0.019		0	PIK	4		0.016	0.072	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.945		0	PIK	4		0.803	3.629	
18:2 undifferentiated....g	0.878		0	PIK	4		0.746	3.370	
18:3 undifferentiated....g	0.048		0	PIK	4		0.041	0.183	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.008		0	PAK	1		0.007	0.030	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.012		0	PIK	4		0.010	0.046	
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000	0.000	
Fatty acids, total trans....g	0.057		0	PIK	4		0.048	0.218	
Cholesterol....mg	90		0	PIK	4		77	347	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0	PAK	1		0.231	1.045	
Threonine....g	0.629		0	PAK	1		0.535	2.415	
Isoleucine....g	1.113		0	PAK	1		0.946	4.274	
Leucine....g	2.138		0	PAK	1		1.818	8.212	
Lysine....g	2.533		0	PAK	1		2.153	9.727	
Methionine....g	0.770		0	PAK	1		0.655	2.958	
Cystine....g	0.276		0	PAK	1		0.235	1.060	
Phenylalanine....g	1.034		0	PAK	1		0.879	3.972	
Tyrosine....g	0.861		0	PAK	1		0.731	3.305	
Valine....g	1.165		0	PAK	1		0.991	4.475	
Arginine....g	1.646		0	PAK	1		1.399	6.319	
Histidine....g	0.948		0	PAK	1		0.806	3.641	
Alanine....g	1.308		0	PAK	1		1.112	5.022	

NDB No. 05358

Chicken, broiler, rotisserie, BBQ, breast 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
Aspartic acid....g	1.550		0	PAK	1		1.317	5.951	
Glutamic acid....g	2.935		0	PAK	1		2.494	11.269	
Glycine....g	1.204		0	PAK	1		1.023	4.622	
Proline....g	1.048		0	PAK	1		0.891	4.024	
Serine....g	0.862		0	PAK	1		0.733	3.312	
Hydroxyproline....g	0.059		0	PAK	1		0.050	0.225	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 384g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05000
Chicken, broiler, rotisserie, BBQ, breast meat only

Refuse: 22% Bone and connective tissue 11%, skin and separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.660	4	A	1		57.61	260.27	
Energy kcal	144		0	NC	4		123	554	
Energy kJ	604		0	NC	4		513	2319	
Protein g	28.04	0.650	4	A	1		23.83	107.66	
Total lipid (fat) g	3.57	0.370	4	A	1		3.04	13.71	
Ash g	1.40	0.091	4	A	1		1.19	5.38	
Carbohydrate, by difference g	0.00		0	NC	4		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	BFNN	4		11	50	
Iron, Fe mg	0.46		0	BFNN	4		0.39	1.78	
Magnesium, Mg mg	25		0	BFNN	4		22	97	
Phosphorus, P mg	246		0	BFNN	4		209	945	
Potassium, K mg	284		0	BFNN	4		241	1090	
Sodium, Na mg	328		0	BFNN	4		279	1259	
Zinc, Zn mg	0.87		0	BFNN	4		0.74	3.35	
Copper, Cu mg	0.041		0	BFNN	4		0.035	0.156	
Manganese, Mn mg									
Selenium, Se µg	23.1	3.279	4	A	1		19.6	88.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.081		0	BFPN	4		0.069	0.312	
Riboflavin mg	0.131		0	BFPN	4		0.111	0.501	
Niacin mg	9.634		0	BFPN	4		8.189	36.994	
Pantothenic acid mg									
Vitamin B-6 mg	0.314		0	BFPN	4		0.267	1.205	
Folate, total µg	11		0	BFPN	4		9	41	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	8	2.056	4	A	1		7	30	
Folate, DFE µg	8		0	NC	4		7	30	
Choline, total mg	59.8	1.724	4	AS	1		50.8	229.6	
Betaine mg	8.0	0.344	4	A	1		6.8	30.8	
Vitamin B-12 µg	0.27		0	BFPN	4		0.23	1.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	NC	4		4	20	
Retinol µg	5		0	BFSN	4		4	20	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	17		0	NC	4		15	67	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.32	0.070	4	A	1		0.28	1.25	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	4	A	1		0.00	0.00	
Tocopherol, gamma mg	0.07	0.019	4	A	1		0.06	0.28	
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.02	0.003	4	A	1		0.02	0.08	
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00	0.000	4	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00	0.000	4	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		0	BFFN	4		0.0	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	BFFN	4		0	0	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05000

Chicken, broiler, rotisserie, BBQ, breast 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.863		0	BFFN	4		0.733	3.312	
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	BFFN	4		0.000	0.000	
12:0....g	0.000		0	BFFN	4		0.000	0.001	
13:0....g									
14:0....g	0.018		0	BFFN	4		0.015	0.067	
15:0....g									
16:0....g	0.690		0	BFFN	4		0.587	2.650	
17:0....g									
18:0....g	0.150		0	BFFN	4		0.128	0.577	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.444		0	BFFN	4		1.227	5.545	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.238		0	BFFN	4		0.202	0.914	
17:1....g									
18:1 undifferentiated....g	1.194		0	BFFN	4		1.015	4.584	
20:1....g	0.009		0	BFFN	4		0.008	0.035	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.490		0	BFFN	4		0.417	1.883	
18:2 undifferentiated....g	0.451		0	BFFN	4		0.383	1.732	
18:3 undifferentiated....g	0.027		0	BFFN	4		0.023	0.105	
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	0.008		0	BFFN	4		0.007	0.032	
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	86		0	BFSN	4		73	330	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.302		0	A	1		0.257	1.161	
Threonine....g	0.682		0	A	1		0.580	2.619	
Isoleucine....g	1.229		0	A	1		1.044	4.718	
Leucine....g	2.356		0	A	1		2.002	9.046	
Lysine....g	2.804		0	A	1		2.384	10.769	
Methionine....g	0.833		0	A	1		0.708	3.199	
Cystine....g	0.300		0	A	1		0.255	1.152	
Phenylalanine....g	1.152		0	A	1		0.980	4.425	
Tyrosine....g	0.955		0	A	1		0.812	3.668	
Valine....g	1.279		0	A	1		1.088	4.913	
Arginine....g	1.791		0	A	1		1.522	6.877	
Histidine....g	1.027		0	A	1		0.873	3.942	
Alanine....g	1.388		0	A	1		1.180	5.331	
Aspartic acid....g	1.654		0	A	1		1.406	6.353	
Glutamic acid....g	3.168		0	A	1		2.693	12.166	
Glycine....g	1.187		0	A	1		1.009	4.560	
Proline....g	1.050		0	A	1		0.892	4.030	
Serine....g	0.929		0	A	1		0.789	3.566	
Hydroxyproline....g	0.067	0.003	4	A	1		0.057	0.258	

NDB No. 05000
Chicken, broiler, rotisserie, BBQ, breast 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
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 384g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05359
Chicken, broiler, rotisserie, BBQ, drumstick meat and skin

Refuse: 29% Bone and connective tissue 29%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.42		0	PAK	1		43.61		
Energy kcal	206		0	NC	4		146		
Energy kJ	861		0	NC	4		611		
Protein g	25.65		0	PAK	1		18.21		
Total lipid (fat) g	11.46		0	PAK	1		8.13		
Ash g	1.75		0	PAK	1		1.24		
Carbohydrate, by difference g	0.12		0	NR	4		0.08		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.12		0	PIK	4		0.08		
Sucrose g	0.04		0	PAK	1		0.03		
Glucose (dextrose) g	0.04		0	PAK	1		0.03		
Fructose g	0.04		0	PAK	1		0.03		
Lactose g	0.00		0	PAK	1		0.00		
Maltose g	0.00		0	PAK	1		0.00		
Galactose g	0.00		0	PAK	1		0.00		
Starch g	0.00		0	PAK	1		0.00		
Minerals:									
Calcium, Ca mg	22		0	PIK	4		16		
Iron, Fe mg	1.02		0	PIK	4		0.72		
Magnesium, Mg mg	23		0	PIK	4		16		
Phosphorus, P mg	245		0	PIK	4		174		
Potassium, K mg	279		0	PIK	4		198		
Sodium, Na mg	392		0	PIK	4		278		
Zinc, Zn mg	2.52		0	PIK	4		1.79		
Copper, Cu mg	0.082		0	PIK	4		0.058		
Manganese, Mn mg	0.004		0	PAK	1		0.003		
Selenium, Se µg	25.7		0	PIK	4		18.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.063		0	PIK	4		0.045		
Riboflavin mg	0.224		0	PIK	4		0.159		
Niacin mg	5.966		0	PIK	4		4.236		
Pantothenic acid mg	0.142		0	PAK	1		0.101		
Vitamin B-6 mg	0.196		0	PIK	4		0.139		
Folate, total µg	9		0	PIK	4		7		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	9		0	PIK	4		7		
Folate, DFE µg	9		0	NC	4		7		
Choline, total mg	73.3		0	PIK	4		52.1		
Betaine mg	9.3		0	PAK	1		6.6		
Vitamin B-12 µg	0.49		0	PIK	4		0.35		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	17		0	NC	4		12		
Retinol µg	17		0	PIK	4		12		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	56		0	NC	4		40		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.51		0	PIK	4		0.36		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma mg	0.12		0	PAK	1		0.09		
Tocopherol, delta mg	0.01		0	PAK	1		0.01		
Tocotrienol, alpha mg	0.04		0	PAK	1		0.03		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		

NDB No. 05359

Chicken, broiler, rotisserie, BBQ, drumstick 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00		
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	PIK	4		0		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.855		0	PIK	4		2.027		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.000		0	PIK	4		0.000		
12:0....g	0.000		0	PIK	4		0.000		
13:0....g									
14:0....g	0.058		0	PIK	4		0.041		
15:0....g	0.000		0	PAK	1		0.000		
16:0....g	2.289		0	PIK	4		1.625		
17:0....g	0.004		0	PAK	1		0.003		
18:0....g	0.504		0	PIK	4		0.358		
20:0....g	0.000		0	PAK	1		0.000		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	4.750		0	PIK	4		3.372		
14:1....g	0.012		0	PAK	1		0.008		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.800		0	PIK	4		0.568		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	3.909		0	PIK	4		2.775		
20:1....g	0.029		0	PIK	4		0.020		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.523		0	PIK	4		1.081		
18:2 undifferentiated....g	1.399		0	PIK	4		0.993		
18:3 undifferentiated....g	0.077		0	PIK	4		0.055		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.010		0	PAK	1		0.007		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.037		0	PIK	4		0.026		
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.072		0	PIK	4		0.051		
Cholesterol....mg	149		0	PIK	4		106		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.229		0	PAK	1		0.162		
Threonine....g	0.799		0	PAK	1		0.567		
Isoleucine....g	1.047		0	PAK	1		0.744		
Leucine....g	1.941		0	PAK	1		1.378		
Lysine....g	2.219		0	PAK	1		1.576		
Methionine....g	0.702		0	PAK	1		0.498		
Cystine....g	0.251		0	PAK	1		0.179		
Phenylalanine....g	0.890		0	PAK	1		0.632		
Tyrosine....g	0.757		0	PAK	1		0.538		
Valine....g	1.159		0	PAK	1		0.823		
Arginine....g	1.599		0	PAK	1		1.135		
Histidine....g	0.703		0	PAK	1		0.499		
Alanine....g	1.362		0	PAK	1		0.967		

NDB No. 05359

Chicken, broiler, rotisserie, BBQ, drumstick 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
Aspartic acid....g	2.215		0	PAK	1		1.573		
Glutamic acid....g	3.609		0	PAK	1		2.562		
Glycine....g	1.308		0	PAK	1		0.928		
Proline....g	1.420		0	PAK	1		1.008		
Serine....g	1.099		0	PAK	1		0.780		
Hydroxyproline....g	0.200		0	PAK	1		0.142		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05319
Chicken, broiler, rotisserie, BBQ, drumstick, meat only

Refuse: 41% Bone and connective tissue 29%, skin and separable fat 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	64.11	0.518	4	A	1		45.52		
Energy kcal	172		0	NC	4		122		
Energy kJ	719		0	NC	4		510		
Protein g	27.71	0.239	4	A	1		19.68		
Total lipid (fat) g	6.76	0.140	4	A	1		4.80		
Ash g	1.80	0.147	4	A	1		1.28		
Carbohydrate, by difference g	0.00		0	NC	4		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	20		0	BFNN	4		14		
Iron, Fe mg	1.05		0	BFNN	4		0.75		
Magnesium, Mg mg	23		0	BFNN	4		17		
Phosphorus, P mg	248		0	BFNN	4		176		
Potassium, K mg	291		0	BFNN	4		206		
Sodium, Na mg	403		0	BFNN	4		286		
Zinc, Zn mg	2.86		0	BFNN	4		2.03		
Copper, Cu mg	0.089		0	BFNN	4		0.063		
Manganese, Mn mg									
Selenium, Se µg	27.4	2.664	4	A	1		19.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.065		0	BFPN	4		0.046		
Riboflavin mg	0.229		0	BFPN	4		0.163		
Niacin mg	5.745		0	BFPN	4		4.079		
Pantothenic acid mg									
Vitamin B-6 mg	0.184		0	BFPN	4		0.130		
Folate, total µg	9	1.974	4	A	1		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9	1.974	4	A	1		7		
Folate, DFE µg	9		0	NC	4		7		
Choline, total mg	80.1	3.016	4	AS	1		56.8		
Betaine mg	11.1	1.170	4	A	1		7.9		
Vitamin B-12 µg	0.47		0	BFPN	4		0.34		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	10		0	NC	4		7		
Retinol µg	10		0	BFSN	4		7		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	33		0	NC	4		23		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.54	0.135	4	A	1		0.39		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	4	A	1		0.00		
Tocopherol, gamma mg	0.15	0.017	4	A	1		0.10		
Tocopherol, delta mg	0.01	0.005	4	A	1		0.01		
Tocotrienol, alpha mg	0.04	0.006	4	A	1		0.03		
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma mg	0.01	0.004	4	A	1		0.01		
Tocotrienol, delta mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	BFFN	4		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05319

Chicken, broiler, rotisserie, BBQ, drumstick, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.573		0	NC	4		1.117		
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	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.033		0	BFFN	4		0.023		
15:0....g									
16:0....g	1.262		0	BFFN	4		0.896		
17:0....g									
18:0....g	0.278		0	BFFN	4		0.198		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.827		0	NC	4		2.007		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.507		0	BFFN	4		0.360		
17:1....g									
18:1 undifferentiated....g	2.302		0	BFFN	4		1.635		
20:1....g	0.018		0	BFFN	4		0.013		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.029		0	NC	4		0.731		
18:2 undifferentiated....g	0.935		0	BFFN	4		0.664		
18:3 undifferentiated....g	0.056		0	BFFN	4		0.040		
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	0.038		0	BFFN	4		0.027		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	155		0	BFSN	4		110		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	A	1		0.185		
Threonine....g	0.903		0	A	1		0.641		
Isoleucine....g	1.188		0	A	1		0.843		
Leucine....g	2.191		0	A	1		1.555		
Lysine....g	2.517		0	A	1		1.787		
Methionine....g	0.772		0	A	1		0.548		
Cystine....g	0.278		0	A	1		0.197		
Phenylalanine....g	1.018		0	A	1		0.723		
Tyrosine....g	0.862		0	A	1		0.612		
Valine....g	1.309		0	A	1		0.929		
Arginine....g	1.782		0	A	1		1.266		
Histidine....g	0.758		0	A	1		0.538		
Alanine....g	1.480		0	A	1		1.051		
Aspartic acid....g	2.485		0	A	1		1.765		
Glutamic acid....g	4.052		0	A	1		2.877		
Glycine....g	1.307		0	A	1		0.928		
Proline....g	1.495		0	A	1		1.062		
Serine....g	1.234		0	A	1		0.876		
Hydroxyproline....g	0.239	0.013	4	A	1		0.170		

NDB No. 05319

Chicken, broiler, rotisserie, BBQ, drumstick, 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
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05356
Chicken, broiler, rotisserie, BBQ, skin

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	47.81	0.966	12	A	1		40.64		
Energy kcal	378		0	NC	4		322		
Energy kJ	1583		0	NC	4		1346		
Protein g	15.19	0.535	12	A	1		12.91		
Total lipid (fat) g	35.15	1.112	12	A	1		29.88		
Ash g	1.52	0.068	12	A	1		1.29		
Carbohydrate, by difference g	0.70		0	NR	4		0.59		
Fiber, total dietary g	0.0	0.000	3	A	1		0.0		
Sugars, total g	0.70	0.356	12	A	1		0.59		
Sucrose g	0.22	0.090	12	A	1		0.19		
Glucose (dextrose) g	0.25	0.173	12	A	1		0.21		
Fructose g	0.23	0.156	12	A	1		0.19		
Lactose g	0.00	0.000	12	A	1		0.00		
Maltose g	0.00	0.000	12	A	1		0.00		
Galactose g	0.00	0.000	12	A	1		0.00		
Starch g	0.00	0.000	3	A	1		0.00		
Minerals:									
Calcium, Ca mg	34	7.359	12	A	1		29		
Iron, Fe mg	0.86	0.053	12	A	1		0.73		
Magnesium, Mg mg	22	1.440	12	A	1		19		
Phosphorus, P mg	230	10.952	12	A	1		195		
Potassium, K mg	223	14.253	12	A	1		190		
Sodium, Na mg	335	23.382	12	A	1		285		
Zinc, Zn mg	0.76	0.046	12	A	1		0.65		
Copper, Cu mg	0.043	0.004	12	A	1		0.036		
Manganese, Mn mg	0.027	0.003	12	A	1		0.023		
Selenium, Se µg	16.6		0	BFNN	4		14.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.054	0.004	12	A	1		0.046		
Riboflavin mg	0.199	0.012	12	A	1		0.169		
Niacin mg	7.082	0.783	12	A	1		6.019		
Pantothenic acid mg	0.857	0.073	12	A	1		0.728		
Vitamin B-6 mg	0.259	0.013	12	A	1		0.220		
Folate, total µg	9		0	BFPN	4		8		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	9		0	BFPN	4		8		
Folate, DFE µg	9		0	NC	4		8		
Choline, total mg	39.3		0	BFPN	4		33.4		
Betaine mg									
Vitamin B-12 µg	0.55	0.038	12	A	1		0.47		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	51		0	AS	1		44		
Retinol µg	51	6.809	3	A	1		44		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	171		0	AS	1		145		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.33		0	BFSN	4		0.28		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 05356
Chicken, broiler, rotisserie, BBQ, 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
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	9.333		0	NC	4		7.933		
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	0.000	12	A	1		0.000		
10:0....g	0.000	0.000	12	A	1		0.000		
12:0....g	0.000	0.000	12	A	1		0.000		
13:0....g									
14:0....g	0.188	0.009	12	A	1		0.160		
15:0....g	0.000	0.000	12	A	1		0.000		
16:0....g	7.477	0.283	12	A	1		6.355		
17:0....g	0.026	0.001	12	A	1		0.022		
18:0....g	1.643	0.066	12	A	1		1.397		
20:0....g	0.000	0.000	12	A	1		0.000		
22:0....g	0.000	0.000	12	A	1		0.000		
24:0....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total monounsaturated....g	14.464		0	NC	4		12.295		
14:1....g	0.071	0.004	12	A	1		0.061		
15:1....g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated....g	2.284	0.127	12	A	1		1.941		
17:1....g	0.000	0.000	12	A	1		0.000		
18:1 undifferentiated....g	12.026	0.373	12	AS	1		10.222		
18:1 c....g	11.698	0.382	12	A	1		9.943		
18:1 t....g	0.328	0.030	12	A	1		0.279		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.083	0.003	12	A	1		0.071		
22:1 undifferentiated....g	0.000	0.000	12	AS	1		0.000		
22:1 c....g	0.000	0.000	12	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.018		0	NC	4		3.416		
18:2 undifferentiated....g	3.739	0.079	12	AS	1		3.179		
18:2 n-6 c,c....g	3.629	0.076	12	A	1		3.085		
18:2 CLAs....g									
18:2 t,t....g	0.110	0.009	12	A	1		0.094		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.183	0.009	12	AS	1		0.156		
18:3 n-3 c,c,c (ALA)....g	0.146	0.009	12	A	1		0.124		
18:3 n-6 c,c,c....g	0.037	0.003	12	A	1		0.031		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.060	0.005	12	A	1		0.051		
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.035	0.003	12	A	1		0.030		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total trans....g	0.438		0	NC	4		0.373		
Fatty acids, total trans-monoenoic....g	0.328		0	NC	4		0.279		
Fatty acids, total trans-polyenoic....g	0.110		0	NC	4		0.094		
Cholesterol....mg	120	12.815	12	A	1		102		

NDB No. 05356
Chicken, broiler, rotisserie, BBQ, 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
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.070		0	A	1		0.059		
Threonine....g	0.273		0	A	1		0.232		
Isoleucine....g	0.338		0	A	1		0.287		
Leucine....g	0.681		0	A	1		0.579		
Lysine....g	0.713		0	A	1		0.606		
Methionine....g	0.348		0	A	1		0.296		
Cystine....g	0.117		0	A	1		0.099		
Phenylalanine....g	0.244		0	A	1		0.207		
Tyrosine....g	0.225		0	A	1		0.191		
Valine....g	0.401		0	A	1		0.341		
Arginine....g	0.670		0	A	1		0.570		
Histidine....g	0.422		0	A	1		0.358		
Alanine....g	0.768		0	A	1		0.653		
Aspartic acid....g	0.848		0	A	1		0.721		
Glutamic acid....g	1.367		0	A	1		1.162		
Glycine....g	1.313		0	A	1		1.116		
Proline....g	1.037		0	A	1		0.881		
Serine....g	0.418		0	A	1		0.356		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

NDB No. 05361
Chicken, broiler, rotisserie, BBQ, thigh meat and skin

Refuse: 14% Bone and connective tissue 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.41		0	PAK	1		58.34		
Energy kcal	226		0	NC	4		215		
Energy kJ	946		0	NC	4		899		
Protein g	22.51		0	PAK	1		21.38		
Total lipid (fat) g	15.08		0	PAK	1		14.33		
Ash g	1.42		0	PAK	1		1.35		
Carbohydrate, by difference g	0.12		0	NR	4		0.12		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.12		0	PIK	4		0.12		
Sucrose g	0.04		0	PAK	1		0.04		
Glucose (dextrose) g	0.04		0	PAK	1		0.04		
Fructose g	0.04		0	PAK	1		0.04		
Lactose g	0.00		0	PAK	1		0.00		
Maltose g	0.00		0	PAK	1		0.00		
Galactose g	0.00		0	PAK	1		0.00		
Starch g	0.00		0	PAK	1		0.00		
Minerals:									
Calcium, Ca mg	16		0	PIK	4		16		
Iron, Fe mg	0.95		0	PIK	4		0.90		
Magnesium, Mg mg	21		0	PIK	4		20		
Phosphorus, P mg	218		0	PIK	4		207		
Potassium, K mg	255		0	PIK	4		243		
Sodium, Na mg	335		0	PIK	4		318		
Zinc, Zn mg	1.78		0	PIK	4		1.69		
Copper, Cu mg	0.077		0	PIK	4		0.073		
Manganese, Mn mg	0.005		0	PAK	1		0.005		
Selenium, Se µg	22.0		0	PIK	4		20.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.055		0	PIK	4		0.052		
Riboflavin mg	0.227		0	PIK	4		0.216		
Niacin mg	5.732		0	PIK	4		5.446		
Pantothenic acid mg	0.152		0	PAK	1		0.145		
Vitamin B-6 mg	0.191		0	PIK	4		0.181		
Folate, total µg	8		0	PIK	4		8		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	8		0	PIK	4		8		
Folate, DFE µg	8		0	NC	4		8		
Choline, total mg	62.9		0	PIK	4		59.8		
Betaine mg	8.8		0	PAK	1		8.4		
Vitamin B-12 µg	0.47		0	PIK	4		0.44		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	20		0	NC	4		19		
Retinol µg	20		0	PIK	4		19		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	67		0	NC	4		63		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.46		0	PIK	4		0.43		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.01		0	PAK	1		0.01		
Tocopherol, gamma mg	0.12		0	PAK	1		0.11		
Tocopherol, delta mg	0.01		0	PAK	1		0.01		
Tocotrienol, alpha mg	0.03		0	PAK	1		0.03		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		

NDB No. 05361

Chicken, broiler, rotisserie, BBQ, thigh 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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00		
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU	0		0	PIK	4		0		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.927		0	PIK	4		3.731		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.000		0	PIK	4		0.000		
12:0....g	0.001		0	PIK	4		0.001		
13:0....g									
14:0....g	0.079		0	PIK	4		0.075		
15:0....g	0.000		0	PAK	1		0.000		
16:0....g	3.153		0	PIK	4		2.996		
17:0....g	0.005		0	PAK	1		0.004		
18:0....g	0.689		0	PIK	4		0.655		
20:0....g	0.000		0	PAK	1		0.000		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	6.446		0	PIK	4		6.124		
14:1....g	0.013		0	PAK	1		0.012		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	1.050		0	PIK	4		0.997		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	5.346		0	PIK	4		5.078		
20:1....g	0.039		0	PIK	4		0.037		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.038		0	PIK	4		1.936		
18:2 undifferentiated....g	1.890		0	PIK	4		1.795		
18:3 undifferentiated....g	0.105		0	PIK	4		0.100		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.011		0	PAK	1		0.010		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.032		0	PIK	4		0.030		
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.078		0	PIK	4		0.074		
Cholesterol....mg	127		0	PIK	4		121		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.173		0	PAK	1		0.164		
Threonine....g	0.657		0	PAK	1		0.624		
Isoleucine....g	0.853		0	PAK	1		0.810		
Leucine....g	1.549		0	PAK	1		1.471		
Lysine....g	1.750		0	PAK	1		1.663		
Methionine....g	0.565		0	PAK	1		0.536		
Cystine....g	0.196		0	PAK	1		0.186		
Phenylalanine....g	0.690		0	PAK	1		0.656		
Tyrosine....g	0.581		0	PAK	1		0.552		
Valine....g	0.935		0	PAK	1		0.888		
Arginine....g	1.278		0	PAK	1		1.214		
Histidine....g	0.592		0	PAK	1		0.563		
Alanine....g	1.083		0	PAK	1		1.029		

NDB No. 05361

Chicken, broiler, rotisserie, BBQ, thigh 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
Aspartic acid....g	1.782		0	PAK	1		1.692		
Glutamic acid....g	2.894		0	PAK	1		2.749		
Glycine....g	1.034		0	PAK	1		0.982		
Proline....g	1.089		0	PAK	1		1.035		
Serine....g	0.865		0	PAK	1		0.822		
Hydroxyproline....g	0.096		0	PAK	1		0.091		
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05334
Chicken, broiler, rotisserie, BBQ, thigh, meat only

Refuse: 29% Bone and connective tissue 14%, skin and separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.35	0.372	4	A	1		61.13		
Energy kcal	193		0	NC	4		183		
Energy kJ	808		0	NC	4		768		
Protein g	24.09	1.113	4	A	1		22.88		
Total lipid (fat) g	10.74	0.555	4	A	1		10.21		
Ash g	1.40	0.108	4	A	1		1.33		
Carbohydrate, by difference g	0.00		0	NC	4		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	13		0	BFNN	4		12		
Iron, Fe mg	0.97		0	BFNN	4		0.92		
Magnesium, Mg mg	21		0	BFNN	4		20		
Phosphorus, P mg	216		0	BFNN	4		205		
Potassium, K mg	262		0	BFNN	4		249		
Sodium, Na mg	335		0	BFNN	4		318		
Zinc, Zn mg	2.00		0	BFNN	4		1.90		
Copper, Cu mg	0.084		0	BFNN	4		0.080		
Manganese, Mn mg									
Selenium, Se µg	23.1	2.850	4	A	1		22.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.055		0	BFPN	4		0.052		
Riboflavin mg	0.234		0	BFPN	4		0.222		
Niacin mg	5.441		0	BFPN	4		5.169		
Pantothenic acid mg									
Vitamin B-6 mg	0.176		0	BFPN	4		0.167		
Folate, total µg	8	1.031	4	A	1		7		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	8	1.031	4	A	1		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	68.0	2.496	4	AS	1		64.6		
Betaine mg	10.7	1.694	4	A	1		10.2		
Vitamin B-12 µg	0.45		0	BFPN	4		0.43		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	13		0	NC	4		13		
Retinol µg	13		0	BFSN	4		13		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	44		0	NC	4		42		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.48	0.113	4	A	1		0.46		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01	0.004	4	A	1		0.01		
Tocopherol, gamma mg	0.14	0.021	4	A	1		0.13		
Tocopherol, delta mg	0.01	0.007	4	A	1		0.01		
Tocotrienol, alpha mg	0.04	0.005	4	A	1		0.04		
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma mg	0.00	0.004	4	A	1		0.00		
Tocotrienol, delta mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05334

Chicken, broiler, rotisserie, BBQ, thigh, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.777		0	BFFN	4		2.638		
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	BFFN	4		0.000		
12:0....g	0.001		0	BFFN	4		0.001		
13:0....g									
14:0....g	0.056		0	BFFN	4		0.053		
15:0....g									
16:0....g	2.219		0	BFFN	4		2.108		
17:0....g									
18:0....g	0.483		0	BFFN	4		0.459		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.727		0	BFFN	4		4.491		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.783		0	BFFN	4		0.744		
17:1....g									
18:1 undifferentiated....g	3.902		0	BFFN	4		3.707		
20:1....g	0.029		0	BFFN	4		0.027		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.621		0	BFFN	4		1.540		
18:2 undifferentiated....g	1.490		0	BFFN	4		1.416		
18:3 undifferentiated....g	0.089		0	BFFN	4		0.084		
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	0.031		0	BFFN	4		0.030		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	128		0	BFSN	4		122		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.195		0	A	1		0.186		
Threonine....g	0.740		0	A	1		0.703		
Isoleucine....g	0.964		0	A	1		0.916		
Leucine....g	1.736		0	A	1		1.649		
Lysine....g	1.974		0	A	1		1.876		
Methionine....g	0.611		0	A	1		0.581		
Cystine....g	0.213		0	A	1		0.202		
Phenylalanine....g	0.787		0	A	1		0.747		
Tyrosine....g	0.658		0	A	1		0.625		
Valine....g	1.050		0	A	1		0.998		
Arginine....g	1.410		0	A	1		1.339		
Histidine....g	0.629		0	A	1		0.598		
Alanine....g	1.151		0	A	1		1.094		
Aspartic acid....g	1.983		0	A	1		1.884		
Glutamic acid....g	3.224		0	A	1		3.063		
Glycine....g	0.973		0	A	1		0.925		
Proline....g	1.101		0	A	1		1.046		
Serine....g	0.962		0	A	1		0.914		
Hydroxyproline....g	0.117	0.004	4	A	1		0.111		

NDB No. 05334
Chicken, broiler, rotisserie, BBQ, thigh, 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
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05362
Chicken, broiler, rotisserie, BBQ, wing meat and skin

Refuse: 32% Bone and connective tissue 32%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		29.19		
Energy kcal	257		0	NC	4		131		
Energy kJ	1073		0	NC	4		547		
Protein g	23.42		0	PAK	1		11.94		
Total lipid (fat) g	18.04		0	PAK	1		9.20		
Ash g	1.18		0	PAK	1		0.60		
Carbohydrate, by difference g	0.60		0	NR	4		0.30		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.60		0	PAK	1		0.30		
Sucrose g	0.22		0	PAK	1		0.11		
Glucose (dextrose) g	0.21		0	PAK	1		0.11		
Fructose g	0.16		0	PAK	1		0.08		
Lactose g	0.00		0	PAK	1		0.00		
Maltose g	0.00		0	PAK	1		0.00		
Galactose g	0.00		0	PAK	1		0.00		
Starch g	0.00		0	PAK	1		0.00		
Minerals:									
Calcium, Ca mg	33		0	PIK	4		17		
Iron, Fe mg	0.93		0	PIK	4		0.47		
Magnesium, Mg mg	23		0	PIK	4		12		
Phosphorus, P mg	251		0	PIK	4		128		
Potassium, K mg	285		0	PIK	4		145		
Sodium, Na mg	579		0	PIK	4		295		
Zinc, Zn mg	1.57		0	PIK	4		0.80		
Copper, Cu mg	0.057		0	PIK	4		0.029		
Manganese, Mn mg	0.010		0	PAK	1		0.005		
Selenium, Se µg	38.2		0	PIK	4		19.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.078		0	PIK	4		0.040		
Riboflavin mg	0.161		0	PIK	4		0.082		
Niacin mg	7.454		0	PIK	4		3.801		
Pantothenic acid mg	0.321		0	PAK	1		0.164		
Vitamin B-6 mg	0.212		0	PIK	4		0.108		
Folate, total µg	8		0	PIK	4		4		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	8		0	PIK	4		4		
Folate, DFE µg	8		0	NC	4		4		
Choline, total mg	58.2		0	PIK	4		29.7		
Betaine mg									
Vitamin B-12 µg	0.45		0	PIK	4		0.23		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	26		0	NC	4		13		
Retinol µg	26		0	PAK	1		13		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	87		0	NC	4		44		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.12		0	PIK	4		0.06		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 05362

Chicken, broiler, rotisserie, BBQ, wing 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
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	PIK	4		0		
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.627		0	PIK	4		2.360		
4:0....g	0.000		0	PIK	4		0.000		
6:0....g	0.000		0	PIK	4		0.000		
8:0....g	0.000		0	PIK	4		0.000		
10:0....g	0.000		0	PIK	4		0.000		
12:0....g	0.000		0	PIK	4		0.000		
13:0....g									
14:0....g	0.094		0	PIK	4		0.048		
15:0....g	0.000		0	PAK	1		0.000		
16:0....g	3.700		0	PIK	4		1.887		
17:0....g	0.010		0	PAK	1		0.005		
18:0....g	0.823		0	PIK	4		0.420		
20:0....g	0.000		0	PAK	1		0.000		
22:0....g	0.000		0	PAK	1		0.000		
24:0....g	0.000		0	PAK	1		0.000		
Fatty acids, total monounsaturated....g	7.332		0	PIK	4		3.739		
14:1....g	0.027		0	PAK	1		0.014		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	1.164		0	PIK	4		0.594		
17:1....g	0.000		0	PAK	1		0.000		
18:1 undifferentiated....g	6.098		0	PIK	4		3.110		
20:1....g	0.043		0	PIK	4		0.022		
22:1 undifferentiated....g	0.000		0	PIK	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.177		0	PIK	4		1.110		
18:2 undifferentiated....g	2.020		0	PIK	4		1.030		
18:3 undifferentiated....g	0.106		0	PIK	4		0.054		
18:4....g	0.000		0	PIK	4		0.000		
20:2 n-6 c,c....g	0.023		0	PAK	1		0.012		
20:3 undifferentiated....g	0.000		0	PAK	1		0.000		
20:4 undifferentiated....g	0.028		0	PIK	4		0.014		
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIK	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	PIK	4		0.000		
Fatty acids, total trans....g	0.164		0	PIK	4		0.084		
Cholesterol....mg	129		0	PIK	4		66		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0	PAK	1		0.105		
Threonine....g	0.563		0	PAK	1		0.287		
Isoleucine....g	0.920		0	PAK	1		0.469		
Leucine....g	1.593		0	PAK	1		0.813		
Lysine....g	1.656		0	PAK	1		0.845		
Methionine....g	0.636		0	PAK	1		0.324		
Cystine....g	0.217		0	PAK	1		0.110		
Phenylalanine....g	0.757		0	PAK	1		0.386		
Tyrosine....g	0.603		0	PAK	1		0.307		
Valine....g	1.046		0	PAK	1		0.534		
Arginine....g	1.307		0	PAK	1		0.667		
Histidine....g	0.625		0	PAK	1		0.319		
Alanine....g	1.242		0	PAK	1		0.633		
Aspartic acid....g	1.899		0	PAK	1		0.969		
Glutamic acid....g	3.002		0	PAK	1		1.531		
Glycine....g	1.369		0	PAK	1		0.698		

NDB No. 05362

Chicken, broiler, rotisserie, BBQ, wing 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
Proline....g	1.470		0	PAK	1		0.750		
Serine....g	0.586		0	PAK	1		0.299		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 wing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05339
Chicken, broiler, rotisserie, BBQ, wing, meat only

Refuse: 57% Bone and connective tissue 32%, skin and separable fat 25%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.87		1	A	1		32.06		
Energy kcal	184		0	NC	4		94		
Energy kJ	768		0	NC	4		392		
Protein (N x 6.25) g	28.34		1	A	1		14.45		
Total lipid (fat) g	7.79		1	A	1		3.97		
Ash g	0.98		1	A	1		0.50		
Carbohydrate, by difference g	0.54		0	NR	4		0.27		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.53		1	A	1		0.27		
Sucrose g	0.22		1	A	1		0.11		
Glucose (dextrose) g	0.19		1	A	1		0.10		
Fructose g	0.13		1	A	1		0.06		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	32		0	BFNN	4		16		
Iron, Fe mg	0.97		0	BFNN	4		0.49		
Magnesium, Mg mg	24		0	BFNN	4		12		
Phosphorus, P mg	264		0	BFNN	4		134		
Potassium, K mg	322		0	BFNN	4		164		
Sodium, Na mg	725		0	BFNN	4		370		
Zinc, Zn mg	2.05		0	BFNN	4		1.05		
Copper, Cu mg	0.066		0	BFNN	4		0.034		
Manganese, Mn mg									
Selenium, Se µg	51.1		0	BFNN	4		26.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.092		0	BFPN	4		0.047		
Riboflavin mg	0.138		0	BFPN	4		0.070		
Niacin mg	7.676		0	BFPN	4		3.915		
Pantothenic acid mg									
Vitamin B-6 mg	0.184		0	BFPN	4		0.094		
Folate, total µg	7		0	BFPN	4		3		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFPN	4		3		
Folate, DFE µg	7		0	NC	4		3		
Choline, total mg	69.5		0	BFPN	4		35.5		
Betaine mg									
Vitamin B-12 µg	0.39		0	BFPN	4		0.20		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	11		0	AS	1		6		
Retinol µg	11		1	A	1		6		
Carotene, beta µg	0		1	A	1		0		
Carotene, alpha µg	0		1	A	1		0		
Cryptoxanthin, beta µg	0		1	A	1		0		
Vitamin A, IU IU	37		0	AS	1		19		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.37		0	BFSN	4		0.19		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									

NDB No. 05339

Chicken, broiler, rotisserie, BBQ, wing, 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
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.0		0	Z	7		0.0		
Vitamin D....IU	0		0	BFFN	4		0		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.134		0	NC	4		1.089		
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	BFFN	4		0.000		
12:0....g	0.000		0	BFFN	4		0.000		
13:0....g									
14:0....g	0.046		0	BFFN	4		0.023		
15:0....g									
16:0....g	1.697		0	BFFN	4		0.865		
17:0....g									
18:0....g	0.392		0	BFFN	4		0.200		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.610		0	NC	4		1.841		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.582		0	BFFN	4		0.297		
17:1....g									
18:1 undifferentiated....g	3.005		0	BFFN	4		1.533		
20:1....g	0.023		0	BFFN	4		0.012		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.266		0	NC	4		0.646		
18:2 undifferentiated....g	1.167		0	BFFN	4		0.595		
18:3 undifferentiated....g	0.071		0	BFFN	4		0.036		
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	0.028		0	BFFN	4		0.014		
20:5 n-3 (EPA)....g	0.000		0	BFFN	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	BFFN	4		0.000		
22:6 n-3 (DHA)....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	134		0	BFSN	4		68		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.287		0	A	1		0.146		
Threonine....g	0.737		0	A	1		0.376		
Isoleucine....g	1.269		0	A	1		0.647		
Leucine....g	2.139		0	A	1		1.091		
Lysine....g	2.221		0	A	1		1.133		
Methionine....g	0.809		0	A	1		0.412		
Cystine....g	0.276		0	A	1		0.141		
Phenylalanine....g	1.064		0	A	1		0.543		
Tyrosine....g	0.829		0	A	1		0.423		
Valine....g	1.433		0	A	1		0.731		
Arginine....g	1.689		0	A	1		0.861		
Histidine....g	0.747		0	A	1		0.381		
Alanine....g	1.525		0	A	1		0.778		
Aspartic acid....g	2.528		0	A	1		1.289		
Glutamic acid....g	3.981		0	A	1		2.031		
Glycine....g	1.402		0	A	1		0.715		

NDB No. 05339
Chicken, broiler, rotisserie, BBQ, wing, 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
Proline....g	1.730		0	A	1		0.882		
Serine....g	0.686		0	A	1		0.350		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 wing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	20		0	RA	4		14	24	
Folic acid µg	11		0	NC	4		8	13	
Folate, food µg	9		0		1		6	11	
Folate, DFE µg	28		0	NC	4		20	33	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.26		0		1		0.19	0.31	
Vitamin A, RAE µg	36		0		1		26	43	
Retinol µg	36		0		1		26	43	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	119		0		1		86	143	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.014	0.024	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.022	0.036	
22:6 n-3 (DHA)....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.

NDB No. 05049

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

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 27 (2014)

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 µg	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 µg	15		0	RA	4		7	11	
Folic acid µg	7		0	NC	4		3	5	
Folate, food µg	8		0		1		4	6	
Folate, DFE µg	20		0	NC	4		9	14	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.28		0		1		0.12	0.20	
Vitamin A, RAE µg	37		0		1		16	27	
Retinol µg	37		0		1		16	27	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	123		0		1		54	89	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.009	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.013	0.022	
22:6 n-3 (DHA)....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.

NDB No. 05050

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

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 27 (2014)

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		0		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 µg	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 µg	6		0		1		2	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		2	3	
Folate, DFE µg	6		0	NC	4		2	3	
Choline, total mg	62.3		0	BFNN	4		19.9	33.0	
Betaine mg	5.3		0	BFNN	4		1.7	2.8	
Vitamin B-12 µg	0.27		0		1		0.09	0.14	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	105		0	NC	4		33	55	
Retinol µg	105		0	NR	4		33	55	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	348		0		1		111	184	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.08	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.0	0.0	
Vitamin D IU	2		0	PIK	4		1	1	
Vitamin K (phylloquinone) µg	4.9		0	BFSN	4		1.6	2.6	
Dihydrophylloquinone µg	0.0		0	NR	4		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05051

Chicken, broilers or fryers, 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
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									
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 (EPA)....g	0.020		0		1		0.006	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.010	0.016	
22:6 n-3 (DHA)....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	

NDB No. 05051

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05347

Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning

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	56.44		0	PAK	1		57.57	47.98	16.00
Energy kcal	260		0	NC	4		266	221	74
Energy kJ	1089		0	NC	4		1111	926	309
Protein g	23.23		0	PAK	1		23.69	19.74	6.59
Total lipid (fat) g	18.59		0	PAK	1		18.97	15.80	5.27
Ash g	2.36		0	PAK	1		2.41	2.01	0.67
Carbohydrate, by difference g	0.03		0	NR	4		0.03	0.03	0.01
Fiber, total dietary g	0.0		0	PAK	1		0.0	0.0	0.0
Sugars, total g	0.03		0	PAK	1		0.03	0.03	0.01
Sucrose g	0.03		0	PAK	1		0.03	0.03	0.01
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	0.00
Fructose g	0.00		0	PAK	1		0.00	0.00	0.00
Lactose g	0.00		0	PAK	1		0.00	0.00	0.00
Maltose g	0.00		0	PAK	1		0.00	0.00	0.00
Galactose g	0.00		0	PAK	1		0.00	0.00	0.00
Starch g	0.00		0	PAK	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	35		0	PAK	1		35	29	10
Iron, Fe mg	0.97		0	PAK	1		0.99	0.82	0.27
Magnesium, Mg mg	23		0	PAK	1		23	19	6
Phosphorus, P mg	249		0	PAK	1		254	212	71
Potassium, K mg	291		0	PAK	1		297	248	83
Sodium, Na mg	584		0	PAK	1		596	497	166
Zinc, Zn mg	1.77		0	PAK	1		1.80	1.50	0.50
Copper, Cu mg	0.069		0	PAK	1		0.071	0.059	0.020
Manganese, Mn mg	0.026		0	PAK	1		0.026	0.022	0.007
Selenium, Se µg	40.1		0	PAK	1		40.9	34.1	11.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.068		0	PAK	1		0.069	0.058	0.019
Riboflavin mg	0.185		0	PAK	1		0.189	0.158	0.053
Niacin mg	5.928		0	PAK	1		6.047	5.039	1.681
Pantothenic acid mg	1.200		0	PAK	1		1.224	1.020	0.340
Vitamin B-6 mg	0.139		0	PAK	1		0.142	0.118	0.040
Folate, total µg	9		0	PAK	1		9	7	2
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	9		0	PAK	1		9	7	2
Folate, DFE µg	9		0	NC	4		9	7	2
Choline, total mg	58.9		0	PAK	1		60.1	50.1	16.7
Betaine mg	6.7		0	PAK	1		6.8	5.7	1.9
Vitamin B-12 µg	0.68		0	PAK	1		0.69	0.57	0.19
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	28		0	PAK	1		28	23	8
Retinol µg	28		0	PAK	1		28	23	8
Carotene, beta µg	0		0	PAK	1		0	0	0
Carotene, alpha µg	0		0	PAK	1		0	0	0
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	0
Vitamin A, IU IU	92		0	PAK	1		94	78	26
Lycopene µg	0		0	PAK	1		0	0	0
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.28		0	PIK	4		0.28	0.24	0.08
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.05		0	PAK	1		0.06	0.05	0.02
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02		0	PAK	1		0.02	0.02	0.01
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00

NDB No. 05347

Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma mg	0.03		0	PAK	1		0.03	0.03	0.01
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		0	PAK	1		0.0	0.0	0.0
Dihydrophylloquinone µg	0.0		0	PAK	1		0.0	0.0	0.0
Menaquinone-4 µg	24.3		0	PAK	1		24.8	20.7	6.9
Lipids:									
Fatty acids, total saturated g	4.924		0	PIK	4		5.023	4.186	1.396
4:0 g	0.000		0	PIK	4		0.000	0.000	0.000
6:0 g	0.000		0	PIK	4		0.000	0.000	0.000
8:0 g	0.000		0	PAK	1		0.000	0.000	0.000
10:0 g	0.000		0	PAK	1		0.000	0.000	0.000
12:0 g	0.001		0	PAK	1		0.001	0.001	0.000
13:0 g									
14:0 g	0.104		0	PAK	1		0.106	0.088	0.029
15:0 g	0.019		0	PAK	1		0.020	0.016	0.005
16:0 g	3.913		0	PAK	1		3.991	3.326	1.109
17:0 g	0.014		0	PAK	1		0.014	0.012	0.004
18:0 g	0.874		0	PAK	1		0.891	0.743	0.248
20:0 g	0.000		0	PAK	1		0.000	0.000	0.000
22:0 g	0.000		0	PAK	1		0.000	0.000	0.000
24:0 g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	8.162		0	PIK	4		8.325	6.938	2.314
14:1 g	0.029		0	PAK	1		0.030	0.025	0.008
15:1 g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated g	1.314		0	PAK	1		1.341	1.117	0.373
17:1 g	0.000		0	PAK	1		0.000	0.000	0.000
18:1 undifferentiated g	6.769		0	PAK	1		6.905	5.754	1.919
20:1 g	0.049		0	PAK	1		0.050	0.042	0.014
22:1 undifferentiated g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	2.723		0	PIK	4		2.777	2.314	0.772
18:2 undifferentiated g	2.514		0	PAK	1		2.564	2.137	0.713
18:3 undifferentiated g	0.148		0	PAK	1		0.151	0.126	0.042
18:4 g	0.000		0	PIK	4		0.000	0.000	0.000
20:2 n-6 c,c g	0.022		0	PAK	1		0.022	0.018	0.006
20:3 undifferentiated g	0.000		0	PAK	1		0.000	0.000	0.000
20:4 undifferentiated g	0.039		0	PAK	1		0.040	0.034	0.011
20:5 n-3 (EPA) g	0.000		0	PAK	1		0.000	0.000	0.000
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA) g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans g	0.231		0	PIK	4		0.236	0.197	0.066
Cholesterol mg	128		0	PAK	1		130	109	36
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.227		0	PAK	1		0.232	0.193	0.064
Threonine g	0.669		0	PAK	1		0.683	0.569	0.190
Isoleucine g	1.042		0	PAK	1		1.063	0.886	0.295
Leucine g	1.808		0	PAK	1		1.844	1.537	0.513
Lysine g	1.895		0	PAK	1		1.933	1.611	0.537
Methionine g	0.718		0	PAK	1		0.733	0.611	0.204
Cystine g	0.256		0	PAK	1		0.261	0.218	0.073
Phenylalanine g	0.861		0	PAK	1		0.879	0.732	0.244
Tyrosine g	0.656		0	PAK	1		0.670	0.558	0.186
Valine g	1.185		0	PAK	1		1.208	1.007	0.336
Arginine g	1.466		0	PAK	1		1.496	1.247	0.416
Histidine g	0.710		0	PAK	1		0.724	0.603	0.201
Alanine g	1.395		0	PAK	1		1.423	1.185	0.395

NDB No. 05347

Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	2.152		0	PAK	1		2.195	1.829	0.610
Glutamic acid....g	3.453		0	PAK	1		3.523	2.935	0.979
Glycine....g	1.534		0	PAK	1		1.565	1.304	0.435
Proline....g	1.332		0	PAK	1		1.358	1.132	0.378
Serine....g	0.716		0	PAK	1		0.731	0.609	0.203
Hydroxyproline....g	0.257		0	PAK	1		0.262	0.218	0.073
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

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

Common Measures:

Measure 1 = 102g: 1 back

Measure 2 = 85g: 1 serving (3 oz)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		51.79	21.93	97.49
Energy kcal	258		0	NC	4		219	93	413
Energy kJ	1079		0		4		918	389	1727
Protein (N x 6.25) g	22.18	0.410	16		1		18.85	7.98	35.49
Total lipid (fat) g	18.14	0.628	16		1		15.42	6.53	29.02
Ash g	0.64	0.039	16		1		0.54	0.23	1.02
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	18	1.231	16		1		15	6	29
Iron, Fe mg	1.22	0.039	16		1		1.04	0.44	1.95
Magnesium, Mg mg	16	0.253	16		1		14	6	26
Phosphorus, P mg	120	1.636	16		1		102	43	192
Potassium, K mg	145	6.275	16		1		123	52	232
Sodium, Na mg	64	1.787	16		1		54	23	102
Zinc, Zn mg	1.93	0.046	16		1		1.64	0.69	3.09
Copper, Cu mg	0.063	0.002	16		1		0.054	0.023	0.101
Manganese, Mn mg	0.020	0.001	16		1		0.017	0.007	0.032
Selenium, Se µg	19.9		0	BFYN	4		16.9	7.2	31.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.043	0.003	8		1		0.037	0.015	0.069
Riboflavin mg	0.151	0.005	8		1		0.128	0.054	0.242
Niacin mg	4.343	0.309	8		1		3.692	1.563	6.949
Pantothenic acid mg	0.696		0		1		0.592	0.251	1.114
Vitamin B-6 mg	0.150		0		1		0.128	0.054	0.240
Folate, total µg	5		0		1		4	2	8
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5		0		1		4	2	8
Folate, DFE µg	5		0	NC	4		4	2	8
Choline, total mg	51.1		0	BFNN	4		43.5	18.4	81.8
Betaine mg	4.3		0	BFNN	4		3.7	1.6	6.9
Vitamin B-12 µg	0.18		0		1		0.15	0.06	0.29
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	88		0	NC	4		75	32	141
Retinol µg	88		0	NR	4		75	32	141
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	308		0		1		262	111	493
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.23	0.10	0.42
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.0	0.0	0.1
Vitamin D IU	2		0	PIK	4		2	1	3
Vitamin K (phylloquinone) µg	4.1		0	CASN	4		3.5	1.5	6.6
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05052

Chicken, broilers or fryers, back, 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
Lipids:									
Fatty acids, total saturated....g	5.020		0		1		4.267	1.807	8.032
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		0.026	0.011	0.048
13:0....g									
14:0....g	0.140		0		1		0.119	0.050	0.224
15:0....g									
16:0....g	3.690		0		1		3.137	1.328	5.904
17:0....g									
18:0....g	1.020		0		1		0.867	0.367	1.632
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.130		0		1		6.061	2.567	11.408
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.000		0		1		0.850	0.360	1.600
17:1....g									
18:1 undifferentiated....g	5.880		0		1		4.998	2.117	9.408
20:1....g	0.170		0		1		0.145	0.061	0.272
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.000		0		1		3.400	1.440	6.400
18:2 undifferentiated....g	3.490		0		1		2.967	1.256	5.584
18:3 undifferentiated....g	0.150		0		1		0.128	0.054	0.240
18:4....g	0.000		0	Z	7		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		0.128	0.054	0.240
20:5 n-3 (EPA)....g	0.020		0		1		0.017	0.007	0.032
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.026	0.011	0.048
22:6 n-3 (DHA)....g	0.060		0		1		0.051	0.022	0.096
Fatty acids, total trans....g									
Cholesterol....mg	78		0		1		66	28	125
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0		1		0.205	0.087	0.386
Threonine....g	0.905		0		1		0.769	0.326	1.448
Isoleucine....g	1.072		0		1		0.911	0.386	1.715
Leucine....g	1.586		0		1		1.348	0.571	2.538
Lysine....g	1.763		0		1		1.499	0.635	2.821
Methionine....g	0.577		0		1		0.490	0.208	0.923
Cystine....g	0.302		0		1		0.257	0.109	0.483
Phenylalanine....g	0.852		0		1		0.724	0.307	1.363
Tyrosine....g	0.696		0		1		0.592	0.251	1.114
Valine....g	1.064		0		1		0.904	0.383	1.702
Arginine....g	1.418		0		1		1.205	0.510	2.269
Histidine....g	0.632		0		1		0.537	0.228	1.011
Alanine....g	1.338		0		1		1.137	0.482	2.141
Aspartic acid....g	1.978		0		1		1.681	0.712	3.165
Glutamic acid....g	3.200		0		1		2.720	1.152	5.120
Glycine....g	1.619		0		1		1.376	0.583	2.590
Proline....g	1.162		0		1		0.988	0.418	1.859
Serine....g	0.793		0		1		0.674	0.285	1.269
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05052

Chicken, broilers or fryers, back, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

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

Measure 3 = 160g: 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 27 (2014)

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 µg	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 µg	6		0		1		4	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		4	6	
Folate, DFE µg	6		0	NC	4		4	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.25		0		1		0.15	0.25	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	75		0	NC	4		44	75	
Retinol µg	75		0	O	4		44	75	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	251		0		1		148	248	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.37		0	CASN	4		0.22	0.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		1.4	2.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
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									
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 (EPA)....g	0.010		0		1		0.006	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.012	0.020	
22:6 n-3 (DHA)....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	

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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	9		0		1		3	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		3	5	
Folate, DFE µg	9		0	NC	4		3	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.31		0		1		0.11	0.18	
Vitamin A, RAE µg	29		0		1		10	17	
Retinol µg	29		0		1		10	17	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	98		0		1		34	57	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.007	0.012	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.014	0.023	
22:6 n-3 (DHA)....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.

NDB No. 05054

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

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 27 (2014)

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		0		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 µg	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 µg	7		0		1		2	3	
Folic acid µg									
Folate, food µg	7		0		1		2	3	
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.30		0		1		0.07	0.12	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg									
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.0	
Vitamin D IU	5		0	BFZN	4		1	2	
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		0.6	1.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	3.600		0		1		0.864	1.440	
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		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									
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	Z	7		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 (EPA)....g	0.020		0		1		0.005	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.010	0.016	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05341

Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning

Refuse:56% 40.14% bone and cartilage, 16.08% 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	61.24	3.192	4	A	1		62.46	52.05	17.36
Energy kcal	205		0	NC	4		209	174	58
Energy kJ	859		0	NC	4		876	730	243
Protein g	25.34	2.930	4	A	1		25.84	21.54	7.18
Total lipid (fat) g	11.54	1.103	4	A	1		11.77	9.81	3.27
Ash g	2.61	0.094	4	A	1		2.66	2.22	0.74
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total g	0.00		1	A	1		0.00	0.00	0.00
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.00		1	A	1		0.00	0.00	0.00
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	38	5.315	4	A	1		39	33	11
Iron, Fe mg	0.97	0.070	4	A	1		0.98	0.82	0.27
Magnesium, Mg mg	21	2.858	4	A	1		22	18	6
Phosphorus, P mg	250	19.116	4	A	1		254	212	71
Potassium, K mg	309	36.123	4	A	1		315	262	88
Sodium, Na mg	661	74.818	4	A	1		674	562	187
Zinc, Zn mg	2.04	0.113	4	A	1		2.09	1.74	0.58
Copper, Cu mg	0.079	0.006	4	A	1		0.080	0.067	0.022
Manganese, Mn mg	0.024	0.003	4	A	1		0.025	0.021	0.007
Selenium, Se µg	48.3		1	A	1		49.3	41.1	13.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		1	A	1		0.081	0.068	0.023
Riboflavin mg	0.210		1	A	1		0.214	0.178	0.060
Niacin mg	6.000		1	A	1		6.120	5.100	1.701
Pantothenic acid mg	1.200		1	A	1		1.224	1.020	0.340
Vitamin B-6 mg	0.140		1	A	1		0.143	0.119	0.040
Folate, total µg	8		1	A	1		8	7	2
Folic acid µg	0		0	NR	4		0	0	0
Folate, food µg	8		1	A	1		8	7	2
Folate, DFE µg	8		0	NC	4		8	7	2
Choline, total mg	63.9		0	AS	1		65.2	54.3	18.1
Betaine mg	6.6		1	A	1		6.7	5.6	1.9
Vitamin B-12 µg	0.71		1	A	1		0.72	0.60	0.20
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	17		0	AS	1		17	14	5
Retinol µg	17		1	A	1		17	14	5
Carotene, beta µg	0		1	A	1		0	0	0
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	0
Vitamin A, IU IU	57		0	AS	1		58	48	16
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.25		0	BFSN	4		0.25	0.21	0.07
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 05341

Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	25.6		1	A	1		26.1	21.8	7.3
Lipids:									
Fatty acids, total saturated....g	3.007		0	NC	4		3.067	2.556	0.852
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.066	0.007	4	A	1		0.067	0.056	0.019
15:0....g	0.008	0.003	4	A	1		0.008	0.007	0.002
16:0....g	2.362	0.215	4	A	1		2.410	2.008	0.670
17:0....g	0.013	0.001	4	A	1		0.013	0.011	0.004
18:0....g	0.558	0.044	4	A	1		0.569	0.474	0.158
20:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.898		0	NC	4		4.996	4.163	1.389
14:1....g	0.025	0.003	4	A	1		0.026	0.021	0.007
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.759	0.084	4	A	1		0.774	0.645	0.215
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.083	0.355	4	AS	1		4.165	3.471	1.158
18:1 c....g	3.987	0.348	4	A	1		4.067	3.389	1.130
18:1 t....g	0.096	0.006	4	A	1		0.098	0.082	0.027
18:1-11 t (18:1t n-7)....g									
20:1....g	0.031	0.003	4	A	1		0.031	0.026	0.009
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.701		0	NC	4		1.735	1.446	0.482
18:2 undifferentiated....g	1.562	0.164	4	AS	1		1.594	1.328	0.443
18:2 n-6 c,c....g	1.513	0.161	4	A	1		1.543	1.286	0.429
18:2 CLAs....g									
18:2 t,t....g	0.050	0.004	4	A	1		0.051	0.042	0.014
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.092	0.010	4	AS	1		0.094	0.078	0.026
18:3 n-3 c,c,c (ALA)....g	0.073	0.007	4	A	1		0.074	0.062	0.021
18:3 n-6 c,c,c....g	0.020	0.003	4	A	1		0.020	0.017	0.006
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.015	0.000	4	A	1		0.015	0.013	0.004
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.032	0.005	4	A	1		0.033	0.027	0.009
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.146		0	NC	4		0.149	0.124	0.041
Fatty acids, total trans-monoenoic....g	0.096		0	NC	4		0.098	0.082	0.027
Fatty acids, total trans-polyenoic....g	0.050		0	NC	4		0.051	0.042	0.014

NDB No. 05341

Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cholesterol....mg	123	17.598	4	A	1		125	104	35
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.271		0	A	1		0.277	0.231	0.077
Threonine....g	0.758		0	A	1		0.773	0.644	0.215
Isoleucine....g	1.232		0	A	1		1.257	1.048	0.349
Leucine....g	2.080		0	A	1		2.122	1.768	0.590
Lysine....g	2.182		0	A	1		2.226	1.855	0.619
Methionine....g	0.780		0	A	1		0.796	0.663	0.221
Cystine....g	0.283		0	A	1		0.288	0.240	0.080
Phenylalanine....g	1.040		0	A	1		1.061	0.884	0.295
Tyrosine....g	0.769		0	A	1		0.784	0.653	0.218
Valine....g	1.391		0	A	1		1.419	1.182	0.394
Arginine....g	1.617		0	A	1		1.649	1.374	0.458
Histidine....g	0.724		0	A	1		0.738	0.615	0.205
Alanine....g	1.458		0	A	1		1.488	1.240	0.413
Aspartic acid....g	2.453		0	A	1		2.502	2.085	0.696
Glutamic acid....g	3.935		0	A	1		4.013	3.344	1.115
Glycine....g	1.323		0	A	1		1.349	1.124	0.375
Proline....g	1.210		0	A	1		1.234	1.028	0.343
Serine....g	0.735		0	A	1		0.749	0.625	0.208
Hydroxyproline....g	0.120		1	A	1		0.122	0.102	0.034
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Common Measures:

Measure 1 = 102g: 1 back

Measure 2 = 85g: 1 serving (3 oz)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	7		0		1		2	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		2	3	
Folate, DFE µg	7		0	NC	4		2	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.21		0		1		0.05	0.09	
Vitamin A, RAE µg	27		0	NC	4		7	11	
Retinol µg	27		0	NR	4		7	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	90		0		1		23	38	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.07	0.11	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.0	
Vitamin D IU	5		0	BFZN	4		1	2	
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		0.6	1.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.005	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.010	0.017	
22:6 n-3 (DHA)....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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 71% 44% bone, 10% skin, 17% seprable 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		0		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 µg	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 µg	9		0		1		3	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		3	5	
Folate, DFE µg	9		0	NC	4		3	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.36		0		1		0.11	0.18	
Vitamin A, RAE µg	30		0	NC	4		9	15	
Retinol µg	30		0	NR	4		9	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	99		0		1		31	50	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	CASN	4		0.07	0.11	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		0.7	1.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020	0.005	8		1		0.006	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030	0.008	9		1		0.009	0.015	
22:6 n-3 (DHA)....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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	15		0	RA	4		13	21	
Folic acid µg	9		0	NC	4		8	13	
Folate, food µg	6		0		1		5	8	
Folate, DFE µg	21		0	NC	4		18	30	
Choline, total mg	64.8		0	PIE	4		54.4	90.7	
Betaine mg	16.4		0	PIE	4		13.8	23.0	
Vitamin B-12 µg	0.30		0		1		0.25	0.42	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	20		0	NC	4		17	28	
Retinol µg	20		0	NR	4		17	28	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	67		0		1		56	94	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	1.06		0	NR	4		0.89	1.49	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAE	4		0.1	0.1	
Vitamin D IU	6		0	PIE	4		5	9	
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	3.3	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05058

Chicken, broilers or fryers, breast, 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
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									
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 (EPA)....g	0.010		0		1		0.008	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.008	0.014	
22:6 n-3 (DHA)....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	

NDB No. 05058

Chicken, broilers or fryers, breast, 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
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	6		0	RA	4		4	6	
Folic acid µg	2		0	NC	4		1	2	
Folate, food µg	4		0		1		2	4	
Folate, DFE µg	7		0	NC	4		4	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		0		1		0.20	0.33	
Vitamin A, RAE µg	15		0		1		9	15	
Retinol µg	15		0		1		9	15	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	50		0		1		30	49	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05059

Chicken, broilers or fryers, breast, 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 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									
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 (EPA)....g	0.010		0		1		0.006	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.006	0.010	
22:6 n-3 (DHA)....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.

NDB No. 05059

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

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 27 (2014)

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		0		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 µg	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 µg	4		0		1		6	2	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	4		0		1		6	2	4
Folate, DFE µg	4		0	NC	4		6	2	4
Choline, total mg	72.8		0	BFNN	4		101.9	42.2	71.3
Betaine mg	6.2		0	BFNN	4		8.6	3.6	6.0
Vitamin B-12 µg	0.32		0		1		0.45	0.19	0.31
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	28		0	NC	4		39	16	27
Retinol µg	28		0	NR	4		39	16	27
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	93		0		1		130	54	91
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.15	0.26
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.2	0.1	0.1
Vitamin D IU	5		0	PIK	4		7	3	5
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.4	0.1	0.2
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05060

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	2.190		0		1		3.066	1.270	2.146
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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 (EPA)....g	0.010		0		1		0.014	0.006	0.010
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.014	0.006	0.010
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05060

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05348

Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning

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	63.49		0	PAK	1		53.97	18.00	217.77
Energy kcal	184		0	NC	4		156	52	630
Energy kJ	768		0	NC	4		653	218	2635
Protein g	27.48		0	PAK	1		23.36	7.79	94.26
Total lipid (fat) g	8.18		0	PAK	1		6.95	2.32	28.05
Ash g	1.72		0	PAK	1		1.46	0.49	5.89
Carbohydrate, by difference g	0.02		0	NR	4		0.01	0.00	0.05
Fiber, total dietary g	0.0		0	PAK	1		0.0	0.0	0.0
Sugars, total g	0.02		0	PAK	1		0.01	0.00	0.05
Sucrose g	0.02		0	PAK	1		0.01	0.00	0.05
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	0.00
Fructose g	0.00		0	PAK	1		0.00	0.00	0.00
Lactose g	0.00		0	PAK	1		0.00	0.00	0.00
Maltose g	0.00		0	PAK	1		0.00	0.00	0.00
Galactose g	0.00		0	PAK	1		0.00	0.00	0.00
Starch g	0.00		0	PAK	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	15		0	PAK	1		13	4	52
Iron, Fe mg	0.55		0	PAK	1		0.47	0.16	1.89
Magnesium, Mg mg	26		0	PAK	1		22	7	90
Phosphorus, P mg	255		0	PAK	1		217	72	875
Potassium, K mg	289		0	PAK	1		245	82	990
Sodium, Na mg	347		0	PAK	1		295	98	1190
Zinc, Zn mg	0.92		0	PAK	1		0.79	0.26	3.17
Copper, Cu mg	0.043		0	PAK	1		0.036	0.012	0.146
Manganese, Mn mg	0.017		0	PAK	1		0.014	0.005	0.057
Selenium, Se µg	30.6		0	PAK	1		26.1	8.7	105.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.078		0	PAK	1		0.066	0.022	0.266
Riboflavin mg	0.133		0	PAK	1		0.113	0.038	0.457
Niacin mg	9.397		0	PAK	1		7.988	2.664	32.233
Pantothenic acid mg	1.408		0	PAK	1		1.197	0.399	4.830
Vitamin B-6 mg	0.299		0	PAK	1		0.254	0.085	1.027
Folate, total µg	11		0	PAK	1		9	3	38
Folic acid µg	0		0	PAK	1		0	0	0
Folate, food µg	11		0	PAK	1		9	3	38
Folate, DFE µg	11		0	NC	4		9	3	38
Choline, total mg	61.9		0	PAK	1		52.6	17.5	212.3
Betaine mg	6.7		0	PAK	1		5.7	1.9	23.0
Vitamin B-12 µg	0.32		0	PAK	1		0.27	0.09	1.10
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	12		0	PAK	1		11	4	42
Retinol µg	12		0	PAK	1		11	4	42
Carotene, beta µg	0		0	PAK	1		0	0	0
Carotene, alpha µg	0		0	PAK	1		0	0	0
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	0
Vitamin A, IU IU	41		0	PAK	1		35	12	141
Lycopene µg	0		0	PAK	1		0	0	0
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.20		0	PAK	1		0.17	0.06	0.69
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.10		0	PAK	1		0.08	0.03	0.34
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.01
Tocotrienol, alpha mg	0.02		0	PAK	1		0.02	0.01	0.08
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00

NDB No. 05348

Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.03		0	PAK	1		0.03	0.01	0.11
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	0.0
Menaquinone-4....µg	15.5		0	PAK	1		13.2	4.4	53.2
Lipids:									
Fatty acids, total saturated....g	2.114		0	PIK	4		1.797	0.599	7.252
4:0....g	0.000		0	PIK	4		0.000	0.000	0.000
6:0....g	0.000		0	PIK	4		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.001		0	PAK	1		0.001	0.000	0.002
13:0....g									
14:0....g	0.043		0	PAK	1		0.037	0.012	0.148
15:0....g	0.010		0	PAK	1		0.009	0.003	0.036
16:0....g	1.694		0	PAK	1		1.440	0.480	5.810
17:0....g	0.002		0	PAK	1		0.002	0.001	0.007
18:0....g	0.364		0	PAK	1		0.309	0.103	1.248
20:0....g	0.000		0	PAK	1		0.000	0.000	0.000
22:0....g	0.000		0	PAK	1		0.000	0.000	0.000
24:0....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	3.548		0	PIK	4		3.016	1.006	12.170
14:1....g	0.008		0	PAK	1		0.007	0.002	0.028
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.587		0	PAK	1		0.499	0.166	2.013
17:1....g	0.000		0	PAK	1		0.000	0.000	0.000
18:1 undifferentiated....g	2.932		0	PAK	1		2.492	0.831	10.055
20:1....g	0.021		0	PAK	1		0.018	0.006	0.073
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.166		0	PIK	4		0.991	0.331	4.000
18:2 undifferentiated....g	1.078		0	PAK	1		0.916	0.306	3.698
18:3 undifferentiated....g	0.064		0	PAK	1		0.054	0.018	0.220
18:4....g	0.000		0	PIK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.009		0	PAK	1		0.007	0.002	0.029
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.015		0	PAK	1		0.013	0.004	0.052
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.099		0	PIK	4		0.084	0.028	0.338
Cholesterol....mg	96		0	PAK	1		82	27	329
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.318		0	PAK	1		0.270	0.090	1.090
Threonine....g	0.743		0	PAK	1		0.631	0.211	2.547
Isoleucine....g	1.303		0	PAK	1		1.108	0.370	4.471
Leucine....g	2.507		0	PAK	1		2.131	0.711	8.598
Lysine....g	2.963		0	PAK	1		2.518	0.840	10.161
Methionine....g	0.910		0	PAK	1		0.774	0.258	3.122
Cystine....g	0.326		0	PAK	1		0.277	0.092	1.117
Phenylalanine....g	1.206		0	PAK	1		1.025	0.342	4.138
Tyrosine....g	1.005		0	PAK	1		0.855	0.285	3.448
Valine....g	1.368		0	PAK	1		1.163	0.388	4.694
Arginine....g	1.940		0	PAK	1		1.649	0.550	6.653
Histidine....g	1.120		0	PAK	1		0.952	0.318	3.842
Alanine....g	1.559		0	PAK	1		1.325	0.442	5.346

NDB No. 05348

Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning

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
Aspartic acid....g	1.842		0	PAK	1		1.566	0.522	6.320
Glutamic acid....g	3.472		0	PAK	1		2.951	0.984	11.907
Glycine....g	1.478		0	PAK	1		1.257	0.419	5.071
Proline....g	1.279		0	PAK	1		1.087	0.363	4.388
Serine....g	1.022		0	PAK	1		0.868	0.290	3.504
Hydroxyproline....g	0.092		0	PAK	1		0.078	0.026	0.316
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Measure 2 = 28.35g: 1 oz

Measure 3 = 343g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	3		0		1		4	2	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	3		0		1		4	2	3
Folate, DFE µg	3		0	NC	4		4	2	3
Choline, total mg	64.4		0	BFNN	4		90.2	42.5	70.9
Betaine mg	5.5		0	BFNN	4		7.6	3.6	6.0
Vitamin B-12 µg	0.21		0		1		0.29	0.14	0.23
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	25		0	NC	4		34	16	27
Retinol µg	25		0	NR	4		34	16	27
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	82		0		1		115	54	90
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.17	0.29
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.2	0.1	0.1
Vitamin D IU	5		0	PIK	4		7	3	5
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.3	0.1	0.2
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05061

Chicken, broilers or fryers, breast, 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
Lipids:									
Fatty acids, total saturated....g	2.080		0		1		2.912	1.373	2.288
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.007	0.011
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.014	0.007	0.011
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05061

Chicken, broilers or fryers, breast, 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
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	4	0.800	4		1		3	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4	0.800	4		1		3	6	
Folate, DFE µg	4		0	NC	4		3	6	
Choline, total mg	67.1		0	BFNN	4		58.4	97.3	
Betaine mg	8.8		0	BFNN	4		7.6	12.7	
Vitamin B-12 µg	0.34		0		1		0.30	0.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	24		0	NC	4		21	35	
Retinol µg	24		0	NR	4		21	35	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	83		0		1		72	120	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	CASN	4		0.23	0.39	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg	0.06		0	PAK	1		0.05	0.09	
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		0	PIK	4		0.4	0.6	
Vitamin D IU	16		0	PIK	4		14	23	
Vitamin K (phylloquinone) µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05057

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	2.660		0		1		2.314	3.857	
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		0.009	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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.009	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.015	
22:6 n-3 (DHA)....g	0.020		0		1		0.017	0.029	
Fatty acids, total trans....g	0.105		0	PIK	4		0.091	0.152	
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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 05057

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	4		0		1		2	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		2	3	
Folate, DFE µg	4		0	NC	4		2	3	
Choline, total mg	95.9		0	BFNN	4		49.9	82.5	
Betaine mg	7.0		0	BFNN	4		3.6	6.0	
Vitamin B-12 µg	0.37		0		1		0.19	0.32	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		4	6	
Retinol µg	7		0	NR	4		4	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0		1		12	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.42		0	NR	4		0.22	0.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	5		0	BFZN	4		2	4	
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		1.2	2.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	1.290		0		1		0.671	1.109	
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		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.005	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.010	0.017	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.26	0.335	16		1		91.36	33.94	56.12
Energy kcal	165		0	NC	4		231	86	142
Energy kJ	690		0		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 µg	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 µg	4		0		1		6	2	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	4		0		1		6	2	3
Folate, DFE µg	4		0	NC	4		6	2	3
Choline, total mg	85.3		0	BFNN	4		119.4	44.3	73.3
Betaine mg	6.2		0	BFNN	4		8.7	3.2	5.3
Vitamin B-12 µg	0.34		0		1		0.48	0.18	0.29
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	6		0	NC	4		8	3	5
Retinol µg	6		0	NR	4		8	3	5
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	21		0		1		29	11	18
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.14	0.23
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.1	0.1
Vitamin D IU	5		0	BFZN	4		6	2	4
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.4	0.1	0.2
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05064

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	1.010		0		1		1.414	0.525	0.869
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.005	0.009
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.014	0.005	0.009
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05064

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05342

Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning

Refuse: 36% Bone and Connective tissue 26%, skin 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.23	0.482	6	A	1		329.55	58.00	19.34
Energy kcal	137		0	NC	4		662	117	39
Energy kJ	574		0	NC	4		2772	488	163
Protein g	28.00	0.628	6	A	1		135.24	23.80	7.94
Total lipid (fat) g	2.79	0.114	6	A	1		13.48	2.37	0.79
Ash g	1.67	0.172	6	A	1		8.07	1.42	0.47
Carbohydrate, by difference g	0.00		0	NC	4		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
Sucrose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.00	0.000	3	A	1		0.00	0.00	0.00
Fructose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	13	1.488	6	A	1		61	11	4
Iron, Fe mg	0.45	0.017	6	A	1		2.18	0.38	0.13
Magnesium, Mg mg	25	0.548	6	A	1		123	22	7
Phosphorus, P mg	235	2.023	6	A	1		1134	200	67
Potassium, K mg	303	17.445	6	A	1		1462	257	86
Sodium, Na mg	313	65.612	6	A	1		1511	266	89
Zinc, Zn mg	0.86	0.029	6	A	1		4.15	0.73	0.24
Copper, Cu mg	0.043	0.003	6	A	1		0.206	0.036	0.012
Manganese, Mn mg	0.009	0.004	6	A	1		0.045	0.008	0.003
Selenium, Se µg	39.1	6.872	3	A	1		188.7	33.2	11.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.045	0.023	3	A	1		0.219	0.038	0.013
Riboflavin mg	0.207	0.009	3	A	1		0.998	0.176	0.059
Niacin mg	9.233	0.587	3	A	1		44.597	7.848	2.618
Pantothenic acid mg	1.350		2	A	1		6.520	1.147	0.383
Vitamin B-6 mg	0.240	0.010	3	A	1		1.159	0.204	0.068
Folate, total µg									
Folate, DFE µg									
Choline, total mg	68.7		0	BFPN	4		331.9	58.4	19.5
Betaine mg	5.8		0	BFPN	4		27.9	4.9	1.6
Vitamin B-12 µg	0.27		2	A	1		1.30	0.23	0.08
Vitamin A, RAE µg	5		0	AS	1		25	4	1
Vitamin A, IU IU	17		0	AS	1		82	14	5
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.33		2	A	1		1.60	0.28	0.09
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.09		2	A	1		0.45	0.08	0.03
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									

NDB No. 05342

Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.775		0	NC	4		3.745	0.659	0.220
4:0 g	0.006	0.001	6	A	1		0.029	0.005	0.002
6:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0 g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0 g	0.016	0.003	6	A	1		0.075	0.013	0.004
12:0 g	0.003	0.001	6	A	1		0.014	0.002	0.001
13:0 g									
14:0 g	0.012	0.001	6	A	1		0.060	0.011	0.004
15:0 g	0.002	0.000	6	A	1		0.010	0.002	0.001
16:0 g	0.546	0.027	6	A	1		2.635	0.464	0.155
17:0 g	0.002	0.000	6	A	1		0.011	0.002	0.001
18:0 g	0.185	0.006	6	A	1		0.893	0.157	0.052
20:0 g	0.002	0.000	6	A	1		0.009	0.002	0.001
22:0 g	0.002	0.001	6	A	1		0.007	0.001	0.000
24:0 g	0.000	0.000	6	A	1		0.001	0.000	0.000
Fatty acids, total monounsaturated g	0.967		0	NC	4		4.671	0.822	0.274
14:1 g	0.003	0.001	6	A	1		0.016	0.003	0.001
15:1 g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.116	0.009	6	AS	1		0.562	0.099	0.033
16:1 c g	0.116	0.009	6	A	1		0.560	0.099	0.033
16:1 t g	0.000	0.000	6	A	1		0.002	0.000	0.000
17:1 g	0.001	0.000	6	A	1		0.005	0.001	0.000
18:1 undifferentiated g	0.830	0.042	6	AS	1		4.009	0.706	0.235
18:1 c g	0.823	0.041	6	A	1		3.976	0.700	0.233
18:1 t g	0.007	0.001	6	A	1		0.033	0.006	0.002
18:1-11 t (18:1t n-7) g									
20:1 g	0.015	0.001	6	A	1		0.071	0.012	0.004
22:1 undifferentiated g	0.001	0.000	6	AS	1		0.006	0.001	0.000
22:1 c g	0.001	0.000	6	A	1		0.006	0.001	0.000
22:1 t g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c g	0.001	0.001	6	A	1		0.003	0.001	0.000
Fatty acids, total polyunsaturated g	0.545		0	NC	4		2.632	0.463	0.155
18:2 undifferentiated g	0.421	0.031	6	AS	1		2.036	0.358	0.119
18:2 n-6 c,c g	0.417	0.031	6	A	1		2.015	0.355	0.118
18:2 CLAs g	0.002	0.000	6	A	1		0.010	0.002	0.001
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.002	0.000	6	A	1		0.010	0.002	0.001
18:3 undifferentiated g	0.015	0.001	6	AS	1		0.071	0.012	0.004
18:3 n-3 c,c,c (ALA) g	0.015	0.001	6	A	1		0.071	0.012	0.004
18:3 n-6 c,c,c g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4 g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.008	0.001	6	A	1		0.038	0.007	0.002
20:3 undifferentiated g	0.018	0.001	6	AS	1		0.089	0.016	0.005
20:3 n-3 g	0.002	0.000	6	A	1		0.007	0.001	0.000
20:3 n-6 g	0.017	0.001	6	A	1		0.082	0.014	0.005
20:4 undifferentiated g	0.058	0.002	6	A	1		0.280	0.049	0.016
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000	0.000	6	A	1		0.002	0.000	0.000
21:5 g									
22:4 g	0.015	0.001	6	A	1		0.072	0.013	0.004
22:5 n-3 (DPA) g	0.005	0.000	6	A	1		0.026	0.005	0.002
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.020	0.004	0.001
Fatty acids, total trans g	0.009		0	NC	4		0.045	0.008	0.003
Fatty acids, total trans-monoenoic g	0.007		0	NC	4		0.034	0.006	0.002
Fatty acids, total trans-polyenoic g	0.002		0	NC	4		0.010	0.002	0.001
Cholesterol mg	86	2.554	3	A	1		414	73	24
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.313		0	A	1		1.514	0.266	0.089

NDB No. 05342

Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Threonine....g	0.707		0	A	1		3.415	0.601	0.200
Isoleucine....g	1.274		0	A	1		6.152	1.083	0.361
Leucine....g	2.442		0	A	1		11.796	2.076	0.692
Lysine....g	2.907		0	A	1		14.042	2.471	0.824
Methionine....g	0.864		0	A	1		4.172	0.734	0.245
Cystine....g	0.311		0	A	1		1.502	0.264	0.088
Phenylalanine....g	1.195		0	A	1		5.770	1.016	0.339
Tyrosine....g	0.990		0	A	1		4.784	0.842	0.281
Valine....g	1.326		0	A	1		6.406	1.127	0.376
Arginine....g	1.857		0	A	1		8.968	1.578	0.526
Histidine....g	1.064		0	A	1		5.141	0.905	0.302
Alanine....g	1.439		0	A	1		6.951	1.223	0.408
Aspartic acid....g	1.715		0	A	1		8.284	1.458	0.486
Glutamic acid....g	3.285		0	A	1		15.865	2.792	0.931
Glycine....g	1.231		0	A	1		5.946	1.046	0.349
Proline....g	1.088		0	A	1		5.256	0.925	0.308
Serine....g	0.963		0	A	1		4.650	0.818	0.273
Hydroxyproline....g	0.007	0.000	4	A	1		0.035	0.006	0.002
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Common Measures:

Measure 1 = 483g: 1 breast breast with skin and bone

Measure 2 = 85g: 3 oz

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.27	0.292	18		1		95.58	38.91	64.86
Energy kcal	151		0	NC	4		211	86	143
Energy kJ	632		0		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 µg	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 µg	3		0		1		4	2	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	3		0		1		4	2	3
Folate, DFE µg	3		0	NC	4		4	2	3
Choline, total mg	78.5		0	BFNN	4		109.9	44.7	74.6
Betaine mg	5.7		0	BFNN	4		8.0	3.3	5.4
Vitamin B-12 µg	0.23		0		1		0.32	0.13	0.22
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	6		0	NC	4		8	3	5
Retinol µg	6		0	NR	4		8	3	5
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	19		0		1		27	11	18
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.15	0.25
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.1	0.1
Vitamin D IU	5		0	BFZN	4		6	3	4
Vitamin K (phylloquinone) µg	0.2		0	CASN	4		0.3	0.1	0.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05065

Chicken, broilers or fryers, breast, 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
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									
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 (EPA)....g	0.010		0		1		0.014	0.006	0.010
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.014	0.006	0.010
22:6 n-3 (DHA)....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

NDB No. 05065

Chicken, broilers or fryers, breast, 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
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05314

Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, 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	75.59	0.571	6	A	1		64.25	198.81	89.20
Energy kcal	108		0	NC	4		92	285	128
Energy kJ	453		0	NC	4		385	1191	535
Protein (N x 6.25) g	20.32	0.379	6	A	1		17.27	53.45	23.98
Total lipid (fat) g	3.00	0.248	6	A	1		2.55	7.89	3.54
Ash g	1.36	0.041	6	A	1		1.16	3.58	1.61
Carbohydrate, by difference g	0.00		0	NC	4		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	5	0.357	6	A	1		4	14	6
Iron, Fe mg	0.34	0.015	6	A	1		0.29	0.89	0.40
Magnesium, Mg mg	25	0.652	6	A	1		21	66	29
Phosphorus, P mg	198	9.613	6	A	1		168	520	233
Potassium, K mg	332	25.132	6	A	1		282	874	392
Sodium, Na mg	173	12.405	6	A	1		147	456	205
Zinc, Zn mg	0.63	0.031	6	A	1		0.53	1.65	0.74
Copper, Cu mg	0.029	0.000	6	A	1		0.024	0.075	0.034
Manganese, Mn mg	0.011	0.000	6	A	1		0.009	0.029	0.013
Selenium, Se µg	26.4	3.963	3	A	1		22.4	69.4	31.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.068	0.011	3	A	1		0.058	0.179	0.080
Riboflavin mg	0.127	0.027	3	A	1		0.108	0.333	0.149
Niacin mg	7.583	0.872	3	A	1		6.446	19.944	8.948
Pantothenic acid mg	1.230		2	A	1		1.045	3.235	1.451
Vitamin B-6 mg	0.761	0.042	3	A	1		0.646	2.000	0.897
Folate, total µg	8		0	BFPN	4		7	21	9
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		7	21	9
Folate, DFE µg	8		0	NC	4		7	21	9
Choline, total mg	74.2		0	AS	1		63.1	195.2	87.6
Betaine mg	8.0		0	BFNN	4		6.8	21.2	9.5
Vitamin B-12 µg	0.19	0.010	3	A	1		0.16	0.50	0.22
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	11		0	AS	1		9	28	13
Retinol µg	11		2	A	1		9	28	13
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	36		0	AS	1		30	93	42
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.19		2	A	1		0.17	0.51	0.23
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.06		2	A	1		0.06	0.17	0.08
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.0		0	BFPN	4		0.0	0.1	0.0
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	BFPN	4		0.0	0.1	0.0
Vitamin D IU	2		0	BFPN	4		1	4	2
Vitamin K (phylloquinone) µg	0.0		0	BFYN	4		0.0	0.0	0.0

NDB No. 05314

Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.545		0	NC	4		0.463	1.432	0.643
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.016	0.001	6	A	1		0.013	0.041	0.018
12:0....g	0.004	0.000	6	A	1		0.004	0.012	0.005
13:0....g									
14:0....g	0.011	0.001	6	A	1		0.009	0.029	0.013
15:0....g	0.004	0.000	6	A	1		0.003	0.010	0.005
16:0....g	0.383	0.027	6	A	1		0.325	1.007	0.452
17:0....g	0.002	0.000	6	A	1		0.002	0.006	0.003
18:0....g	0.122	0.007	6	A	1		0.104	0.321	0.144
20:0....g	0.001	0.000	6	A	1		0.001	0.003	0.001
22:0....g	0.002	0.001	6	A	1		0.001	0.004	0.002
24:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	1.333		0	NC	4		1.133	3.506	1.573
14:1....g	0.003	0.000	6	A	1		0.003	0.008	0.004
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.085	0.008	6	AS	1		0.072	0.223	0.100
16:1 c....g	0.085	0.008	6	A	1		0.072	0.223	0.100
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	0.575	0.036	6	AS	1		0.489	1.512	0.678
18:1 c....g	0.569	0.035	6	A	1		0.483	1.495	0.671
18:1 t....g	0.006	0.001	6	A	1		0.005	0.017	0.007
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010	0.001	6	A	1		0.009	0.027	0.012
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.696		0	NC	4		0.592	1.831	0.821
18:2 undifferentiated....g	0.291	0.020	6	AS	1		0.247	0.765	0.343
18:2 n-6 c,c....g	0.291	0.020	6	A	1		0.247	0.765	0.343
18:2 CLAs....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3 undifferentiated....g	0.011	0.001	6	AS	1		0.010	0.030	0.014
18:3 n-3 c,c,c (ALA)....g	0.011	0.001	6	A	1		0.010	0.030	0.014
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.005	0.000	6	A	1		0.004	0.013	0.006
20:3 undifferentiated....g	0.010	0.001	6	AS	1		0.008	0.026	0.012
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.010	0.001	6	A	1		0.008	0.026	0.012
20:4 undifferentiated....g	0.044	0.002	6	A	1		0.037	0.115	0.051
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	6	A	1		0.001	0.004	0.002
21:5....g									
22:4....g	0.012	0.001	6	A	1		0.010	0.032	0.014
22:5 n-3 (DPA)....g	0.006	0.000	6	A	1		0.005	0.015	0.007
22:6 n-3 (DHA)....g	0.004	0.001	6	A	1		0.003	0.010	0.004
Fatty acids, total trans....g	0.006		0	NC	4		0.005	0.017	0.007
Fatty acids, total trans-monoenoic....g	0.006		0	NC	4		0.005	0.017	0.007
Fatty acids, total trans-polyenoic....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol....mg	64	1.335	3	A	1		55	169	76
Phytosterols....mg									
Amino Acids:									

NDB No. 05314

Chicken, broilers or fryers, breast, skinless, boneless, meat only, enhanced, 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
Tryptophan....g	0.249		0	A	1		0.211	0.654	0.294
Threonine....g	0.886		0	A	1		0.753	2.329	1.045
Isoleucine....g	0.969		0	A	1		0.823	2.548	1.143
Leucine....g	1.634		0	A	1		1.389	4.297	1.928
Lysine....g	1.899		0	A	1		1.614	4.994	2.241
Methionine....g	0.514		0	A	1		0.437	1.351	0.606
Cystine....g	0.207		0	A	1		0.176	0.544	0.244
Phenylalanine....g	0.797		0	A	1		0.678	2.097	0.941
Tyrosine....g	0.711		0	A	1		0.605	1.871	0.839
Valine....g	1.022		0	A	1		0.869	2.689	1.206
Arginine....g	1.335		0	A	1		1.135	3.512	1.576
Histidine....g	0.736		0	A	1		0.626	1.936	0.869
Alanine....g	1.153		0	A	1		0.980	3.032	1.360
Aspartic acid....g	1.858		0	A	1		1.579	4.885	2.192
Glutamic acid....g	2.925		0	A	1		2.487	7.694	3.452
Glycine....g	0.874		0	A	1		0.743	2.299	1.031
Proline....g	0.627		0	A	1		0.533	1.650	0.740
Serine....g	0.753		0	A	1		0.640	1.980	0.888
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 263g: 1 piece

Measure 3 = 118g: .5 breast bone and skin r

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05676

Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised

Refuse: 32% Bone and cartilage 32%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.33		0	PAK	1		63.01	69.65	
Energy kcal	187		0	NC	4		178	197	
Energy kJ	784		0	NC	4		745	823	
Protein g	22.72		0	PAK	1		21.59	23.86	
Total lipid (fat) g	10.73		0	PAK	1		10.19	11.26	
Ash g	0.93		0	PAK	1		0.88	0.98	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	12		0	PAK	1		11	13	
Iron, Fe mg	0.94		0	PAK	1		0.90	0.99	
Magnesium, Mg mg	21		0	PAK	1		20	22	
Phosphorus, P mg	177		0	PAK	1		168	186	
Potassium, K mg	229		0	PAK	1		217	240	
Sodium, Na mg	111		0	PAK	1		106	117	
Zinc, Zn mg	2.30		0	PAK	1		2.19	2.42	
Copper, Cu mg	0.060		0	PAK	1		0.057	0.063	
Manganese, Mn mg	0.018		0	PAK	1		0.017	0.019	
Selenium, Se µg	26.4		0	PAK	1		25.1	27.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.083		0	PAK	1		0.079	0.087	
Riboflavin mg	0.164		0	PAK	1		0.156	0.172	
Niacin mg	4.832		0	PAK	1		4.591	5.074	
Pantothenic acid mg	1.060		0	PAK	1		1.007	1.113	
Vitamin B-6 mg	0.347		0	PAK	1		0.330	0.364	
Folate, total µg	4		0	PIK	4		4	4	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	4		0	PIK	4		4	4	
Folate, DFE µg	4		0	NC	4		4	4	
Choline, total mg	68.3		0	PIK	4		64.9	71.7	
Betaine mg	11.3		0	PIK	4		10.7	11.9	
Vitamin B-12 µg	0.41		0	PAK	1		0.39	0.43	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	12		0	PAK	1		12	13	
Retinol µg	12		0	PAK	1		12	13	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	42		0	PAK	1		39	44	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	13		0	PIK	4		12	14	
Vitamin E (alpha-tocopherol) mg	0.17		0	PAK	1		0.17	0.18	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.09		0	PAK	1		0.08	0.09	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.06		0	PAK	1		0.05	0.06	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D IU	2		0	PAK	1		2	3	
Vitamin K (phylloquinone) µg	0.3		0	PIK	4		0.2	0.3	

NDB No. 05676

Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.939		0	PIK	4		2.792	3.086	
4:0....g	0.001		0	PAK	1		0.001	0.001	
6:0....g	0.001		0	PAK	1		0.001	0.001	
8:0....g	0.002		0	PAK	1		0.002	0.002	
10:0....g	0.001		0	PAK	1		0.001	0.001	
12:0....g	0.006		0	PAK	1		0.005	0.006	
13:0....g									
14:0....g	0.058		0	PAK	1		0.055	0.061	
15:0....g	0.008		0	PAK	1		0.007	0.008	
16:0....g	2.261		0	PAK	1		2.148	2.374	
17:0....g	0.010		0	PAK	1		0.010	0.011	
18:0....g	0.576		0	PAK	1		0.547	0.605	
20:0....g	0.007		0	PAK	1		0.007	0.007	
22:0....g	0.009		0	PAK	1		0.009	0.010	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	4.493		0	PIK	4		4.269	4.718	
14:1....g	0.022		0	PAK	1		0.021	0.023	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.678		0	PAK	1		0.645	0.712	
16:1 c....g	0.673		0	PAK	1		0.640	0.707	
16:1 t....g	0.005		0	PAK	1		0.005	0.005	
17:1....g	0.008		0	PAK	1		0.008	0.008	
18:1 undifferentiated....g	3.731		0	PAK	1		3.544	3.917	
18:1 c....g	3.697		0	PAK	1		3.512	3.882	
18:1 t....g	0.034		0	PAK	1		0.032	0.036	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.052		0	PAK	1		0.049	0.054	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.001	
22:1 c....g	0.001		0	PAK	1		0.001	0.001	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.002		0	PAK	1		0.002	0.002	
Fatty acids, total polyunsaturated....g	2.232		0	PIK	4		2.121	2.344	
18:2 undifferentiated....g	1.957		0	PAK	1		1.859	2.055	
18:2 n-6 c,c....g	1.929		0	PAK	1		1.832	2.025	
18:2 CLAs....g	0.012		0	PAK	1		0.011	0.013	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016		0	PAK	1		0.015	0.017	
18:3 undifferentiated....g	0.097		0	PAK	1		0.092	0.102	
18:3 n-3 c,c,c (ALA)....g	0.088		0	PAK	1		0.084	0.093	
18:3 n-6 c,c,c....g	0.009		0	PAK	1		0.008	0.009	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.001	
20:2 n-6 c,c....g	0.015		0	PAK	1		0.014	0.016	
20:3 undifferentiated....g	0.025		0	PAK	1		0.024	0.027	
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-6....g	0.025		0	PAK	1		0.024	0.026	
20:4 undifferentiated....g	0.094		0	PAK	1		0.090	0.099	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.005	0.005	
21:5....g									
22:4....g	0.023		0	PAK	1		0.022	0.024	
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.009	0.010	
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.005	0.005	
Fatty acids, total trans....g	0.055		0	PIK	4		0.052	0.058	
Fatty acids, total trans-monoenoic....g	0.039		0	PIK	4		0.037	0.041	
Fatty acids, total trans-polyenoic....g	0.016		0	PIK	4		0.015	0.017	
Cholesterol....mg	132		0	PAK	1		125	139	
Phytosterols....mg									
Amino Acids:									

NDB No. 05676

Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.244		0	PAK	1		0.232	0.257	
Threonine....g	1.045		0	PAK	1		0.993	1.097	
Isoleucine....g	1.048		0	PAK	1		0.996	1.101	
Leucine....g	1.879		0	PAK	1		1.785	1.973	
Lysine....g	2.073		0	PAK	1		1.969	2.177	
Methionine....g	0.628		0	PAK	1		0.596	0.659	
Cystine....g	0.259		0	PAK	1		0.246	0.272	
Phenylalanine....g	0.890		0	PAK	1		0.845	0.934	
Tyrosine....g	0.828		0	PAK	1		0.786	0.869	
Valine....g	1.080		0	PAK	1		1.026	1.134	
Arginine....g	1.589		0	PAK	1		1.510	1.668	
Histidine....g	0.660		0	PAK	1		0.627	0.693	
Alanine....g	1.377		0	PAK	1		1.309	1.446	
Aspartic acid....g	2.189		0	PAK	1		2.080	2.299	
Glutamic acid....g	3.637		0	PAK	1		3.455	3.818	
Glycine....g	1.199		0	PAK	1		1.139	1.259	
Proline....g	0.985		0	PAK	1		0.935	1.034	
Serine....g	0.941		0	PAK	1		0.894	0.988	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick without skin

Measure 2 = 105g: 1 drumstick with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05671

Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised

Refuse: 41% Bone and cartilage 32%, Separable fat and skin 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.94	0.095	6	A	1		66.45	73.44	
Energy kcal	149		0	NC	4		142	157	
Energy kJ	625		0	NC	4		594	656	
Protein g	23.93	0.224	6	A	1		22.74	25.13	
Total lipid (fat) g	5.95	0.146	6	A	1		5.65	6.25	
Ash g	0.98	0.031	6	A	1		0.93	1.02	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.423	5	A	1		12	13	
Iron, Fe mg	0.94	0.054	5	A	1		0.89	0.98	
Magnesium, Mg mg	22	0.425	5	A	1		21	23	
Phosphorus, P mg	184	3.909	5	A	1		174	193	
Potassium, K mg	239	6.357	5	A	1		227	251	
Sodium, Na mg	117	13.197	5	A	1		111	122	
Zinc, Zn mg	2.54	0.108	5	A	1		2.41	2.66	
Copper, Cu mg	0.063	0.004	5	A	1		0.059	0.066	
Manganese, Mn mg	0.018	0.001	5	A	1		0.017	0.019	
Selenium, Se µg	27.9	2.627	5	A	1		26.5	29.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.088	0.002	5	A	1		0.084	0.092	
Riboflavin mg	0.180	0.005	5	A	1		0.171	0.189	
Niacin mg	5.046	0.058	5	A	1		4.794	5.298	
Pantothenic acid mg	1.100		1	A	1		1.045	1.155	
Vitamin B-6 mg	0.372	0.020	5	A	1		0.354	0.391	
Folate, total µg	5		0	BFPN	4		4	5	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	5		0	BFPN	4		4	5	
Folate, DFE µg	5		0	NC	4		4	5	
Choline, total mg	72.0		0	BFPN	4		68.4	75.6	
Betaine mg	11.1		0	BFPN	4		10.6	11.7	
Vitamin B-12 µg	0.41	0.034	5	A	1		0.39	0.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	AS	1		7	7	
Retinol µg	7		1	A	1		7	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	24		0	AS	1		22	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		1	A	1		0.16	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.08		1	A	1		0.08	0.09	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.01	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.05		1	A	1		0.05	0.05	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		1	A	1		0.1	0.1	
Vitamin D IU	2		1	A	1		2	2	
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.2	0.2	

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Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.601		0	NC	4		1.521	1.681	
4:0....g	0.001	0.000	5	A	1		0.001	0.001	
6:0....g	0.001	0.000	5	A	1		0.001	0.001	
8:0....g	0.002	0.000	5	A	1		0.002	0.002	
10:0....g	0.000	0.000	5	A	1		0.000	0.000	
12:0....g	0.003	0.000	5	A	1		0.003	0.003	
13:0....g									
14:0....g	0.030	0.001	5	A	1		0.028	0.031	
15:0....g	0.005	0.000	5	A	1		0.004	0.005	
16:0....g	1.197	0.036	5	A	1		1.137	1.257	
17:0....g	0.006	0.000	5	A	1		0.006	0.006	
18:0....g	0.346	0.009	5	A	1		0.328	0.363	
20:0....g	0.004	0.000	5	A	1		0.004	0.004	
22:0....g	0.007	0.000	5	A	1		0.007	0.007	
24:0....g	0.000	0.000	5	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.375		0	NC	4		2.256	2.493	
14:1....g	0.012	0.001	5	A	1		0.011	0.012	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.374	0.024	5	AS	1		0.355	0.392	
16:1 c....g	0.371	0.024	5	A	1		0.352	0.390	
16:1 t....g	0.003	0.000	5	A	1		0.003	0.003	
17:1....g	0.003	0.001	5	A	1		0.003	0.004	
18:1 undifferentiated....g	1.961	0.066	5	AS	1		1.863	2.059	
18:1 c....g	1.942	0.065	5	A	1		1.845	2.040	
18:1 t....g	0.018	0.001	5	A	1		0.017	0.019	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023	0.001	5	A	1		0.021	0.024	
22:1 undifferentiated....g	0.000	0.000	5	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	5	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	5	A	1		0.002	0.003	
Fatty acids, total polyunsaturated....g	1.280		0	NC	4		1.216	1.344	
18:2 undifferentiated....g	1.068	0.069	5	AS	1		1.015	1.122	
18:2 n-6 c,c....g	1.054	0.068	5	A	1		1.002	1.107	
18:2 CLAs....g	0.006	0.001	5	A	1		0.005	0.006	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008	0.001	5	A	1		0.008	0.009	
18:3 undifferentiated....g	0.055	0.005	5	AS	1		0.052	0.058	
18:3 n-3 c,c,c (ALA)....g	0.045	0.004	5	A	1		0.042	0.047	
18:3 n-6 c,c,c....g	0.010	0.001	5	A	1		0.010	0.011	
18:3i....g									
18:4....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.010	0.001	5	A	1		0.009	0.010	
20:3 undifferentiated....g	0.019	0.000	5	AS	1		0.018	0.020	
20:3 n-3....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 n-6....g	0.019	0.000	5	A	1		0.018	0.020	
20:4 undifferentiated....g	0.088	0.002	5	A	1		0.084	0.093	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	5	A	1		0.004	0.005	
21:5....g									
22:4....g	0.022	0.001	5	A	1		0.021	0.023	
22:5 n-3 (DPA)....g	0.008	0.000	5	A	1		0.008	0.009	
22:6 n-3 (DHA)....g	0.005	0.001	5	A	1		0.005	0.005	
Fatty acids, total trans....g	0.030		0	NC	4		0.028	0.031	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.020	0.022	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.008	0.009	
Cholesterol....mg	132	7.602	5	A	1		126	139	
Phytosterols....mg									
Amino Acids:									

NDB No. 05671

Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.270		0	A	1		0.257	0.284	
Threonine....g	1.132		0	A	1		1.075	1.189	
Isoleucine....g	1.143		0	A	1		1.086	1.200	
Leucine....g	2.039		0	A	1		1.937	2.141	
Lysine....g	2.258		0	A	1		2.145	2.371	
Methionine....g	0.685		0	A	1		0.650	0.719	
Cystine....g	0.280		0	A	1		0.266	0.293	
Phenylalanine....g	0.956		0	A	1		0.908	1.004	
Tyrosine....g	0.900		0	A	1		0.855	0.945	
Valine....g	1.163		0	A	1		1.105	1.222	
Arginine....g	1.671		0	A	1		1.587	1.754	
Histidine....g	0.714		0	A	1		0.678	0.750	
Alanine....g	1.433		0	A	1		1.362	1.505	
Aspartic acid....g	2.353		0	A	1		2.236	2.471	
Glutamic acid....g	3.921		0	A	1		3.725	4.117	
Glycine....g	1.097		0	A	1		1.043	1.152	
Proline....g	0.966		0	A	1		0.917	1.014	
Serine....g	1.002		0	A	1		0.952	1.052	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick without skin

Measure 2 = 105g: 1 drumstick with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05073

Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted

Refuse: 40% Bone and cartilage 33%, Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.93	0.380	7	A	1		67.13	73.42	
Energy kcal	155		0	NC	4		149	163	
Energy kJ	648		0	NC	4		622	680	
Protein (N x 6.25) g	24.24	0.269	7	A	1		23.27	25.45	
Total lipid (fat) g	5.70	0.336	7	A	1		5.47	5.99	
Ash g	1.06	0.009	7	A	1		1.02	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	11	0.578	6	A	1		10	11	
Iron, Fe mg	1.14	0.058	6	A	1		1.10	1.20	
Magnesium, Mg mg	22	0.432	6	A	1		22	24	
Phosphorus, P mg	200	3.933	6	A	1		192	210	
Potassium, K mg	256	4.571	6	A	1		245	268	
Sodium, Na mg	128	8.573	6	A	1		123	134	
Zinc, Zn mg	2.56	0.080	6	A	1		2.46	2.69	
Copper, Cu mg	0.074	0.002	6	A	1		0.071	0.078	
Manganese, Mn mg	0.014	0.001	6	A	1		0.013	0.015	
Selenium, Se µg	28.1	3.001	5	A	1		27.0	29.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.098	0.002	5	A	1		0.094	0.103	
Riboflavin mg	0.222	0.004	5	A	1		0.213	0.233	
Niacin mg	5.598	0.104	5	A	1		5.374	5.878	
Pantothenic acid mg	1.100		1	A	1		1.056	1.155	
Vitamin B-6 mg	0.407	0.009	5	A	1		0.391	0.427	
Folate, total µg	4		0	BFPN	4		4	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0	BFPN	4		4	5	
Folate, DFE µg	4		0	NC	4		4	5	
Choline, total mg	70.3		0	BFPN	4		67.5	73.8	
Betaine mg	10.8		0	BFPN	4		10.4	11.4	
Vitamin B-12 µg	0.38	0.043	5	A	1		0.36	0.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	AS	1		6	7	
Retinol µg	6		1	A	1		6	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	21		0	AS	1		20	22	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.18	0.19	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.08		1	A	1		0.08	0.09	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		1	A	1		0.02	0.02	
Tocotrienol, beta mg	0.02		1	A	1		0.02	0.02	
Tocotrienol, gamma mg	0.05		1	A	1		0.05	0.05	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		1	A	1		0.0	0.0	
Vitamin D IU	1		1	A	1		1	2	
Vitamin K (phylloquinone) µg	3.5		0	BFSN	4		3.4	3.7	

NDB No. 05073

Chicken, broilers or fryers, dark meat, drumstick, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.505		0	NC	4		1.445	1.580	
4:0....g	0.001	0.000	5	A	1		0.001	0.001	
6:0....g	0.001	0.000	5	A	1		0.001	0.001	
8:0....g	0.002	0.000	5	A	1		0.002	0.002	
10:0....g	0.002	0.000	5	A	1		0.002	0.002	
12:0....g	0.004	0.001	5	A	1		0.004	0.004	
13:0....g									
14:0....g	0.029	0.001	5	A	1		0.027	0.030	
15:0....g	0.005	0.000	5	A	1		0.005	0.005	
16:0....g	1.110	0.022	5	A	1		1.065	1.165	
17:0....g	0.006	0.001	5	A	1		0.006	0.007	
18:0....g	0.334	0.007	5	A	1		0.320	0.350	
20:0....g	0.004	0.000	5	A	1		0.004	0.004	
22:0....g	0.007	0.001	5	A	1		0.007	0.008	
24:0....g	0.001	0.000	5	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	2.181		0	NC	4		2.093	2.290	
14:1....g	0.010	0.001	5	A	1		0.010	0.011	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.330	0.020	5	AS	1		0.317	0.347	
16:1 c....g	0.327	0.020	5	A	1		0.314	0.343	
16:1 t....g	0.004	0.001	5	A	1		0.003	0.004	
17:1....g	0.005	0.001	5	A	1		0.005	0.005	
18:1 undifferentiated....g	1.809	0.053	5	AS	1		1.737	1.900	
18:1 c....g	1.791	0.052	5	A	1		1.719	1.880	
18:1 t....g	0.018	0.002	5	A	1		0.018	0.019	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.023	0.001	5	A	1		0.022	0.024	
22:1 undifferentiated....g	0.001	0.000	5	AS	1		0.001	0.001	
22:1 c....g	0.001	0.000	5	A	1		0.001	0.001	
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	5	A	1		0.002	0.002	
Fatty acids, total polyunsaturated....g	1.202		0	NC	4		1.154	1.262	
18:2 undifferentiated....g	0.980	0.024	5	AS	1		0.940	1.029	
18:2 n-6 c,c....g	0.967	0.024	5	A	1		0.928	1.016	
18:2 CLAs....g	0.005	0.000	5	A	1		0.004	0.005	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008	0.001	5	A	1		0.007	0.008	
18:3 undifferentiated....g	0.047	0.002	5	AS	1		0.045	0.049	
18:3 n-3 c,c,c (ALA)....g	0.040	0.002	5	A	1		0.038	0.042	
18:3 n-6 c,c,c....g	0.007	0.000	5	A	1		0.007	0.007	
18:3i....g									
18:4....g	0.000	0.000	5	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.010	0.001	5	A	1		0.010	0.011	
20:3 undifferentiated....g	0.021	0.001	5	AS	1		0.020	0.022	
20:3 n-3....g	0.001	0.000	5	A	1		0.001	0.001	
20:3 n-6....g	0.021	0.001	5	A	1		0.020	0.022	
20:4 undifferentiated....g	0.098	0.002	5	A	1		0.094	0.103	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	5	A	1		0.003	0.004	
21:5....g									
22:4....g	0.025	0.001	5	A	1		0.024	0.027	
22:5 n-3 (DPA)....g	0.010	0.001	5	A	1		0.009	0.010	
22:6 n-3 (DHA)....g	0.007	0.000	5	A	1		0.007	0.007	
Fatty acids, total trans....g	0.030		0	NC	4		0.029	0.031	
Fatty acids, total trans-monoenoic....g	0.022		0	NC	4		0.021	0.023	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.007	0.008	
Cholesterol....mg	130	2.701	5	A	1		125	137	
Phytosterols....mg									
Amino Acids:									

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Chicken, broilers or fryers, dark meat, drumstick, 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
Tryptophan g	0.273		0	A	1		0.262	0.287	
Threonine g	1.146		0	A	1		1.100	1.204	
Isoleucine g	1.157		0	A	1		1.111	1.215	
Leucine g	2.065		0	A	1		1.982	2.168	
Lysine g	2.286		0	A	1		2.195	2.400	
Methionine g	0.693		0	A	1		0.665	0.728	
Cystine g	0.283		0	A	1		0.272	0.297	
Phenylalanine g	0.968		0	A	1		0.929	1.017	
Tyrosine g	0.911		0	A	1		0.874	0.956	
Valine g	1.178		0	A	1		1.131	1.237	
Arginine g	1.692		0	A	1		1.624	1.776	
Histidine g	0.723		0	A	1		0.694	0.759	
Alanine g	1.451		0	A	1		1.393	1.524	
Aspartic acid g	2.383		0	A	1		2.288	2.502	
Glutamic acid g	3.970		0	A	1		3.811	4.169	
Glycine g	1.111		0	A	1		1.067	1.167	
Proline g	0.978		0	A	1		0.939	1.027	
Serine g	1.014		0	A	1		0.974	1.065	
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	

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

Common Measures:

Measure 1 = 96g: 1 drumstick without skin

Measure 2 = 105g: 1 drumstick with skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05071

Chicken, broilers or fryers, dark meat, drumstick, meat only, raw

Refuse: 42% bone and cartilage 33%, skin and separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.78	0.070	7	A	1		99.81	93.67	
Energy kcal	116		0	NC	4		151	142	
Energy kJ	487		0	NC	4		633	594	
Protein (N x 6.25) g	19.41	0.079	7	A	1		25.23	23.68	
Total lipid (fat) g	3.71	0.110	7	A	1		4.83	4.53	
Ash g	0.92	0.013	7	A	1		1.20	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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	9	0.383	6	A	1		11	11	
Iron, Fe mg	0.76	0.034	6	A	1		0.99	0.93	
Magnesium, Mg mg	20	0.706	6	A	1		26	24	
Phosphorus, P mg	174	5.853	6	A	1		226	212	
Potassium, K mg	225	6.069	6	A	1		293	275	
Sodium, Na mg	114	8.163	6	A	1		149	140	
Zinc, Zn mg	2.05	0.089	6	A	1		2.67	2.50	
Copper, Cu mg	0.066	0.003	6	A	1		0.086	0.081	
Manganese, Mn mg	0.014	0.000	6	A	1		0.018	0.017	
Selenium, Se µg	21.8	2.116	5	A	1		28.3	26.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.090	0.008	5	A	1		0.117	0.110	
Riboflavin mg	0.220	0.004	5	A	1		0.286	0.268	
Niacin mg	5.198	0.139	5	A	1		6.757	6.342	
Pantothenic acid mg	1.100		1	A	1		1.430	1.342	
Vitamin B-6 mg	0.381	0.003	5	A	1		0.495	0.464	
Folate, total µg	4		0	BFPN	4		5	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0	BFPN	4		5	4	
Folate, DFE µg	4		0	NC	4		5	4	
Choline, total mg	56.7		0	AS	1		73.7	69.2	
Betaine mg	8.7		1	A	1		11.4	10.7	
Vitamin B-12 µg	0.51	0.043	5	A	1		0.66	0.62	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		1	AS	1		9	8	
Retinol µg	7		1	A	1		9	8	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	22		1	AS	1		29	27	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	102		1	A	1		133	125	
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.23	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.07		1	A	1		0.09	0.08	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		1	A	1		0.02	0.02	
Tocotrienol, beta mg	0.01		1	A	1		0.02	0.02	
Tocotrienol, gamma mg	0.02		1	A	1		0.03	0.02	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.0		1	AS	1		0.0	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		1	A	1		0.0	0.0	
Vitamin D IU	1		1	A	1		2	2	
Vitamin K (phylloquinone) µg	2.9		0	BFYN	4		3.7	3.5	

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Chicken, broilers or fryers, dark meat, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.949		0	NC	4		1.234	1.158	
4:0....g	0.001	0.000	5	A	1		0.001	0.001	
6:0....g	0.000	0.000	5	A	1		0.000	0.000	
8:0....g	0.001	0.000	5	A	1		0.001	0.001	
10:0....g	0.002	0.000	5	A	1		0.002	0.002	
12:0....g	0.003	0.000	5	A	1		0.004	0.003	
13:0....g									
14:0....g	0.017	0.001	5	A	1		0.023	0.021	
15:0....g	0.003	0.000	5	A	1		0.004	0.003	
16:0....g	0.689	0.030	5	A	1		0.896	0.841	
17:0....g	0.004	0.000	5	A	1		0.005	0.004	
18:0....g	0.220	0.010	5	A	1		0.286	0.269	
20:0....g	0.003	0.000	5	A	1		0.004	0.003	
22:0....g	0.006	0.000	5	A	1		0.008	0.007	
24:0....g	0.001	0.000	5	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	1.330		0	NC	4		1.728	1.622	
14:1....g	0.006	0.000	5	A	1		0.008	0.007	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.199	0.008	5	AS	1		0.258	0.243	
16:1 c....g	0.197	0.008	5	A	1		0.256	0.241	
16:1 t....g	0.002	0.000	5	A	1		0.002	0.002	
17:1....g	0.003	0.001	5	A	1		0.004	0.004	
18:1 undifferentiated....g	1.106	0.047	5	AS	1		1.438	1.350	
18:1 c....g	1.094	0.046	5	A	1		1.423	1.335	
18:1 t....g	0.012	0.001	5	A	1		0.016	0.015	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.014	0.001	5	A	1		0.019	0.018	
22:1 undifferentiated....g	0.000	0.000	5	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	5	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	5	A	1		0.002	0.001	
Fatty acids, total polyunsaturated....g	0.854		0	NC	4		1.110	1.042	
18:2 undifferentiated....g	0.662	0.046	5	AS	1		0.861	0.808	
18:2 n-6 c,c....g	0.654	0.045	5	A	1		0.850	0.798	
18:2 CLAs....g	0.003	0.000	5	A	1		0.004	0.004	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.000	5	A	1		0.006	0.006	
18:3 undifferentiated....g	0.032	0.003	5	AS	1		0.042	0.040	
18:3 n-3 c,c,c (ALA)....g	0.027	0.003	5	A	1		0.035	0.033	
18:3 n-6 c,c,c....g	0.005	0.000	5	A	1		0.007	0.007	
18:3i....g									
18:4....g	0.000	0.000	5	A	1		0.001	0.000	
20:2 n-6 c,c....g	0.008	0.001	5	A	1		0.011	0.010	
20:3 undifferentiated....g	0.016	0.000	5	AS	1		0.021	0.020	
20:3 n-3....g	0.000	0.000	5	A	1		0.000	0.000	
20:3 n-6....g	0.016	0.000	5	A	1		0.021	0.020	
20:4 undifferentiated....g	0.093	0.002	5	A	1		0.121	0.114	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	5	A	1		0.003	0.003	
21:5....g									
22:4....g	0.023	0.001	5	A	1		0.029	0.028	
22:5 n-3 (DPA)....g	0.009	0.001	5	A	1		0.012	0.011	
22:6 n-3 (DHA)....g	0.007	0.001	5	A	1		0.009	0.008	
Fatty acids, total trans....g	0.018		0	NC	4		0.024	0.022	
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.018	0.017	
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.006	0.006	
Cholesterol....mg	89	1.323	5	A	1		116	109	
Phytosterols....mg									
Amino Acids:									

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Chicken, broilers or fryers, dark meat, 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
Tryptophan g	0.219		0	A	1		0.285	0.267	
Threonine g	0.918		0	A	1		1.193	1.120	
Isoleucine g	0.927		0	A	1		1.205	1.131	
Leucine g	1.654		0	A	1		2.150	2.017	
Lysine g	1.831		0	A	1		2.380	2.233	
Methionine g	0.555		0	A	1		0.722	0.677	
Cystine g	0.227		0	A	1		0.295	0.276	
Phenylalanine g	0.775		0	A	1		1.008	0.946	
Tyrosine g	0.729		0	A	1		0.948	0.890	
Valine g	0.943		0	A	1		1.226	1.151	
Arginine g	1.355		0	A	1		1.761	1.653	
Histidine g	0.579		0	A	1		0.753	0.706	
Alanine g	1.162		0	A	1		1.511	1.418	
Aspartic acid g	1.908		0	A	1		2.481	2.328	
Glutamic acid g	3.179		0	A	1		4.133	3.879	
Glycine g	0.890		0	A	1		1.157	1.086	
Proline g	0.783		0	A	1		1.018	0.955	
Serine g	0.812		0	A	1		1.056	0.991	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick with skin

Measure 2 = 122g: 1 drumstick without skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		41.50	81.53	135.72
Energy kcal	298		0	NC	4		253	498	828
Energy kJ	1247		0		4		1060	2082	3466
Protein (N x 6.25) g	21.85		0		1		18.57	36.49	60.74
Total lipid (fat) g	18.64		0		1		15.84	31.13	51.82
Ash g	1.31		0		1		1.11	2.19	3.64
Carbohydrate, by difference g	9.38		0	NC	4		7.97	15.66	26.08
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	21		0		1		18	35	58
Iron, Fe mg	1.44		0		1		1.22	2.40	4.00
Magnesium, Mg mg	20		0		1		17	33	56
Phosphorus, P mg	145		0		1		123	242	403
Potassium, K mg	185		0		1		157	309	514
Sodium, Na mg	295		0		1		251	493	820
Zinc, Zn mg	2.08		0		1		1.77	3.47	5.78
Copper, Cu mg	0.080		0		1		0.068	0.134	0.222
Manganese, Mn mg	0.058		0		1		0.049	0.097	0.161
Selenium, Se µg	23.6		0	PIE	4		20.1	39.4	65.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.117		0		1		0.099	0.195	0.325
Riboflavin mg	0.218		0		1		0.185	0.364	0.606
Niacin mg	5.607		0		1		4.766	9.364	15.587
Pantothenic acid mg	0.953		0		1		0.810	1.592	2.649
Vitamin B-6 mg	0.250		0		1		0.213	0.418	0.695
Folate, total µg	18		0	RA	4		15	30	50
Folic acid µg	9		0	NC	4		8	15	25
Folate, food µg	9		0		1		8	15	25
Folate, DFE µg	24		0	NC	4		21	41	68
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.27		0		1		0.23	0.45	0.75
Vitamin A, RAE µg	31		0		1		26	52	86
Retinol µg	31		0		1		26	52	86
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	103		0		1		88	172	286
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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						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 saturated....g	4.950		0		1		4.208	8.267	13.761
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.020		0		1		0.017	0.033	0.056
13:0....g									
14:0....g	0.110		0		1		0.094	0.184	0.306
15:0....g									
16:0....g	3.290		0		1		2.797	5.494	9.146
17:0....g									
18:0....g	1.430		0		1		1.216	2.388	3.975
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.580		0		1		6.443	12.659	21.072
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.590		0		1		0.502	0.985	1.640
17:1....g									
18:1 undifferentiated....g	6.840		0		1		5.814	11.423	19.015
20:1....g	0.090		0		1		0.077	0.150	0.250
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.430		0		1		3.766	7.398	12.315
18:2 undifferentiated....g	3.960		0		1		3.366	6.613	11.009
18:3 undifferentiated....g	0.210		0		1		0.179	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		0.094	0.184	0.306
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.017	0.028
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.033	0.056
22:6 n-3 (DHA)....g	0.040		0		1		0.034	0.067	0.111
Fatty acids, total trans....g									
Cholesterol....mg	89		0		1		76	149	247
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.250		0		1		0.213	0.418	0.695
Threonine....g	0.895		0		1		0.761	1.495	2.488
Isoleucine....g	1.094		0		1		0.930	1.827	3.041
Leucine....g	1.605		0		1		1.364	2.680	4.462
Lysine....g	1.713		0		1		1.456	2.861	4.762
Methionine....g	0.574		0		1		0.488	0.959	1.596
Cystine....g	0.302		0		1		0.257	0.504	0.840
Phenylalanine....g	0.874		0		1		0.743	1.460	2.430
Tyrosine....g	0.711		0		1		0.604	1.187	1.977
Valine....g	1.067		0		1		0.907	1.782	2.966
Arginine....g	1.333		0		1		1.133	2.226	3.706
Histidine....g	0.637		0		1		0.541	1.064	1.771
Alanine....g	1.226		0		1		1.042	2.047	3.408
Aspartic acid....g	1.889		0		1		1.606	3.155	5.251
Glutamic acid....g	3.506		0		1		2.980	5.855	9.747
Glycine....g	1.318		0		1		1.120	2.201	3.664
Proline....g	1.136		0		1		0.966	1.897	3.158
Serine....g	0.806		0		1		0.685	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.

NDB No. 05035

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

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 167g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 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 27 (2014)

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 µg	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 µg	11		0	RA	4		12	20	
Folic acid µg	3		0	NC	4		3	6	
Folate, food µg	8		0		1		9	15	
Folate, DFE µg	13		0	NC	4		14	24	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.30		0		1		0.33	0.55	
Vitamin A, RAE µg	31		0		1		34	57	
Retinol µg	31		0	NR	4		34	57	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	104		0		1		114	191	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.6	4.4	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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: Mean	Std. Error	Number 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 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									
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 (EPA)....g	0.020		0		1		0.022	0.037	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.033	0.055	
22:6 n-3 (DHA)....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	

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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 µg	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 µg	7		0		1		7	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		7	12	
Folate, DFE µg	7		0	NC	4		7	12	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.29		0		1		0.29	0.48	
Vitamin A, RAE µg	60		0		1		61	101	
Retinol µg	60		0		1		61	101	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	201		0		1		203	336	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05037

Chicken, broilers or fryers, dark 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 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									
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 (EPA)....g	0.020		0		1		0.020	0.033	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.030	0.050	
22:6 n-3 (DHA)....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.

NDB No. 05037

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

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 27 (2014)

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 µg	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 µg	6		0		1		7	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		7	11	
Folate, DFE µg	6		0	NC	4		7	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.20		0		1		0.22	0.37	
Vitamin A, RAE µg	56		0		1		61	103	
Retinol µg	56		0		1		61	103	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	186		0		1		205	342	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.011	0.018	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.022	0.037	
22:6 n-3 (DHA)....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.

NDB No. 05038

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

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 27 (2014)

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		55.61	104.67	174.02
Energy kcal	237		0	NC	4		201	379	630
Energy kJ	992		0		4		843	1587	2638
Protein (N x 6.25) g	16.69	0.120	25		1		14.19	26.70	44.40
Total lipid (fat) g	18.34	0.359	25		1		15.59	29.34	48.78
Ash g	0.76	0.024	25		1		0.65	1.22	2.02
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	0.408	24		1		9	18	29
Iron, Fe mg	0.98	0.026	24		1		0.83	1.57	2.61
Magnesium, Mg mg	19	0.270	24		1		16	30	51
Phosphorus, P mg	136	2.562	24		1		116	218	362
Potassium, K mg	178	4.768	24		1		151	285	473
Sodium, Na mg	73	1.122	24		1		62	117	194
Zinc, Zn mg	1.58	0.019	24		1		1.34	2.53	4.20
Copper, Cu mg	0.054	0.002	24		1		0.046	0.086	0.144
Manganese, Mn mg	0.019	0.000	24		1		0.016	0.030	0.051
Selenium, Se µg	12.7		0	PAK	1		10.8	20.3	33.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.061	0.002	16		1		0.052	0.098	0.162
Riboflavin mg	0.146	0.003	16		1		0.124	0.234	0.388
Niacin mg	5.211	0.178	16		1		4.429	8.338	13.861
Pantothenic acid mg	0.994		0		1		0.845	1.590	2.644
Vitamin B-6 mg	0.250		0		1		0.213	0.400	0.665
Folate, total µg	7		0		1		6	11	19
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		6	11	19
Folate, DFE µg	7		0	NC	4		6	11	19
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.29		0		1		0.25	0.46	0.77
Vitamin A, RAE µg	49		0	NC	4		42	78	130
Retinol µg	49		0	NR	4		42	78	130
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	170		0		1		145	272	452
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.30		0	CASN	4		0.26	0.48	0.80
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	3.8	6.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	5.260		0		1		4.471	8.416	13.992
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		1		0.017	0.032	0.053
13:0....g									
14:0....g	0.150		0		1		0.128	0.240	0.399
15:0....g									
16:0....g	3.820		0		1		3.247	6.112	10.161
17:0....g									
18:0....g	1.070		0		1		0.910	1.712	2.846
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.650		0		1		6.503	12.240	20.349
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.020		0		1		0.867	1.632	2.713
17:1....g									
18:1 undifferentiated....g	6.340		0		1		5.389	10.144	16.864
20:1....g	0.180		0		1		0.153	0.288	0.479
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.960		0		1		3.366	6.336	10.534
18:2 undifferentiated....g	3.550		0		1		3.018	5.680	9.443
18:3 undifferentiated....g	0.170		0		1		0.145	0.272	0.452
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		1		0.077	0.144	0.239
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.016	0.027
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.032	0.053
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.048	0.080
Fatty acids, total trans....g									
Cholesterol....mg	81		0		1		69	130	215
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.185		0		1		0.157	0.296	0.492
Threonine....g	0.687		0		1		0.584	1.099	1.827
Isoleucine....g	0.824		0		1		0.700	1.318	2.192
Leucine....g	1.207		0		1		1.026	1.931	3.211
Lysine....g	1.348		0		1		1.146	2.157	3.586
Methionine....g	0.441		0		1		0.375	0.706	1.173
Cystine....g	0.224		0		1		0.190	0.358	0.596
Phenylalanine....g	0.646		0		1		0.549	1.034	1.718
Tyrosine....g	0.533		0		1		0.453	0.853	1.418
Valine....g	0.807		0		1		0.686	1.291	2.147
Arginine....g	1.053		0		1		0.895	1.685	2.801
Histidine....g	0.485		0		1		0.412	0.776	1.290
Alanine....g	0.984		0		1		0.836	1.574	2.617
Aspartic acid....g	1.488		0		1		1.265	2.381	3.958
Glutamic acid....g	2.429		0		1		2.065	3.886	6.461
Glycine....g	1.126		0		1		0.957	1.802	2.995
Proline....g	0.831		0		1		0.706	1.330	2.210
Serine....g	0.591		0		1		0.502	0.946	1.572
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

NDB No. 05034

Chicken, broilers or fryers, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 160g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 266g: .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 27 (2014)

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 µg	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 µg	9		0		1		13	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		13	8	
Folate, DFE µg	9		0	NC	4		13	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.33		0		1		0.46	0.30	
Vitamin A, RAE µg	24		0		1		33	22	
Retinol µg	24		0		1		33	22	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	79		0		1		111	72	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05044

Chicken, broilers or fryers, dark 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 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									
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 (EPA)....g	0.020		0		1		0.028	0.018	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.042	0.027	
22:6 n-3 (DHA)....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.

NDB No. 05044

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

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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.06	0.394	16		1		88.28	51.08	85.76
Energy kcal	205		0	NC	4		287	166	279
Energy kJ	858		0		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 µg	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 µg	8		0		1		11	6	11
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0		1		11	6	11
Folate, DFE µg	8		0	NC	4		11	6	11
Choline, total mg	74.4		0	BFNN	4		104.2	60.3	101.2
Betaine mg	5.4		0	BFNN	4		7.6	4.4	7.4
Vitamin B-12 µg	0.32		0		1		0.45	0.26	0.44
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	22		0	NC	4		31	18	30
Retinol µg	22		0	NR	4		31	18	30
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	72		0		1		101	58	98
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.21	0.36
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.1	0.2
Vitamin D IU	5		0	BFZN	4		6	4	6
Vitamin K (phylloquinone) µg	3.9		0	BFSN	4		5.5	3.2	5.3
Dihydrophylloquinone µg	0.0		0	NR	4		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05045

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	2.660		0		1		3.724	2.155	3.618
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.008	0.014
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.042	0.024	0.041
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05045

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	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	0.381	16		1		92.16	56.61	94.14
Energy kcal	192		0	NC	4		269	165	275
Energy kJ	803		0		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 µg	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 µg	7		0		1		10	6	10
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		10	6	10
Folate, DFE µg	7		0	NC	4		10	6	10
Choline, total mg	68.9		0	BFNN	4		96.5	59.3	98.5
Betaine mg	5.0		0	BFNN	4		7.0	4.3	7.2
Vitamin B-12 µg	0.22		0		1		0.31	0.19	0.31
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	21		0	NC	4		29	18	30
Retinol µg	21		0	NR	4		29	18	30
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	69		0		1		97	59	99
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.23	0.38
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.1	0.2
Vitamin D IU	5		0	BFZN	4		6	4	7
Vitamin K (phylloquinone) µg	3.6		0	BFSN	4		5.1	3.1	5.2
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05046

Chicken, broilers or fryers, 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
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									
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 (EPA)....g	0.010		0		1		0.014	0.009	0.014
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.042	0.026	0.043
22:6 n-3 (DHA)....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

NDB No. 05046

Chicken, broilers or fryers, 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
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	10		0		1		11	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		11	18	
Folate, DFE µg	10		0	NC	4		11	18	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.36		0		1		0.39	0.66	
Vitamin A, RAE µg	22		0		1		24	39	
Retinol µg	22		0	NR	4		24	40	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	72		0		1		78	131	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	CASN	4		0.23	0.38	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.6	4.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05043

Chicken, broilers or fryers, 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 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									
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 (EPA)....g	0.010	0.004	8		1		0.011	0.018	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020	0.006	9		1		0.022	0.036	
22:6 n-3 (DHA)....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	

NDB No. 05043

Chicken, broilers or fryers, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05677

Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised

Refuse: 16% Bone and cartilage 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	61.93		0	PAK	1		68.74	79.89	
Energy kcal	229		0	NC	4		254	296	
Energy kJ	959		0	NC	4		1064	1237	
Protein g	22.57		0	PAK	1		25.05	29.11	
Total lipid (fat) g	15.43		0	PAK	1		17.13	19.91	
Ash g	0.91		0	PAK	1		1.01	1.18	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	11		0	PAK	1		13	15	
Iron, Fe mg	1.21		0	PAK	1		1.35	1.56	
Magnesium, Mg mg	23		0	PAK	1		25	29	
Phosphorus, P mg	187		0	PAK	1		208	241	
Potassium, K mg	245		0	PAK	1		272	316	
Sodium, Na mg	76		0	PAK	1		85	99	
Zinc, Zn mg	1.64		0	PAK	1		1.82	2.12	
Copper, Cu mg	0.048		0	PAK	1		0.053	0.061	
Manganese, Mn mg	0.018		0	PAK	1		0.020	0.023	
Selenium, Se µg	26.6		0	PAK	1		29.5	34.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.080		0	PAK	1		0.089	0.103	
Riboflavin mg	0.157		0	PAK	1		0.174	0.203	
Niacin mg	5.276		0	PAK	1		5.856	6.806	
Pantothenic acid mg	1.118		0	PAK	1		1.241	1.443	
Vitamin B-6 mg	0.385		0	PAK	1		0.427	0.497	
Folate, total µg	4		0	PIK	4		5	5	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	4		0	PIK	4		5	5	
Folate, DFE µg	4		0	NC	4		5	5	
Choline, total mg	63.3		0	PIK	4		70.2	81.6	
Betaine mg	13.3		0	PIK	4		14.7	17.1	
Vitamin B-12 µg	0.43		0	PAK	1		0.48	0.55	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	16		0	PAK	1		18	21	
Retinol µg	16		0	PAK	1		18	21	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	54		0	PAK	1		60	69	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	20		0	PIK	4		22	26	
Vitamin E (alpha-tocopherol) mg	0.17		0	PAK	1		0.19	0.22	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.09		0	PAK	1		0.10	0.12	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.04		0	PAK	1		0.04	0.05	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.3	0.4	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		0	PAK	1		0.3	0.4	
Vitamin D IU	11		0	PAK	1		13	15	
Vitamin K (phylloquinone) µg	0.3		0	PIK	4		0.3	0.4	

NDB No. 05677

Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.253		0	PIK	4		4.721	5.487	
4:0....g	0.001		0	PAK	1		0.001	0.001	
6:0....g	0.002		0	PAK	1		0.002	0.002	
8:0....g	0.003		0	PAK	1		0.003	0.003	
10:0....g	0.001		0	PAK	1		0.001	0.001	
12:0....g	0.007		0	PAK	1		0.008	0.010	
13:0....g									
14:0....g	0.085		0	PAK	1		0.095	0.110	
15:0....g	0.011		0	PAK	1		0.012	0.014	
16:0....g	3.298		0	PAK	1		3.661	4.255	
17:0....g	0.015		0	PAK	1		0.017	0.019	
18:0....g	0.810		0	PAK	1		0.899	1.045	
20:0....g	0.009		0	PAK	1		0.010	0.012	
22:0....g	0.011		0	PAK	1		0.012	0.014	
24:0....g	0.001		0	PAK	1		0.001	0.001	
Fatty acids, total monounsaturated....g	6.488		0	PIK	4		7.202	8.370	
14:1....g	0.030		0	PAK	1		0.034	0.039	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.947		0	PAK	1		1.051	1.222	
16:1 c....g	0.941		0	PAK	1		1.044	1.213	
16:1 t....g	0.007		0	PAK	1		0.007	0.009	
17:1....g	0.013		0	PAK	1		0.015	0.017	
18:1 undifferentiated....g	5.414		0	PAK	1		6.009	6.984	
18:1 c....g	5.363		0	PAK	1		5.953	6.918	
18:1 t....g	0.051		0	PAK	1		0.056	0.065	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.075		0	PAK	1		0.083	0.097	
22:1 undifferentiated....g	0.002		0	PAK	1		0.002	0.003	
22:1 c....g	0.002		0	PAK	1		0.002	0.003	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.006		0	PAK	1		0.007	0.008	
Fatty acids, total polyunsaturated....g	2.963		0	PIK	4		3.289	3.822	
18:2 undifferentiated....g	2.651		0	PAK	1		2.943	3.420	
18:2 n-6 c,c....g	2.609		0	PAK	1		2.896	3.366	
18:2 CLAs....g	0.018		0	PAK	1		0.019	0.023	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024		0	PAK	1		0.027	0.031	
18:3 undifferentiated....g	0.127		0	PAK	1		0.141	0.164	
18:3 n-3 c,c,c (ALA)....g	0.117		0	PAK	1		0.130	0.151	
18:3 n-6 c,c,c....g	0.010		0	PAK	1		0.011	0.013	
18:3i....g									
18:4....g	0.002		0	PAK	1		0.002	0.003	
20:2 n-6 c,c....g	0.018		0	PAK	1		0.020	0.023	
20:3 undifferentiated....g	0.030		0	PAK	1		0.033	0.038	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.001	
20:3 n-6....g	0.029		0	PAK	1		0.032	0.037	
20:4 undifferentiated....g	0.091		0	PAK	1		0.101	0.117	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		0	PAK	1		0.009	0.011	
21:5....g									
22:4....g	0.021		0	PAK	1		0.024	0.027	
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.010	0.011	
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.005	0.006	
Fatty acids, total trans....g	0.082		0	PIK	4		0.091	0.105	
Fatty acids, total trans-monoenoic....g	0.057		0	PIK	4		0.064	0.074	
Fatty acids, total trans-polyenoic....g	0.024		0	PIK	4		0.027	0.031	
Cholesterol....mg	139		0	PAK	1		154	179	
Phytosterols....mg									
Amino Acids:									

NDB No. 05677

Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.195		0	PAK	1		0.216	0.251	
Threonine....g	0.920		0	PAK	1		1.021	1.187	
Isoleucine....g	0.894		0	PAK	1		0.992	1.153	
Leucine....g	1.638		0	PAK	1		1.818	2.113	
Lysine....g	1.777		0	PAK	1		1.973	2.293	
Methionine....g	0.535		0	PAK	1		0.593	0.690	
Cystine....g	0.232		0	PAK	1		0.257	0.299	
Phenylalanine....g	0.811		0	PAK	1		0.900	1.047	
Tyrosine....g	0.716		0	PAK	1		0.795	0.924	
Valine....g	0.974		0	PAK	1		1.081	1.256	
Arginine....g	1.589		0	PAK	1		1.764	2.049	
Histidine....g	0.585		0	PAK	1		0.650	0.755	
Alanine....g	1.434		0	PAK	1		1.592	1.850	
Aspartic acid....g	1.994		0	PAK	1		2.214	2.573	
Glutamic acid....g	3.268		0	PAK	1		3.628	4.216	
Glycine....g	1.819		0	PAK	1		2.019	2.346	
Proline....g	1.249		0	PAK	1		1.387	1.612	
Serine....g	0.893		0	PAK	1		0.991	1.152	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh without skin

Measure 2 = 129g: 1 thigh with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05672

Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised

Refuse: 32% Bone and cartilage 16%, Skin and separable fat 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	66.87	0.166	5	A	1		74.22	86.26	
Energy kcal	176		0	NC	4		195	227	
Energy kJ	736		0	NC	4		817	949	
Protein g	24.55	0.158	5	A	1		27.25	31.67	
Total lipid (fat) g	8.63	0.140	5	A	1		9.58	11.13	
Ash g	0.99	0.005	5	A	1		1.09	1.27	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.385	4	A	1		13	15	
Iron, Fe mg	1.27	0.111	4	A	1		1.41	1.63	
Magnesium, Mg mg	25	0.823	4	A	1		28	32	
Phosphorus, P mg	201	3.558	4	A	1		223	260	
Potassium, K mg	266	3.242	4	A	1		296	343	
Sodium, Na mg	77	2.259	4	A	1		85	99	
Zinc, Zn mg	1.87	0.026	4	A	1		2.07	2.41	
Copper, Cu mg	0.049	0.008	4	A	1		0.055	0.064	
Manganese, Mn mg	0.017	0.001	4	A	1		0.019	0.023	
Selenium, Se µg	29.2	2.795	4	A	1		32.4	37.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.087	0.005	4	A	1		0.097	0.113	
Riboflavin mg	0.182	0.002	4	A	1		0.203	0.235	
Niacin mg	5.742	0.141	4	A	1		6.374	7.408	
Pantothenic acid mg	1.200		1	A	1		1.332	1.548	
Vitamin B-6 mg	0.436	0.019	4	A	1		0.484	0.563	
Folate, total µg	5		0	BFPN	4		5	6	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	5		0	BFPN	4		5	6	
Folate, DFE µg	5		0	NC	4		5	6	
Choline, total mg	68.3		0	BFPN	4		75.8	88.1	
Betaine mg	13.4		0	BFPN	4		14.9	17.3	
Vitamin B-12 µg	0.42	0.021	4	A	1		0.47	0.55	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	AS	1		9	10	
Retinol µg	8		1	A	1		9	10	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0	AS	1		30	35	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		1	A	1		0.18	0.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.01	
Tocopherol, gamma mg	0.09		1	A	1		0.10	0.11	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.01	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.03		1	A	1		0.03	0.03	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.4	0.4	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.4	0.4	
Vitamin D IU	13		1	A	1		15	17	
Vitamin K (phylloquinone) µg	0.3		0	BFSN	4		0.3	0.3	

NDB No. 05672

Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.346		0	NC	4		2.604	3.026	
4:0....g	0.001	0.000	4	A	1		0.001	0.001	
6:0....g	0.002	0.000	4	A	1		0.002	0.003	
8:0....g	0.002	0.000	4	A	1		0.002	0.003	
10:0....g	0.000	0.000	4	A	1		0.000	0.000	
12:0....g	0.004	0.001	4	A	1		0.004	0.005	
13:0....g									
14:0....g	0.045	0.003	4	A	1		0.050	0.058	
15:0....g	0.006	0.001	4	A	1		0.007	0.008	
16:0....g	1.781	0.070	4	A	1		1.977	2.298	
17:0....g	0.009	0.000	4	A	1		0.010	0.012	
18:0....g	0.483	0.012	4	A	1		0.536	0.623	
20:0....g	0.004	0.000	4	A	1		0.005	0.006	
22:0....g	0.008	0.001	4	A	1		0.009	0.010	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	3.449		0	NC	4		3.828	4.449	
14:1....g	0.016	0.001	4	A	1		0.017	0.020	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.506	0.044	4	AS	1		0.561	0.652	
16:1 c....g	0.502	0.044	4	A	1		0.557	0.648	
16:1 t....g	0.004	0.001	4	A	1		0.004	0.005	
17:1....g	0.007	0.001	4	A	1		0.008	0.009	
18:1 undifferentiated....g	2.879	0.136	4	AS	1		3.195	3.714	
18:1 c....g	2.850	0.134	4	A	1		3.163	3.676	
18:1 t....g	0.029	0.003	4	A	1		0.032	0.037	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032	0.002	4	A	1		0.036	0.042	
22:1 undifferentiated....g	0.001	0.000	4	AS	1		0.001	0.002	
22:1 c....g	0.001	0.000	4	A	1		0.001	0.002	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.008	0.001	4	A	1		0.009	0.010	
Fatty acids, total polyunsaturated....g	1.556		0	NC	4		1.727	2.007	
18:2 undifferentiated....g	1.341	0.077	4	AS	1		1.489	1.730	
18:2 n-6 c,c....g	1.319	0.075	4	A	1		1.465	1.702	
18:2 CLAs....g	0.008	0.001	4	A	1		0.009	0.011	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013	0.002	4	A	1		0.015	0.017	
18:3 undifferentiated....g	0.064	0.006	4	AS	1		0.071	0.082	
18:3 n-3 c,c,c (ALA)....g	0.051	0.006	4	A	1		0.057	0.066	
18:3 n-6 c,c,c....g	0.012	0.000	4	A	1		0.014	0.016	
18:3i....g									
18:4....g	0.001	0.000	4	A	1		0.001	0.001	
20:2 n-6 c,c....g	0.010	0.001	4	A	1		0.012	0.014	
20:3 undifferentiated....g	0.020	0.001	4	AS	1		0.022	0.026	
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6....g	0.020	0.001	4	A	1		0.022	0.025	
20:4 undifferentiated....g	0.080	0.001	4	A	1		0.089	0.103	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.009	0.000	4	A	1		0.010	0.011	
21:5....g									
22:4....g	0.019	0.000	4	A	1		0.021	0.024	
22:5 n-3 (DPA)....g	0.007	0.000	4	A	1		0.008	0.009	
22:6 n-3 (DHA)....g	0.004	0.001	4	A	1		0.005	0.005	
Fatty acids, total trans....g	0.046		0	NC	4		0.051	0.059	
Fatty acids, total trans-monoenoic....g	0.032		0	NC	4		0.036	0.042	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.015	0.017	
Cholesterol....mg	141	2.648	4	A	1		157	182	
Phytosterols....mg									
Amino Acids:									

NDB No. 05672

Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.225		0	A	1		0.250	0.290	
Threonine....g	1.034		0	A	1		1.147	1.333	
Isoleucine....g	1.013		0	A	1		1.125	1.307	
Leucine....g	1.845		0	A	1		2.048	2.381	
Lysine....g	2.012		0	A	1		2.233	2.595	
Methionine....g	0.606		0	A	1		0.673	0.782	
Cystine....g	0.259		0	A	1		0.288	0.334	
Phenylalanine....g	0.903		0	A	1		1.002	1.164	
Tyrosine....g	0.809		0	A	1		0.898	1.043	
Valine....g	1.087		0	A	1		1.206	1.402	
Arginine....g	1.725		0	A	1		1.915	2.226	
Histidine....g	0.656		0	A	1		0.728	0.847	
Alanine....g	1.542		0	A	1		1.711	1.989	
Aspartic acid....g	2.220		0	A	1		2.464	2.863	
Glutamic acid....g	3.651		0	A	1		4.052	4.710	
Glycine....g	1.803		0	A	1		2.002	2.326	
Proline....g	1.283		0	A	1		1.425	1.656	
Serine....g	0.983		0	A	1		1.091	1.268	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh without skin

Measure 2 = 129g: 1 thigh with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05096

Chicken, broilers or fryers, dark meat, thigh, meat only, raw

Refuse: 40% Bone and connective tissue 15%, Skin and separable fat 25%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.22	0.089	7	A	1		64.79	147.10	144.05
Energy kcal	121		0	NC	4		103	234	229
Energy kJ	507		0	NC	4		431	979	958
Protein (N x 6.25) g	19.66	0.111	7	A	1		16.71	37.95	37.16
Total lipid (fat) g	4.12	0.091	7	A	1		3.50	7.94	7.78
Ash g	0.95	0.005	7	A	1		0.81	1.83	1.80
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	0.304	6	A	1		6	14	14
Iron, Fe mg	0.81	0.040	6	A	1		0.69	1.57	1.54
Magnesium, Mg mg	23	0.344	6	A	1		19	44	43
Phosphorus, P mg	185	5.263	6	A	1		157	357	350
Potassium, K mg	242	5.133	6	A	1		206	467	457
Sodium, Na mg	95	7.711	6	A	1		81	183	179
Zinc, Zn mg	1.58	0.031	6	A	1		1.34	3.05	2.99
Copper, Cu mg	0.062	0.003	6	A	1		0.053	0.119	0.117
Manganese, Mn mg	0.013	0.001	6	A	1		0.011	0.024	0.024
Selenium, Se µg	22.9	1.927	5	A	1		19.4	44.2	43.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.088	0.006	5	A	1		0.075	0.171	0.167
Riboflavin mg	0.196	0.009	5	A	1		0.167	0.378	0.370
Niacin mg	5.557	0.085	5	A	1		4.723	10.725	10.503
Pantothenic acid mg									
Vitamin B-6 mg	0.451	0.014	5	A	1		0.383	0.870	0.852
Folate, total µg	4		0	BFPN	4		3	7	7
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	4		0	BFPN	4		3	7	7
Folate, DFE µg	4		0	NC	4		3	7	7
Choline, total mg	53.6		0	AS	1		45.5	103.4	101.3
Betaine mg	10.5		1	A	1		8.9	20.3	19.9
Vitamin B-12 µg	0.61	0.090	5	A	1		0.52	1.17	1.15
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	7		0	AS	1		6	14	14
Retinol µg	7		1	A	1		6	14	14
Carotene, beta µg	0		1	A	1		0	0	0
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	0
Vitamin A, IU IU	24		0	AS	1		21	47	46
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	110		1	A	1		93	212	207
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.15	0.34	0.33
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.07		1	A	1		0.06	0.14	0.14
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.03	0.03
Tocotrienol, beta mg	0.03		1	A	1		0.03	0.06	0.06
Tocotrienol, gamma mg	0.03		1	A	1		0.03	0.06	0.06
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.0		1	AS	1		0.0	0.1	0.1
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		1	A	1		0.0	0.1	0.1
Vitamin D IU	1		1	A	1		1	3	3
Vitamin K (phylloquinone) µg	2.9		0	BFYN	4		2.4	5.6	5.4

NDB No. 05096

Chicken, broilers or fryers, dark meat, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.097		0	NC	4		0.932	2.117	2.073
4:0....g	0.001	0.000	5	A	1		0.001	0.002	0.002
6:0....g	0.000	0.000	5	A	1		0.000	0.000	0.000
8:0....g	0.001	0.000	5	A	1		0.001	0.002	0.002
10:0....g	0.002	0.000	5	A	1		0.001	0.003	0.003
12:0....g	0.003	0.000	5	A	1		0.002	0.005	0.005
13:0....g									
14:0....g	0.020	0.001	5	A	1		0.017	0.038	0.037
15:0....g	0.003	0.000	5	A	1		0.003	0.006	0.006
16:0....g	0.798	0.013	5	A	1		0.678	1.540	1.508
17:0....g	0.004	0.000	5	A	1		0.004	0.008	0.008
18:0....g	0.252	0.005	5	A	1		0.214	0.487	0.477
20:0....g	0.003	0.000	5	A	1		0.003	0.007	0.006
22:0....g	0.008	0.001	5	A	1		0.007	0.016	0.016
24:0....g	0.002	0.001	5	A	1		0.002	0.003	0.003
Fatty acids, total monounsaturated....g	1.497		0	NC	4		1.272	2.888	2.828
14:1....g	0.007	0.000	5	A	1		0.006	0.013	0.012
15:1....g	0.000	0.000	5	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.212	0.009	5	AS	1		0.180	0.408	0.400
16:1 c....g	0.210	0.009	5	A	1		0.178	0.405	0.396
16:1 t....g	0.002	0.000	5	A	1		0.002	0.004	0.004
17:1....g	0.003	0.001	5	A	1		0.003	0.006	0.006
18:1 undifferentiated....g	1.257	0.019	5	AS	1		1.069	2.426	2.376
18:1 c....g	1.245	0.020	5	A	1		1.058	2.403	2.353
18:1 t....g	0.012	0.001	5	A	1		0.010	0.024	0.023
18:1-11 t (18:1t n-7)....g									
20:1....g	0.017	0.000	5	A	1		0.014	0.032	0.031
22:1 undifferentiated....g	0.001	0.000	5	AS	1		0.001	0.001	0.001
22:1 c....g	0.001	0.000	5	A	1		0.001	0.001	0.001
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.000	5	A	1		0.001	0.002	0.002
Fatty acids, total polyunsaturated....g	0.940		0	NC	4		0.799	1.814	1.776
18:2 undifferentiated....g	0.748	0.044	5	AS	1		0.636	1.444	1.414
18:2 n-6 c,c....g	0.736	0.045	5	A	1		0.626	1.420	1.391
18:2 CLAs....g	0.006	0.002	5	A	1		0.005	0.011	0.011
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.006	0.000	5	A	1		0.005	0.012	0.012
18:3 undifferentiated....g	0.036	0.003	5	AS	1		0.030	0.069	0.068
18:3 n-3 c,c,c (ALA)....g	0.030	0.003	5	A	1		0.025	0.058	0.057
18:3 n-6 c,c,c....g	0.006	0.000	5	A	1		0.005	0.011	0.011
18:3i....g									
18:4....g	0.001	0.000	5	A	1		0.001	0.001	0.001
20:2 n-6 c,c....g	0.008	0.001	5	A	1		0.007	0.015	0.015
20:3 undifferentiated....g	0.018	0.000	5	AS	1		0.016	0.036	0.035
20:3 n-3....g	0.000	0.000	5	A	1		0.000	0.001	0.001
20:3 n-6....g	0.018	0.000	5	A	1		0.015	0.035	0.034
20:4 undifferentiated....g	0.090	0.002	5	A	1		0.077	0.174	0.170
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	5	A	1		0.002	0.005	0.005
21:5....g									
22:4....g	0.021	0.001	5	A	1		0.018	0.041	0.040
22:5 n-3 (DPA)....g	0.008	0.001	5	A	1		0.007	0.016	0.016
22:6 n-3 (DHA)....g	0.007	0.000	5	A	1		0.006	0.014	0.013
Fatty acids, total trans....g	0.020		0	NC	4		0.017	0.039	0.039
Fatty acids, total trans-monoenoic....g	0.014		0	NC	4		0.012	0.027	0.027
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.005	0.012	0.012
Cholesterol....mg	94	1.656	5	A	1		80	182	178
Phytosterols....mg									
Amino Acids:									

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Chicken, broilers or fryers, dark meat, 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
Tryptophan....g	0.222		0	A	1		0.189	0.428	0.419
Threonine....g	0.930		0	A	1		0.790	1.795	1.758
Isoleucine....g	0.939		0	A	1		0.798	1.812	1.775
Leucine....g	1.675		0	A	1		1.424	3.233	3.166
Lysine....g	1.855		0	A	1		1.576	3.579	3.505
Methionine....g	0.562		0	A	1		0.478	1.085	1.063
Cystine....g	0.230		0	A	1		0.195	0.443	0.434
Phenylalanine....g	0.785		0	A	1		0.668	1.516	1.485
Tyrosine....g	0.739		0	A	1		0.628	1.426	1.397
Valine....g	0.956		0	A	1		0.812	1.844	1.806
Arginine....g	1.372		0	A	1		1.167	2.649	2.594
Histidine....g	0.587		0	A	1		0.499	1.132	1.109
Alanine....g	1.177		0	A	1		1.001	2.272	2.225
Aspartic acid....g	1.933		0	A	1		1.643	3.731	3.654
Glutamic acid....g	3.221		0	A	1		2.738	6.216	6.087
Glycine....g	0.902		0	A	1		0.766	1.740	1.704
Proline....g	0.793		0	A	1		0.674	1.531	1.499
Serine....g	0.823		0	A	1		0.699	1.588	1.555
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 193g: 1 thigh

Measure 3 = 189g: 1 thigh with skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	18		0	RA	4		8	13	
Folic acid µg	9		0	NC	4		4	6	
Folate, food µg	9		0		1		4	6	
Folate, DFE µg	24		0	NC	4		10	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.28		0		1		0.12	0.20	
Vitamin A, RAE µg	26		0		1		11	19	
Retinol µg	26		0		1		11	19	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	86		0		1		37	62	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05067

Chicken, broilers or fryers, drumstick, 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 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									
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 (EPA)....g	0.010		0		1		0.004	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.009	0.014	
22:6 n-3 (DHA)....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.

NDB No. 05067

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

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 27 (2014)

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 µg	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 µg	10		0	RA	4		3	5	
Folic acid µg	2		0	NC	4		1	1	
Folate, food µg	8		0		1		2	4	
Folate, DFE µg	11		0	NC	4		3	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.32		0		1		0.09	0.16	
Vitamin A, RAE µg	25		0		1		7	12	
Retinol µg	25		0		1		7	12	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	84		0		1		24	41	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05068

Chicken, broilers or fryers, drumstick, 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 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									
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 (EPA)....g	0.010		0		1		0.003	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.006	0.010	
22:6 n-3 (DHA)....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.

NDB No. 05068

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

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 27 (2014)

NDB No. 05069

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

Refuse: 61% Bone and cartilage 33%, Bone and connective tissue 28%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.39		0	PAK	1		69.71	63.73	
Energy kcal	191		0	PIK	4		200	183	
Energy kJ	797		0	PIK	4		837	766	
Protein (N x 6.25) g	23.35		0	PAK	1		24.51	22.41	
Total lipid (fat) g	10.15		0	PAK	1		10.66	9.74	
Ash g	1.02		0	PAK	1		1.07	0.98	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	11		0	PAK	1		11	10	
Iron, Fe mg	1.11		0	PAK	1		1.17	1.07	
Magnesium, Mg mg	22		0	PAK	1		23	21	
Phosphorus, P mg	195		0	PAK	1		204	187	
Potassium, K mg	247		0	PAK	1		259	237	
Sodium, Na mg	123		0	PAK	1		129	118	
Zinc, Zn mg	2.36		0	PAK	1		2.48	2.27	
Copper, Cu mg	0.071		0	PAK	1		0.074	0.068	
Manganese, Mn mg	0.015		0	PAK	1		0.015	0.014	
Selenium, Se µg	26.9		0	PAK	1		28.2	25.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.093		0	PAK	1		0.097	0.089	
Riboflavin mg	0.203		0	PAK	1		0.214	0.195	
Niacin mg	5.403		0	PAK	1		5.673	5.187	
Pantothenic acid mg	1.077		0	PAK	1		1.131	1.034	
Vitamin B-6 mg	0.383		0	PAK	1		0.402	0.367	
Folate, total µg	4		0	PIK	4		4	4	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	4		0	PIK	4		4	4	
Folate, DFE µg	4		0	NC	4		4	4	
Choline, total mg	67.8		0	PIK	4		71.2	65.1	
Betaine mg	11.3		0	PIK	4		11.8	10.8	
Vitamin B-12 µg	0.39		0	PAK	1		0.41	0.38	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	12		0	NC	4		13	11	
Retinol µg	12		0	PAK	1		13	11	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	40		0	PAK	1		42	38	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	11		0	PIK	4		11	10	
Vitamin E (alpha-tocopherol) mg	0.19		0	PAK	1		0.20	0.18	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.09		0	PAK	1		0.09	0.08	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		0	PAK	1		0.02	0.02	
Tocotrienol, beta mg	0.02		0	PAK	1		0.02	0.02	
Tocotrienol, gamma mg	0.06		0	PAK	1		0.06	0.06	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1	0.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PAK	1		0.1	0.0	
Vitamin D IU	2		0	PAK	1		2	2	
Vitamin K (phylloquinone) µg	3.2		0	PIK	4		3.3	3.0	

NDB No. 05069

Chicken, broilers or fryers, drumstick, 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.740		0	PIK	4		2.877	2.631	
4:0....g	0.000		0	PIK	4		0.000	0.000	
6:0....g	0.001		0	PAK	1		0.001	0.001	
8:0....g	0.002		0	PAK	1		0.002	0.002	
10:0....g	0.002		0	PAK	1		0.002	0.002	
12:0....g	0.006		0	PAK	1		0.006	0.006	
13:0....g									
14:0....g	0.055		0	PAK	1		0.058	0.053	
15:0....g	0.008		0	PAK	1		0.008	0.008	
16:0....g	2.091		0	PAK	1		2.196	2.008	
17:0....g	0.012		0	PAK	1		0.012	0.011	
18:0....g	0.545		0	PAK	1		0.572	0.523	
20:0....g	0.007		0	PAK	1		0.007	0.007	
22:0....g	0.009		0	PAK	1		0.010	0.009	
24:0....g	0.001		0	PAK	1		0.001	0.001	
Fatty acids, total monounsaturated....g	4.155		0	PIK	4		4.363	3.989	
14:1....g	0.020		0	PAK	1		0.021	0.019	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.619		0	PAK	1		0.650	0.594	
16:1 c....g	0.613		0	PAK	1		0.644	0.589	
16:1 t....g	0.006		0	PAK	1		0.006	0.005	
17:1....g	0.009		0	PAK	1		0.009	0.009	
18:1 undifferentiated....g	3.454		0	PAK	1		3.627	3.316	
18:1 c....g	3.421		0	PAK	1		3.592	3.284	
18:1 t....g	0.033		0	PAK	1		0.035	0.032	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.050		0	PAK	1		0.052	0.048	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.001	
22:1 c....g	0.001		0	PAK	1		0.001	0.001	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.002		0	PAK	1		0.002	0.002	
Fatty acids, total polyunsaturated....g	2.083		0	PIK	4		2.187	2.000	
18:2 undifferentiated....g	1.802		0	PAK	1		1.892	1.730	
18:2 n-6 c,c....g	1.775		0	PAK	1		1.864	1.704	
18:2 CLAs....g	0.011		0	PAK	1		0.011	0.010	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016		0	PAK	1		0.017	0.016	
18:3 undifferentiated....g	0.086		0	PAK	1		0.091	0.083	
18:3 n-3 c,c,c (ALA)....g	0.080		0	PAK	1		0.084	0.077	
18:3 n-6 c,c,c....g	0.006		0	PAK	1		0.006	0.006	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.001	
20:2 n-6 c,c....g	0.015		0	PAK	1		0.016	0.014	
20:3 undifferentiated....g	0.027		0	PAK	1		0.028	0.026	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.001	
20:3 n-6....g	0.026		0	PAK	1		0.027	0.025	
20:4 undifferentiated....g	0.104		0	PAK	1		0.109	0.099	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.004	0.004	
21:5....g									
22:4....g	0.026		0	PAK	1		0.028	0.025	
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.011	0.010	
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.007	0.007	
Fatty acids, total trans....g	0.055		0	PIK	4		0.058	0.053	
Fatty acids, total trans-monoenoic....g	0.039		0	PIK	4		0.040	0.037	
Fatty acids, total trans-polyenoic....g	0.016		0	PIK	4		0.017	0.016	
Cholesterol....mg	130		0	PAK	1		137	125	
Phytosterols....mg									
Amino Acids:									

NDB No. 05069

Chicken, broilers or fryers, drumstick, 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
Tryptophan g	0.251		0	PAK	1		0.264	0.241	
Threonine g	1.074		0	PAK	1		1.128	1.031	
Isoleucine g	1.077		0	PAK	1		1.131	1.034	
Leucine g	1.931		0	PAK	1		2.028	1.854	
Lysine g	2.131		0	PAK	1		2.237	2.045	
Methionine g	0.645		0	PAK	1		0.677	0.619	
Cystine g	0.266		0	PAK	1		0.279	0.256	
Phenylalanine g	0.914		0	PAK	1		0.960	0.878	
Tyrosine g	0.851		0	PAK	1		0.893	0.817	
Valine g	1.110		0	PAK	1		1.165	1.065	
Arginine g	1.632		0	PAK	1		1.714	1.567	
Histidine g	0.679		0	PAK	1		0.713	0.651	
Alanine g	1.415		0	PAK	1		1.486	1.358	
Aspartic acid g	2.250		0	PAK	1		2.362	2.160	
Glutamic acid g	3.737		0	PAK	1		3.924	3.588	
Glycine g	1.230		0	PAK	1		1.291	1.181	
Proline g	1.011		0	PAK	1		1.061	0.970	
Serine g	0.966		0	PAK	1		1.015	0.928	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick with skin (yield from 1 lb ready-to-cook chicken)

Measure 2 = 96g: 1 drumstick without skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05349

Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning

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	59.78		0	PAK	1		31.68	50.81	16.95
Energy kcal	215		0	NC	4		114	183	61
Energy kJ	901		0	NC	4		477	766	255
Protein g	26.86		0	PAK	1		14.24	22.83	7.62
Total lipid (fat) g	11.98		0	PAK	1		6.35	10.18	3.40
Ash g	1.87		0	PAK	1		0.99	1.59	0.53
Carbohydrate, by difference g	0.02		0	NR	4		0.01	0.02	0.01
Fiber, total dietary g	0.0		0	PAK	1		0.0	0.0	0.0
Sugars, total g	0.02		0	PAK	1		0.01	0.02	0.01
Sucrose g	0.02		0	PAK	1		0.01	0.02	0.01
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	0.00
Fructose g	0.00		0	PAK	1		0.00	0.00	0.00
Lactose g	0.00		0	PAK	1		0.00	0.00	0.00
Maltose g	0.00		0	PAK	1		0.00	0.00	0.00
Galactose g	0.00		0	PAK	1		0.00	0.00	0.00
Starch g	0.00		0	PAK	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	21		0	PAK	1		11	18	6
Iron, Fe mg	1.07		0	PAK	1		0.57	0.91	0.30
Magnesium, Mg mg	25		0	PAK	1		13	21	7
Phosphorus, P mg	255		0	PAK	1		135	217	72
Potassium, K mg	291		0	PAK	1		154	248	83
Sodium, Na mg	411		0	PAK	1		218	349	117
Zinc, Zn mg	2.63		0	PAK	1		1.40	2.24	0.75
Copper, Cu mg	0.084		0	PAK	1		0.045	0.072	0.024
Manganese, Mn mg	0.024		0	PAK	1		0.013	0.020	0.007
Selenium, Se µg	34.8		0	PAK	1		18.5	29.6	9.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.062		0	PAK	1		0.033	0.053	0.018
Riboflavin mg	0.218		0	PAK	1		0.115	0.185	0.062
Niacin mg	5.921		0	PAK	1		3.138	5.033	1.679
Pantothenic acid mg	1.311		0	PAK	1		0.695	1.114	0.372
Vitamin B-6 mg	0.181		0	PAK	1		0.096	0.154	0.051
Folate, total µg	11		0	PAK	1		6	9	3
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	11		0	PAK	1		6	9	3
Folate, DFE µg	11		0	NC	4		6	9	3
Choline, total mg	79.2		0	PAK	1		42.0	67.3	22.5
Betaine mg	11.8		0	PAK	1		6.2	10.0	3.3
Vitamin B-12 µg	0.51		0	PAK	1		0.27	0.43	0.14
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	18		0	PAK	1		10	15	5
Retinol µg	18		0	PAK	1		10	15	5
Carotene, beta µg	0		0	PAK	1		0	0	0
Carotene, alpha µg	0		0	PAK	1		0	0	0
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	0
Vitamin A, IU IU	60		0	PAK	1		32	51	17
Lycopene µg	0		0	PAK	1		0	0	0
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.31		0	PAK	1		0.17	0.27	0.09
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.15		0	PAK	1		0.08	0.13	0.04
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.05		0	PAK	1		0.03	0.04	0.01
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00

NDB No. 05349

Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.06		0	PAK	1		0.03	0.05	0.02
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	0.0
Menaquinone-4....µg	33.2		0	PAK	1		17.6	28.2	9.4
Lipids:									
Fatty acids, total saturated....g	3.020		0	PIK	4		1.600	2.567	0.856
4:0....g	0.000		0	PIK	4		0.000	0.000	0.000
6:0....g	0.000		0	PIK	4		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.001		0	PAK	1		0.000	0.001	0.000
13:0....g									
14:0....g	0.062		0	PAK	1		0.033	0.053	0.018
15:0....g	0.016		0	PAK	1		0.008	0.014	0.005
16:0....g	2.415		0	PAK	1		1.280	2.053	0.685
17:0....g	0.003		0	PAK	1		0.002	0.003	0.001
18:0....g	0.523		0	PAK	1		0.277	0.444	0.148
20:0....g	0.000		0	PAK	1		0.000	0.000	0.000
22:0....g	0.000		0	PAK	1		0.000	0.000	0.000
24:0....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	5.220		0	PIK	4		2.766	4.437	1.480
14:1....g	0.013		0	PAK	1		0.007	0.011	0.004
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.896		0	PAK	1		0.475	0.762	0.254
17:1....g	0.000		0	PAK	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.279		0	PAK	1		2.268	3.637	1.213
20:1....g	0.032		0	PAK	1		0.017	0.027	0.009
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.785		0	PIK	4		0.946	1.517	0.506
18:2 undifferentiated....g	1.636		0	PAK	1		0.867	1.390	0.464
18:3 undifferentiated....g	0.097		0	PAK	1		0.051	0.082	0.028
18:4....g	0.000		0	PIK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.011		0	PAK	1		0.006	0.009	0.003
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.041		0	PAK	1		0.022	0.035	0.012
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.141		0	PIK	4		0.075	0.120	0.040
Cholesterol....mg	156		0	PAK	1		83	133	44
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.243		0	PAK	1		0.129	0.207	0.069
Threonine....g	0.852		0	PAK	1		0.451	0.724	0.241
Isoleucine....g	1.114		0	PAK	1		0.591	0.947	0.316
Leucine....g	2.071		0	PAK	1		1.098	1.760	0.587
Lysine....g	2.361		0	PAK	1		1.251	2.007	0.669
Methionine....g	0.759		0	PAK	1		0.402	0.645	0.215
Cystine....g	0.271		0	PAK	1		0.144	0.230	0.077
Phenylalanine....g	0.943		0	PAK	1		0.500	0.801	0.267
Tyrosine....g	0.804		0	PAK	1		0.426	0.683	0.228
Valine....g	1.236		0	PAK	1		0.655	1.050	0.350
Arginine....g	1.716		0	PAK	1		0.910	1.459	0.487
Histidine....g	0.767		0	PAK	1		0.407	0.652	0.218
Alanine....g	1.483		0	PAK	1		0.786	1.260	0.420

NDB No. 05349

Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	2.370		0	PAK	1		1.256	2.014	0.672
Glutamic acid....g	3.860		0	PAK	1		2.046	3.281	1.094
Glycine....g	1.481		0	PAK	1		0.785	1.258	0.420
Proline....g	1.568		0	PAK	1		0.831	1.333	0.445
Serine....g	1.176		0	PAK	1		0.623	0.999	0.333
Hydroxyproline....g	0.210		0	PAK	1		0.111	0.178	0.059
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

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

Common Measures:

Measure 1 = 53g: 1 drumstick

Measure 2 = 85g: 1 serving (3 oz)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	7		0		1		10	2	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		10	2	4
Folate, DFE µg	7		0	NC	4		10	2	4
Choline, total mg	59.2		0	BFNN	4		82.9	20.1	33.8
Betaine mg	5.0		0	BFNN	4		7.0	1.7	2.9
Vitamin B-12 µg	0.22		0		1		0.31	0.07	0.13
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	27		0	NC	4		38	9	16
Retinol µg	27		0	NR	4		38	9	16
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	91		0		1		127	31	52
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.09	0.15
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.2	0.0	0.1
Vitamin D IU	5		0	PIK	4		7	2	3
Vitamin K (phylloquinone) µg	4.0		0	BFYN	4		5.6	1.4	2.3
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05070

Chicken, broilers or fryers, drumstick, 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
Lipids:									
Fatty acids, total saturated....g	2.910		0		1		4.074	0.989	1.659
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.003	0.006
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.007	0.011
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05070

Chicken, broilers or fryers, drumstick, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05066

Chicken, broilers or fryers, drumstick, meat and skin, raw

Refuse: 66% Bone and cartilage 33%, Bone and coonective tissue 33%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		96.38	94.20	
Energy kcal	161		0	NC	4		214	209	
Energy kJ	672		0	NC	4		894	874	
Protein (N x 6.25) g	18.08		0	PAK	1		24.04	23.50	
Total lipid (fat) g	9.20		0	PAK	1		12.24	11.96	
Ash g	0.86		0	PAK	1		1.15	1.12	
Carbohydrate, by difference g	0.11		0	PIK	4		0.14	0.14	
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	8		0	PAK	1		11	11	
Iron, Fe mg	0.71		0	PAK	1		0.95	0.92	
Magnesium, Mg mg	18		0	PAK	1		25	24	
Phosphorus, P mg	163		0	PAK	1		217	212	
Potassium, K mg	211		0	PAK	1		280	274	
Sodium, Na mg	106		0	PAK	1		141	137	
Zinc, Zn mg	1.86		0	PAK	1		2.48	2.42	
Copper, Cu mg	0.062		0	PAK	1		0.083	0.081	
Manganese, Mn mg	0.014		0	PAK	1		0.019	0.018	
Selenium, Se µg	20.2		0	PAK	1		26.9	26.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.083		0	PAK	1		0.111	0.108	
Riboflavin mg	0.195		0	PAK	1		0.259	0.253	
Niacin mg	4.841		0	PAK	1		6.439	6.294	
Pantothenic acid mg	1.034		0	PAK	1		1.375	1.344	
Vitamin B-6 mg	0.345		0	PAK	1		0.459	0.448	
Folate, total µg	3		0	PIK	4		4	4	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	3		0	PIK	4		4	4	
Folate, DFE µg	3		0	NC	4		4	4	
Choline, total mg	52.8		0	PAK	1		70.3	68.7	
Betaine mg	8.7		0	PAK	1		11.6	11.3	
Vitamin B-12 µg	0.53		0	PAK	1		0.70	0.69	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	14		0	AS	1		18	18	
Retinol µg	14		0	PAK	1		18	18	
Carotene, beta µg	0		0	PAK	1		0	0	
Carotene, alpha µg	0		0	PAK	1		0	0	
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	
Vitamin A, IU IU	46		0	AS	1		61	60	
Lycopene µg	0		0	PAK	1		0	0	
Lutein + zeaxanthin µg	102		0	PAK	1		136	133	
Vitamin E (alpha-tocopherol) mg	0.19		0	PAK	1		0.26	0.25	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.08		0	PAK	1		0.10	0.10	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		0	PAK	1		0.02	0.02	
Tocotrienol, beta mg	0.01		0	PAK	1		0.02	0.02	
Tocotrienol, gamma mg	0.02		0	PAK	1		0.03	0.03	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D IU	2		0	PAK	1		3	3	
Vitamin K (phylloquinone) µg	2.5		0	PIK	4		3.4	3.3	

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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.459		0	PIK	4		3.271	3.197	
4:0....g	0.001		0	PAK	1		0.001	0.001	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.001		0	PAK	1		0.002	0.002	
10:0....g	0.002		0	PAK	1		0.003	0.003	
12:0....g	0.005		0	PAK	1		0.007	0.007	
13:0....g									
14:0....g	0.049		0	PAK	1		0.066	0.064	
15:0....g	0.006		0	PAK	1		0.008	0.008	
16:0....g	1.884		0	PAK	1		2.505	2.449	
17:0....g	0.010		0	PAK	1		0.013	0.013	
18:0....g	0.485		0	PAK	1		0.644	0.630	
20:0....g	0.006		0	PAK	1		0.008	0.008	
22:0....g	0.009		0	PAK	1		0.011	0.011	
24:0....g	0.001		0	PAK	1		0.002	0.002	
Fatty acids, total monounsaturated....g	3.719		0	PIK	4		4.946	4.835	
14:1....g	0.017		0	PAK	1		0.023	0.023	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.535		0	PAK	1		0.711	0.695	
16:1 c....g	0.531		0	PAK	1		0.706	0.690	
16:1 t....g	0.004		0	PAK	1		0.005	0.005	
17:1....g	0.008		0	PAK	1		0.010	0.010	
18:1 undifferentiated....g	3.116		0	PAK	1		4.144	4.051	
18:1 c....g	3.086		0	PAK	1		4.105	4.012	
18:1 t....g	0.030		0	PAK	1		0.039	0.039	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041		0	PAK	1		0.055	0.054	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.001	
22:1 c....g	0.001		0	PAK	1		0.001	0.001	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.001		0	PAK	1		0.002	0.001	
Fatty acids, total polyunsaturated....g	1.965		0	PIK	4		2.613	2.554	
18:2 undifferentiated....g	1.695		0	PAK	1		2.254	2.203	
18:2 n-6 c,c....g	1.671		0	PAK	1		2.222	2.172	
18:2 CLAs....g	0.010		0	PAK	1		0.014	0.014	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013		0	PAK	1		0.018	0.017	
18:3 undifferentiated....g	0.088		0	PAK	1		0.117	0.114	
18:3 n-3 c,c,c (ALA)....g	0.077		0	PAK	1		0.103	0.100	
18:3 n-6 c,c,c....g	0.011		0	PAK	1		0.014	0.014	
18:3i....g									
18:4....g	0.002		0	PAK	1		0.002	0.002	
20:2 n-6 c,c....g	0.014		0	PAK	1		0.019	0.018	
20:3 undifferentiated....g	0.024		0	PAK	1		0.032	0.031	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.001	
20:3 n-6....g	0.023		0	PAK	1		0.031	0.030	
20:4 undifferentiated....g	0.099		0	PAK	1		0.131	0.128	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	PAK	1		0.004	0.004	
21:5....g									
22:4....g	0.024		0	PAK	1		0.031	0.031	
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.013	0.013	
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.009	0.009	
Fatty acids, total trans....g	0.047		0	PIK	4		0.062	0.061	
Fatty acids, total trans-monoenoic....g	0.034		0	PIK	4		0.045	0.044	
Fatty acids, total trans-polyenoic....g	0.013		0	PIK	4		0.018	0.017	
Cholesterol....mg	92		0	PAK	1		122	119	
Phytosterols....mg									
Amino Acids:									

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
Tryptophan....g	0.196		0	PAK	1		0.260	0.254	
Threonine....g	0.835		0	PAK	1		1.110	1.085	
Isoleucine....g	0.838		0	PAK	1		1.115	1.089	
Leucine....g	1.501		0	PAK	1		1.997	1.951	
Lysine....g	1.657		0	PAK	1		2.204	2.154	
Methionine....g	0.502		0	PAK	1		0.667	0.652	
Cystine....g	0.207		0	PAK	1		0.275	0.269	
Phenylalanine....g	0.710		0	PAK	1		0.944	0.923	
Tyrosine....g	0.661		0	PAK	1		0.880	0.860	
Valine....g	0.862		0	PAK	1		1.146	1.120	
Arginine....g	1.264		0	PAK	1		1.681	1.643	
Histidine....g	0.527		0	PAK	1		0.701	0.685	
Alanine....g	1.094		0	PAK	1		1.455	1.422	
Aspartic acid....g	1.747		0	PAK	1		2.323	2.270	
Glutamic acid....g	2.902		0	PAK	1		3.860	3.773	
Glycine....g	0.936		0	PAK	1		1.245	1.217	
Proline....g	0.776		0	PAK	1		1.032	1.008	
Serine....g	0.749		0	PAK	1		0.997	0.974	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick with skin

Measure 2 = 130g: 1 drumstick

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	9		0		1		2	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		2	4	
Folate, DFE µg	9		0	NC	4		2	4	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.35		0		1		0.09	0.15	
Vitamin A, RAE µg	18		0		1		5	8	
Retinol µg	18		0		1		5	8	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	61		0		1		15	26	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.003	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.008	0.013	
22:6 n-3 (DHA)....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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 05343

Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning

Refuse: 41% 29.34% bone and cartilage, 11.75% 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	63.05	1.374	12	A	1		33.42	53.59	17.88
Energy kcal	176		0	NC	4		93	150	50
Energy kJ	738		0	NC	4		391	627	209
Protein g	28.74	1.172	12	A	1		15.23	24.43	8.15
Total lipid (fat) g	6.81	0.372	12	A	1		3.61	5.79	1.93
Ash g	1.91	0.184	12	A	1		1.01	1.62	0.54
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total g	0.00		1	A	1		0.00	0.00	0.00
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.00		1	A	1		0.00	0.00	0.00
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	21	2.315	12	A	1		11	18	6
Iron, Fe mg	1.09	0.046	12	A	1		0.58	0.92	0.31
Magnesium, Mg mg	24	1.267	12	A	1		13	21	7
Phosphorus, P mg	257	14.110	12	A	1		136	218	73
Potassium, K mg	301	14.759	12	A	1		159	256	85
Sodium, Na mg	417	71.276	12	A	1		221	354	118
Zinc, Zn mg	2.96	0.113	12	A	1		1.57	2.52	0.84
Copper, Cu mg	0.092	0.005	12	A	1		0.049	0.079	0.026
Manganese, Mn mg	0.023	0.001	12	A	1		0.012	0.019	0.006
Selenium, Se µg	38.2	5.080	5	A	1		20.2	32.4	10.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.067	0.009	12	A	1		0.035	0.057	0.019
Riboflavin mg	0.237	0.030	12	A	1		0.126	0.202	0.067
Niacin mg	5.958	0.248	12	A	1		3.158	5.065	1.689
Pantothenic acid mg	1.333	0.029	12	A	1		0.707	1.133	0.378
Vitamin B-6 mg	0.190	0.010	12	A	1		0.101	0.162	0.054
Folate, total µg	10	0.886	4	A	1		6	9	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10	0.886	4	A	1		6	9	3
Folate, DFE µg	10		0	NC	4		6	9	3
Choline, total mg	86.1	6.683	4	AS	1		45.6	73.1	24.4
Betaine mg	12.8	1.937	4	A	1		6.8	10.8	3.6
Vitamin B-12 µg	0.49	0.029	12	A	1		0.26	0.42	0.14
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	10		0	AS	1		5	9	3
Retinol µg	10		1	A	1		5	9	3
Carotene, beta µg	0		1	A	1		0	0	0
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	0
Vitamin A, IU IU	34		0	AS	1		18	29	10
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.30	0.068	4	A	1		0.16	0.26	0.09
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.002	4	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.14	0.021	4	A	1		0.08	0.12	0.04
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.05	0.011	4	A	1		0.03	0.04	0.01
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 05343

Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.04	0.008	4	A	1		0.02	0.04	0.01
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	35.7		1	A	1		18.9	30.4	10.1
Lipids:									
Fatty acids, total saturated....g	1.594		0	NC	4		0.845	1.355	0.452
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.033	0.002	12	A	1		0.017	0.028	0.009
15:0....g	0.009	0.003	12	A	1		0.005	0.008	0.003
16:0....g	1.272	0.090	12	A	1		0.674	1.081	0.361
17:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:0....g	0.280	0.017	12	A	1		0.149	0.238	0.079
20:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	2.855		0	NC	4		1.513	2.426	0.809
14:1....g	0.007	0.002	12	A	1		0.004	0.006	0.002
15:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.510	0.037	12	A	1		0.271	0.434	0.145
17:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	2.319	0.159	12	AS	1		1.229	1.971	0.657
18:1 c....g	2.267	0.156	12	A	1		1.201	1.927	0.643
18:1 t....g	0.053	0.006	12	A	1		0.028	0.045	0.015
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.001	12	A	1		0.009	0.015	0.005
22:1 undifferentiated....g	0.000	0.000	12	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.041		0	NC	4		0.552	0.885	0.295
18:2 undifferentiated....g	0.942	0.075	12	AS	1		0.499	0.801	0.267
18:2 n-6 c,c....g	0.918	0.073	12	A	1		0.486	0.780	0.260
18:2 CLAs....g									
18:2 t,t....g	0.024	0.002	12	A	1		0.013	0.021	0.007
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.057	0.005	12	AS	1		0.030	0.048	0.016
18:3 n-3 c,c,c (ALA)....g	0.045	0.004	12	A	1		0.024	0.039	0.013
18:3 n-6 c,c,c....g	0.011	0.001	12	A	1		0.006	0.010	0.003
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.005	0.002	12	A	1		0.003	0.004	0.001
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.038	0.004	12	A	1		0.020	0.032	0.011
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.077		0	NC	4		0.041	0.065	0.022

NDB No. 05343

Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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 trans-monoenoic....g	0.053		0	NC	4		0.028	0.045	0.015
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.013	0.021	0.007
Cholesterol....mg	160	5.591	12	A	1		85	136	45
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.270		0	A	1		0.143	0.229	0.077
Threonine....g	0.937		0	A	1		0.497	0.796	0.266
Isoleucine....g	1.232		0	A	1		0.653	1.047	0.349
Leucine....g	2.272		0	A	1		1.204	1.931	0.644
Lysine....g	2.611		0	A	1		1.384	2.219	0.740
Methionine....g	0.801		0	A	1		0.424	0.680	0.227
Cystine....g	0.288		0	A	1		0.153	0.245	0.082
Phenylalanine....g	1.056		0	A	1		0.560	0.898	0.299
Tyrosine....g	0.894		0	A	1		0.474	0.760	0.254
Valine....g	1.358		0	A	1		0.720	1.154	0.385
Arginine....g	1.849		0	A	1		0.980	1.571	0.524
Histidine....g	0.787		0	A	1		0.417	0.669	0.223
Alanine....g	1.535		0	A	1		0.814	1.305	0.435
Aspartic acid....g	2.578		0	A	1		1.366	2.191	0.731
Glutamic acid....g	4.203		0	A	1		2.227	3.572	1.191
Glycine....g	1.355		0	A	1		0.718	1.152	0.384
Proline....g	1.551		0	A	1		0.822	1.318	0.440
Serine....g	1.280		0	A	1		0.678	1.088	0.363
Hydroxyproline....g	0.126	0.056	4	A	1		0.067	0.107	0.036
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Common Measures:

Measure 1 = 53g: 1 drumstick

Measure 2 = 85g: 1 serving (3oz)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		57.44	31.09	108.13
Energy kcal	169		0	NC	4		144	78	270
Energy kJ	707		0		4		601	325	1131
Protein (N x 6.25) g	27.50	0.366	16		1		23.38	12.65	44.00
Total lipid (fat) g	5.71	0.158	16		1		4.85	2.63	9.14
Ash g	0.91	0.050	16		1		0.77	0.42	1.46
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	11	0.525	16		1		9	5	18
Iron, Fe mg	1.37	0.050	16		1		1.16	0.63	2.19
Magnesium, Mg mg	21	0.380	16		1		18	10	34
Phosphorus, P mg	150	3.598	16		1		128	69	240
Potassium, K mg	199	6.561	16		1		169	92	318
Sodium, Na mg	80	2.074	16		1		68	37	128
Zinc, Zn mg	3.02	0.089	16		1		2.57	1.39	4.83
Copper, Cu mg	0.077	0.001	16		1		0.065	0.035	0.123
Manganese, Mn mg	0.019	0.001	16		1		0.016	0.009	0.030
Selenium, Se µg	18.0		0	BFYN	4		15.3	8.3	28.8
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		0.046	0.025	0.086
Riboflavin mg	0.213	0.007	8		1		0.181	0.098	0.341
Niacin mg	4.300	0.256	8		1		3.655	1.978	6.880
Pantothenic acid mg	0.961		0		1		0.817	0.442	1.538
Vitamin B-6 mg	0.230		0		1		0.196	0.106	0.368
Folate, total µg	8		0		1		7	4	13
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0		1		7	4	13
Folate, DFE µg	8		0	NC	4		7	4	13
Choline, total mg	73.1		0	BFNN	4		62.1	33.6	116.9
Betaine mg	5.3		0	BFNN	4		4.5	2.4	8.5
Vitamin B-12 µg	0.24		0		1		0.20	0.11	0.38
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	17		0	NC	4		14	8	27
Retinol µg	17		0	NR	4		14	8	27
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	57		0		1		48	26	91
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.23	0.12	0.42
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.2
Vitamin D IU	5		0	BFZN	4		4	2	7
Vitamin K (phylloquinone) µg	3.4		0	BFSN	4		2.9	1.6	5.5
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05074

Chicken, broilers or fryers, drumstick, 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
Lipids:									
Fatty acids, total saturated....g	1.510		0		1		1.284	0.695	2.416
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		0.017	0.009	0.032
13:0....g									
14:0....g	0.040		0		1		0.034	0.018	0.064
15:0....g									
16:0....g	1.030		0		1		0.876	0.474	1.648
17:0....g									
18:0....g	0.380		0		1		0.323	0.175	0.608
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.930		0		1		1.641	0.888	3.088
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.230	0.124	0.432
17:1....g									
18:1 undifferentiated....g	1.610		0		1		1.369	0.741	2.576
20:1....g	0.020		0		1		0.017	0.009	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	1.370		0		1		1.165	0.630	2.192
18:2 undifferentiated....g	1.090		0		1		0.927	0.501	1.744
18:3 undifferentiated....g	0.050		0		1		0.043	0.023	0.080
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		0.094	0.051	0.176
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.005	0.016
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.009	0.032
22:6 n-3 (DHA)....g	0.040		0		1		0.034	0.018	0.064
Fatty acids, total trans....g									
Cholesterol....mg	88		0		1		75	40	141
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.321		0		1		0.273	0.148	0.514
Threonine....g	1.162		0		1		0.988	0.535	1.859
Isoleucine....g	1.452		0		1		1.234	0.668	2.323
Leucine....g	2.064		0		1		1.754	0.949	3.302
Lysine....g	2.337		0		1		1.986	1.075	3.739
Methionine....g	0.761		0		1		0.647	0.350	1.218
Cystine....g	0.352		0		1		0.299	0.162	0.563
Phenylalanine....g	1.091		0		1		0.927	0.502	1.746
Tyrosine....g	0.929		0		1		0.790	0.427	1.486
Valine....g	1.364		0		1		1.159	0.627	2.182
Arginine....g	1.659		0		1		1.410	0.763	2.654
Histidine....g	0.854		0		1		0.726	0.393	1.366
Alanine....g	1.501		0		1		1.276	0.690	2.402
Aspartic acid....g	2.451		0		1		2.083	1.127	3.922
Glutamic acid....g	4.119		0		1		3.501	1.895	6.590
Glycine....g	1.351		0		1		1.148	0.621	2.162
Proline....g	1.131		0		1		0.961	0.520	1.810
Serine....g	0.946		0		1		0.804	0.435	1.514
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05074

Chicken, broilers or fryers, drumstick, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 46g: 1 drumstick, bone and skin removed

Measure 3 = 160g: 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 27 (2014)

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 µg	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 µg	379		0		1		550	49	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	379		0		1		550	49	
Folate, DFE µg	379		0	NC	4		550	49	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	13.31		0		1		19.30	1.73	
Vitamin A, RAE µg	3582		0		1		5194	466	
Retinol µg	3582		0		1		5194	466	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	11929		0		1		17297	1551	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.015	0.001	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.015	0.001	
22:6 n-3 (DHA)....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.

NDB No. 05021

Chicken, broilers or fryers, giblets, cooked, fried

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 27 (2014)

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	157		0	NC	4		227		
Energy kJ	655		0	NC	4		950		
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	0.00		0	NC	4		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		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 µg	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 µg	257		0	PAE	4		373		
Folic acid µg	0		0	PIE	4		0		
Folate, food µg	257		0	PAE	4		373		
Folate, DFE µg	257		0	NC	4		373		
Choline, total mg	178.1		0	PAK	1		258.2		
Betaine mg	6.8		0	PAK	1		9.8		
Vitamin B-12 µg	9.44		0	PAE	4		13.69		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	1753		0	PAE	4		2542		
Retinol µg	1751		0	PAE	4		2540		
Carotene, beta µg	13		0	PAE	4		19		
Carotene, alpha µg	5		0	PAE	4		7		
Cryptoxanthin, beta µg	5		0	PAE	4		7		
Vitamin A, IU IU	5869		0	PAE	4		8510		
Lycopene µg	12		0	PAE	4		17		
Lutein + zeaxanthin µg	37		0	PIE	4		53		
Vitamin E (alpha-tocopherol) mg	0.46		0	PAE	4		0.67		
Vitamin E, added mg	0.00		0	Z	7		0.00		
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		
Tocotrienol, alpha mg	0.01		0	PAE	4		0.02		
Tocotrienol, beta mg	0.00		0	PAE	4		0.00		
Tocotrienol, gamma mg	0.00		0	PAE	4		0.00		
Tocotrienol, delta mg	0.00		0	PAE	4		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0		0	PAE	4		0.0		

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
Dihydrophylloquinone....µg	0.0		0	PAE	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.322		0	PIE	4		1.917		
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	0.001		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									
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 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-3 c,c,c (ALA)....g	0.009		0	PAE	4		0.013		
18:3 n-6 c,c,c....g	0.006		0	PAE	4		0.009		
18:3i....g									
18:4....g	0.000		0	Z	7		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-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIE	4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PIE	4		0.000		
22:6 n-3 (DHA)....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		

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
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	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 dice

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	345		0		1		79	259	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	345		0		1		79	259	
Folate, DFE µg	345		0	NC	4		79	259	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	11.41		0		1		2.62	8.56	
Vitamin A, RAE µg	2657		0		1		611	1993	
Retinol µg	2657		0		1		611	1993	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	8847		0		1		2035	6635	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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 µg	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 µg	18		0	RA	4		17	28	
Folic acid µg	9		0	NC	4		9	14	
Folate, food µg	9		0		1		9	14	
Folate, DFE µg	24		0	NC	4		23	38	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.28		0		1		0.27	0.44	
Vitamin A, RAE µg	27		0		1		26	43	
Retinol µg	27		0		1		26	43	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	91		0		1		86	144	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05076

Chicken, broilers or fryers, leg, 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 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									
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 (EPA)....g	0.010		0		1		0.010	0.016	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.019	0.032	
22:6 n-3 (DHA)....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.

NDB No. 05076

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

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 27 (2014)

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 µg	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 µg	11		0	RA	4		7	12	
Folic acid µg	3		0	NC	4		2	3	
Folate, food µg	8		0		1		5	9	
Folate, DFE µg	13		0	NC	4		9	15	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.31		0		1		0.21	0.35	
Vitamin A, RAE µg	28		0		1		19	31	
Retinol µg	28		0		1		19	31	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	92		0		1		62	103	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05077

Chicken, broilers or fryers, leg, 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 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									
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 (EPA)....g	0.010		0		1		0.007	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.013	0.022	
22:6 n-3 (DHA)....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.

NDB No. 05077

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

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 27 (2014)

NDB No. 05078

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

Refuse: 29% Bone 29%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.74		0	PAK	1		56.73	172.20	88.77
Energy kcal	184		0	PIK	4		156	474	244
Energy kJ	769		0	PIK	4		653	1983	1022
Protein (N x 6.25) g	24.03		0	PAK	1		20.43	62.00	31.96
Total lipid (fat) g	8.99		0	PAK	1		7.64	23.20	11.96
Ash g	1.02		0	PAK	1		0.87	2.64	1.36
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total g	0.00		0	PIK	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12		0	PAK	1		10	31	16
Iron, Fe mg	1.09		0	PAK	1		0.93	2.81	1.45
Magnesium, Mg mg	23		0	PAK	1		20	61	31
Phosphorus, P mg	202		0	PAK	1		172	522	269
Potassium, K mg	264		0	PAK	1		224	681	351
Sodium, Na mg	98		0	PAK	1		83	252	130
Zinc, Zn mg	2.07		0	PAK	1		1.76	5.35	2.76
Copper, Cu mg	0.061		0	PAK	1		0.052	0.158	0.082
Manganese, Mn mg	0.020		0	PAK	1		0.017	0.050	0.026
Selenium, Se µg	25.7		0	PIK	4		21.9	66.3	34.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.090		0	PAK	1		0.076	0.231	0.119
Riboflavin mg	0.187		0	PAK	1		0.159	0.482	0.248
Niacin mg	6.034		0	PAK	1		5.129	15.567	8.025
Pantothenic acid mg	1.191		0	PAK	1		1.012	3.073	1.584
Vitamin B-6 mg	0.413		0	PAK	1		0.351	1.065	0.549
Folate, total µg	5		0	PIK	4		4	12	6
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	5		0	PIK	4		4	12	6
Folate, DFE µg	5		0	NC	4		4	12	6
Choline, total mg	70.0		0	PIK	4		59.5	180.6	93.1
Betaine mg	7.2		0	PIK	4		6.1	18.6	9.6
Vitamin B-12 µg	0.38		0	PAK	1		0.32	0.98	0.51
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	20		0	PIK	4		17	53	27
Retinol µg	20		0	PIK	4		17	53	27
Carotene, beta µg	0		0	PIK	4		0	0	0
Carotene, alpha µg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	0
Vitamin A, IU IU	68		0	PAK	1		58	175	90
Lycopene µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.19		0	PIK	4		0.16	0.50	0.26
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.07		0	PAK	1		0.06	0.18	0.09
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.03	0.02
Tocotrienol, beta mg	0.01		0	PAK	1		0.01	0.02	0.01
Tocotrienol, gamma mg	0.04		0	PAK	1		0.04	0.11	0.06
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.01	0.00
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1	0.3	0.1
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PIK	4		0.1	0.3	0.1
Vitamin D IU	4		0	PIK	4		4	11	6
Vitamin K (phylloquinone) µg	3.9		0	PIK	4		3.3	10.1	5.2

NDB No. 05078

Chicken, broilers or fryers, 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.446		0	PIK	4		2.079	6.311	3.254
4:0....g	0.001		0	PAK	1		0.001	0.002	0.001
6:0....g	0.001		0	PAK	1		0.001	0.003	0.002
8:0....g	0.002		0	PAK	1		0.002	0.005	0.002
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.008		0	PAK	1		0.007	0.022	0.011
13:0....g									
14:0....g	0.053		0	PAK	1		0.045	0.136	0.070
15:0....g	0.005		0	PAK	1		0.004	0.013	0.007
16:0....g	1.830		0	PAK	1		1.556	4.722	2.434
17:0....g	0.007		0	PAK	1		0.006	0.017	0.009
18:0....g	0.507		0	PAK	1		0.431	1.308	0.674
20:0....g	0.003		0	PAK	1		0.003	0.009	0.005
22:0....g	0.006		0	PAK	1		0.005	0.016	0.008
24:0....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	3.564		0	PIK	4		3.029	9.195	4.740
14:1....g	0.011		0	PAK	1		0.010	0.029	0.015
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.519		0	PAK	1		0.442	1.340	0.691
16:1 c....g	0.362		0	PAK	1		0.308	0.934	0.481
16:1 t....g	0.003		0	PAK	1		0.003	0.008	0.004
17:1....g	0.005		0	PAK	1		0.005	0.014	0.007
18:1 undifferentiated....g	2.963		0	PAK	1		2.519	7.646	3.941
18:1 c....g	2.026		0	PAK	1		1.722	5.228	2.695
18:1 t....g	0.020		0	PAK	1		0.017	0.051	0.026
18:1-11 t (18:1t n-7)....g									
20:1....g	0.049		0	PAK	1		0.041	0.126	0.065
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.001	0.001
22:1 c....g	0.000		0	PAK	1		0.000	0.001	0.001
22:1 t....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g	0.002		0	PAK	1		0.002	0.005	0.003
Fatty acids, total polyunsaturated....g	1.855		0	PIK	4		1.576	4.785	2.467
18:2 undifferentiated....g	1.593		0	PAK	1		1.354	4.110	2.119
18:2 n-6 c,c....g	1.037		0	PAK	1		0.881	2.675	1.379
18:2 CLAs....g	0.006		0	PAK	1		0.005	0.015	0.008
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		0	PAK	1		0.007	0.023	0.012
18:3 undifferentiated....g	0.077		0	PAK	1		0.066	0.200	0.103
18:3 n-3 c,c,c (ALA)....g	0.043		0	PAK	1		0.037	0.111	0.057
18:3 n-6 c,c,c....g	0.010		0	PAK	1		0.009	0.027	0.014
18:3i....g									
18:4....g	0.000		0	PAK	1		0.000	0.001	0.001
20:2 n-6 c,c....g	0.009		0	PAK	1		0.007	0.022	0.011
20:3 undifferentiated....g	0.017		0	PAK	1		0.014	0.044	0.022
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	0.000
20:3 n-6....g	0.017		0	PAK	1		0.014	0.044	0.022
20:4 undifferentiated....g	0.095		0	PAK	1		0.080	0.244	0.126
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		0	PAK	1		0.006	0.017	0.009
21:5....g									
22:4....g	0.018		0	PAK	1		0.015	0.045	0.023
22:5 n-3 (DPA)....g	0.011		0	PAK	1		0.009	0.028	0.015
22:6 n-3 (DHA)....g	0.012		0	PAK	1		0.010	0.032	0.016
Fatty acids, total trans....g	0.032		0	PIK	4		0.027	0.082	0.042
Fatty acids, total trans-monoenoic....g	0.023		0	PIK	4		0.019	0.059	0.030
Fatty acids, total trans-polyenoic....g	0.009		0	PIK	4		0.007	0.023	0.012
Cholesterol....mg	127		0	PAK	1		108	327	169
Phytosterols....mg									
Amino Acids:									

NDB No. 05078

Chicken, broilers or fryers, 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
Tryptophan g	0.270		0	PAK	1		0.229	0.696	0.359
Threonine g	1.114		0	PAK	1		0.947	2.874	1.482
Isoleucine g	1.149		0	PAK	1		0.977	2.965	1.529
Leucine g	2.000		0	PAK	1		1.700	5.159	2.660
Lysine g	2.215		0	PAK	1		1.883	5.714	2.946
Methionine g	0.678		0	PAK	1		0.577	1.750	0.902
Cystine g	0.287		0	PAK	1		0.244	0.742	0.382
Phenylalanine g	0.955		0	PAK	1		0.811	2.463	1.270
Tyrosine g	0.881		0	PAK	1		0.749	2.274	1.172
Valine g	1.166		0	PAK	1		0.991	3.007	1.550
Arginine g	1.657		0	PAK	1		1.409	4.276	2.204
Histidine g	0.712		0	PAK	1		0.605	1.837	0.947
Alanine g	1.441		0	PAK	1		1.225	3.717	1.916
Aspartic acid g	2.331		0	PAK	1		1.981	6.014	3.100
Glutamic acid g	3.868		0	PAK	1		3.288	9.980	5.145
Glycine g	1.198		0	PAK	1		1.018	3.090	1.593
Proline g	1.012		0	PAK	1		0.860	2.611	1.346
Serine g	0.984		0	PAK	1		0.837	2.540	1.309
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine mg	0		0	PIK	4		0	0	0
Theobromine mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 258g: 1 leg, with skin (Sum of drumstick+thigh+back)

Measure 3 = 133g: 1 thigh with skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05079

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

Refuse: 30% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	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		0		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....µg	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....µg	6		0		1		8	5	8
Folic acid....µg	0		0	Z	7		0	0	0
Folate, food....µg	6		0		1		8	5	8
Folate, DFE....µg	6		0	NC	4		8	5	8
Choline, total....mg	56.4		0	BFNN	4		78.9	42.3	70.5
Betaine....mg	4.8		0	BFNN	4		6.7	3.6	6.0
Vitamin B-12....µg	0.20		0		1		0.28	0.15	0.25
Vitamin B-12, added....µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE....µg	37		0	NC	4		52	28	47
Retinol....µg	37		0	NR	4		52	28	47
Carotene, beta....µg	0		0	Z	7		0	0	0
Carotene, alpha....µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta....µg	0		0	Z	7		0	0	0
Vitamin A, IU....IU	124		0		1		174	93	155
Lycopene....µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol)....mg	0.27		0	NR	4		0.37	0.20	0.33
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta....mg									
Tocopherol, gamma....mg									
Tocopherol, delta....mg									
Tocotrienol, alpha....mg									
Tocotrienol, beta....mg									
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg	0.1		0	PAK	1		0.2	0.1	0.2
Vitamin D....IU	5		0	PIK	4		7	4	6
Vitamin K (phylloquinone)....µg	3.5		0	BFSN	4		4.9	2.6	4.4
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4....µg									

NDB No. 05079

Chicken, broilers or fryers, leg, 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
Lipids:									
Fatty acids, total saturated....g	3.570		0		1		4.998	2.678	4.463
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.008	0.013
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.015	0.025
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05079

Chicken, broilers or fryers, leg, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	67.30		0	PAK	1		57.21	231.51	74.70
Energy kcal	214		0	PIK	4		182	738	238
Energy kJ	897		0	PIK	4		763	3086	996
Protein (N x 6.25) g	16.37		0	PAK	1		13.91	56.31	18.17
Total lipid (fat) g	15.95		0	PAK	1		13.56	54.86	17.70
Ash g	0.81		0	PAK	1		0.69	2.79	0.90
Carbohydrate, by difference g	0.17		0	PIK	4		0.14	0.57	0.19
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total g	0.00		0	PIK	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	9		0	PAK	1		8	32	10
Iron, Fe mg	0.69		0	PAK	1		0.59	2.38	0.77
Magnesium, Mg mg	19		0	PAK	1		16	64	21
Phosphorus, P mg	155		0	PAK	1		131	532	172
Potassium, K mg	203		0	PAK	1		172	697	225
Sodium, Na mg	84		0	PAK	1		71	288	93
Zinc, Zn mg	1.47		0	PAK	1		1.25	5.05	1.63
Copper, Cu mg	0.054		0	PAK	1		0.045	0.184	0.059
Manganese, Mn mg	0.016		0	PAK	1		0.014	0.056	0.018
Selenium, Se µg	18.0		0	PAK	1		15.3	61.9	20.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.2		0	PIK	4		0.2	0.8	0.2
Thiamin mg	0.073		0	PAK	1		0.062	0.252	0.081
Riboflavin mg	0.141		0	PAK	1		0.120	0.485	0.157
Niacin mg	4.733		0	PAK	1		4.023	16.282	5.254
Pantothenic acid mg	0.994		0	PAK	1		0.845	3.420	1.104
Vitamin B-6 mg	0.318		0	PAK	1		0.270	1.094	0.353
Folate, total µg	4		0	PIK	4		3	12	4
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	4		0	PIK	4		3	12	4
Folate, DFE µg	4		0	NC	4		3	12	4
Choline, total mg	41.6		0	PAK	1		35.4	143.1	46.2
Betaine mg	8.1		0	PAK	1		6.9	27.8	9.0
Vitamin B-12 µg	0.56		0	PAK	1		0.48	1.92	0.62
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	28		0	PIK	4		23	95	31
Retinol µg	28		0	PIK	4		23	95	31
Carotene, beta µg	0		0	PIK	4		0	0	0
Carotene, alpha µg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta µg	0		0	PIK	4		0	1	0
Vitamin A, IU IU	92		0	PAK	1		78	316	102
Lycopene µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin µg	91		0	PIK	4		77	313	101
Vitamin E (alpha-tocopherol) mg	0.22		0	PIK	4		0.19	0.77	0.25
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.08		0	PAK	1		0.06	0.26	0.08
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02		0	PAK	1		0.02	0.06	0.02
Tocotrienol, beta mg	0.02		0	PAK	1		0.01	0.05	0.02
Tocotrienol, gamma mg	0.03		0	PAK	1		0.02	0.09	0.03
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.0	0.2	0.1
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PAK	1		0.0	0.2	0.1
Vitamin D IU	2		0	PAK	1		2	8	2
Vitamin K (phylloquinone) µg	2.3		0	PIK	4		1.9	7.9	2.5

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.366		0	PIK	4		3.711	15.018	4.846
4:0....g	0.001		0	PIK	4		0.001	0.004	0.001
6:0....g	0.000		0	PIK	4		0.000	0.000	0.000
8:0....g	0.001		0	PIK	4		0.001	0.005	0.002
10:0....g	0.001		0	PIK	4		0.001	0.004	0.001
12:0....g	0.010		0	PAK	1		0.009	0.034	0.011
13:0....g									
14:0....g	0.099		0	PAK	1		0.084	0.339	0.109
15:0....g	0.008		0	PAK	1		0.007	0.026	0.008
16:0....g	3.325		0	PAK	1		2.826	11.437	3.690
17:0....g	0.013		0	PAK	1		0.011	0.045	0.015
18:0....g	0.844		0	PAK	1		0.717	2.903	0.937
20:0....g	0.008		0	PAK	1		0.007	0.027	0.009
22:0....g	0.010		0	PAK	1		0.009	0.035	0.011
24:0....g	0.001		0	PAK	1		0.001	0.005	0.002
Fatty acids, total monounsaturated....g	6.619		0	PIK	4		5.626	22.770	7.347
14:1....g	0.023		0	PAK	1		0.020	0.080	0.026
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.923		0	PAK	1		0.784	3.174	1.024
17:1....g	0.010		0	PAK	1		0.009	0.034	0.011
18:1 undifferentiated....g	5.543		0	PAK	1		4.712	19.070	6.153
20:1....g	0.095		0	PAK	1		0.081	0.326	0.105
22:1 undifferentiated....g	0.001		0	PIK	4		0.001	0.004	0.001
24:1 c....g	0.000		0	PAK	1		0.000	0.001	0.000
Fatty acids, total polyunsaturated....g	3.352		0	PIK	4		2.850	11.532	3.721
18:2 undifferentiated....g	2.987		0	PAK	1		2.539	10.275	3.316
18:3 undifferentiated....g	0.155		0	PAK	1		0.132	0.533	0.172
18:4....g	0.002		0	PIK	4		0.002	0.008	0.003
20:2 n-6 c,c....g	0.016		0	PAK	1		0.013	0.054	0.018
20:3 undifferentiated....g	0.026		0	PAK	1		0.022	0.088	0.028
20:4 undifferentiated....g	0.103		0	PAK	1		0.087	0.353	0.114
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.004	0.015	0.005
21:5....g									
22:4....g	0.020		0	PAK	1		0.017	0.070	0.023
22:5 n-3 (DPA)....g	0.012		0	PAK	1		0.010	0.040	0.013
22:6 n-3 (DHA)....g	0.010		0	PAK	1		0.009	0.035	0.011
Fatty acids, total trans....g	0.060		0	PIK	4		0.051	0.205	0.066
Cholesterol....mg	93		0	PAK	1		79	321	104
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.171		0	PAK	1		0.145	0.588	0.190
Threonine....g	0.729		0	PAK	1		0.620	2.509	0.810
Isoleucine....g	0.742		0	PAK	1		0.631	2.552	0.824
Leucine....g	1.306		0	PAK	1		1.110	4.491	1.449
Lysine....g	1.438		0	PAK	1		1.222	4.946	1.596
Methionine....g	0.439		0	PAK	1		0.373	1.509	0.487
Cystine....g	0.189		0	PAK	1		0.160	0.649	0.209
Phenylalanine....g	0.631		0	PAK	1		0.536	2.171	0.701
Tyrosine....g	0.574		0	PAK	1		0.488	1.974	0.637
Valine....g	0.768		0	PAK	1		0.652	2.641	0.852
Arginine....g	1.136		0	PAK	1		0.965	3.906	1.260
Histidine....g	0.466		0	PAK	1		0.396	1.603	0.517
Alanine....g	1.001		0	PAK	1		0.851	3.444	1.111
Aspartic acid....g	1.544		0	PAK	1		1.312	5.310	1.713
Glutamic acid....g	2.550		0	PAK	1		2.167	8.770	2.830
Glycine....g	0.981		0	PAK	1		0.834	3.373	1.088
Proline....g	0.761		0	PAK	1		0.647	2.617	0.845
Serine....g	0.663		0	PAK	1		0.563	2.279	0.735
Hydroxyproline....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
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 344g: 1 leg, with skin (Sum of drumstick+thigh+back)

Measure 3 = 111g: 1 drumstick with skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	9		0		1		5	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		5	8	
Folate, DFE µg	9		0	NC	4		5	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		0		1		0.19	0.32	
Vitamin A, RAE µg	20		0		1		11	19	
Retinol µg	20		0		1		11	19	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	66		0		1		37	62	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.006	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.017	0.028	
22:6 n-3 (DHA)....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.

NDB No. 05081

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

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 27 (2014)

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	67.69		0	PAK	1		57.53	134.70	71.07
Energy kcal	174		0	PIK	4		148	346	182
Energy kJ	727		0	PIK	4		618	1447	763
Protein (N x 6.25) g	24.22		0	PAK	1		20.59	48.20	25.43
Total lipid (fat) g	7.80		0	PAK	1		6.63	15.52	8.19
Ash g	1.04		0	PAK	1		0.89	2.08	1.10
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total g	0.00		0	PIK	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12		0	PAK	1		10	24	13
Iron, Fe mg	1.08		0	PAK	1		0.92	2.15	1.13
Magnesium, Mg mg	24		0	PAK	1		20	47	25
Phosphorus, P mg	205		0	PAK	1		174	408	215
Potassium, K mg	269		0	PAK	1		228	534	282
Sodium, Na mg	99		0	PAK	1		84	197	104
Zinc, Zn mg	2.11		0	PAK	1		1.79	4.20	2.22
Copper, Cu mg	0.061		0	PAK	1		0.052	0.122	0.065
Manganese, Mn mg	0.019		0	PAK	1		0.017	0.039	0.020
Selenium, Se µg	25.2		0	PIK	4		21.4	50.2	26.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.091		0	PAK	1		0.077	0.181	0.096
Riboflavin mg	0.189		0	PAK	1		0.161	0.376	0.198
Niacin mg	6.053		0	PAK	1		5.145	12.046	6.356
Pantothenic acid mg	1.209		0	PAK	1		1.028	2.406	1.269
Vitamin B-6 mg	0.425		0	PAK	1		0.361	0.845	0.446
Folate, total µg	5		0	PIK	4		4	9	5
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	5		0	PIK	4		4	9	5
Folate, DFE µg	5		0	NC	4		4	9	5
Choline, total mg	63.4		0	PIK	4		53.9	126.1	66.5
Betaine mg	6.7		0	PIK	4		5.7	13.3	7.0
Vitamin B-12 µg	0.39		0	PAK	1		0.33	0.77	0.41
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	7		0	PAK	1		6	13	7
Retinol µg	7		0	PAK	1		6	13	7
Carotene, beta µg	0		0	PIK	4		0	0	0
Carotene, alpha µg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	0
Vitamin A, IU IU	22		0	PAK	1		19	44	23
Lycopene µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.16		0	PAK	1		0.14	0.32	0.17
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.07		0	PAK	1		0.06	0.15	0.08
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.03	0.01
Tocotrienol, beta mg	0.01		0	PAK	1		0.01	0.02	0.01
Tocotrienol, gamma mg	0.04		0	PAK	1		0.04	0.09	0.05
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1	0.2	0.1
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PIK	4		0.1	0.2	0.1
Vitamin D IU	5		0	PIK	4		4	10	5
Vitamin K (phylloquinone) µg	3.6		0	PIK	4		3.1	7.2	3.8

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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.108		0	PIK	4		1.792	4.195	2.214
4:0....g	0.001		0	PIK	4		0.001	0.002	0.001
6:0....g	0.001		0	PIK	4		0.001	0.003	0.001
8:0....g	0.002		0	PIK	4		0.002	0.004	0.002
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.008		0	PAK	1		0.006	0.015	0.008
13:0....g									
14:0....g	0.043		0	PAK	1		0.037	0.086	0.045
15:0....g	0.005		0	PAK	1		0.004	0.010	0.005
16:0....g	1.568		0	PAK	1		1.332	3.120	1.646
17:0....g	0.007		0	PAK	1		0.006	0.013	0.007
18:0....g	0.451		0	PAK	1		0.383	0.897	0.473
20:0....g	0.004		0	PAK	1		0.003	0.007	0.004
22:0....g	0.006		0	PAK	1		0.005	0.013	0.007
24:0....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	3.052		0	PIK	4		2.594	6.073	3.205
14:1....g	0.012		0	PAK	1		0.010	0.023	0.012
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.448		0	PAK	1		0.381	0.892	0.470
16:1 c....g	0.372		0	PAK	1		0.316	0.740	0.391
16:1 t....g	0.003		0	PAK	1		0.003	0.007	0.004
17:1....g	0.005		0	PAK	1		0.005	0.011	0.006
18:1 undifferentiated....g	2.546		0	PAK	1		2.165	5.068	2.674
18:1 c....g	2.083		0	PAK	1		1.771	4.145	2.187
18:1 t....g	0.020		0	PAK	1		0.017	0.040	0.021
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030		0	PAK	1		0.026	0.060	0.032
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.001	0.001
22:1 c....g	0.000		0	PAK	1		0.000	0.001	0.001
22:1 t....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g	0.002		0	PAK	1		0.002	0.004	0.002
Fatty acids, total polyunsaturated....g	1.605		0	PIK	4		1.364	3.194	1.685
18:2 undifferentiated....g	1.359		0	PAK	1		1.155	2.704	1.427
18:2 n-6 c,c....g	1.066		0	PAK	1		0.906	2.121	1.119
18:2 CLAs....g	0.006		0	PAK	1		0.005	0.012	0.006
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.009		0	PAK	1		0.008	0.018	0.009
18:3 undifferentiated....g	0.068		0	PAK	1		0.058	0.135	0.071
18:3 n-3 c,c,c (ALA)....g	0.044		0	PAK	1		0.038	0.088	0.046
18:3 n-6 c,c,c....g	0.011		0	PAK	1		0.009	0.021	0.011
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.001	0.000
20:2 n-6 c,c....g	0.009		0	PAK	1		0.008	0.018	0.009
20:3 undifferentiated....g	0.017		0	PAK	1		0.015	0.035	0.018
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	0.000
20:3 n-6....g	0.017		0	PAK	1		0.015	0.035	0.018
20:4 undifferentiated....g	0.095		0	PAK	1		0.081	0.189	0.100
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		0	PAK	1		0.005	0.012	0.006
21:5....g									
22:4....g	0.018		0	PAK	1		0.015	0.036	0.019
22:5 n-3 (DPA)....g	0.012		0	PAK	1		0.010	0.023	0.012
22:6 n-3 (DHA)....g	0.012		0	PAK	1		0.010	0.024	0.013
Fatty acids, total trans....g	0.033		0	PIK	4		0.028	0.065	0.034
Fatty acids, total trans-monoenoic....g	0.024		0	PIK	4		0.020	0.047	0.025
Fatty acids, total trans-polyenoic....g	0.009		0	PIK	4		0.008	0.018	0.009
Cholesterol....mg	128		0	PAK	1		109	255	135
Phytosterols....mg									
Amino Acids:									

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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
Tryptophan g	0.274		0	PAK	1		0.233	0.546	0.288
Threonine g	1.130		0	PAK	1		0.961	2.249	1.187
Isoleucine g	1.172		0	PAK	1		0.997	2.333	1.231
Leucine g	2.032		0	PAK	1		1.728	4.045	2.134
Lysine g	2.256		0	PAK	1		1.917	4.489	2.369
Methionine g	0.690		0	PAK	1		0.586	1.373	0.724
Cystine g	0.286		0	PAK	1		0.243	0.570	0.301
Phenylalanine g	0.967		0	PAK	1		0.822	1.924	1.015
Tyrosine g	0.899		0	PAK	1		0.764	1.788	0.944
Valine g	1.181		0	PAK	1		1.003	2.349	1.240
Arginine g	1.661		0	PAK	1		1.412	3.306	1.745
Histidine g	0.727		0	PAK	1		0.618	1.446	0.763
Alanine g	1.434		0	PAK	1		1.219	2.854	1.506
Aspartic acid g	2.353		0	PAK	1		2.000	4.683	2.471
Glutamic acid g	3.924		0	PAK	1		3.336	7.810	4.121
Glycine g	1.121		0	PAK	1		0.953	2.230	1.177
Proline g	0.980		0	PAK	1		0.833	1.949	1.029
Serine g	0.991		0	PAK	1		0.842	1.972	1.040
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine mg	0		0	PIK	4		0	0	0
Theobromine mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 199g: 1 leg bone and skin r (Sum of drumstick+thigh+back meat only)

Measure 3 = 105g: 1 drumstick bone and skin r

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05083

Chicken, broilers or fryers, leg, meat only, cooked, stewed

Refuse: 43% 30% bone, 13% skin

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.44	0.341	16		1		56.47	106.30	39.86
Energy kcal	185		0	NC	4		157	296	111
Energy kJ	774		0		4		658	1238	464
Protein (N x 6.25) g	26.26	0.228	16		1		22.32	42.02	15.76
Total lipid (fat) g	8.06	0.117	16		1		6.85	12.90	4.84
Ash g	0.88	0.034	16		1		0.75	1.41	0.53
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		9	18	7
Iron, Fe mg	1.40	0.064	16		1		1.19	2.24	0.84
Magnesium, Mg mg	21	0.433	16		1		18	34	13
Phosphorus, P mg	149	2.983	16		1		127	238	89
Potassium, K mg	190	6.604	16		1		162	304	114
Sodium, Na mg	78	2.300	16		1		66	125	47
Zinc, Zn mg	2.78	0.048	16		1		2.36	4.45	1.67
Copper, Cu mg	0.077	0.001	16		1		0.065	0.123	0.046
Manganese, Mn mg	0.019	0.001	16		1		0.016	0.030	0.011
Selenium, Se µg	26.5		0	BFYN	4		22.5	42.4	15.9
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		0.050	0.094	0.035
Riboflavin mg	0.216	0.006	8		1		0.184	0.346	0.130
Niacin mg	4.798	0.224	8		1		4.078	7.677	2.879
Pantothenic acid mg	0.913		0		1		0.776	1.461	0.548
Vitamin B-6 mg	0.210		0		1		0.179	0.336	0.126
Folate, total µg	8		0		1		7	13	5
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0		1		7	13	5
Folate, DFE µg	8		0	NC	4		7	13	5
Choline, total mg	69.7		0	BFNN	4		59.3	111.6	41.8
Betaine mg	5.1		0	BFNN	4		4.3	8.1	3.0
Vitamin B-12 µg	0.23		0		1		0.20	0.37	0.14
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	18		0	NC	4		15	29	11
Retinol µg	18		0	NR	4		15	29	11
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	60		0		1		51	96	36
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.23	0.42	0.16
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	0.1
Vitamin D IU	5		0	BFZN	4		4	7	3
Vitamin K (phylloquinone) µg	3.6		0	BFSN	4		3.0	5.7	2.1
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05083

Chicken, broilers or fryers, leg, 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
Lipids:									
Fatty acids, total saturated....g	2.200		0		1		1.870	3.520	1.320
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		0.026	0.048	0.018
13:0....g									
14:0....g	0.060		0		1		0.051	0.096	0.036
15:0....g									
16:0....g	1.520		0		1		1.292	2.432	0.912
17:0....g									
18:0....g	0.520		0		1		0.442	0.832	0.312
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.930		0		1		2.491	4.688	1.758
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		0.340	0.640	0.240
17:1....g									
18:1 undifferentiated....g	2.440		0		1		2.074	3.904	1.464
20:1....g	0.040		0		1		0.034	0.064	0.024
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		1.598	3.008	1.128
18:2 undifferentiated....g	1.550		0		1		1.318	2.480	0.930
18:3 undifferentiated....g	0.070		0		1		0.060	0.112	0.042
18:4....g	0.000		0	Z	7		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		0.102	0.192	0.072
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.016	0.006
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.026	0.048	0.018
22:6 n-3 (DHA)....g	0.050		0		1		0.043	0.080	0.030
Fatty acids, total trans....g									
Cholesterol....mg	89		0		1		76	142	53
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.307		0		1		0.261	0.491	0.184
Threonine....g	1.109		0		1		0.943	1.774	0.665
Isoleucine....g	1.387		0		1		1.179	2.219	0.832
Leucine....g	1.971		0		1		1.675	3.154	1.183
Lysine....g	2.231		0		1		1.896	3.570	1.339
Methionine....g	0.727		0		1		0.618	1.163	0.436
Cystine....g	0.336		0		1		0.286	0.538	0.202
Phenylalanine....g	1.042		0		1		0.886	1.667	0.625
Tyrosine....g	0.887		0		1		0.754	1.419	0.532
Valine....g	1.303		0		1		1.108	2.085	0.782
Arginine....g	1.584		0		1		1.346	2.534	0.950
Histidine....g	0.815		0		1		0.693	1.304	0.489
Alanine....g	1.433		0		1		1.218	2.293	0.860
Aspartic acid....g	2.341		0		1		1.990	3.746	1.405
Glutamic acid....g	3.933		0		1		3.343	6.293	2.360
Glycine....g	1.290		0		1		1.097	2.064	0.774
Proline....g	1.080		0		1		0.918	1.728	0.648
Serine....g	0.903		0		1		0.768	1.445	0.542
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05083

Chicken, broilers or fryers, leg, 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
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 160g: 1 cup, chopped or diced

Measure 3 = 60g: 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 27 (2014)

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	76.41		0	PAK	1		64.95	202.49	112.33
Energy kcal	120		0	PIK	4		102	318	176
Energy kJ	501		0	PIK	4		426	1329	737
Protein (N x 6.25) g	19.16		0	PAK	1		16.28	50.76	28.16
Total lipid (fat) g	4.22		0	PAK	1		3.59	11.18	6.20
Ash g	0.95		0	PAK	1		0.81	2.51	1.39
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total g	0.00		0	PIK	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PAK	1		9	27	15
Iron, Fe mg	0.78		0	PAK	1		0.67	2.07	1.15
Magnesium, Mg mg	23		0	PAK	1		19	60	33
Phosphorus, P mg	180		0	PAK	1		153	476	264
Potassium, K mg	238		0	PAK	1		203	632	350
Sodium, Na mg	96		0	PAK	1		81	254	141
Zinc, Zn mg	1.76		0	PAK	1		1.49	4.65	2.58
Copper, Cu mg	0.060		0	PAK	1		0.051	0.158	0.087
Manganese, Mn mg	0.017		0	PAK	1		0.015	0.046	0.025
Selenium, Se µg	21.0		0	PAK	1		17.8	55.6	30.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.087		0	PAK	1		0.074	0.231	0.128
Riboflavin mg	0.179		0	PAK	1		0.152	0.475	0.264
Niacin mg	5.578		0	PAK	1		4.741	14.781	8.200
Pantothenic acid mg	1.170		0	PAK	1		0.994	3.099	1.719
Vitamin B-6 mg	0.406		0	PAK	1		0.345	1.076	0.597
Folate, total µg	4		0	PIK	4		4	11	6
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	4		0	PIK	4		4	11	6
Folate, DFE µg	4		0	NC	4		4	11	6
Choline, total mg	48.6		0	PAK	1		41.3	128.7	71.4
Betaine mg	8.7		0	PAK	1		7.4	23.2	12.9
Vitamin B-12 µg	0.57		0	PAK	1		0.49	1.52	0.84
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	10		0	PIK	4		8	26	14
Retinol µg	10		0	PIK	4		8	26	14
Carotene, beta µg	0		0	PIK	4		0	0	0
Carotene, alpha µg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	0
Vitamin A, IU IU	32		0	PAK	1		27	85	47
Lycopene µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin µg	95		0	PIK	4		81	251	139
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.15	0.48	0.27
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.06		0	PAK	1		0.05	0.17	0.09
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.03	0.02
Tocotrienol, beta mg	0.02		0	PAK	1		0.02	0.06	0.03
Tocotrienol, gamma mg	0.02		0	PAK	1		0.02	0.06	0.03
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.0		0	PAK	1		0.0	0.1	0.0
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	PAK	1		0.0	0.1	0.0
Vitamin D IU	1		0	PAK	1		1	3	2
Vitamin K (phylloquinone) µg	2.8		0	PIK	4		2.4	7.5	4.1

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.050		0	PIK	4		0.893	2.784	1.544
4:0....g	0.001		0	PAK	1		0.001	0.003	0.002
6:0....g	0.000		0	PAK	1		0.000	0.000	0.000
8:0....g	0.001		0	PAK	1		0.001	0.003	0.001
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.005		0	PAK	1		0.005	0.014	0.008
13:0....g									
14:0....g	0.020		0	PAK	1		0.017	0.054	0.030
15:0....g	0.002		0	PAK	1		0.002	0.007	0.004
16:0....g	0.757		0	PAK	1		0.644	2.007	1.113
17:0....g	0.003		0	PAK	1		0.003	0.009	0.005
18:0....g	0.250		0	PAK	1		0.212	0.662	0.367
20:0....g	0.002		0	PAK	1		0.002	0.007	0.004
22:0....g	0.007		0	PAK	1		0.006	0.017	0.010
24:0....g	0.001		0	PAK	1		0.001	0.002	0.001
Fatty acids, total monounsaturated....g	1.440		0	PIK	4		1.224	3.815	2.117
14:1....g	0.005		0	PAK	1		0.005	0.014	0.008
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.211		0	PAK	1		0.179	0.558	0.310
16:1 c....g	0.178		0	PAK	1		0.152	0.473	0.262
16:1 t....g	0.002		0	PAK	1		0.002	0.005	0.003
17:1....g	0.002		0	PAK	1		0.002	0.006	0.004
18:1 undifferentiated....g	1.205		0	PAK	1		1.024	3.192	1.771
18:1 c....g	1.022		0	PAK	1		0.869	2.708	1.502
18:1 t....g	0.010		0	PAK	1		0.008	0.025	0.014
18:1-11 t (18:1t n-7)....g									
20:1....g	0.013		0	PAK	1		0.011	0.036	0.020
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 c....g	0.000		0	PAK	1		0.000	0.000	0.000
22:1 t....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.962		0	PIK	4		0.818	2.549	1.414
18:2 undifferentiated....g	0.753		0	PAK	1		0.640	1.995	1.107
18:2 n-6 c,c....g	0.616		0	PAK	1		0.524	1.633	0.906
18:2 CLAs....g	0.005		0	PAK	1		0.004	0.013	0.007
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		0	PAK	1		0.003	0.011	0.006
18:3 undifferentiated....g	0.036		0	PAK	1		0.031	0.097	0.054
18:3 n-3 c,c,c (ALA)....g	0.025		0	PAK	1		0.021	0.066	0.036
18:3 n-6 c,c,c....g	0.006		0	PAK	1		0.005	0.016	0.009
18:3i....g									
18:4....g	0.001		0	PAK	1		0.000	0.002	0.001
20:2 n-6 c,c....g	0.007		0	PAK	1		0.006	0.019	0.010
20:3 undifferentiated....g	0.014		0	PAK	1		0.012	0.038	0.021
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	0.000
20:3 n-6....g	0.014		0	PAK	1		0.012	0.038	0.021
20:4 undifferentiated....g	0.098		0	PAK	1		0.084	0.261	0.145
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.004	0.012	0.007
21:5....g									
22:4....g	0.019		0	PAK	1		0.016	0.051	0.028
22:5 n-3 (DPA)....g	0.011		0	PAK	1		0.010	0.030	0.017
22:6 n-3 (DHA)....g	0.013		0	PAK	1		0.011	0.034	0.019
Fatty acids, total trans....g	0.015		0	PIK	4		0.013	0.041	0.023
Fatty acids, total trans-monoenoic....g	0.011		0	PIK	4		0.010	0.030	0.017
Fatty acids, total trans-polyenoic....g	0.004		0	PIK	4		0.003	0.011	0.006
Cholesterol....mg	91		0	PAK	1		78	242	134
Phytosterols....mg									
Amino Acids:									

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
Tryptophan....g	0.217		0	PAK	1		0.184	0.575	0.319
Threonine....g	0.895		0	PAK	1		0.761	2.371	1.315
Isoleucine....g	0.926		0	PAK	1		0.787	2.454	1.361
Leucine....g	1.610		0	PAK	1		1.368	4.266	2.366
Lysine....g	1.786		0	PAK	1		1.518	4.733	2.626
Methionine....g	0.546		0	PAK	1		0.464	1.446	0.802
Cystine....g	0.226		0	PAK	1		0.192	0.599	0.332
Phenylalanine....g	0.765		0	PAK	1		0.650	2.026	1.124
Tyrosine....g	0.711		0	PAK	1		0.605	1.885	1.046
Valine....g	0.933		0	PAK	1		0.793	2.473	1.372
Arginine....g	1.316		0	PAK	1		1.119	3.488	1.935
Histidine....g	0.574		0	PAK	1		0.488	1.522	0.844
Alanine....g	1.135		0	PAK	1		0.965	3.009	1.669
Aspartic acid....g	1.863		0	PAK	1		1.584	4.937	2.739
Glutamic acid....g	3.107		0	PAK	1		2.641	8.233	4.567
Glycine....g	0.886		0	PAK	1		0.753	2.347	1.302
Proline....g	0.774		0	PAK	1		0.658	2.052	1.138
Serine....g	0.785		0	PAK	1		0.667	2.081	1.154
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 265g: 1 leg, bone and skin removed (Sum of drumstick+thigh+back meat only)

Measure 3 = 147g: 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 27 (2014)

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 µg	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 µg	16		0	RA	4		18	30	
Folic acid µg	10		0	NC	4		11	19	
Folate, food µg	6		0		1		7	11	
Folate, DFE µg	23		0	NC	4		26	43	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.28		0		1		0.32	0.53	
Vitamin A, RAE µg	24		0		1		27	45	
Retinol µg	24		0		1		27	45	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	79		0		1		89	149	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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: Mean	Std. Error	Number 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 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									
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 (EPA)....g	0.010		0		1		0.011	0.019	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.011	0.019	
22:6 n-3 (DHA)....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.

NDB No. 05030

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

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 27 (2014)

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		0		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 µg	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 µg	7		0	RA	4		5	9	
Folic acid µg	3		0	NC	4		2	4	
Folate, food µg	4		0		1		3	5	
Folate, DFE µg	9		0	NC	4		7	12	
Choline, total mg	81.3		0	BFNN	4		63.4	105.6	
Betaine mg	6.9		0	BFNN	4		5.4	8.9	
Vitamin B-12 µg	0.33		0		1		0.26	0.43	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	20		0	NC	4		16	26	
Retinol µg	20		0	NR	4		16	26	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	68		0		1		53	88	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.57		0	NR	4		0.45	0.74	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	0.2	
Vitamin D IU	5		0	BFFN	4		4	6	
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		1.9	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.320		0		1		2.590	4.316	
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		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									
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	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		0.070	0.117	
20:5 n-3 (EPA)....g	0.010		0		1		0.008	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.016	0.026	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	3		0		1		2	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		1		2	4	
Folate, DFE µg	3		0	NC	4		2	4	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.32		0		1		0.25	0.42	
Vitamin A, RAE µg	33		0		1		26	44	
Retinol µg	33		0		1		26	44	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	110		0		1		87	145	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.008	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.016	0.026	
22:6 n-3 (DHA)....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.

NDB No. 05032

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

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 27 (2014)

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 µg	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 µg	3		0		1		3	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		1		3	5	
Folate, DFE µg	3		0	NC	4		3	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.20		0		1		0.18	0.30	
Vitamin A, RAE µg	29		0		1		26	43	
Retinol µg	29		0		1		26	43	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	96		0		1		86	144	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05033

Chicken, broilers or fryers, light 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 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									
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 (EPA)....g	0.010		0		1		0.009	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.018	0.030	
22:6 n-3 (DHA)....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									

NDB No. 05033

Chicken, broilers or fryers, light 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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 µg	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 µg	4		0		1		5	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		5	8	
Folate, DFE µg	4		0	NC	4		5	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		0		1		0.39	0.66	
Vitamin A, RAE µg	30		0		1		34	58	
Retinol µg	29		0	NR	4		34	56	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	99		0		1		115	192	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	CASN	4		0.32	0.53	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.8	4.6	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.012	0.019	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.012	0.019	
22:6 n-3 (DHA)....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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	4		0		1		6	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		6	3	
Folate, DFE µg	4		0	NC	4		6	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.36		0		1		0.50	0.23	
Vitamin A, RAE µg	9		0		1		13	6	
Retinol µg	9		0		1		13	6	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	30		0		1		42	19	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.014	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.013	
22:6 n-3 (DHA)....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.

NDB No. 05040

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

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 27 (2014)

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		0		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 µg	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 µg	4		0		1		6	3	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	4		0		1		6	3	4
Folate, DFE µg	4		0	NC	4		6	3	4
Choline, total mg	84.0		0	BFNN	4		117.7	53.8	89.9
Betaine mg	6.1		0	BFNN	4		8.6	3.9	6.5
Vitamin B-12 µg	0.34		0		1		0.48	0.22	0.36
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	9		0	NC	4		12	6	9
Retinol µg	9		0	NR	4		12	6	9
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	29		0		1		41	19	31
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.17	0.28
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.1	0.1
Vitamin D IU	5		0	BFZN	4		6	3	5
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.4	0.2	0.3
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05041

Chicken, broilers or fryers, light 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
Lipids:									
Fatty acids, total saturated....g	1.270		0		1		1.778	0.813	1.359
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.006	0.011
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.013	0.021
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05041

Chicken, broilers or fryers, light 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.02	0.298	16		1		95.23	48.29	80.94
Energy kcal	159		0	NC	4		223	113	189
Energy kJ	665		0		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 µg	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 µg	3		0		1		4	2	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	3		0		1		4	2	4
Folate, DFE µg	3		0	NC	4		4	2	4
Choline, total mg	76.6		0	BFNN	4		107.2	54.4	91.1
Betaine mg	5.6		0	BFNN	4		7.8	4.0	6.6
Vitamin B-12 µg	0.23		0		1		0.32	0.16	0.27
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	8		0	NC	4		11	6	10
Retinol µg	8		0	NR	4		11	6	10
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	27		0		1		38	19	32
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.19	0.32
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.1	0.1
Vitamin D IU	5		0	BFZN	4		6	3	5
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.3	0.2	0.3
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05042

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	1.120		0		1		1.568	0.795	1.333
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.007	0.012
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.014	0.024
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05042

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	4		0		1		4	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		4	6	
Folate, DFE µg	4		0	NC	4		4	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.38		0		1		0.33	0.56	
Vitamin A, RAE µg	8		0	NC	4		7	12	
Retinol µg	8		0	NR	4		7	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0	NC	4		23	39	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	CASN	4		0.19	0.32	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.1	3.5	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010	0.002	13		1		0.009	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.002	13		1		0.009	0.015	
22:6 n-3 (DHA)....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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	49.29		0		1		41.90	151.81	506.70
Energy kcal	291		0	NC	4		247	896	2991
Energy kJ	1218		0		4		1035	3750	12516
Protein (N x 6.25) g	22.84		0		1		19.41	70.35	234.80
Total lipid (fat) g	17.53		0		1		14.90	53.99	180.21
Ash g	1.31		0		1		1.11	4.03	13.47
Carbohydrate, by difference g	9.03		0	NC	4		7.68	27.81	92.83
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	21		0		1		18	65	216
Iron, Fe mg	1.79		0		1		1.52	5.51	18.40
Magnesium, Mg mg	21		0		1		18	65	216
Phosphorus, P mg	158		0		1		134	487	1624
Potassium, K mg	190		0		1		162	585	1953
Sodium, Na mg	284		0		1		241	875	2920
Zinc, Zn mg	1.91		0		1		1.62	5.88	19.63
Copper, Cu mg	0.089		0		1		0.076	0.274	0.915
Manganese, Mn mg	0.064		0		1		0.054	0.197	0.658
Selenium, Se µg	20.3		0	BFYN	4		17.3	62.5	208.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0		1		0.3	1.2	4.1
Thiamin mg	0.113		0		1		0.096	0.348	1.162
Riboflavin mg	0.248		0		1		0.211	0.764	2.549
Niacin mg	7.083		0		1		6.021	21.816	72.813
Pantothenic acid mg	1.039		0		1		0.883	3.200	10.681
Vitamin B-6 mg	0.320		0		1		0.272	0.986	3.290
Folate, total µg	32		0	RA	4		27	99	329
Folic acid µg	9		0	NC	4		8	28	93
Folate, food µg	23		0		1		20	71	236
Folate, DFE µg	38		0	NC	4		33	118	394
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.83		0		1		0.71	2.56	8.53
Vitamin A, RAE µg	181		0		1		154	558	1862
Retinol µg	181		0		1		154	558	1862
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	603		0		1		513	1857	6199
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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: Mean	Std. Error	Number 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 saturated....g	4.670		0		1		3.970	14.384	48.008
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.020		0		1		0.017	0.062	0.206
13:0....g									
14:0....g	0.100		0		1		0.085	0.308	1.028
15:0....g									
16:0....g	3.100		0		1		2.635	9.548	31.868
17:0....g									
18:0....g	1.370		0		1		1.165	4.220	14.084
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.130		0		1		6.061	21.960	73.296
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.540		0		1		0.459	1.663	5.551
17:1....g									
18:1 undifferentiated....g	6.460		0		1		5.491	19.897	66.409
20:1....g	0.090		0		1		0.077	0.277	0.925
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.150		0		1		3.528	12.782	42.662
18:2 undifferentiated....g	3.700		0		1		3.145	11.396	38.036
18:3 undifferentiated....g	0.200		0		1		0.170	0.616	2.056
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.094	0.339	1.131
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.031	0.103
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.062	0.206
22:6 n-3 (DHA)....g	0.040		0		1		0.034	0.123	0.411
Fatty acids, total trans....g									
Cholesterol....mg	103		0		1		88	317	1059
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0		1		0.221	0.801	2.673
Threonine....g	0.940		0		1		0.799	2.895	9.663
Isoleucine....g	1.137		0		1		0.966	3.502	11.688
Leucine....g	1.682		0		1		1.430	5.181	17.291
Lysine....g	1.777		0		1		1.510	5.473	18.268
Methionine....g	0.596		0		1		0.507	1.836	6.127
Cystine....g	0.316		0		1		0.269	0.973	3.248
Phenylalanine....g	0.918		0		1		0.780	2.827	9.437
Tyrosine....g	0.740		0		1		0.629	2.279	7.607
Valine....g	1.120		0		1		0.952	3.450	11.514
Arginine....g	1.407		0		1		1.196	4.334	14.464
Histidine....g	0.654		0		1		0.556	2.014	6.723
Alanine....g	1.281		0		1		1.089	3.945	13.169
Aspartic acid....g	1.986		0		1		1.688	6.117	20.416
Glutamic acid....g	3.639		0		1		3.093	11.208	37.409
Glycine....g	1.406		0		1		1.195	4.330	14.454
Proline....g	1.200		0		1		1.020	3.696	12.336
Serine....g	0.853		0		1		0.725	2.627	8.769
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.

NDB No. 05002

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Measure 3 = 1028g: 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 27 (2014)

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		44.10	109.99	367.31
Energy kcal	272		0	NC	4		231	577	1926
Energy kJ	1138		0		4		967	2413	8057
Protein (N x 6.25) g	28.57		0		1		24.28	60.57	202.28
Total lipid (fat) g	15.27		0		1		12.98	32.37	108.11
Ash g	1.01		0		1		0.86	2.14	7.15
Carbohydrate, by difference g	3.27		0	NC	4		2.78	6.93	23.15
Fiber, total dietary g									
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	17		0		1		14	36	120
Iron, Fe mg	1.99		0		1		1.69	4.22	14.09
Magnesium, Mg mg	25		0		1		21	53	177
Phosphorus, P mg	194		0		1		165	411	1374
Potassium, K mg	237		0		1		201	502	1678
Sodium, Na mg	86		0		1		73	182	609
Zinc, Zn mg	2.36		0		1		2.01	5.00	16.71
Copper, Cu mg	0.100		0		1		0.085	0.212	0.708
Manganese, Mn mg	0.047		0		1		0.040	0.100	0.333
Selenium, Se µg	16.6		0	BFYN	4		14.1	35.2	117.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.4	1.1	3.5
Thiamin mg	0.088		0		1		0.075	0.187	0.623
Riboflavin mg	0.278		0		1		0.236	0.589	1.968
Niacin mg	8.930		0		1		7.591	18.932	63.224
Pantothenic acid mg	1.283		0		1		1.091	2.720	9.084
Vitamin B-6 mg	0.420		0		1		0.357	0.890	2.974
Folate, total µg	31		0	RA	4		26	66	219
Folic acid µg	2		0	NC	4		2	4	14
Folate, food µg	29		0		1		25	61	205
Folate, DFE µg	32		0	NC	4		28	69	229
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.11		0		1		0.94	2.35	7.86
Vitamin A, RAE µg	248		0		1		211	526	1756
Retinol µg	248		0		1		211	526	1756
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	826		0		1		702	1751	5848
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	4.160		0		1		3.536	8.819	29.453
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.020		0		1		0.017	0.042	0.142
13:0....g									
14:0....g	0.100		0		1		0.085	0.212	0.708
15:0....g									
16:0....g	2.880		0		1		2.448	6.106	20.390
17:0....g									
18:0....g	1.050		0		1		0.893	2.226	7.434
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.990		0		1		5.092	12.699	42.409
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.640		0		1		0.544	1.357	4.531
17:1....g									
18:1 undifferentiated....g	5.190		0		1		4.412	11.003	36.745
20:1....g	0.110		0		1		0.094	0.233	0.779
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.510		0		1		2.984	7.441	24.851
18:2 undifferentiated....g	3.050		0		1		2.593	6.466	21.594
18:3 undifferentiated....g	0.150		0		1		0.128	0.318	1.062
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.140		0		1		0.119	0.297	0.991
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.021	0.071
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.042	0.142
22:6 n-3 (DHA)....g	0.040		0		1		0.034	0.085	0.283
Fatty acids, total trans....g									
Cholesterol....mg	112		0		1		95	237	793
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.275	0.685	2.287
Threonine....g	1.187		0		1		1.009	2.516	8.404
Isoleucine....g	1.435		0		1		1.220	3.042	10.160
Leucine....g	2.103		0		1		1.788	4.458	14.889
Lysine....g	2.297		0		1		1.952	4.870	16.263
Methionine....g	0.757		0		1		0.643	1.605	5.360
Cystine....g	0.383		0		1		0.326	0.812	2.712
Phenylalanine....g	1.133		0		1		0.963	2.402	8.022
Tyrosine....g	0.927		0		1		0.788	1.965	6.563
Valine....g	1.401		0		1		1.191	2.970	9.919
Arginine....g	1.780		0		1		1.513	3.774	12.602
Histidine....g	0.831		0		1		0.706	1.762	5.883
Alanine....g	1.622		0		1		1.379	3.439	11.484
Aspartic acid....g	2.536		0		1		2.156	5.376	17.955
Glutamic acid....g	4.306		0		1		3.660	9.129	30.486
Glycine....g	1.756		0		1		1.493	3.723	12.432
Proline....g	1.395		0		1		1.186	2.957	9.877
Serine....g	1.031		0		1		0.876	2.186	7.299
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.

NDB No. 05003

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Measure 3 = 708g: 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 27 (2014)

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		56.39	693.92	
Energy kcal	213		0	NC	4		181	2228	
Energy kJ	891		0		4		758	9322	
Protein (N x 6.25) g	18.33		0		1		15.58	191.73	
Total lipid (fat) g	14.83		0		1		12.61	155.12	
Ash g	0.80		0		1		0.68	8.37	
Carbohydrate, by difference g	0.13		0	NC	4		0.11	1.36	
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		9	115	
Iron, Fe mg	1.31		0		1		1.11	13.70	
Magnesium, Mg mg	20		0		1		17	209	
Phosphorus, P mg	149		0		1		127	1559	
Potassium, K mg	189		0		1		161	1977	
Sodium, Na mg	70		0		1		60	732	
Zinc, Zn mg	1.48		0		1		1.26	15.48	
Copper, Cu mg	0.064		0		1		0.054	0.669	
Manganese, Mn mg	0.029		0		1		0.025	0.303	
Selenium, Se µg	11.8		0	PIE	4		10.0	123.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		0		1		2.2	27.2	
Thiamin mg	0.061		0		1		0.052	0.638	
Riboflavin mg	0.186		0		1		0.158	1.946	
Niacin mg	6.639		0		1		5.643	69.444	
Pantothenic acid mg	1.072		0		1		0.911	11.213	
Vitamin B-6 mg	0.340		0		1		0.289	3.556	
Folate, total µg	30		0		1		26	314	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	30		0		1		26	314	
Folate, DFE µg	30		0	NC	4		26	314	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.11		0		1		0.94	11.61	
Vitamin A, RAE µg	232		0		1		197	2422	
Retinol µg	232		0		1		197	2422	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	771		0		1		655	8065	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	4.240		0		1		3.604	44.350	
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		0.017	0.209	
13:0....g									
14:0....g	0.120		0		1		0.102	1.255	
15:0....g									
16:0....g	3.080		0		1		2.618	32.217	
17:0....g									
18:0....g	0.870		0		1		0.740	9.100	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.080		0		1		5.168	63.597	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.820		0		1		0.697	8.577	
17:1....g									
18:1 undifferentiated....g	5.030		0		1		4.276	52.614	
20:1....g	0.150		0		1		0.128	1.569	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.190		0		1		2.712	33.367	
18:2 undifferentiated....g	2.830		0		1		2.406	29.602	
18:3 undifferentiated....g	0.130		0		1		0.111	1.360	
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		0.085	1.046	
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.105	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.105	
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.314	
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		77	941	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.203		0		1		0.173	2.123	
Threonine....g	0.760		0		1		0.646	7.950	
Isoleucine....g	0.906		0		1		0.770	9.477	
Leucine....g	1.336		0		1		1.136	13.975	
Lysine....g	1.470		0		1		1.250	15.376	
Methionine....g	0.482		0		1		0.410	5.042	
Cystine....g	0.246		0		1		0.209	2.573	
Phenylalanine....g	0.718		0		1		0.610	7.510	
Tyrosine....g	0.586		0		1		0.498	6.130	
Valine....g	0.893		0		1		0.759	9.341	
Arginine....g	1.162		0		1		0.988	12.155	
Histidine....g	0.526		0		1		0.447	5.502	
Alanine....g	1.068		0		1		0.908	11.171	
Aspartic acid....g	1.641		0		1		1.395	17.165	
Glutamic acid....g	2.676		0		1		2.275	27.991	
Glycine....g	1.220		0		1		1.037	12.761	
Proline....g	0.914		0		1		0.777	9.560	
Serine....g	0.660		0		1		0.561	6.904	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 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 27 (2014)

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		51.09	123.23	409.95
Energy kcal	234		0	NC	4		199	480	1596
Energy kJ	979		0		4		832	2007	6677
Protein (N x 6.25) g	26.78		0		1		22.76	54.90	182.64
Total lipid (fat) g	13.27		0		1		11.28	27.20	90.50
Ash g	0.90		0		1		0.77	1.85	6.14
Carbohydrate, by difference g	0.06		0	NC	4		0.05	0.12	0.41
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		1		13	31	102
Iron, Fe mg	1.66		0		1		1.41	3.40	11.32
Magnesium, Mg mg	23		0		1		20	47	157
Phosphorus, P mg	182		0		1		155	373	1241
Potassium, K mg	212		0		1		180	435	1446
Sodium, Na mg	79		0		1		67	162	539
Zinc, Zn mg	2.16		0		1		1.84	4.43	14.73
Copper, Cu mg	0.080		0		1		0.068	0.164	0.546
Manganese, Mn mg	0.031		0		1		0.026	0.064	0.211
Selenium, Se µg	15.9		0	BFYN	4		13.5	32.6	108.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.4	1.0	3.4
Thiamin mg	0.063		0		1		0.054	0.129	0.430
Riboflavin mg	0.224		0		1		0.190	0.459	1.528
Niacin mg	7.908		0		1		6.722	16.211	53.933
Pantothenic acid mg	1.128		0		1		0.959	2.312	7.693
Vitamin B-6 mg	0.380		0		1		0.323	0.779	2.592
Folate, total µg	29		0		1		25	59	198
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	29		0		1		25	59	198
Folate, DFE µg	29		0	NC	4		25	59	198
Choline, total mg	73.3		0	PAK	1		62.3	150.3	499.9
Betaine mg	5.7		0	PAK	1		4.8	11.6	38.6
Vitamin B-12 µg	0.94		0		1		0.80	1.93	6.41
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	191		0	NC	4		162	392	1303
Retinol µg	191		0	NR	4		162	392	1303
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	636		0		1		541	1304	4338
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.33		0	NR	4		0.28	0.68	2.28
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PIK	4		0.0	0.1	0.3
Vitamin D IU	1		0	PIK	4		1	3	10
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	4.9	16.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	3.700		0		1		3.145	7.585	25.234
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		0.017	0.041	0.136
13:0....g									
14:0....g	0.100		0		1		0.085	0.205	0.682
15:0....g									
16:0....g	2.700		0		1		2.295	5.535	18.414
17:0....g									
18:0....g	0.770		0		1		0.655	1.579	5.251
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.170		0		1		4.395	10.599	35.259
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.710		0		1		0.604	1.456	4.842
17:1....g									
18:1 undifferentiated....g	4.260		0		1		3.621	8.733	29.053
20:1....g	0.130		0		1		0.111	0.267	0.887
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.900		0		1		2.465	5.945	19.778
18:2 undifferentiated....g	2.500		0		1		2.125	5.125	17.050
18:3 undifferentiated....g	0.110		0		1		0.094	0.226	0.750
18:4....g	0.000		0	Z	7		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		0.102	0.246	0.818
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.021	0.068
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.041	0.136
22:6 n-3 (DHA)....g	0.040		0		1		0.034	0.082	0.273
Fatty acids, total trans....g									
Cholesterol....mg	107		0		1		91	219	730
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.298		0		1		0.253	0.611	2.032
Threonine....g	1.111		0		1		0.944	2.278	7.577
Isoleucine....g	1.330		0		1		1.131	2.727	9.071
Leucine....g	1.955		0		1		1.662	4.008	13.333
Lysine....g	2.158		0		1		1.834	4.424	14.718
Methionine....g	0.707		0		1		0.601	1.449	4.822
Cystine....g	0.358		0		1		0.304	0.734	2.442
Phenylalanine....g	1.050		0		1		0.893	2.153	7.161
Tyrosine....g	0.860		0		1		0.731	1.763	5.865
Valine....g	1.306		0		1		1.110	2.677	8.907
Arginine....g	1.690		0		1		1.437	3.465	11.526
Histidine....g	0.773		0		1		0.657	1.585	5.272
Alanine....g	1.552		0		1		1.319	3.182	10.585
Aspartic acid....g	2.395		0		1		2.036	4.910	16.334
Glutamic acid....g	3.917		0		1		3.329	8.030	26.714
Glycine....g	1.745		0		1		1.483	3.577	11.901
Proline....g	1.316		0		1		1.119	2.698	8.975
Serine....g	0.961		0		1		0.817	1.970	6.554
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

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

Measure 3 = 682g: 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 27 (2014)

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		54.43	144.09	480.94
Energy kcal	216		0	NC	4		184	486	1622
Energy kJ	904		0		4		768	2033	6787
Protein (N x 6.25) g	24.49		0		1		20.82	55.10	183.92
Total lipid (fat) g	12.37		0		1		10.51	27.83	92.90
Ash g	0.76		0		1		0.65	1.71	5.71
Carbohydrate, by difference g	0.06		0	NC	4		0.05	0.14	0.45
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	14		0		1		12	32	105
Iron, Fe mg	1.53		0		1		1.30	3.44	11.49
Magnesium, Mg mg	19		0		1		16	43	143
Phosphorus, P mg	144		0		1		122	324	1081
Potassium, K mg	163		0		1		139	367	1224
Sodium, Na mg	66		0		1		56	149	496
Zinc, Zn mg	1.98		0		1		1.68	4.46	14.87
Copper, Cu mg	0.071		0		1		0.060	0.160	0.533
Manganese, Mn mg	0.029		0		1		0.025	0.065	0.218
Selenium, Se µg	15.9		0	BFYN	4		13.5	35.8	119.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.4	1.1	3.8
Thiamin mg	0.048		0		1		0.041	0.108	0.360
Riboflavin mg	0.201		0		1		0.171	0.452	1.510
Niacin mg	5.389		0		1		4.581	12.125	40.471
Pantothenic acid mg	0.796		0		1		0.677	1.791	5.978
Vitamin B-6 mg	0.220		0		1		0.187	0.495	1.652
Folate, total µg	27		0		1		23	61	203
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	27		0		1		23	61	203
Folate, DFE µg	27		0	NC	4		23	61	203
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.79		0		1		0.67	1.78	5.93
Vitamin A, RAE µg	174		0		1		148	391	1306
Retinol µg	174		0		1		148	391	1306
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	579		0		1		492	1303	4348
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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						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 saturated....g	3.450		0		1		2.933	7.763	25.910
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.020		0		1		0.017	0.045	0.150
13:0....g									
14:0....g	0.100		0		1		0.085	0.225	0.751
15:0....g									
16:0....g	2.520		0		1		2.142	5.670	18.925
17:0....g									
18:0....g	0.710		0		1		0.604	1.598	5.332
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.820		0		1		4.097	10.845	36.198
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.660		0		1		0.561	1.485	4.957
17:1....g									
18:1 undifferentiated....g	3.980		0		1		3.383	8.955	29.890
20:1....g	0.120		0		1		0.102	0.270	0.901
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.700		0		1		2.295	6.075	20.277
18:2 undifferentiated....g	2.330		0		1		1.981	5.243	17.498
18:3 undifferentiated....g	0.100		0		1		0.085	0.225	0.751
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.110		0		1		0.094	0.248	0.826
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.023	0.075
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.045	0.150
22:6 n-3 (DHA)....g	0.040		0		1		0.034	0.090	0.300
Fatty acids, total trans....g									
Cholesterol....mg	97		0		1		82	218	728
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.273		0		1		0.232	0.614	2.050
Threonine....g	1.017		0		1		0.864	2.288	7.638
Isoleucine....g	1.219		0		1		1.036	2.743	9.155
Leucine....g	1.790		0		1		1.522	4.028	13.443
Lysine....g	1.976		0		1		1.680	4.446	14.840
Methionine....g	0.648		0		1		0.551	1.458	4.866
Cystine....g	0.327		0		1		0.278	0.736	2.456
Phenylalanine....g	0.960		0		1		0.816	2.160	7.210
Tyrosine....g	0.788		0		1		0.670	1.773	5.918
Valine....g	1.195		0		1		1.016	2.689	8.974
Arginine....g	1.545		0		1		1.313	3.476	11.603
Histidine....g	0.708		0		1		0.602	1.593	5.317
Alanine....g	1.418		0		1		1.205	3.191	10.649
Aspartic acid....g	2.191		0		1		1.862	4.930	16.454
Glutamic acid....g	3.585		0		1		3.047	8.066	26.923
Glycine....g	1.586		0		1		1.348	3.569	11.911
Proline....g	1.199		0		1		1.019	2.698	9.004
Serine....g	0.878		0		1		0.746	1.976	6.594
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.

NDB No. 05005

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

Common Measures:

Measure 1 = 85g: 3 oz

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

Measure 3 = 751g: 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 27 (2014)

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		41.98	138.29	230.16
Energy kcal	289		0	NC	4		246	809	1347
Energy kJ	1209		0		4		1028	3386	5635
Protein (N x 6.25) g	22.54		0		1		19.16	63.11	105.04
Total lipid (fat) g	17.35		0		1		14.75	48.58	80.85
Ash g	1.30		0		1		1.11	3.64	6.06
Carbohydrate, by difference g	9.42		0	NC	4		8.01	26.38	43.90
Fiber, total dietary g	0.3		0		4		0.3	0.8	1.4
Sugars, total g	0.00		0	Z	7		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	21		0		1		18	59	98
Iron, Fe mg	1.37		0		1		1.16	3.84	6.38
Magnesium, Mg mg	21		0		1		18	59	98
Phosphorus, P mg	155		0		1		132	434	722
Potassium, K mg	185		0		1		157	518	862
Sodium, Na mg	292		0		1		248	818	1361
Zinc, Zn mg	1.67		0		1		1.42	4.68	7.78
Copper, Cu mg	0.072		0		1		0.061	0.202	0.336
Manganese, Mn mg	0.057		0		1		0.048	0.160	0.266
Selenium, Se µg	25.5		0	PIE	4		21.7	71.4	118.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.115		0		1		0.098	0.322	0.536
Riboflavin mg	0.189		0		1		0.161	0.529	0.881
Niacin mg	7.043		0		1		5.987	19.720	32.820
Pantothenic acid mg	0.889		0		1		0.756	2.489	4.143
Vitamin B-6 mg	0.310		0		1		0.264	0.868	1.445
Folate, total µg	18		0	RA	4		15	50	84
Folic acid µg	10		0	NC	4		9	28	47
Folate, food µg	8		0		1		7	22	37
Folate, DFE µg	25		0	NC	4		21	70	117
Choline, total mg	63.5		0	PIE	4		54.0	177.8	295.9
Betaine mg	17.3		0	PIE	4		14.7	48.4	80.5
Vitamin B-12 µg	0.28		0		1		0.24	0.78	1.30
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	28		0	NC	4		24	78	130
Retinol µg	28		0	NR	4		24	78	130
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	93		0		1		79	260	433
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	1.24		0	NR	4		1.05	3.46	5.76
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.5	0.8
Vitamin D IU	7		0	BFFN	4		6	19	31
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	6.7	11.1
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	4.610		0		1		3.919	12.908	21.483
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		0.017	0.056	0.093
13:0....g									
14:0....g	0.100		0		1		0.085	0.280	0.466
15:0....g									
16:0....g	3.080		0		1		2.618	8.624	14.353
17:0....g									
18:0....g	1.340		0		1		1.139	3.752	6.244
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.090		0		1		6.027	19.852	33.039
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.540		0		1		0.459	1.512	2.516
17:1....g									
18:1 undifferentiated....g	6.420		0		1		5.457	17.976	29.917
20:1....g	0.090		0		1		0.077	0.252	0.419
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.100		0		1		3.485	11.480	19.106
18:2 undifferentiated....g	3.670		0		1		3.120	10.276	17.102
18:3 undifferentiated....g	0.200		0		1		0.170	0.560	0.932
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		0.085	0.280	0.466
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.028	0.047
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.056	0.093
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.084	0.140
Fatty acids, total trans....g									
Cholesterol....mg	87		0		1		74	244	405
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.257		0		1		0.218	0.720	1.198
Threonine....g	0.922		0		1		0.784	2.582	4.297
Isoleucine....g	1.125		0		1		0.956	3.150	5.243
Leucine....g	1.653		0		1		1.405	4.628	7.703
Lysine....g	1.765		0		1		1.500	4.942	8.225
Methionine....g	0.591		0		1		0.502	1.655	2.754
Cystine....g	0.311		0		1		0.264	0.871	1.449
Phenylalanine....g	0.899		0		1		0.764	2.517	4.189
Tyrosine....g	0.732		0		1		0.622	2.050	3.411
Valine....g	1.100		0		1		0.935	3.080	5.126
Arginine....g	1.378		0		1		1.171	3.858	6.421
Histidine....g	0.655		0		1		0.557	1.834	3.052
Alanine....g	1.270		0		1		1.080	3.556	5.918
Aspartic acid....g	1.950		0		1		1.658	5.460	9.087
Glutamic acid....g	3.605		0		1		3.064	10.094	16.799
Glycine....g	1.378		0		1		1.171	3.858	6.421
Proline....g	1.178		0		1		1.001	3.298	5.489
Serine....g	0.832		0		1		0.707	2.330	3.877
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

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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 280g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 466g: .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 27 (2014)

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		44.55	98.53	164.57
Energy kcal	269		0	NC	4		229	506	845
Energy kJ	1125		0		4		957	2116	3534
Protein (N x 6.25) g	28.56		0		1		24.28	53.69	89.68
Total lipid (fat) g	14.92		0		1		12.68	28.05	46.85
Ash g	0.98		0		1		0.83	1.84	3.08
Carbohydrate, by difference g	3.15		0	NC	4		2.68	5.92	9.89
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		14	32	53
Iron, Fe mg	1.38		0		1		1.17	2.59	4.33
Magnesium, Mg mg	25		0		1		21	47	79
Phosphorus, P mg	191		0		1		162	359	600
Potassium, K mg	234		0		1		199	440	735
Sodium, Na mg	84		0		1		71	158	264
Zinc, Zn mg	2.04		0		1		1.73	3.84	6.41
Copper, Cu mg	0.075		0		1		0.064	0.141	0.236
Manganese, Mn mg	0.034		0		1		0.029	0.064	0.107
Selenium, Se µg	21.7	1.366	30	A	1		18.4	40.8	68.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.087		0		1		0.074	0.164	0.273
Riboflavin mg	0.193		0		1		0.164	0.363	0.606
Niacin mg	8.992		0		1		7.643	16.905	28.235
Pantothenic acid mg	1.079		0		1		0.917	2.029	3.388
Vitamin B-6 mg	0.410		0		1		0.349	0.771	1.287
Folate, total µg	9		0	RA	4		8	17	28
Folic acid µg	3		0	NC	4		3	6	9
Folate, food µg	6		0		1		5	11	19
Folate, DFE µg	11		0	NC	4		9	21	35
Choline, total mg	79.8		0	BFNN	4		67.9	150.1	250.7
Betaine mg	6.8		0	BFNN	4		5.7	12.7	21.2
Vitamin B-12 µg	0.31		0		1		0.26	0.58	0.97
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	27		0	NC	4		23	51	85
Retinol µg	27		0	NR	4		23	51	85
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	89		0		1		76	167	279
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.63		0	NR	4		0.53	1.18	1.97
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.3	0.4
Vitamin D IU	6		0	BFFN	4		5	11	18
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	4.5	7.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05008

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	4.060		0		1		3.451	7.633	12.748
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		0.017	0.038	0.063
13:0....g									
14:0....g	0.110		0		1		0.094	0.207	0.345
15:0....g									
16:0....g	2.840		0		1		2.414	5.339	8.918
17:0....g									
18:0....g	0.990		0		1		0.842	1.861	3.109
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.890		0		1		5.007	11.073	18.495
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.650		0		1		0.553	1.222	2.041
17:1....g									
18:1 undifferentiated....g	5.070		0		1		4.310	9.532	15.920
20:1....g	0.110		0		1		0.094	0.207	0.345
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.410		0		1		2.899	6.411	10.707
18:2 undifferentiated....g	2.970		0		1		2.525	5.584	9.326
18:3 undifferentiated....g	0.150		0		1		0.128	0.282	0.471
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		0.102	0.226	0.377
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.019	0.031
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.038	0.063
22:6 n-3 (DHA)....g	0.050		0		1		0.043	0.094	0.157
Fatty acids, total trans....g									
Cholesterol....mg	90		0		1		77	169	283
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.323		0		1		0.275	0.607	1.014
Threonine....g	1.181		0		1		1.004	2.220	3.708
Isoleucine....g	1.439		0		1		1.223	2.705	4.518
Leucine....g	2.092		0		1		1.778	3.933	6.569
Lysine....g	2.320		0		1		1.972	4.362	7.285
Methionine....g	0.762		0		1		0.648	1.433	2.393
Cystine....g	0.382		0		1		0.325	0.718	1.199
Phenylalanine....g	1.121		0		1		0.953	2.107	3.520
Tyrosine....g	0.928		0		1		0.789	1.745	2.914
Valine....g	1.392		0		1		1.183	2.617	4.371
Arginine....g	1.766		0		1		1.501	3.320	5.545
Histidine....g	0.845		0		1		0.718	1.589	2.653
Alanine....g	1.632		0		1		1.387	3.068	5.124
Aspartic acid....g	2.526		0		1		2.147	4.749	7.932
Glutamic acid....g	4.297		0		1		3.652	8.078	13.493
Glycine....g	1.744		0		1		1.482	3.279	5.476
Proline....g	1.374		0		1		1.168	2.583	4.314
Serine....g	1.012		0		1		0.860	1.903	3.178
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

NDB No. 05008

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 188g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 314g: .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 27 (2014)

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		0		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 µg	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 µg	5		0		1		7	9	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5		0		1		7	9	15
Folate, DFE µg	5		0	NC	4		7	9	15
Choline, total mg	65.9		0	AS	1		92.2	117.2	196.9
Betaine mg	5.6		1	A	1		7.8	9.9	16.7
Vitamin B-12 µg	0.30		0		1		0.42	0.53	0.90
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	48		0	NC	4		68	86	145
Retinol µg	48		0	NR	4		68	86	145
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	161		0		1		225	287	481
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.47	0.79
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PAK	1		0.1	0.1	0.1
Vitamin D IU	2		0	PIK	4		2	3	5
Vitamin K (phylloquinone) µg	2.4		0	BFZN	4		3.3	4.2	7.1
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05009

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	3.790		0		1		5.306	6.746	11.332
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.018	0.030
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.036	0.060
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05009

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	5		0		1		7	10	17
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5		0		1		7	10	17
Folate, DFE µg	5		0	NC	4		7	10	17
Choline, total mg	57.4		0	BFNN	4		80.4	114.9	191.9
Betaine mg	4.9		0	BFNN	4		6.8	9.7	16.2
Vitamin B-12 µg	0.20		0		1		0.28	0.40	0.67
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	44		0	NC	4		61	88	146
Retinol µg	44		0	NR	4		61	88	146
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	146		0		1		204	292	488
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.53	0.89
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	PAK	1		0.1	0.1	0.1
Vitamin D IU	1		0	PIK	4		2	3	5
Vitamin K (phylloquinone) µg	2.1		0	BFYN	4		3.0	4.2	7.1
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05010

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	3.500		0		1		4.900	7.000	11.690
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.020	0.033
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.040	0.067
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05010

Chicken, broilers or fryers, 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
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		56.09	182.13	303.55
Energy kcal	215		0	NC	4		183	593	989
Energy kJ	900		0		4		765	2483	4138
Protein (N x 6.25) g	18.60	0.085	82		1		15.81	51.34	85.56
Total lipid (fat) g	15.06	0.272	82		1		12.80	41.57	69.28
Ash g	0.79	0.020	25		1		0.67	2.18	3.63
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	0.410	24		1		9	30	51
Iron, Fe mg	0.90	0.025	24		1		0.77	2.48	4.14
Magnesium, Mg mg	20	0.292	24		1		17	55	92
Phosphorus, P mg	147	2.956	24		1		125	406	676
Potassium, K mg	189	4.592	24		1		161	522	869
Sodium, Na mg	70	1.232	24		1		60	193	322
Zinc, Zn mg	1.31	0.017	24		1		1.11	3.62	6.03
Copper, Cu mg	0.048	0.001	24		1		0.041	0.132	0.221
Manganese, Mn mg	0.019	0.000	24		1		0.016	0.052	0.087
Selenium, Se µg	14.4		0	PAK	1		12.2	39.7	66.2
Vitamins:									
Vitamin C, total ascorbic acid mg	1.6		0		1		1.4	4.4	7.4
Thiamin mg	0.060	0.003	16		1		0.051	0.166	0.276
Riboflavin mg	0.120	0.003	16		1		0.102	0.331	0.552
Niacin mg	6.801	0.219	16		1		5.781	18.771	31.285
Pantothenic acid mg	0.910		0		1		0.774	2.512	4.186
Vitamin B-6 mg	0.350		0		1		0.298	0.966	1.610
Folate, total µg	6		0		1		5	17	28
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		1		5	17	28
Folate, DFE µg	6		0	NC	4		5	17	28
Choline, total mg	59.7		0	AS	1		50.7	164.8	274.6
Betaine mg	7.8		1	A	1		6.6	21.6	35.9
Vitamin B-12 µg	0.31		0		1		0.26	0.86	1.43
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	41		0	NC	4		35	113	189
Retinol µg	41		0	NR	4		35	113	189
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	140		0		1		119	386	644
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.30		0	CASN	4		0.25	0.82	1.36
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	PIK	4		0.2	0.7	1.1
Vitamin D IU	10		0	PIK	4		8	28	46
Vitamin K (phylloquinone) µg	1.5		0	BFYN	4		1.3	4.3	7.1
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated g	4.310		0		1		3.664	11.896	19.826
4:0 g	0.000		0	Z	7		0.000	0.000	0.000
6:0 g	0.000		0	Z	7		0.000	0.000	0.000
8:0 g	0.000		0	Z	7		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		0.017	0.055	0.092
13:0 g									
14:0 g	0.120		0		1		0.102	0.331	0.552
15:0 g									
16:0 g	3.150		0		1		2.678	8.694	14.490
17:0 g									
18:0 g	0.870		0		1		0.740	2.401	4.002
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	6.240		0		1		5.304	17.222	28.704
14:1 g									
15:1 g									
16:1 undifferentiated g	0.830		0		1		0.706	2.291	3.818
17:1 g									
18:1 undifferentiated g	5.170		0		1		4.395	14.269	23.782
20:1 g	0.150		0		1		0.128	0.414	0.690
22:1 undifferentiated g	0.000		0		1		0.000	0.000	0.000
24:1 c g									
Fatty acids, total polyunsaturated g	3.230		0		1		2.746	8.915	14.858
18:2 undifferentiated g	2.880		0		1		2.448	7.949	13.248
18:3 undifferentiated g	0.140		0		1		0.119	0.386	0.644
18:4 g	0.000		0	Z	7		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		0.068	0.221	0.368
20:5 n-3 (EPA) g	0.010		0		1		0.009	0.028	0.046
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.010		0		1		0.009	0.028	0.046
22:6 n-3 (DHA) g	0.030		0		1		0.026	0.083	0.138
Fatty acids, total trans g	0.097		0	PIK	4		0.082	0.267	0.446
Cholesterol mg	75		0		1		64	207	345
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.207		0		1		0.176	0.571	0.952
Threonine g	0.767		0		1		0.652	2.117	3.528
Isoleucine g	0.924		0		1		0.785	2.550	4.250
Leucine g	1.350		0		1		1.148	3.726	6.210
Lysine g	1.509		0		1		1.283	4.165	6.941
Methionine g	0.493		0		1		0.419	1.361	2.268
Cystine g	0.249		0		1		0.212	0.687	1.145
Phenylalanine g	0.721		0		1		0.613	1.990	3.317
Tyrosine g	0.597		0		1		0.507	1.648	2.746
Valine g	0.902		0		1		0.767	2.490	4.149
Arginine g	1.169		0		1		0.994	3.226	5.377
Histidine g	0.544		0		1		0.462	1.501	2.502
Alanine g	1.089		0		1		0.926	3.006	5.009
Aspartic acid g	1.659		0		1		1.410	4.579	7.631
Glutamic acid g	2.714		0		1		2.307	7.491	12.484
Glycine g	1.223		0		1		1.040	3.375	5.626
Proline g	0.911		0		1		0.774	2.514	4.191
Serine g	0.657		0		1		0.558	1.813	3.022
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine mg	0		0	Z	7		0	0	0

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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 276g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 460g: .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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.53		0		1		80.54	89.17	148.43
Energy kcal	219		0	NC	4		307	339	565
Energy kJ	916		0		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 µg	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 µg	7		0		1		10	11	18
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		10	11	18
Folate, DFE µg	7		0	NC	4		10	11	18
Choline, total mg	91.2		0	BFNN	4		127.7	141.4	235.3
Betaine mg	6.6		0	BFNN	4		9.3	10.3	17.1
Vitamin B-12 µg	0.34		0		1		0.48	0.53	0.88
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	18		0	NC	4		25	28	46
Retinol µg	18		0	NR	4		25	28	46
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	59		0		1		83	91	152
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.46		0	NR	4		0.64	0.71	1.19
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.2	0.3
Vitamin D IU	5		0	BFZN	4		6	7	12
Vitamin K (phylloquinone) µg	2.8		0	BFSN	4		3.9	4.3	7.2
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05012

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	2.460		0		1		3.444	3.813	6.347
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.016	0.026
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.042	0.047	0.077
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05012

Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		64.14	148.66	248.26
Energy kcal	119		0	NC	4		101	234	392
Energy kJ	498		0		4		423	981	1638
Protein (N x 6.25) g	21.39	0.127	24		1		18.18	42.14	70.37
Total lipid (fat) g	3.08	0.146	25		1		2.62	6.07	10.13
Ash g	0.96	0.026	24		1		0.82	1.89	3.16
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	0.599	24		1		10	24	39
Iron, Fe mg	0.89	0.027	24		1		0.76	1.75	2.93
Magnesium, Mg mg	25	0.332	24		1		21	49	82
Phosphorus, P mg	173	3.401	24		1		147	341	569
Potassium, K mg	229	5.462	24		1		195	451	753
Sodium, Na mg	77	1.578	24		1		65	152	253
Zinc, Zn mg	1.54	0.022	24		1		1.31	3.03	5.07
Copper, Cu mg	0.053	0.001	24		1		0.045	0.104	0.174
Manganese, Mn mg	0.019	0.000	24		1		0.016	0.037	0.063
Selenium, Se µg	15.7		0	PIE	4		13.3	30.9	51.7
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3		0		1		2.0	4.5	7.6
Thiamin mg	0.073	0.003	16		1		0.062	0.144	0.240
Riboflavin mg	0.142	0.004	16		1		0.121	0.280	0.467
Niacin mg	8.239	0.276	16		1		7.003	16.231	27.106
Pantothenic acid mg	1.058		0		1		0.899	2.084	3.481
Vitamin B-6 mg	0.430		0		1		0.366	0.847	1.415
Folate, total µg	7		0		1		6	14	23
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		6	14	23
Folate, DFE µg	7		0	NC	4		6	14	23
Choline, total mg	65.7		0	AS	1		55.8	129.4	216.0
Betaine mg	8.5		1	A	1		7.2	16.7	27.9
Vitamin B-12 µg	0.37		0		1		0.31	0.73	1.22
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	16		0	NC	4		14	32	53
Retinol µg	16		0	NR	4		14	32	53
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	52		0		1		44	102	171
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.21		0	CASN	4		0.18	0.42	0.70
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	0.4
Vitamin D IU	5		0	BFZN	4		4	9	15
Vitamin K (phylloquinone) µg	1.8		0	BFYN	4		1.5	3.5	5.8
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05011

Chicken, broilers or fryers, 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
Lipids:									
Fatty acids, total saturated....g	0.790		0		1		0.672	1.556	2.599
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		0.009	0.020	0.033
13:0....g									
14:0....g	0.020		0		1		0.017	0.039	0.066
15:0....g									
16:0....g	0.530		0		1		0.451	1.044	1.744
17:0....g									
18:0....g	0.220		0		1		0.187	0.433	0.724
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.900		0		1		0.765	1.773	2.961
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		1		0.102	0.236	0.395
17:1....g									
18:1 undifferentiated....g	0.760		0		1		0.646	1.497	2.500
20:1....g	0.010		0		1		0.009	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	0.750		0		1		0.638	1.478	2.468
18:2 undifferentiated....g	0.550		0		1		0.468	1.084	1.810
18:3 undifferentiated....g	0.020		0		1		0.017	0.039	0.066
18:4....g	0.000		0	Z	7		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		0.068	0.158	0.263
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.020	0.033
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.039	0.066
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.059	0.099
Fatty acids, total trans....g									
Cholesterol....mg	70		0		1		60	138	230
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.250		0		1		0.213	0.493	0.823
Threonine....g	0.904		0		1		0.768	1.781	2.974
Isoleucine....g	1.130		0		1		0.961	2.226	3.718
Leucine....g	1.605		0		1		1.364	3.162	5.280
Lysine....g	1.818		0		1		1.545	3.581	5.981
Methionine....g	0.592		0		1		0.503	1.166	1.948
Cystine....g	0.274		0		1		0.233	0.540	0.901
Phenylalanine....g	0.849		0		1		0.722	1.673	2.793
Tyrosine....g	0.722		0		1		0.614	1.422	2.375
Valine....g	1.061		0		1		0.902	2.090	3.491
Arginine....g	1.290		0		1		1.097	2.541	4.244
Histidine....g	0.664		0		1		0.564	1.308	2.185
Alanine....g	1.167		0		1		0.992	2.299	3.839
Aspartic acid....g	1.907		0		1		1.621	3.757	6.274
Glutamic acid....g	3.204		0		1		2.723	6.312	10.541
Glycine....g	1.051		0		1		0.893	2.070	3.458
Proline....g	0.880		0		1		0.748	1.734	2.895
Serine....g	0.736		0		1		0.626	1.450	2.421
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05011
Chicken, broilers or fryers, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 197g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 329g: .5 chicken, 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.79	0.384	16		1		89.31	5.55	93.13
Energy kcal	190		0	NC	4		266	17	277
Energy kJ	795		0		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 µg	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 µg	6		0		1		8	1	9
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		1		8	1	9
Folate, DFE µg	6		0	NC	4		8	1	9
Choline, total mg	78.8		0	AS	1		110.3	6.9	115.0
Betaine mg	5.7		1	A	1		8.0	0.5	8.4
Vitamin B-12 µg	0.33		0		1		0.46	0.03	0.48
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	16		0	NC	4		22	1	23
Retinol µg	16		0	NR	4		22	1	23
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	53		0		1		74	5	77
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.02	0.39
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.0	0.2
Vitamin D IU	5		0	BFZN	4		6	0	7
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		3.3	0.2	3.5
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05013

Chicken, broilers or fryers, meat only, 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
Lipids:									
Fatty acids, total saturated....g	2.040		0		1		2.856	0.177	2.978
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.001	0.015
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.002	0.029
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05013

Chicken, broilers or fryers, meat only, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	6		0		1		8	1	9
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		1		8	1	9
Folate, DFE µg	6		0	NC	4		8	1	9
Choline, total mg	72.4		0	BFNN	4		101.4	6.3	113.7
Betaine mg	5.3		0	BFNN	4		7.4	0.5	8.3
Vitamin B-12 µg	0.22		0		1		0.31	0.02	0.35
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	15		0	NC	4		21	1	24
Retinol µg	15		0	NR	4		21	1	24
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	50		0		1		70	4	79
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.02	0.42
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.0	0.2
Vitamin D IU	5		0	BFZN	4		6	0	7
Vitamin K (phylloquinone) µg	2.4		0	BFYN	4		3.3	0.2	3.7
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05014

Chicken, broilers or fryers, meat only, 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
Lipids:									
Fatty acids, total saturated....g	1.840		0		1		2.576	0.160	2.889
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.001	0.016
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.002	0.031
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05014
Chicken, broilers or fryers, meat only, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	3		0		1		0	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		1		0	1	
Folate, DFE µg	3		0	NC	4		0	1	
Choline, total mg	49.3		0	BFNN	4		5.4	18.7	
Betaine mg	4.2		0	BFNN	4		0.5	1.6	
Vitamin B-12 µg	0.14		0		1		0.02	0.05	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	48		0	NC	4		5	18	
Retinol µg	48		0	NR	4		5	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	161		0		1		18	61	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.03	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.0	0.1	
Vitamin D IU	6		0	PIK	4		1	2	
Vitamin K (phylloquinone) µg	3.9		0	BFSN	4		0.4	1.5	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	5.000		0		1		0.550	1.900	
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		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									
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	Z	7		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 (EPA)....g	0.020		0		1		0.002	0.008	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.002	0.008	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	15		0	RA	4		2	8	
Folic acid µg	8		0	NC	4		1	4	
Folate, food µg	7		0		1		1	4	
Folate, DFE µg	21		0	NC	4		3	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.24		0		1		0.04	0.12	
Vitamin A, RAE µg	51		0		1		8	27	
Retinol µg	51		0		1		8	27	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	170		0		1		27	88	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.002	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.003	0.010	
22:6 n-3 (DHA)....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.

NDB No. 05085

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

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 27 (2014)

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 µg	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 µg	11		0	RA	4		1	4	
Folic acid µg	5		0	NC	4		1	2	
Folate, food µg	6		0		1		1	2	
Folate, DFE µg	15		0	NC	4		2	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.26		0		1		0.03	0.09	
Vitamin A, RAE µg	57		0		1		6	21	
Retinol µg	57		0		1		6	21	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	190		0		1		21	68	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.002	0.007	
22:6 n-3 (DHA)....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.

NDB No. 05086

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

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 27 (2014)

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 µg	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 µg	5		0		1		1	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		1		1	3	
Folate, DFE µg	5		0	NC	4		1	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.26		0		1		0.04	0.13	
Vitamin A, RAE µg	65		0		1		10	32	
Retinol µg	65		0		1		10	32	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	216		0		1		32	108	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg	0.30		0	NR	4		0.04	0.15	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.003	0.010	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.005	0.015	
22:6 n-3 (DHA)....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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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 µg	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 µg	8		0		1		1	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		1	2	
Folate, DFE µg	8		0	NC	4		1	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.30		0		1		0.02	0.07	
Vitamin A, RAE µg	49		0		1		3	11	
Retinol µg	49		0		1		3	11	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	162		0		1		11	36	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.001	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.002	0.007	
22:6 n-3 (DHA)....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.

NDB No. 05089

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

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 27 (2014)

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		0		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 µg	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 µg	6		0		1		0	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		0	1	
Folate, DFE µg	6		0	NC	4		0	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.17		0		1		0.01	0.03	
Vitamin A, RAE µg									
Retinol µg	36		0	NR	4		2	7	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	121		0		1		6	22	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.0	
Vitamin D IU	5		0	BFZN	4		0	1	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.002	0.007	
22:6 n-3 (DHA)....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									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

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 µg	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 µg	8		0		1		0	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		0	2	
Folate, DFE µg	8		0	NC	4		0	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.32		0		1		0.02	0.06	
Vitamin A, RAE µg	44		0		1		3	9	
Retinol µg	44		0		1		3	9	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	146		0		1		9	29	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020	0.008	8		1		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040	0.012	9		1		0.002	0.008	
22:6 n-3 (DHA)....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.

NDB No. 05088

Chicken, broilers or fryers, neck, meat only, raw

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 27 (2014)

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		0		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 µg	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 µg	1		0		1		0	0	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	1		0		1		0	0	1
Folate, DFE µg	1		0	NC	4		0	0	1
Choline, total mg	15.7		0	BFNN	4		2.0	5.0	8.2
Betaine mg	0.6		0	BFNN	4		0.1	0.2	0.3
Vitamin B-12 µg	0.07		0		1		0.01	0.02	0.04
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	125		0	NC	4		16	40	65
Retinol µg	125		0	O	4		16	40	65
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	509	139.271	6		1		65	163	265
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	2.73		0	NR	4		0.35	0.87	1.42
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	3.3		0	BFNN	4		0.4	1.0	1.7
Vitamin D IU	130		0	BFFN	4		17	42	68
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		0.3	0.8	1.2
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05047

Chicken, broilers or fryers, separable fat, 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
Lipids:									
Fatty acids, total saturated....g	20.250		0		1		2.592	6.480	10.530
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		2		1		0.000	0.000	0.000
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05047

Chicken, broilers or fryers, separable fat, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	40		0	RA	4		46	76	
Folic acid µg	31		0	NC	4		35	59	
Folate, food µg	9		0		1		10	17	
Folate, DFE µg	62		0	NC	4		70	117	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.17		0		1		0.19	0.32	
Vitamin A, RAE µg									
Retinol µg	41		0	NR	4		47	79	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	138		0		1		157	262	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2	0.3	
Vitamin D IU	7		0	BFZN	4		7	12	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.011	0.019	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05016

Chicken, broilers or fryers, skin only, cooked, fried, batter

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 27 (2014)

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 µg	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 µg	33		0	RA	4		11	18	
Folic acid µg	29		0	NC	4		10	16	
Folate, food µg	4		0		1		1	2	
Folate, DFE µg	53		0	NC	4		18	30	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.18		0		1		0.06	0.10	
Vitamin A, RAE µg	70		0		1		23	39	
Retinol µg	70		0		1		23	39	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	232		0		1		77	130	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.007	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.003	0.006	
22:6 n-3 (DHA)....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.

NDB No. 05017

Chicken, broilers or fryers, skin only, cooked, fried, flour

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 27 (2014)

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		0		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 µg	20.0		0	BFNN	4		6.8	11.2	
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 µg	2		0		1		1	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		1		1	1	
Folate, DFE µg	2		0	NC	4		1	1	
Choline, total mg	45.7		0	BFNN	4		15.6	25.6	
Betaine mg	7.0		0	BFNN	4		2.4	3.9	
Vitamin B-12 µg	0.20		0		1		0.07	0.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	78		0	NC	4		27	44	
Retinol µg	78		0	NR	4		27	44	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	260		0	NC	4		88	146	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.40		0	NR	4		0.14	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.1	
Vitamin D IU	8		0	BFFN	4		3	5	
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		0.8	1.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	11.420		0		1		3.883	6.395	
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		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									
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	Z	7		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 (EPA)....g	0.020		0		1		0.007	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.003	0.006	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05344

Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning

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	43.76	0.972	12	A	1		12.41		
Energy kcal	406		0	NC	4		115		
Energy kJ	1698		0	NC	4		481		
Protein (N x 6.25) g	17.66	1.057	12	A	1		5.01		
Total lipid (fat) g	37.24	0.960	12	A	1		10.56		
Ash g	1.70	0.197	12	A	1		0.48		
Carbohydrate, by difference g	0.11		0	NR	4		0.03		
Fiber, total dietary g	0.0	0.000	3	A	1		0.0		
Sugars, total g	0.11	0.052	13	A	1		0.03		
Sucrose g	0.11	0.052	13	A	1		0.03		
Glucose (dextrose) g	0.00	0.000	13	A	1		0.00		
Fructose g	0.00	0.000	13	A	1		0.00		
Lactose g	0.00	0.000	13	A	1		0.00		
Maltose g	0.00	0.000	13	A	1		0.00		
Galactose g	0.00	0.000	13	A	1		0.00		
Starch g	0.00	0.000	3	A	1		0.00		
Minerals:									
Calcium, Ca mg	25	2.705	12	A	1		7		
Iron, Fe mg	0.98	0.053	12	A	1		0.28		
Magnesium, Mg mg	26	1.945	12	A	1		7		
Phosphorus, P mg	248	23.640	12	A	1		70		
Potassium, K mg	245	15.307	12	A	1		70		
Sodium, Na mg	381	70.207	12	A	1		108		
Zinc, Zn mg	1.03	0.077	12	A	1		0.29		
Copper, Cu mg	0.045	0.003	12	A	1		0.013		
Manganese, Mn mg	0.029	0.004	12	A	1		0.008		
Selenium, Se µg	18.5	1.155	5	A	1		5.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		1	A	1		0.0		
Thiamin mg	0.036	0.007	12	A	1		0.010		
Riboflavin mg	0.121	0.019	12	A	1		0.034		
Niacin mg	5.737	0.288	12	A	1		1.627		
Pantothenic acid mg	1.200	0.039	12	A	1		0.340		
Vitamin B-6 mg	0.138	0.010	12	A	1		0.039		
Folate, total µg	11	1.315	4	A	1		3		
Folic acid µg	0		2	A	1		0		
Folate, food µg	11	1.315	4	A	1		3		
Folate, DFE µg	11		0	NC	4		3		
Choline, total mg	45.7	2.388	4	AS	1		12.9		
Betaine mg	7.0	1.160	4	A	1		2.0		
Vitamin B-12 µg	0.59	0.040	12	A	1		0.17		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	56		0	AS	1		16		
Retinol µg	56	3.154	3	A	1		16		
Carotene, beta µg	0		1	A	1		0		
Carotene, alpha µg	0		1	A	1		0		
Cryptoxanthin, beta µg	0		1	A	1		0		
Vitamin A, IU IU	186		0	AS	1		53		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.36	0.021	4	A	1		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.005	4	A	1		0.00		
Tocopherol, gamma mg	0.20	0.015	4	A	1		0.06		
Tocopherol, delta mg	0.01	0.007	4	A	1		0.00		
Tocotrienol, alpha mg	0.07	0.010	4	A	1		0.02		
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00		

NDB No. 05344

Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.12	0.010	4	A	1		0.03		
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0		
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	20.9		1	A	1		5.9		
Lipids:									
Fatty acids, total saturated....g	9.994		0	NC	4		2.833		
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	0.000	12	A	1		0.000		
10:0....g	0.000	0.000	12	A	1		0.000		
12:0....g	0.004	0.004	12	A	1		0.001		
13:0....g									
14:0....g	0.204	0.007	12	A	1		0.058		
15:0....g	0.050	0.014	12	A	1		0.014		
16:0....g	8.012	0.229	12	A	1		2.271		
17:0....g	0.015	0.006	12	A	1		0.004		
18:0....g	1.709	0.048	12	A	1		0.484		
20:0....g	0.000	0.000	12	A	1		0.000		
22:0....g	0.000	0.000	12	A	1		0.000		
24:0....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total monounsaturated....g	16.793		0	NC	4		4.761		
14:1....g	0.041	0.012	12	A	1		0.012		
15:1....g	0.000	0.000	12	A	1		0.000		
16:1 undifferentiated....g	2.782	0.104	12	A	1		0.789		
17:1....g	0.000	0.000	12	A	1		0.000		
18:1 undifferentiated....g	13.871	0.362	12	AS	1		3.933		
18:1 c....g	13.553	0.364	12	A	1		3.842		
18:1 t....g	0.318	0.029	12	A	1		0.090		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.099	0.003	12	A	1		0.028		
22:1 undifferentiated....g	0.000	0.000	12	AS	1		0.000		
22:1 c....g	0.000	0.000	12	A	1		0.000		
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.423		0	NC	4		1.537		
18:2 undifferentiated....g	5.029	0.183	12	AS	1		1.426		
18:2 n-6 c,c....g	4.891	0.184	12	A	1		1.387		
18:2 CLAs....g									
18:2 t,t....g	0.138	0.009	12	A	1		0.039		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.295	0.017	12	AS	1		0.084		
18:3 n-3 c,c,c (ALA)....g	0.233	0.014	12	A	1		0.066		
18:3 n-6 c,c,c....g	0.062	0.004	12	A	1		0.018		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.040	0.002	12	A	1		0.011		
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000		
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.059	0.005	12	A	1		0.017		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000		
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000		
Fatty acids, total trans....g	0.456		0	NC	4		0.129		

NDB No. 05344

Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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 trans-monoenoic....g	0.318		0	NC	4		0.090		
Fatty acids, total trans-polyenoic....g	0.138		0	NC	4		0.039		
Cholesterol....mg	141	5.404	12	A	1		40		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.111		0	A	1		0.031		
Threonine....g	0.436		0	A	1		0.124		
Isoleucine....g	0.539		0	A	1		0.153		
Leucine....g	1.087		0	A	1		0.308		
Lysine....g	1.138		0	A	1		0.323		
Methionine....g	0.555		0	A	1		0.157		
Cystine....g	0.186		0	A	1		0.053		
Phenylalanine....g	0.389		0	A	1		0.110		
Tyrosine....g	0.359		0	A	1		0.102		
Valine....g	0.640		0	A	1		0.181		
Arginine....g	1.069		0	A	1		0.303		
Histidine....g	0.673		0	A	1		0.191		
Alanine....g	1.226		0	A	1		0.348		
Aspartic acid....g	1.353		0	A	1		0.384		
Glutamic acid....g	2.181		0	A	1		0.618		
Glycine....g	2.095		0	A	1		0.594		
Proline....g	1.654		0	A	1		0.469		
Serine....g	0.668		0	A	1		0.189		
Hydroxyproline....g	0.619	0.032	4	A	1		0.175		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	14.4		0	BFNN	4		6.3	10.4	
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 µg	2		0		1		1	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	2		0		1		1	1	
Folate, DFE µg	2		0	NC	4		1	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.11		0		1		0.05	0.08	
Vitamin A, RAE µg									
Retinol µg	59		0	NR	4		26	43	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	198		0		1		87	143	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.1	
Vitamin D IU	7		0	BFZN	4		3	5	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.009	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.004	0.007	
22:6 n-3 (DHA)....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.

NDB No. 05019

Chicken, broilers or fryers, skin only, cooked, stewed

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 27 (2014)

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		0		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 µg	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 µg	3		0		1		1	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		1		1	2	
Folate, DFE µg	3		0	NC	4		1	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.23		0		1		0.11	0.18	
Vitamin A, RAE µg	76		0	NC	4		36	60	
Retinol µg	76		0	NR	4		36	60	
Carotene, beta µg	6		0	NR	4		3	5	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	262	59.432	18		1		123	207	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.00		0	NR	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.6		0	T	4		0.3	0.5	
Vitamin D IU	24		0	T	4		11	19	
Vitamin K (phylloquinone) µg	2.9		0	BFYN	4		1.4	2.3	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05015

Chicken, broilers or fryers, 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 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									
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 (EPA)....g	0.020	0.010	6		1		0.009	0.016	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010	0.010	3		1		0.005	0.008	
22:6 n-3 (DHA)....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	

NDB No. 05015
Chicken, broilers or fryers, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	19		0	RA	4		10	16	
Folic acid µg	10		0	NC	4		5	9	
Folate, food µg	9		0		1		5	8	
Folate, DFE µg	26		0	NC	4		14	22	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.28		0		1		0.15	0.24	
Vitamin A, RAE µg	29		0		1		15	25	
Retinol µg	29		0		1		15	25	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	95		0		1		49	82	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05092

Chicken, broilers or fryers, thigh, 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 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									
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 (EPA)....g	0.010		0		1		0.005	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.010	0.017	
22:6 n-3 (DHA)....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.

NDB No. 05092

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

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 27 (2014)

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 µg	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 µg	12		0	RA	4		5	7	
Folic acid µg	4		0	NC	4		2	2	
Folate, food µg	8		0		1		3	5	
Folate, DFE µg	15		0	NC	4		6	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.30		0		1		0.11	0.19	
Vitamin A, RAE µg	29		0		1		11	18	
Retinol µg	29		0		1		11	18	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	98		0		1		37	61	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.004	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.011	0.019	
22:6 n-3 (DHA)....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.

NDB No. 05093

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

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 27 (2014)

NDB No. 05094

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

Refuse: 33% Bone and cartilage 17%, bone and connective tissue 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	61.96		0	PAK	1		84.88	71.87	
Energy kcal	232		0	NC	4		318	269	
Energy kJ	971		0	NC	4		1330	1126	
Protein (N x 6.25) g	23.26		0	PAK	1		31.87	26.99	
Total lipid (fat) g	14.71		0	PAK	1		20.15	17.06	
Ash g	0.98		0	PAK	1		1.34	1.14	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	9		0	PAK	1		13	11	
Iron, Fe mg	1.08		0	PAK	1		1.49	1.26	
Magnesium, Mg mg	22		0	PAK	1		31	26	
Phosphorus, P mg	216		0	PAK	1		296	250	
Potassium, K mg	253		0	PAK	1		346	293	
Sodium, Na mg	102		0	PAK	1		140	119	
Zinc, Zn mg	1.73		0	PAK	1		2.36	2.00	
Copper, Cu mg	0.063		0	PAK	1		0.087	0.074	
Manganese, Mn mg	0.017		0	PAK	1		0.023	0.020	
Selenium, Se µg	25.3		0	PAK	1		34.7	29.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.088		0	PAK	1		0.121	0.102	
Riboflavin mg	0.190		0	PAK	1		0.260	0.220	
Niacin mg	5.789		0	PAK	1		7.931	6.715	
Pantothenic acid mg	1.227		0	PAK	1		1.681	1.423	
Vitamin B-6 mg	0.414		0	PAK	1		0.567	0.480	
Folate, total µg	4		0	PIK	4		6	5	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	4		0	PIK	4		6	5	
Folate, DFE µg	4		0	NC	4		6	5	
Choline, total mg	67.6		0	PIK	4		92.6	78.4	
Betaine mg	6.9		0	PIK	4		9.4	8.0	
Vitamin B-12 µg	0.44		0	PAK	1		0.60	0.51	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	16		0	PAK	1		23	19	
Retinol µg	16		0	PAK	1		23	19	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	55		0	PAK	1		75	64	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	17		0	PIK	4		23	19	
Vitamin E (alpha-tocopherol) mg	0.19		0	PAK	1		0.26	0.22	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.09		0	PAK	1		0.12	0.10	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		0	PAK	1		0.03	0.02	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.06		0	PAK	1		0.08	0.07	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2	0.2	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		0	PAK	1		0.2	0.2	
Vitamin D IU	7		0	PAK	1		9	8	
Vitamin K (phylloquinone) µg	3.3		0	PIK	4		4.5	3.8	

NDB No. 05094

Chicken, broilers or fryers, thigh, 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.111		0	PIK	4		5.632	4.769	
4:0....g	0.001		0	PAK	1		0.001	0.001	
6:0....g	0.001		0	PAK	1		0.002	0.001	
8:0....g	0.002		0	PAK	1		0.003	0.002	
10:0....g	0.002		0	PAK	1		0.003	0.003	
12:0....g	0.008		0	PAK	1		0.011	0.009	
13:0....g									
14:0....g	0.083		0	PAK	1		0.114	0.096	
15:0....g	0.011		0	PAK	1		0.015	0.013	
16:0....g	3.181		0	PAK	1		4.357	3.689	
17:0....g	0.017		0	PAK	1		0.023	0.019	
18:0....g	0.784		0	PAK	1		1.074	0.909	
20:0....g	0.010		0	PAK	1		0.013	0.011	
22:0....g	0.011		0	PAK	1		0.015	0.013	
24:0....g	0.001		0	PAK	1		0.002	0.002	
Fatty acids, total monounsaturated....g	6.257		0	PIK	4		8.572	7.258	
14:1....g	0.030		0	PAK	1		0.041	0.034	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.912		0	PAK	1		1.250	1.058	
16:1 c....g	0.905		0	PAK	1		1.240	1.050	
16:1 t....g	0.007		0	PAK	1		0.009	0.008	
17:1....g	0.013		0	PAK	1		0.018	0.015	
18:1 undifferentiated....g	5.223		0	PAK	1		7.156	6.059	
18:1 c....g	5.175		0	PAK	1		7.090	6.003	
18:1 t....g	0.048		0	PAK	1		0.066	0.056	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.074		0	PAK	1		0.102	0.086	
22:1 undifferentiated....g	0.002		0	PAK	1		0.003	0.002	
22:1 c....g	0.002		0	PAK	1		0.003	0.002	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.002		0	PAK	1		0.003	0.002	
Fatty acids, total polyunsaturated....g	2.993		0	PIK	4		4.100	3.472	
18:2 undifferentiated....g	2.669		0	PAK	1		3.656	3.096	
18:2 n-6 c,c....g	2.626		0	PAK	1		3.597	3.046	
18:2 CLAs....g	0.017		0	PAK	1		0.023	0.020	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.026		0	PAK	1		0.035	0.030	
18:3 undifferentiated....g	0.130		0	PAK	1		0.178	0.151	
18:3 n-3 c,c,c (ALA)....g	0.120		0	PAK	1		0.165	0.140	
18:3 n-6 c,c,c....g	0.010		0	PAK	1		0.013	0.011	
18:3i....g									
18:4....g	0.003		0	PAK	1		0.004	0.003	
20:2 n-6 c,c....g	0.018		0	PAK	1		0.025	0.021	
20:3 undifferentiated....g	0.032		0	PAK	1		0.044	0.037	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.001	
20:3 n-6....g	0.031		0	PAK	1		0.042	0.036	
20:4 undifferentiated....g	0.097		0	PAK	1		0.133	0.113	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		0	PAK	1		0.008	0.006	
21:5....g									
22:4....g	0.023		0	PAK	1		0.032	0.027	
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.013	0.011	
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.007	0.006	
Fatty acids, total trans....g	0.081		0	PIK	4		0.111	0.094	
Fatty acids, total trans-monoenoic....g	0.055		0	PIK	4		0.075	0.064	
Fatty acids, total trans-polyenoic....g	0.026		0	PIK	4		0.035	0.030	
Cholesterol....mg	133		0	PAK	1		182	154	
Phytosterols....mg									
Amino Acids:									

NDB No. 05094

Chicken, broilers or fryers, thigh, 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
Tryptophan g	0.243		0	PAK	1		0.333	0.282	
Threonine g	1.053		0	PAK	1		1.443	1.221	
Isoleucine g	1.052		0	PAK	1		1.441	1.220	
Leucine g	1.891		0	PAK	1		2.590	2.193	
Lysine g	2.082		0	PAK	1		2.852	2.415	
Methionine g	0.630		0	PAK	1		0.863	0.731	
Cystine g	0.261		0	PAK	1		0.358	0.303	
Phenylalanine g	0.900		0	PAK	1		1.234	1.044	
Tyrosine g	0.832		0	PAK	1		1.140	0.965	
Valine g	1.091		0	PAK	1		1.495	1.266	
Arginine g	1.628		0	PAK	1		2.231	1.889	
Histidine g	0.666		0	PAK	1		0.912	0.772	
Alanine g	1.420		0	PAK	1		1.945	1.647	
Aspartic acid g	2.215		0	PAK	1		3.035	2.570	
Glutamic acid g	3.673		0	PAK	1		5.033	4.261	
Glycine g	1.318		0	PAK	1		1.805	1.529	
Proline g	1.047		0	PAK	1		1.435	1.215	
Serine g	0.957		0	PAK	1		1.311	1.110	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh with skin

Measure 2 = 116g: 1 thigh without skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05351

Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning

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	60.34		0	PAK	1		53.70	51.29	
Energy kcal	233		0	NC	4		207	198	
Energy kJ	975		0	NC	4		868	829	
Protein g	22.93		0	PAK	1		20.41	19.49	
Total lipid (fat) g	15.70		0	PAK	1		13.97	13.35	
Ash g	1.58		0	PAK	1		1.41	1.34	
Carbohydrate, by difference g	0.02		0	NR	4		0.02	0.02	
Fiber, total dietary g	0.0		0	PAK	1		0.0	0.0	
Sugars, total g	0.02		0	PAK	1		0.02	0.02	
Sucrose g	0.02		0	PAK	1		0.02	0.02	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.00		0	PAK	1		0.00	0.00	
Minerals:									
Calcium, Ca mg	15		0	PAK	1		13	13	
Iron, Fe mg	0.97		0	PAK	1		0.87	0.83	
Magnesium, Mg mg	22		0	PAK	1		19	18	
Phosphorus, P mg	222		0	PAK	1		198	189	
Potassium, K mg	260		0	PAK	1		232	221	
Sodium, Na mg	345		0	PAK	1		307	293	
Zinc, Zn mg	1.84		0	PAK	1		1.64	1.56	
Copper, Cu mg	0.077		0	PAK	1		0.069	0.066	
Manganese, Mn mg	0.020		0	PAK	1		0.018	0.017	
Selenium, Se µg	25.5		0	PAK	1		22.7	21.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.052		0	PAK	1		0.046	0.044	
Riboflavin mg	0.213		0	PAK	1		0.190	0.181	
Niacin mg	5.487		0	PAK	1		4.883	4.664	
Pantothenic acid mg	1.251		0	PAK	1		1.114	1.064	
Vitamin B-6 mg	0.169		0	PAK	1		0.150	0.144	
Folate, total µg	12		0	PAK	1		10	10	
Folic acid µg	0		0	PAK	1		0	0	
Folate, food µg	12		0	PAK	1		10	10	
Folate, DFE µg	12		0	NC	4		10	10	
Choline, total mg	64.0		0	PAK	1		56.9	54.4	
Betaine mg	8.5		0	PAK	1		7.5	7.2	
Vitamin B-12 µg	0.47		0	PAK	1		0.42	0.40	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	21		0	PAK	1		19	18	
Retinol µg	21		0	PAK	1		19	18	
Carotene, beta µg	0		0	PAK	1		0	0	
Carotene, alpha µg	0		0	PAK	1		0	0	
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	
Vitamin A, IU IU	70		0	PAK	1		62	59	
Lycopene µg	0		0	PAK	1		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	PAK	1		0.24	0.23	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.14		0	PAK	1		0.12	0.12	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.04		0	PAK	1		0.03	0.03	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05351

Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.05		0	PAK	1		0.05	0.05	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	23.5		0	PAK	1		20.9	20.0	
Lipids:									
Fatty acids, total saturated....g	4.123		0	PIK	4		3.670	3.505	
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	0.001		0	PAK	1		0.001	0.001	
13:0....g									
14:0....g	0.083		0	PAK	1		0.074	0.071	
15:0....g	0.020		0	PAK	1		0.018	0.017	
16:0....g	3.299		0	PAK	1		2.936	2.804	
17:0....g	0.007		0	PAK	1		0.006	0.006	
18:0....g	0.712		0	PAK	1		0.634	0.605	
20:0....g	0.000		0	PAK	1		0.000	0.000	
22:0....g	0.000		0	PAK	1		0.000	0.000	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	6.979		0	PIK	4		6.212	5.933	
14:1....g	0.019		0	PAK	1		0.017	0.016	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	1.156		0	PAK	1		1.029	0.983	
17:1....g	0.000		0	PAK	1		0.000	0.000	
18:1 undifferentiated....g	5.763		0	PAK	1		5.129	4.898	
20:1....g	0.042		0	PAK	1		0.037	0.036	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.334		0	PIK	4		2.078	1.984	
18:2 undifferentiated....g	2.154		0	PAK	1		1.917	1.831	
18:3 undifferentiated....g	0.127		0	PAK	1		0.113	0.108	
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.017		0	PAK	1		0.015	0.014	
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
20:4 undifferentiated....g	0.037		0	PAK	1		0.033	0.031	
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total trans....g	0.188		0	PIK	4		0.167	0.160	
Cholesterol....mg	132		0	PAK	1		117	112	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.202		0	PAK	1		0.180	0.172	
Threonine....g	0.767		0	PAK	1		0.683	0.652	
Isoleucine....g	0.995		0	PAK	1		0.885	0.846	
Leucine....g	1.811		0	PAK	1		1.612	1.540	
Lysine....g	2.043		0	PAK	1		1.818	1.736	
Methionine....g	0.668		0	PAK	1		0.595	0.568	
Cystine....g	0.232		0	PAK	1		0.206	0.197	
Phenylalanine....g	0.803		0	PAK	1		0.714	0.682	
Tyrosine....g	0.677		0	PAK	1		0.603	0.576	
Valine....g	1.093		0	PAK	1		0.972	0.929	
Arginine....g	1.504		0	PAK	1		1.338	1.278	
Histidine....g	0.706		0	PAK	1		0.628	0.600	
Alanine....g	1.290		0	PAK	1		1.148	1.097	

NDB No. 05351

Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	2.089		0	PAK	1		1.859	1.776	
Glutamic acid....g	3.392		0	PAK	1		3.019	2.883	
Glycine....g	1.277		0	PAK	1		1.137	1.086	
Proline....g	1.318		0	PAK	1		1.173	1.121	
Serine....g	1.016		0	PAK	1		0.904	0.863	
Hydroxyproline....g	0.129		0	PAK	1		0.115	0.110	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh

Measure 2 = 85g: 1 serving

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	6		0		1		2	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		2	4	
Folate, DFE µg	6		0	NC	4		2	4	
Choline, total mg	54.1		0	BFNN	4		22.2	36.8	
Betaine mg	4.6		0	BFNN	4		1.9	3.1	
Vitamin B-12 µg	0.19		0		1		0.08	0.13	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	45		0	NC	4		19	31	
Retinol µg	45		0	NR	4		19	31	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	151		0		1		62	103	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.11	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D IU	5		0	PIK	4		2	3	
Vitamin K (phylloquinone) µg	3.9		0	BFSN	4		1.6	2.7	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05095

Chicken, broilers or fryers, thigh, 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
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									
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 (EPA)....g	0.010		0		1		0.004	0.007	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.008	0.014	
22:6 n-3 (DHA)....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	

NDB No. 05095

Chicken, broilers or fryers, thigh, 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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 30% Bone and cartilage 15%, bone and connective tissue 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.47		0	PAK	1		99.04	128.28	
Energy kcal	221		0	NC	4		330	427	
Energy kJ	926		0	NC	4		1380	1787	
Protein (N x 6.25) g	16.52		0	PAK	1		24.62	31.89	
Total lipid (fat) g	16.61		0	PAK	1		24.75	32.06	
Ash g	0.81		0	PAK	1		1.20	1.56	
Carbohydrate, by difference g	0.25		0	PIK	4		0.37	0.48	
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	7		0	PAK	1		11	14	
Iron, Fe mg	0.68		0	PAK	1		1.01	1.30	
Magnesium, Mg mg	18		0	PAK	1		27	35	
Phosphorus, P mg	157		0	PAK	1		234	303	
Potassium, K mg	204		0	PAK	1		303	393	
Sodium, Na mg	81		0	PAK	1		121	156	
Zinc, Zn mg	1.29		0	PAK	1		1.93	2.49	
Copper, Cu mg	0.054		0	PAK	1		0.081	0.105	
Manganese, Mn mg	0.013		0	PAK	1		0.020	0.025	
Selenium, Se µg	18.9		0	PAK	1		28.2	36.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.073		0	PAK	1		0.109	0.142	
Riboflavin mg	0.145		0	PAK	1		0.216	0.280	
Niacin mg	4.625		0	PAK	1		6.892	8.927	
Pantothenic acid mg	0.190		0	PAK	1		0.283	0.367	
Vitamin B-6 mg	0.347		0	PAK	1		0.516	0.669	
Folate, total µg	3		0	PIK	4		5	6	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	3		0	PIK	4		5	6	
Folate, DFE µg	3		0	NC	4		5	6	
Choline, total mg	45.7		0	PAK	1		68.1	88.2	
Betaine mg	9.8		0	PAK	1		14.6	19.0	
Vitamin B-12 µg	0.62		0	PAK	1		0.92	1.20	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	23		0	PAK	1		35	45	
Retinol µg	23		0	PAK	1		35	45	
Carotene, beta µg	0		0	PAK	1		0	0	
Carotene, alpha µg	0		0	PAK	1		0	0	
Cryptoxanthin, beta µg	0		0	PAK	1		0	1	
Vitamin A, IU IU	78		0	PAK	1		116	151	
Lycopene µg	0		0	PAK	1		0	0	
Lutein + zeaxanthin µg	108		0	PAK	1		161	208	
Vitamin E (alpha-tocopherol) mg	0.21		0	PAK	1		0.31	0.40	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.09		0	PAK	1		0.14	0.18	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.02		0	PAK	1		0.04	0.05	
Tocotrienol, beta mg	0.02		0	PAK	1		0.03	0.04	
Tocotrienol, gamma mg	0.03		0	PAK	1		0.05	0.07	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D IU	3		0	PAK	1		4	6	
Vitamin K (phylloquinone) µg	2.1		0	PIK	4		3.1	4.1	

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.524		0	PIK	4		6.741	8.732	
4:0....g	0.001		0	PAK	1		0.002	0.002	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.001		0	PAK	1		0.002	0.003	
10:0....g	0.003		0	PAK	1		0.004	0.005	
12:0....g	0.008		0	PAK	1		0.012	0.016	
13:0....g									
14:0....g	0.092		0	PAK	1		0.138	0.178	
15:0....g	0.011		0	PAK	1		0.016	0.021	
16:0....g	3.511		0	PAK	1		5.232	6.776	
17:0....g	0.019		0	PAK	1		0.028	0.037	
18:0....g	0.850		0	PAK	1		1.266	1.640	
20:0....g	0.011		0	PAK	1		0.017	0.022	
22:0....g	0.014		0	PAK	1		0.020	0.026	
24:0....g	0.002		0	PAK	1		0.004	0.005	
Fatty acids, total monounsaturated....g	6.940		0	PIK	4		10.341	13.394	
14:1....g	0.033		0	PAK	1		0.049	0.064	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.980		0	PAK	1		1.460	1.891	
16:1 c....g	0.973		0	PAK	1		1.449	1.877	
16:1 t....g	0.007		0	PAK	1		0.011	0.014	
17:1....g	0.014		0	PAK	1		0.021	0.027	
18:1 undifferentiated....g	5.832		0	PAK	1		8.690	11.256	
18:1 c....g	5.779		0	PAK	1		8.611	11.154	
18:1 t....g	0.053		0	PAK	1		0.079	0.102	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.078		0	PAK	1		0.116	0.151	
22:1 undifferentiated....g	0.002		0	PAK	1		0.003	0.004	
22:1 c....g	0.002		0	PAK	1		0.003	0.004	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.001		0	PAK	1		0.001	0.002	
Fatty acids, total polyunsaturated....g	3.467		0	PIK	4		5.167	6.692	
18:2 undifferentiated....g	3.096		0	PAK	1		4.614	5.976	
18:2 n-6 c,c....g	3.050		0	PAK	1		4.544	5.886	
18:2 CLAs....g	0.021		0	PAK	1		0.032	0.041	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.025		0	PAK	1		0.038	0.049	
18:3 undifferentiated....g	0.162		0	PAK	1		0.241	0.313	
18:3 n-3 c,c,c (ALA)....g	0.144		0	PAK	1		0.215	0.279	
18:3 n-6 c,c,c....g	0.018		0	PAK	1		0.026	0.034	
18:3i....g									
18:4....g	0.003		0	PAK	1		0.005	0.006	
20:2 n-6 c,c....g	0.021		0	PAK	1		0.032	0.041	
20:3 undifferentiated....g	0.035		0	PAK	1		0.052	0.068	
20:3 n-3....g	0.001		0	PAK	1		0.002	0.002	
20:3 n-6....g	0.034		0	PAK	1		0.050	0.065	
20:4 undifferentiated....g	0.104		0	PAK	1		0.154	0.200	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.006	0.007	
21:5....g									
22:4....g	0.024		0	PAK	1		0.036	0.046	
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.015	0.020	
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.011	0.014	
Fatty acids, total trans....g	0.085		0	PIK	4		0.127	0.165	
Fatty acids, total trans-monoenoic....g	0.060		0	PIK	4		0.089	0.116	
Fatty acids, total trans-polyenoic....g	0.025		0	PIK	4		0.038	0.049	
Cholesterol....mg	98		0	PAK	1		145	188	
Phytosterols....mg									
Amino Acids:									

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
Tryptophan....g	0.167		0	PAK	1		0.249	0.323	
Threonine....g	0.735		0	PAK	1		1.095	1.418	
Isoleucine....g	0.731		0	PAK	1		1.089	1.411	
Leucine....g	1.318		0	PAK	1		1.964	2.543	
Lysine....g	1.448		0	PAK	1		2.157	2.794	
Methionine....g	0.438		0	PAK	1		0.652	0.844	
Cystine....g	0.183		0	PAK	1		0.273	0.353	
Phenylalanine....g	0.632		0	PAK	1		0.941	1.219	
Tyrosine....g	0.579		0	PAK	1		0.863	1.118	
Valine....g	0.764		0	PAK	1		1.139	1.475	
Arginine....g	1.157		0	PAK	1		1.725	2.234	
Histidine....g	0.465		0	PAK	1		0.693	0.898	
Alanine....g	1.015		0	PAK	1		1.513	1.960	
Aspartic acid....g	1.554		0	PAK	1		2.315	2.998	
Glutamic acid....g	2.571		0	PAK	1		3.831	4.962	
Glycine....g	1.005		0	PAK	1		1.497	1.939	
Proline....g	0.773		0	PAK	1		1.152	1.492	
Serine....g	0.675		0	PAK	1		1.006	1.303	
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	

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

Common Measures:

Measure 1 = 149g: 1 thigh without skin (yield from 1 lb ready-to-cook chicken)

Measure 2 = 193g: 1 thigh with skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	9		0		1		3	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		3	5	
Folate, DFE µg	9		0	NC	4		3	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.33		0		1		0.10	0.17	
Vitamin A, RAE µg									
Retinol µg	21		0	NR	4		7	11	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	70		0		1		22	36	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		2	AS	1		0.1	0.1	
Vitamin D IU	8		2	A	1		3	4	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.003	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.009	0.016	
22:6 n-3 (DHA)....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.

NDB No. 05097

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

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 27 (2014)

NDB No. 05098

Chicken, broilers or fryers, thigh, meat only, cooked, roasted

Refuse: 48% Bone and cartilage 17%, skin and separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.00	0.248	7	A	1		77.72	91.79	
Energy kcal	179		0	NC	4		208	246	
Energy kJ	750		0	NC	4		870	1028	
Protein (N x 6.25) g	24.76	0.218	7	A	1		28.72	33.93	
Total lipid (fat) g	8.15	0.302	7	A	1		9.45	11.16	
Ash g	1.04	0.011	7	A	1		1.20	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	9	0.133	6	A	1		11	13	
Iron, Fe mg	1.13	0.021	6	A	1		1.31	1.54	
Magnesium, Mg mg	24	0.538	6	A	1		28	33	
Phosphorus, P mg	230	14.788	6	A	1		267	316	
Potassium, K mg	269	5.269	6	A	1		312	368	
Sodium, Na mg	106	3.674	6	A	1		123	145	
Zinc, Zn mg	1.92	0.049	6	A	1		2.23	2.63	
Copper, Cu mg	0.067	0.002	6	A	1		0.078	0.092	
Manganese, Mn mg	0.016	0.001	6	A	1		0.019	0.022	
Selenium, Se µg	27.1	2.162	5	A	1		31.4	37.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.096	0.002	5	A	1		0.111	0.132	
Riboflavin mg	0.218	0.002	5	A	1		0.253	0.299	
Niacin mg	6.208	0.152	5	A	1		7.201	8.505	
Pantothenic acid mg	1.300		1	A	1		1.508	1.781	
Vitamin B-6 mg	0.462	0.008	5	A	1		0.536	0.633	
Folate, total µg	5		0	BFPN	4		5	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	BFPN	4		5	6	
Folate, DFE µg	5		0	NC	4		5	6	
Choline, total mg	71.8		0	BFNN	4		83.3	98.4	
Betaine mg	5.2		0	BFNN	4		6.1	7.2	
Vitamin B-12 µg	0.42	0.027	5	A	1		0.49	0.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	AS	1		9	11	
Retinol µg	8		1	A	1		9	11	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0	AS	1		31	37	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.21	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.08		1	A	1		0.09	0.11	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		1	A	1		0.02	0.02	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.05		1	A	1		0.05	0.06	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.2		1	AS	1		0.2	0.2	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		1	A	1		0.2	0.2	
Vitamin D IU	7		1	A	1		8	10	
Vitamin K (phylloquinone) µg	3.9		0	BFSN	4		4.6	5.4	

NDB No. 05098

Chicken, broilers or fryers, thigh, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.311		0	NC	4		2.681	3.166	
4:0....g	0.001	0.000	5	A	1		0.001	0.001	
6:0....g	0.001	0.000	5	A	1		0.001	0.002	
8:0....g	0.001	0.000	5	A	1		0.002	0.002	
10:0....g	0.001	0.000	5	A	1		0.001	0.002	
12:0....g	0.004	0.000	5	A	1		0.005	0.006	
13:0....g									
14:0....g	0.044	0.001	5	A	1		0.051	0.060	
15:0....g	0.007	0.000	5	A	1		0.008	0.009	
16:0....g	1.750	0.033	5	A	1		2.030	2.398	
17:0....g	0.009	0.001	5	A	1		0.010	0.012	
18:0....g	0.477	0.002	5	A	1		0.554	0.654	
20:0....g	0.005	0.000	5	A	1		0.006	0.007	
22:0....g	0.008	0.001	5	A	1		0.009	0.011	
24:0....g	0.001	0.000	5	A	1		0.001	0.001	
Fatty acids, total monounsaturated....g	3.361		0	NC	4		3.898	4.604	
14:1....g	0.015	0.001	5	A	1		0.018	0.021	
15:1....g	0.000	0.000	5	A	1		0.000	0.000	
16:1 undifferentiated....g	0.485	0.029	5	AS	1		0.563	0.665	
16:1 c....g	0.482	0.030	5	A	1		0.559	0.660	
16:1 t....g	0.004	0.001	5	A	1		0.004	0.005	
17:1....g	0.007	0.001	5	A	1		0.008	0.010	
18:1 undifferentiated....g	2.815	0.075	5	AS	1		3.265	3.856	
18:1 c....g	2.788	0.076	5	A	1		3.234	3.820	
18:1 t....g	0.027	0.001	5	A	1		0.031	0.037	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.034	0.001	5	A	1		0.040	0.047	
22:1 undifferentiated....g	0.001	0.000	5	AS	1		0.001	0.002	
22:1 c....g	0.001	0.000	5	A	1		0.001	0.002	
22:1 t....g	0.000	0.000	5	A	1		0.000	0.000	
24:1 c....g	0.002	0.000	5	A	1		0.003	0.003	
Fatty acids, total polyunsaturated....g	1.695		0	NC	4		1.966	2.322	
18:2 undifferentiated....g	1.460	0.044	5	AS	1		1.693	2.000	
18:2 n-6 c,c....g	1.438	0.044	5	A	1		1.669	1.971	
18:2 CLAs....g	0.008	0.001	5	A	1		0.009	0.011	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013	0.000	5	A	1		0.016	0.018	
18:3 undifferentiated....g	0.073	0.003	5	AS	1		0.085	0.100	
18:3 n-3 c,c,c (ALA)....g	0.061	0.004	5	A	1		0.071	0.084	
18:3 n-6 c,c,c....g	0.012	0.001	5	A	1		0.014	0.016	
18:3i....g									
18:4....g	0.001	0.000	5	A	1		0.001	0.002	
20:2 n-6 c,c....g	0.011	0.001	5	A	1		0.013	0.016	
20:3 undifferentiated....g	0.023	0.000	5	AS	1		0.027	0.031	
20:3 n-3....g	0.001	0.000	5	A	1		0.001	0.001	
20:3 n-6....g	0.022	0.000	5	A	1		0.026	0.031	
20:4 undifferentiated....g	0.087	0.001	5	A	1		0.101	0.119	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.000	5	A	1		0.006	0.007	
21:5....g									
22:4....g	0.021	0.000	5	A	1		0.025	0.029	
22:5 n-3 (DPA)....g	0.008	0.001	5	A	1		0.010	0.012	
22:6 n-3 (DHA)....g	0.005	0.000	5	A	1		0.006	0.007	
Fatty acids, total trans....g	0.044		0	NC	4		0.051	0.060	
Fatty acids, total trans-monoenoic....g	0.030		0	NC	4		0.035	0.042	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.016	0.018	
Cholesterol....mg	133	1.099	5	A	1		155	183	
Phytosterols....mg									
Amino Acids:									

NDB No. 05098

Chicken, broilers or fryers, thigh, 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
Tryptophan....g	0.279		0	A	1		0.324	0.383	
Threonine....g	1.171		0	A	1		1.359	1.605	
Isoleucine....g	1.183		0	A	1		1.372	1.620	
Leucine....g	2.110		0	A	1		2.448	2.891	
Lysine....g	2.336		0	A	1		2.710	3.200	
Methionine....g	0.708		0	A	1		0.822	0.970	
Cystine....g	0.289		0	A	1		0.335	0.396	
Phenylalanine....g	0.989		0	A	1		1.148	1.355	
Tyrosine....g	0.931		0	A	1		1.080	1.275	
Valine....g	1.204		0	A	1		1.396	1.649	
Arginine....g	1.729		0	A	1		2.005	2.368	
Histidine....g	0.739		0	A	1		0.857	1.012	
Alanine....g	1.483		0	A	1		1.720	2.032	
Aspartic acid....g	2.435		0	A	1		2.824	3.336	
Glutamic acid....g	4.056		0	A	1		4.705	5.557	
Glycine....g	1.135		0	A	1		1.317	1.556	
Proline....g	0.999		0	A	1		1.159	1.369	
Serine....g	1.036		0	A	1		1.202	1.420	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh without skin

Measure 2 = 137g: 1 thigh with skin

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05345

Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning

Refuse: 29% 14.24% bone and cartilage, 14.88% 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	63.89	0.923	12	A	1		56.86	54.31	18.11
Energy kcal	196		0	NC	4		174	167	56
Energy kJ	820		0	NC	4		730	697	233
Protein g	24.06	0.770	12	A	1		21.41	20.45	6.82
Total lipid (fat) g	11.09	0.372	12	A	1		9.87	9.43	3.14
Ash g	1.56	0.178	12	A	1		1.39	1.32	0.44
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total g	0.00		1	A	1		0.00	0.00	0.00
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.00		1	A	1		0.00	0.00	0.00
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	13	0.643	12	A	1		11	11	4
Iron, Fe mg	0.97	0.055	12	A	1		0.86	0.83	0.28
Magnesium, Mg mg	21	0.870	12	A	1		18	18	6
Phosphorus, P mg	217	10.992	12	A	1		193	184	61
Potassium, K mg	264	12.082	12	A	1		235	224	75
Sodium, Na mg	337	61.573	12	A	1		300	286	95
Zinc, Zn mg	2.01	0.069	12	A	1		1.79	1.71	0.57
Copper, Cu mg	0.084	0.006	12	A	1		0.075	0.072	0.024
Manganese, Mn mg	0.018	0.001	12	A	1		0.016	0.015	0.005
Selenium, Se µg	27.0	5.918	4	A	1		24.0	22.9	7.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.055	0.011	12	A	1		0.049	0.047	0.016
Riboflavin mg	0.233	0.024	12	A	1		0.208	0.198	0.066
Niacin mg	5.433	0.188	12	A	1		4.836	4.618	1.540
Pantothenic acid mg	1.262	0.047	12	A	1		1.124	1.073	0.358
Vitamin B-6 mg	0.176	0.007	12	A	1		0.156	0.149	0.050
Folate, total µg	12	1.667	4	A	1		10	10	3
Folic acid µg	0		1	A	1		0	0	0
Folate, food µg	12	1.667	4	A	1		10	10	3
Folate, DFE µg	12		0	NC	4		10	10	3
Choline, total mg	67.9	6.474	4	AS	1		60.4	57.7	19.2
Betaine mg	8.8	0.949	4	A	1		7.8	7.5	2.5
Vitamin B-12 µg	0.45	0.034	12	A	1		0.40	0.38	0.13
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	13		0	AS	1		12	11	4
Retinol µg	13		1	A	1		12	11	4
Carotene, beta µg	0		1	A	1		0	0	0
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	0
Vitamin A, IU IU	45		0	AS	1		40	38	13
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.25	0.040	4	A	1		0.22	0.21	0.07
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.13	0.011	4	A	1		0.11	0.11	0.04
Tocopherol, delta mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.03	0.007	4	A	1		0.03	0.03	0.01
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00	0.00	0.00

NDB No. 05345

Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.04	0.006	4	A	1		0.04	0.03	0.01
Tocotrienol, delta....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	24.0		1	A	1		21.4	20.4	6.8
Lipids:									
Fatty acids, total saturated....g	2.866		0	NC	4		2.551	2.436	0.813
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
12:0....g	0.001	0.001	12	A	1		0.001	0.001	0.000
13:0....g									
14:0....g	0.058	0.001	12	A	1		0.051	0.049	0.016
15:0....g	0.014	0.004	12	A	1		0.012	0.012	0.004
16:0....g	2.290	0.085	12	A	1		2.038	1.947	0.649
17:0....g	0.005	0.002	12	A	1		0.005	0.004	0.001
18:0....g	0.499	0.015	12	A	1		0.444	0.424	0.141
20:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	4.878		0	NC	4		4.342	4.147	1.383
14:1....g	0.014	0.003	12	A	1		0.012	0.012	0.004
15:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.808	0.040	12	A	1		0.719	0.687	0.229
17:1....g	0.000	0.000	12	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	4.027	0.153	12	AS	1		3.584	3.423	1.142
18:1 c....g	3.937	0.151	12	A	1		3.504	3.347	1.116
18:1 t....g	0.089	0.009	12	A	1		0.080	0.076	0.025
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030	0.001	12	A	1		0.027	0.025	0.008
22:1 undifferentiated....g	0.000	0.000	12	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.673		0	NC	4		1.489	1.422	0.474
18:2 undifferentiated....g	1.538	0.072	12	AS	1		1.369	1.307	0.436
18:2 n-6 c,c....g	1.497	0.070	12	A	1		1.332	1.272	0.424
18:2 CLAs....g									
18:2 t,t....g	0.041	0.004	12	A	1		0.037	0.035	0.012
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.092	0.005	12	AS	1		0.081	0.078	0.026
18:3 n-3 c,c,c (ALA)....g	0.072	0.004	12	A	1		0.064	0.061	0.020
18:3 n-6 c,c,c....g	0.020	0.001	12	A	1		0.017	0.017	0.006
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.012	0.000	12	A	1		0.010	0.010	0.003
20:3 undifferentiated....g	0.000	0.000	12	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.032	0.002	12	A	1		0.029	0.027	0.009
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	12	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.131		0	NC	4		0.116	0.111	0.037

NDB No. 05345

Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number 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 trans-monoenoic....g	0.089		0	NC	4		0.080	0.076	0.025
Fatty acids, total trans-polyenoic....g	0.041		0	NC	4		0.037	0.035	0.012
Cholesterol....mg	130	3.971	12	A	1		116	111	37
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.221		0	A	1		0.197	0.188	0.063
Threonine....g	0.838		0	A	1		0.746	0.713	0.238
Isoleucine....g	1.093		0	A	1		0.972	0.929	0.310
Leucine....g	1.966		0	A	1		1.750	1.671	0.557
Lysine....g	2.236		0	A	1		1.990	1.901	0.634
Methionine....g	0.693		0	A	1		0.616	0.589	0.196
Cystine....g	0.241		0	A	1		0.215	0.205	0.068
Phenylalanine....g	0.891		0	A	1		0.793	0.758	0.253
Tyrosine....g	0.745		0	A	1		0.663	0.634	0.211
Valine....g	1.190		0	A	1		1.059	1.011	0.337
Arginine....g	1.597		0	A	1		1.421	1.357	0.453
Histidine....g	0.713		0	A	1		0.634	0.606	0.202
Alanine....g	1.304		0	A	1		1.160	1.108	0.370
Aspartic acid....g	2.246		0	A	1		1.999	1.909	0.637
Glutamic acid....g	3.652		0	A	1		3.250	3.104	1.035
Glycine....g	1.103		0	A	1		0.981	0.937	0.313
Proline....g	1.247		0	A	1		1.109	1.060	0.353
Serine....g	1.090		0	A	1		0.970	0.927	0.309
Hydroxyproline....g	0.025	0.003	4	A	1		0.022	0.021	0.007
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh

Measure 2 = 85g: 1 serving (3 oz)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.59	0.334	18		1		91.83	21.64	36.07
Energy kcal	195		0	NC	4		273	64	107
Energy kJ	816		0		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 µg	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 µg	7		0		1		10	2	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		10	2	4
Folate, DFE µg	7		0	NC	4		10	2	4
Choline, total mg	67.3		0	BFNN	4		94.3	22.2	37.0
Betaine mg	4.9		0	BFNN	4		6.9	1.6	2.7
Vitamin B-12 µg	0.21		0		1		0.29	0.07	0.12
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	19		0	NC	4		26	6	10
Retinol µg	19		0	NR	4		26	6	10
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	62		0		1		87	20	34
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.09	0.15
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.0	0.1
Vitamin D IU	5		0	BFZN	4		6	2	3
Vitamin K (phylloquinone) µg	3.6		0	BFSN	4		5.1	1.2	2.0
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05099

Chicken, broilers or fryers, thigh, 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
Lipids:									
Fatty acids, total saturated....g	2.710		0		1		3.794	0.894	1.491
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.003	0.006
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.042	0.010	0.017
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05099

Chicken, broilers or fryers, thigh, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	18		0	RA	4		5	9	
Folic acid µg	12		0	NC	4		3	6	
Folate, food µg	6		0		1		2	3	
Folate, DFE µg	26		0	NC	4		8	13	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.25		0		1		0.07	0.12	
Vitamin A, RAE µg	34		0		1		10	17	
Retinol µg	34		0		1		10	17	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	113		0		1		33	55	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05101

Chicken, broilers or fryers, wing, 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 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									
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 (EPA)....g	0.010		0		1		0.003	0.005	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.006	0.010	
22:6 n-3 (DHA)....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.

NDB No. 05101

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

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 27 (2014)

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 µg	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 µg	6		0	RA	4		1	2	
Folic acid µg	3		0	NC	4		1	1	
Folate, food µg	3		0		1		1	1	
Folate, DFE µg	8		0	NC	4		2	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.28		0		1		0.05	0.09	
Vitamin A, RAE µg	38		0		1		7	12	
Retinol µg	38		0		1		7	12	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	125		0		1		24	40	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05102

Chicken, broilers or fryers, wing, 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 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									
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 (EPA)....g	0.020		0		1		0.004	0.006	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.006	0.010	
22:6 n-3 (DHA)....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.

NDB No. 05102

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

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 27 (2014)

NDB No. 05103

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

Refuse: 40% Bone and connective tissue 40%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	59.40	0.490	6	A	1		50.49		
Energy kcal	254		0	NC	4		216		
Energy kJ	1062		0	NC	4		903		
Protein (N x 6.25) g	23.79	0.382	6	A	1		20.22		
Total lipid (fat) g	16.87	0.565	6	A	1		14.34		
Ash g	0.88	0.029	6	A	1		0.75		
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	18	1.055	6	A	1		15		
Iron, Fe mg	0.84	0.042	6	A	1		0.71		
Magnesium, Mg mg	19	0.309	6	A	1		16		
Phosphorus, P mg	147	1.862	6	A	1		125		
Potassium, K mg	212	5.170	6	A	1		180		
Sodium, Na mg	98	6.976	6	A	1		83		
Zinc, Zn mg	1.64	0.037	6	A	1		1.39		
Copper, Cu mg	0.041	0.002	6	A	1		0.035		
Manganese, Mn mg	0.011	0.000	6	A	1		0.009		
Selenium, Se µg	25.5	2.421	3	A	1		21.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.065	0.004	3	A	1		0.056		
Riboflavin mg	0.153	0.028	3	A	1		0.130		
Niacin mg	6.320	0.404	3	A	1		5.372		
Pantothenic acid mg	0.860		2	A	1		0.731		
Vitamin B-6 mg	0.558	0.013	3	A	1		0.474		
Folate, total µg	9		0	BFPN	4		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0	BFPN	4		8		
Folate, DFE µg	9		0	NC	4		8		
Choline, total mg	111.3		0	BFPN	4		94.6		
Betaine mg	12.2		0	BFPN	4		10.4		
Vitamin B-12 µg	0.35	0.031	3	A	1		0.30		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	12		0	NC	4		10		
Retinol µg	12		0	BFSN	4		10		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	39		0	NC	4		33		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.69		2	A	1		0.58		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.20		2	A	1		0.17		
Tocopherol, delta mg	0.04		2	A	1		0.03		
Tocotrienol, alpha mg	0.05		2	A	1		0.04		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.14		2	A	1		0.12		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		0	BFFN	4		0.1		
Vitamin D IU	7		0	BFFN	4		6		
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.2		

NDB No. 05103

Chicken, broilers or fryers, 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
Dihydrophylloquinone....µg	0.0		0	NR	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.976		0	NC	4		4.229		
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	0.007	0.000	6	A	1		0.006		
12:0....g	0.008	0.001	6	A	1		0.007		
13:0....g									
14:0....g	0.098	0.004	6	A	1		0.083		
15:0....g	0.010	0.002	6	A	1		0.009		
16:0....g	3.883	0.105	6	A	1		3.300		
17:0....g	0.018	0.001	6	A	1		0.016		
18:0....g	0.927	0.030	6	A	1		0.788		
20:0....g	0.011	0.001	6	A	1		0.009		
22:0....g	0.011	0.000	6	A	1		0.010		
24:0....g	0.001	0.000	6	A	1		0.001		
Fatty acids, total monounsaturated....g	7.706		0	NC	4		6.550		
14:1....g	0.037	0.001	6	A	1		0.032		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	1.115	0.023	6	AS	1		0.948		
16:1 c....g	1.108	0.023	6	A	1		0.942		
16:1 t....g	0.007	0.001	6	A	1		0.006		
17:1....g	0.014	0.001	6	A	1		0.012		
18:1 undifferentiated....g	6.436	0.173	6	AS	1		5.471		
18:1 c....g	6.381	0.170	6	A	1		5.424		
18:1 t....g	0.055	0.004	6	A	1		0.047		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.101	0.001	6	A	1		0.086		
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002		
22:1 c....g	0.002	0.000	6	A	1		0.002		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	3.590		0	NC	4		3.051		
18:2 undifferentiated....g	3.216	0.120	6	AS	1		2.734		
18:2 n-6 c,c....g	3.177	0.120	6	A	1		2.700		
18:2 CLAs....g	0.018	0.002	6	A	1		0.015		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.021	0.001	6	A	1		0.018		
18:3 undifferentiated....g	0.165	0.009	6	AS	1		0.141		
18:3 n-3 c,c,c (ALA)....g	0.163	0.009	6	A	1		0.139		
18:3 n-6 c,c,c....g	0.002	0.001	6	A	1		0.002		
18:3i....g	0.000	0.000	6	A	1		0.000		
18:4....g	0.004	0.000	6	A	1		0.003		
20:2 n-6 c,c....g	0.022	0.001	6	A	1		0.019		
20:3 undifferentiated....g	0.036	0.001	6	AS	1		0.031		
20:3 n-3....g	0.001	0.000	6	A	1		0.001		
20:3 n-6....g	0.035	0.001	6	A	1		0.030		
20:4 undifferentiated....g	0.098	0.003	6	A	1		0.083		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	6	A	1		0.003		
21:5....g									
22:4....g	0.025	0.001	6	A	1		0.021		
22:5 n-3 (DPA)....g	0.012	0.000	6	A	1		0.010		
22:6 n-3 (DHA)....g	0.006	0.001	6	A	1		0.005		
Fatty acids, total trans....g	0.084		0	NC	4		0.071		
Fatty acids, total trans-monoenoic....g	0.063		0	NC	4		0.053		
Fatty acids, total trans-polyenoic....g	0.021		0	NC	4		0.018		
Cholesterol....mg	141	6.028	3	A	1		120		
Phytosterols....mg									
Amino Acids:									

NDB No. 05103

Chicken, broilers or fryers, 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
Tryptophan....g	0.300		0	A	1		0.255		
Threonine....g	1.067		0	A	1		0.907		
Isoleucine....g	1.167		0	A	1		0.992		
Leucine....g	1.968		0	A	1		1.673		
Lysine....g	2.287		0	A	1		1.944		
Methionine....g	0.619		0	A	1		0.526		
Cystine....g	0.249		0	A	1		0.212		
Phenylalanine....g	0.960		0	A	1		0.816		
Tyrosine....g	0.857		0	A	1		0.728		
Valine....g	1.231		0	A	1		1.047		
Arginine....g	1.609		0	A	1		1.367		
Histidine....g	0.887		0	A	1		0.754		
Alanine....g	1.389		0	A	1		1.180		
Aspartic acid....g	2.238		0	A	1		1.902		
Glutamic acid....g	3.524		0	A	1		2.995		
Glycine....g	1.053		0	A	1		0.895		
Proline....g	0.756		0	A	1		0.642		
Serine....g	0.907		0	A	1		0.771		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05352

Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning

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	55.34		0	PAK	1		29.33	47.04	15.69
Energy kcal	266		0	NC	4		141	226	76
Energy kJ	1115		0	NC	4		591	948	316
Protein g	24.34		0	PAK	1		12.90	20.69	6.90
Total lipid (fat) g	18.77		0	PAK	1		9.95	15.95	5.32
Ash g	2.33		0	PAK	1		1.24	1.98	0.66
Carbohydrate, by difference g	0.04		0	NR	4		0.02	0.03	0.01
Fiber, total dietary g	0.0		0	PAK	1		0.0	0.0	0.0
Sugars, total g	0.04		0	PAK	1		0.02	0.03	0.01
Sucrose g	0.04		0	PAK	1		0.02	0.03	0.01
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	0.00
Fructose g	0.00		0	PAK	1		0.00	0.00	0.00
Lactose g	0.00		0	PAK	1		0.00	0.00	0.00
Maltose g	0.00		0	PAK	1		0.00	0.00	0.00
Galactose g	0.00		0	PAK	1		0.00	0.00	0.00
Starch g	0.00		0	PAK	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	29		0	PAK	1		16	25	8
Iron, Fe mg	0.97		0	PAK	1		0.51	0.83	0.28
Magnesium, Mg mg	24		0	PAK	1		13	21	7
Phosphorus, P mg	258		0	PAK	1		137	219	73
Potassium, K mg	296		0	PAK	1		157	252	84
Sodium, Na mg	610		0	PAK	1		323	519	173
Zinc, Zn mg	1.71		0	PAK	1		0.91	1.45	0.48
Copper, Cu mg	0.059		0	PAK	1		0.031	0.050	0.017
Manganese, Mn mg	0.025		0	PAK	1		0.013	0.021	0.007
Selenium, Se µg	40.2		0	PAK	1		21.3	34.2	11.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.072		0	PAK	1		0.038	0.061	0.020
Riboflavin mg	0.130		0	PAK	1		0.069	0.111	0.037
Niacin mg	6.912		0	PAK	1		3.664	5.876	1.960
Pantothenic acid mg	1.267		0	PAK	1		0.671	1.077	0.359
Vitamin B-6 mg	0.166		0	PAK	1		0.088	0.141	0.047
Folate, total µg	8		0	PAK	1		4	7	2
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	8		0	PAK	1		4	7	2
Folate, DFE µg	8		0	NC	4		4	7	2
Choline, total mg	60.5		0	PAK	1		32.1	51.4	17.2
Betaine mg	6.1		0	PAK	1		3.3	5.2	1.7
Vitamin B-12 µg	0.45		0	PAK	1		0.24	0.38	0.13
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	26		0	PAK	1		14	22	7
Retinol µg	26		0	PAK	1		14	22	7
Carotene, beta µg	0		0	PAK	1		0	0	0
Carotene, alpha µg	0		0	PAK	1		0	0	0
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	0
Vitamin A, IU IU	87		0	PAK	1		46	74	25
Lycopene µg	0		0	PAK	1		0	0	0
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.30		0	PIK	4		0.16	0.26	0.09
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.07		0	PAK	1		0.04	0.06	0.02
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02		0	PAK	1		0.01	0.02	0.01
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00

NDB No. 05352

Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg	0.04		0	PAK	1		0.02	0.03	0.01
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg									
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		0	PAK	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	0.0
Menaquinone-4....µg	25.3		0	PAK	1		13.4	21.5	7.2
Lipids:									
Fatty acids, total saturated....g	4.814		0	PIK	4		2.551	4.092	1.365
4:0....g	0.000		0	PIK	4		0.000	0.000	0.000
6:0....g	0.000		0	PIK	4		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.000		0	PAK	1		0.000	0.000	0.000
12:0....g	0.001		0	PAK	1		0.001	0.001	0.000
13:0....g									
14:0....g	0.100		0	PAK	1		0.053	0.085	0.028
15:0....g	0.018		0	PAK	1		0.010	0.015	0.005
16:0....g	3.845		0	PAK	1		2.038	3.268	1.090
17:0....g	0.009		0	PAK	1		0.005	0.008	0.003
18:0....g	0.841		0	PAK	1		0.446	0.715	0.238
20:0....g	0.000		0	PAK	1		0.000	0.000	0.000
22:0....g	0.000		0	PAK	1		0.000	0.000	0.000
24:0....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	8.109		0	PIK	4		4.298	6.893	2.299
14:1....g	0.027		0	PAK	1		0.014	0.023	0.008
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	1.330		0	PAK	1		0.705	1.131	0.377
17:1....g	0.000		0	PAK	1		0.000	0.000	0.000
18:1 undifferentiated....g	6.704		0	PAK	1		3.553	5.698	1.900
20:1....g	0.049		0	PAK	1		0.026	0.042	0.014
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.690		0	PIK	4		1.426	2.286	0.763
18:2 undifferentiated....g	2.484		0	PAK	1		1.317	2.111	0.704
18:3 undifferentiated....g	0.148		0	PAK	1		0.078	0.125	0.042
18:4....g	0.000		0	PIK	4		0.000	0.000	0.000
20:2 n-6 c,c....g	0.019		0	PAK	1		0.010	0.016	0.005
20:3 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	0.000
20:4 undifferentiated....g	0.039		0	PAK	1		0.021	0.033	0.011
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	PAK	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.221		0	PIK	4		0.117	0.188	0.063
Cholesterol....mg	140		0	PAK	1		74	119	40
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.236		0	PAK	1		0.125	0.201	0.067
Threonine....g	0.658		0	PAK	1		0.349	0.559	0.187
Isoleucine....g	1.062		0	PAK	1		0.563	0.903	0.301
Leucine....g	1.851		0	PAK	1		0.981	1.573	0.525
Lysine....g	1.924		0	PAK	1		1.020	1.636	0.546
Methionine....g	0.748		0	PAK	1		0.396	0.635	0.212
Cystine....g	0.254		0	PAK	1		0.135	0.216	0.072
Phenylalanine....g	0.870		0	PAK	1		0.461	0.739	0.247
Tyrosine....g	0.696		0	PAK	1		0.369	0.592	0.197
Valine....g	1.210		0	PAK	1		0.641	1.029	0.343
Arginine....g	1.531		0	PAK	1		0.812	1.302	0.434
Histidine....g	0.744		0	PAK	1		0.394	0.632	0.211
Alanine....g	1.470		0	PAK	1		0.779	1.249	0.417

NDB No. 05352

Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Aspartic acid....g	2.210		0	PAK	1		1.171	1.878	0.626
Glutamic acid....g	3.497		0	PAK	1		1.853	2.972	0.991
Glycine....g	1.674		0	PAK	1		0.887	1.423	0.475
Proline....g	1.755		0	PAK	1		0.930	1.491	0.497
Serine....g	0.700		0	PAK	1		0.371	0.595	0.198
Hydroxyproline....g	0.320		0	PAK	1		0.169	0.272	0.091
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

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

Common Measures:

Measure 1 = 53g: 1 wing

Measure 2 = 85g: 1 serving (3 oz)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	3		0		1		4	1	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	3		0		1		4	1	1
Folate, DFE µg	3		0	NC	4		4	1	1
Choline, total mg	51.3		0	BFNN	4		71.8	12.3	20.5
Betaine mg	4.3		0	BFNN	4		6.1	1.0	1.7
Vitamin B-12 µg	0.18		0		1		0.25	0.04	0.07
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	40		0	NC	4		56	10	16
Retinol µg	40		0	NR	4		56	10	16
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	133		0		1		186	32	53
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.06	0.11
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.2	0.0	0.1
Vitamin D IU	5		0	PIK	4		7	1	2
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.3	0.1	0.1
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05104

Chicken, broilers or fryers, wing, 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
Lipids:									
Fatty acids, total saturated....g	4.710		0		1		6.594	1.130	1.884
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.020		0		1		0.028	0.005	0.008
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.042	0.007	0.012
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05104

Chicken, broilers or fryers, wing, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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

Refuse: 38% Bone and connective tissue 38%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.19	0.475	6	A	1		74.03	795.67	
Energy kcal	191		0	NC	4		204	2194	
Energy kJ	798		0	NC	4		854	9177	
Protein (N x 6.25) g	17.52	0.332	6	A	1		18.75	201.48	
Total lipid (fat) g	13.16		0	NR	4		14.08	151.31	
Ash g	0.74	0.018	6	A	1		0.80	8.55	
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	0.405	6	A	1		12	124	
Iron, Fe mg	0.46	0.013	6	A	1		0.49	5.28	
Magnesium, Mg mg	16	0.224	6	A	1		17	186	
Phosphorus, P mg	123	2.155	6	A	1		132	1418	
Potassium, K mg	187	3.038	6	A	1		200	2149	
Sodium, Na mg	84	5.805	6	A	1		90	967	
Zinc, Zn mg	1.21	0.017	6	A	1		1.29	13.91	
Copper, Cu mg	0.034	0.002	6	A	1		0.037	0.395	
Manganese, Mn mg	0.011	0.000	6	A	1		0.012	0.125	
Selenium, Se µg	17.6	1.157	3	A	1		18.9	202.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.054	0.002	3	A	1		0.057	0.616	
Riboflavin mg	0.103	0.003	3	A	1		0.111	1.188	
Niacin mg	5.697	0.593	3	A	1		6.095	65.511	
Pantothenic acid mg	0.640		2	A	1		0.685	7.360	
Vitamin B-6 mg	0.528	0.007	3	A	1		0.565	6.068	
Folate, total µg	7		0	BFPN	4		7	77	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		7	77	
Folate, DFE µg	7		0	NC	4		7	77	
Choline, total mg	82.0		0	AS	1		87.7	942.7	
Betaine mg	9.0		1	A	1		9.6	103.5	
Vitamin B-12 µg	0.25	0.040	3	A	1		0.27	2.87	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	9		0	NC	4		9	102	
Retinol µg	9		0	BFSN	4		9	102	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	29		0	NC	4		32	339	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.64		2	A	1		0.69	7.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.15		2	A	1		0.16	1.75	
Tocopherol, delta mg	0.06		2	A	1		0.06	0.68	
Tocotrienol, alpha mg	0.04		2	A	1		0.04	0.48	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.07		2	A	1		0.08	0.82	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	1.5	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	BFFN	4		0.1	1.5	
Vitamin D IU	5		0	BFFN	4		5	57	
Vitamin K (phylloquinone) µg	3.8		0	BFSN	4		4.1	43.9	

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.061		0	NR	4		4.345	46.696	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.006	0.000	6	A	1		0.007	0.071	
12:0....g	0.007	0.001	6	A	1		0.007	0.076	
13:0....g									
14:0....g	0.079	0.002	6	A	1		0.085	0.910	
15:0....g	0.010	0.001	6	A	1		0.011	0.114	
16:0....g	3.156	0.072	6	A	1		3.377	36.297	
17:0....g	0.017	0.001	6	A	1		0.018	0.193	
18:0....g	0.758	0.021	6	A	1		0.811	8.720	
20:0....g	0.011	0.000	6	A	1		0.012	0.126	
22:0....g	0.013	0.000	6	A	1		0.014	0.146	
24:0....g	0.004	0.000	6	A	1		0.004	0.042	
Fatty acids, total monounsaturated....g	6.228		0	NR	4		6.664	71.622	
14:1....g	0.030	0.001	6	A	1		0.032	0.343	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.882	0.013	6	AS	1		0.944	10.145	
16:1 c....g	0.877	0.013	6	A	1		0.939	10.089	
16:1 t....g	0.005	0.000	6	A	1		0.005	0.057	
17:1....g	0.010	0.001	6	A	1		0.011	0.118	
18:1 undifferentiated....g	5.221	0.119	6	AS	1		5.586	60.041	
18:1 c....g	5.173	0.119	6	A	1		5.535	59.493	
18:1 t....g	0.048	0.003	6	A	1		0.051	0.548	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.083	0.002	6	A	1		0.089	0.952	
22:1 undifferentiated....g	0.002	0.000	6	AS	1		0.002	0.025	
22:1 c....g	0.002	0.000	6	A	1		0.002	0.025	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	2.868		0	NR	4		3.069	32.982	
18:2 undifferentiated....g	2.557	0.093	6	AS	1		2.736	29.409	
18:2 n-6 c,c....g	2.525	0.093	6	A	1		2.702	29.042	
18:2 CLAs....g	0.014	0.001	6	A	1		0.015	0.164	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.018	0.001	6	A	1		0.019	0.202	
18:3 undifferentiated....g	0.130	0.008	6	AS	1		0.139	1.498	
18:3 n-3 c,c,c (ALA)....g	0.128	0.008	6	A	1		0.137	1.477	
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.002	0.021	
18:3i....g	0.000	0.000	6	A	1		0.000	0.000	
18:4....g	0.003	0.000	6	A	1		0.003	0.036	
20:2 n-6 c,c....g	0.018	0.001	6	A	1		0.020	0.210	
20:3 undifferentiated....g	0.034	0.002	6	AS	1		0.036	0.392	
20:3 n-3....g	0.001	0.000	6	A	1		0.001	0.010	
20:3 n-6....g	0.033	0.001	6	A	1		0.036	0.382	
20:4 undifferentiated....g	0.082	0.002	6	A	1		0.088	0.946	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	6	A	1		0.004	0.040	
21:5....g									
22:4....g	0.023	0.001	6	A	1		0.024	0.260	
22:5 n-3 (DPA)....g	0.010	0.000	6	A	1		0.011	0.114	
22:6 n-3 (DHA)....g	0.006	0.000	6	A	1		0.007	0.073	
Fatty acids, total trans....g	0.070		0	NC	4		0.075	0.807	
Fatty acids, total trans-monoenoic....g	0.053		0	NC	4		0.056	0.605	
Fatty acids, total trans-polyenoic....g	0.018		0	NC	4		0.019	0.202	
Cholesterol....mg	111	2.517	3	A	1		119	1277	
Phytosterols....mg									
Amino Acids:									

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
Tryptophan g	0.221		0	A	1		0.236	2.538	
Threonine g	0.786		0	A	1		0.841	9.035	
Isoleucine g	0.859		0	A	1		0.920	9.883	
Leucine g	1.449		0	A	1		1.551	16.669	
Lysine g	1.685		0	A	1		1.802	19.372	
Methionine g	0.456		0	A	1		0.488	5.241	
Cystine g	0.183		0	A	1		0.196	2.109	
Phenylalanine g	0.707		0	A	1		0.757	8.134	
Tyrosine g	0.631		0	A	1		0.675	7.257	
Valine g	0.907		0	A	1		0.970	10.429	
Arginine g	1.185		0	A	1		1.268	13.623	
Histidine g	0.653		0	A	1		0.699	7.510	
Alanine g	1.023		0	A	1		1.094	11.761	
Aspartic acid g	1.648		0	A	1		1.763	18.950	
Glutamic acid g	2.595		0	A	1		2.777	29.845	
Glycine g	0.775		0	A	1		0.830	8.917	
Proline g	0.557		0	A	1		0.596	6.401	
Serine g	0.668		0	A	1		0.715	7.681	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece

Measure 2 = 1150g: 1 package

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	4		0		1		0	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		0	1	
Folate, DFE µg	4		0	NC	4		0	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		0		1		0.04	0.07	
Vitamin A, RAE µg									
Retinol µg	18		0	NR	4		2	4	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	61		0		1		7	12	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		2	AS	1		0.0	0.0	
Vitamin D IU	3		2	A	1		0	1	
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.002	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.005	0.008	
22:6 n-3 (DHA)....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.

NDB No. 05106

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

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 27 (2014)

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		0		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 µg	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 µg	4		0		1		1	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		1	1	
Folate, DFE µg	4		0	NC	4		1	1	
Choline, total mg	79.6		0	BFNN	4		10.3	16.7	
Betaine mg	5.8		0	BFNN	4		0.8	1.2	
Vitamin B-12 µg	0.34		0		1		0.04	0.07	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	18		0	NC	4		2	4	
Retinol µg	18		0	NR	4		2	4	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	61		0		1		8	13	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.03	0.06	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.0	
Vitamin D IU	5		0	BFZN	4		1	1	
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.0	0.1	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05107

Chicken, broilers or fryers, wing, 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
Lipids:									
Fatty acids, total saturated....g	2.260		0		1		0.294	0.475	
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		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									
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	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		0.022	0.036	
20:5 n-3 (EPA)....g	0.020		0		1		0.003	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.005	0.008	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 05107

Chicken, broilers or fryers, wing, 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
Theobromine.....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05346

Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning

Refuse:57% 32.51% bone and cartilage, 24.10% 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	61.13	3.449	4	A	1		32.40	51.96	17.33
Energy kcal	197		0	NC	4		104	167	56
Energy kJ	822		0	NC	4		436	699	233
Protein g	27.69	2.628	4	A	1		14.67	23.53	7.85
Total lipid (fat) g	9.53	1.875	4	A	1		5.05	8.10	2.70
Ash g	2.65	0.274	4	A	1		1.40	2.25	0.75
Carbohydrate, by difference g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		1	A	1		0.0	0.0	0.0
Sugars, total g	0.00		1	A	1		0.00	0.00	0.00
Sucrose g	0.00		1	A	1		0.00	0.00	0.00
Glucose (dextrose) g	0.00		1	A	1		0.00	0.00	0.00
Fructose g	0.00		1	A	1		0.00	0.00	0.00
Lactose g	0.00		1	A	1		0.00	0.00	0.00
Maltose g	0.00		1	A	1		0.00	0.00	0.00
Galactose g	0.00		1	A	1		0.00	0.00	0.00
Starch g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca mg	32	6.460	4	A	1		17	27	9
Iron, Fe mg	0.97	0.127	4	A	1		0.51	0.82	0.27
Magnesium, Mg mg	24	3.625	4	A	1		12	20	7
Phosphorus, P mg	264	13.395	4	A	1		140	224	75
Potassium, K mg	322	33.343	4	A	1		171	273	91
Sodium, Na mg	725	113.883	4	A	1		384	616	205
Zinc, Zn mg	2.05	0.228	4	A	1		1.09	1.74	0.58
Copper, Cu mg	0.066	0.014	4	A	1		0.035	0.056	0.019
Manganese, Mn mg	0.023	0.004	4	A	1		0.012	0.019	0.006
Selenium, Se µg	51.1		1	A	1		27.1	43.4	14.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.090		1	A	1		0.048	0.077	0.026
Riboflavin mg	0.135		1	A	1		0.072	0.115	0.038
Niacin mg	7.500		1	A	1		3.975	6.375	2.126
Pantothenic acid mg	1.300		1	A	1		0.689	1.105	0.369
Vitamin B-6 mg	0.180		1	A	1		0.095	0.153	0.051
Folate, total µg	7		1	A	1		3	6	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		1	A	1		3	6	2
Folate, DFE µg	7		0	NC	4		3	6	2
Choline, total mg	67.9		0	AS	1		36.0	57.8	19.3
Betaine mg	5.7		1	A	1		3.0	4.9	1.6
Vitamin B-12 µg	0.38		1	A	1		0.20	0.32	0.11
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	11		0	AS	1		6	9	3
Retinol µg	11		1	A	1		6	9	3
Carotene, beta µg	0		1	A	1		0	0	0
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	0
Vitamin A, IU IU	37		0	AS	1		20	31	10
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.28		0	BFSN	4		0.15	0.24	0.08
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									

NDB No. 05346

Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tocotrienol, gamma....mg									
Tocotrienol, delta....mg									
Vitamin D (D2 + D3)....µg									
Vitamin D....IU									
Vitamin K (phylloquinone)....µg	0.0		1	A	1		0.0	0.0	0.0
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	27.5		1	A	1		14.6	23.4	7.8
Lipids:									
Fatty acids, total saturated....g	2.223		0	NC	4		1.178	1.890	0.630
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0....g									
14:0....g	0.047	0.009	4	A	1		0.025	0.040	0.013
15:0....g	0.002	0.002	4	A	1		0.001	0.002	0.001
16:0....g	1.761	0.410	4	A	1		0.933	1.497	0.499
17:0....g	0.006	0.003	4	A	1		0.003	0.005	0.002
18:0....g	0.407	0.093	4	A	1		0.216	0.346	0.115
20:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	3.766		0	NC	4		1.996	3.201	1.068
14:1....g	0.019	0.005	4	A	1		0.010	0.017	0.006
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.604	0.156	4	A	1		0.320	0.514	0.171
17:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated....g	3.119	0.740	4	AS	1		1.653	2.651	0.884
18:1 c....g	3.048	0.722	4	A	1		1.615	2.591	0.864
18:1 t....g	0.071	0.018	4	A	1		0.038	0.060	0.020
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024	0.006	4	A	1		0.013	0.020	0.007
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.323		0	NC	4		0.701	1.125	0.375
18:2 undifferentiated....g	1.211	0.291	4	AS	1		0.642	1.029	0.343
18:2 n-6 c,c....g	1.178	0.283	4	A	1		0.624	1.001	0.334
18:2 CLAs....g									
18:2 t,t....g	0.033	0.008	4	A	1		0.017	0.028	0.009
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.074	0.019	4	AS	1		0.039	0.063	0.021
18:3 n-3 c,c,c (ALA)....g	0.059	0.015	4	A	1		0.031	0.050	0.017
18:3 n-6 c,c,c....g	0.015	0.004	4	A	1		0.008	0.013	0.004
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g	0.009	0.004	4	A	1		0.005	0.008	0.003
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.029	0.007	4	A	1		0.015	0.025	0.008
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans....g	0.104		0	NC	4		0.055	0.088	0.029
Fatty acids, total trans-monoenoic....g	0.071		0	NC	4		0.038	0.060	0.020
Fatty acids, total trans-polyenoic....g	0.033		0	NC	4		0.017	0.028	0.009

NDB No. 05346

Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Cholesterol....mg	140	22.448	4	A	1		74	119	40
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.299		0	A	1		0.159	0.254	0.085
Threonine....g	0.769		0	A	1		0.408	0.654	0.218
Isoleucine....g	1.324		0	A	1		0.702	1.126	0.375
Leucine....g	2.232		0	A	1		1.183	1.897	0.633
Lysine....g	2.318		0	A	1		1.228	1.970	0.657
Methionine....g	0.844		0	A	1		0.447	0.717	0.239
Cystine....g	0.288		0	A	1		0.153	0.245	0.082
Phenylalanine....g	1.111		0	A	1		0.589	0.944	0.315
Tyrosine....g	0.865		0	A	1		0.459	0.735	0.245
Valine....g	1.495		0	A	1		0.792	1.271	0.424
Arginine....g	1.762		0	A	1		0.934	1.498	0.500
Histidine....g	0.780		0	A	1		0.413	0.663	0.221
Alanine....g	1.591		0	A	1		0.843	1.353	0.451
Aspartic acid....g	2.638		0	A	1		1.398	2.242	0.748
Glutamic acid....g	4.155		0	A	1		2.202	3.532	1.178
Glycine....g	1.463		0	A	1		0.776	1.244	0.415
Proline....g	1.805		0	A	1		0.957	1.534	0.512
Serine....g	0.716		0	A	1		0.379	0.608	0.203
Hydroxyproline....g	0.170		1	A	1		0.090	0.145	0.048
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Common Measures:

Measure 1 = 53g: 1 wing

Measure 2 = 85g: 1 serving (3 oz)

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.01	0.484	16		1		93.81	9.38	16.08
Energy kcal	181		0	NC	4		253	25	43
Energy kJ	757		0		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 µg	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 µg	3		0		1		4	0	1
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	3		0		1		4	0	1
Folate, DFE µg	3		0	NC	4		4	0	1
Choline, total mg	70.6		0	BFNN	4		98.8	9.9	16.9
Betaine mg	5.1		0	BFNN	4		7.2	0.7	1.2
Vitamin B-12 µg	0.22		0		1		0.31	0.03	0.05
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	16		0	NC	4		23	2	4
Retinol µg	16		0	NR	4		23	2	4
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	54		0		1		76	8	13
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.04	0.06
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.0	0.0
Vitamin D IU	5		0	BFZN	4		6	1	1
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.3	0.0	0.1
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05108

Chicken, broilers or fryers, wing, 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
Lipids:									
Fatty acids, total saturated....g	2.000		0		1		2.800	0.280	0.480
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.010		0		1		0.014	0.001	0.002
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.056	0.006	0.010
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05108

Chicken, broilers or fryers, wing, 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
Theobromine....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	4		0		1		1	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		1	1	
Folate, DFE µg	4		0	NC	4		1	1	
Choline, total mg	65.8		0	BFNN	4		11.2	19.1	
Betaine mg	8.5		0	BFNN	4		1.4	2.5	
Vitamin B-12 µg	0.38		0		1		0.06	0.11	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	18		0	NC	4		3	5	
Retinol µg	18		0	NR	4		3	5	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	59		0		1		10	17	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.13		0	NR	4		0.02	0.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.0	
Vitamin D IU	5		0	BFZN	4		1	1	
Vitamin K (phylloquinone) µg	0.0		0	BFYN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
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									
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 (EPA)....g	0.010	0.001	13		1		0.002	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030	0.005	13		1		0.005	0.009	
22:6 n-3 (DHA)....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	

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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	4		0		4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	4		0		4		6		
Folate, DFE µg	4		0	NC	4		6		
Choline, total mg	64.0		0	BFNN	4		90.9		
Betaine mg	4.7		0	BFNN	4		6.6		
Vitamin B-12 µg	0.29	0.088	7		1		0.41		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	34		0	NC	4		48		
Retinol µg	34		0	NR	4		48		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	117		0		4		166		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.26		0	PIK	4		0.37		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2		
Vitamin D IU	5		0	BFZN	4		7		
Vitamin K (phylloquinone) µg	1.8		0	PIK	4		2.6		
Dihydrophylloquinone µg	0.0		0	Z	7		0.0		
Menaquinone-4 µg									

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
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									
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 (EPA)....g	0.010		0		1		0.014		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.014		
22:6 n-3 (DHA)....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		

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
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		1		18.17	133.05	81.13
Energy kcal	185		0	NC	4		52	378	231
Energy kJ	772		0	NC	4		216	1583	965
Protein (N x 6.25) g	25.30		0		1		7.08	51.87	31.63
Total lipid (fat) g	8.10		0		1		2.27	16.61	10.13
Ash g	0.80		0		1		0.22	1.64	1.00
Carbohydrate, by difference g	0.90		0	NC	4		0.25	1.85	1.13
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		1		4	29	18
Iron, Fe mg	1.30		0		1		0.36	2.67	1.63
Magnesium, Mg mg	19		0		1		5	39	24
Phosphorus, P mg	153		0		1		43	314	191
Potassium, K mg	153		0		1		43	314	191
Sodium, Na mg	482		0	T	4		135	988	603
Zinc, Zn mg	2.50		0		1		0.70	5.13	3.13
Copper, Cu mg	0.050		0		4		0.014	0.103	0.063
Manganese, Mn mg									
Selenium, Se µg	18.4		0	BFNN	4		5.2	37.7	23.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.000		0		1		0.000	0.000	0.000
Riboflavin mg	0.100		0		1		0.028	0.205	0.125
Niacin mg	2.400		0		1		0.672	4.920	3.000
Pantothenic acid mg									
Vitamin B-6 mg	0.190		0		1		0.053	0.390	0.238
Folate, total µg	2		0		1		1	4	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	2		0		1		1	4	3
Folate, DFE µg	2		0	NC	4		1	4	3
Choline, total mg	73.8		0	BFNN	4		20.7	151.4	92.3
Betaine mg	5.4		0	BFNN	4		1.5	11.0	6.7
Vitamin B-12 µg	1.00		0		1		0.28	2.05	1.25
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	53		0	NC	4		15	109	66
Retinol µg	53		0	NR	4		15	109	66
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	177		0	NC	4		50	363	221
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.32		0	NR	4		0.09	0.66	0.40
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0	0.2	0.1
Vitamin D IU	5		0	BFZN	4		1	9	6
Vitamin K (phylloquinone) µg	2.3		0	BFSN	4		0.6	4.7	2.9
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	2.250		0		4		0.630	4.613	2.813
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.011		0		4		0.003	0.023	0.014
13:0....g									
14:0....g	0.063		0		4		0.018	0.129	0.079
15:0....g									
16:0....g	1.713		0		4		0.480	3.512	2.141
17:0....g									
18:0....g	0.465		0		4		0.130	0.953	0.581
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.279		0		4		0.918	6.722	4.099
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.465		0		4		0.130	0.953	0.581
17:1....g									
18:1 undifferentiated....g	2.730		0		4		0.764	5.597	3.413
20:1....g	0.084		0		4		0.024	0.172	0.105
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.978		0		4		0.554	4.055	2.473
18:2 undifferentiated....g	1.597		0		4		0.447	3.274	1.996
18:3 undifferentiated....g	0.074		0		4		0.021	0.152	0.093
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.074		0		4		0.021	0.152	0.093
20:5 n-3 (EPA)....g	0.011		0		4		0.003	0.023	0.014
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.011		0		4		0.003	0.023	0.014
22:6 n-3 (DHA)....g	0.211		0		4		0.059	0.433	0.264
Fatty acids, total trans....g									
Cholesterol....mg	50		0		4		14	103	63
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 oz

Measure 2 = 205g: 1 cup

Measure 3 = 125g: 1 can (5 oz) yields

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	414		0		1		600	46	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	414		0		1		600	46	
Folate, DFE µg	414		0	NC	4		600	46	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.14		0		1		1.65	0.13	
Vitamin A, RAE µg	3984		0		1		5776	438	
Retinol µg	3984		0		1		5776	438	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	13266		0		1		19236	1459	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.029	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.015	0.001	
22:6 n-3 (DHA)....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.

NDB No. 05138

Chicken, capons, giblets, cooked, simmered

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 27 (2014)

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 µg	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 µg	394		0		1		453	71	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	394		0		1		453	71	
Folate, DFE µg	394		0	NC	4		453	71	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	12.95		0		1		14.89	2.33	
Vitamin A, RAE µg	4374		0		1		5030	787	
Retinol µg	4374		0		1		5030	787	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	14566		0		1		16751	2622	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.012	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05137
Chicken, capons, giblets, raw

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 27 (2014)

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		50.36	840.17	129.17
Energy kcal	226		0	NC	4		192	3205	493
Energy kJ	946		0		4		804	13408	2061
Protein (N x 6.25) g	28.35		0		1		24.10	402.00	61.80
Total lipid (fat) g	11.67		0		1		9.92	165.48	25.44
Ash g	1.01		0		1		0.86	14.32	2.20
Carbohydrate, by difference g	0.04		0	NC	4		0.03	0.57	0.09
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	15		0		1		13	213	33
Iron, Fe mg	1.79		0		1		1.52	25.38	3.90
Magnesium, Mg mg	23		0		1		20	326	50
Phosphorus, P mg	239		0		1		203	3389	521
Potassium, K mg	243		0		1		207	3446	530
Sodium, Na mg	50		0		1		43	709	109
Zinc, Zn mg	1.94		0		1		1.65	27.51	4.23
Copper, Cu mg	0.081		0		1		0.069	1.149	0.177
Manganese, Mn mg	0.031		0		1		0.026	0.440	0.068
Selenium, Se µg	19.3		0	BFYN	4		16.4	273.7	42.1
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0		1		0.3	5.7	0.9
Thiamin mg	0.070		0		1		0.060	0.993	0.153
Riboflavin mg	0.219		0		1		0.186	3.105	0.477
Niacin mg	8.415		0		1		7.153	119.325	18.345
Pantothenic acid mg	1.184		0		1		1.006	16.789	2.581
Vitamin B-6 mg	0.410		0		1		0.349	5.814	0.894
Folate, total µg	26		0		1		22	369	57
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	26		0		1		22	369	57
Folate, DFE µg	26		0	NC	4		22	369	57
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.36		0		1		0.31	5.10	0.78
Vitamin A, RAE µg	220		0		1		187	3126	481
Retinol µg	220		0		1		187	3126	481
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	734		0		1		624	10408	1600
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05134

Chicken, capons, 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 saturated....g	3.280		0		1		2.788	46.510	7.150
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.010		0		1		0.009	0.142	0.022
13:0....g									
14:0....g	0.090		0		1		0.077	1.276	0.196
15:0....g									
16:0....g	2.420		0		1		2.057	34.316	5.276
17:0....g									
18:0....g	0.650		0		1		0.553	9.217	1.417
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.710		0		1		4.004	66.788	10.268
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.650		0		1		0.553	9.217	1.417
17:1....g									
18:1 undifferentiated....g	3.880		0		1		3.298	55.018	8.458
20:1....g	0.120		0		1		0.102	1.702	0.262
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.520		0		1		2.142	35.734	5.494
18:2 undifferentiated....g	2.220		0		1		1.887	31.480	4.840
18:3 undifferentiated....g	0.100		0		1		0.085	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		0.077	1.276	0.196
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.142	0.022
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.142	0.022
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.425	0.065
Fatty acids, total trans....g									
Cholesterol....mg	103		0		1		88	1461	225
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.318		0		1		0.270	4.509	0.693
Threonine....g	1.178		0		1		1.001	16.704	2.568
Isoleucine....g	1.419		0		1		1.206	20.121	3.093
Leucine....g	2.077		0		1		1.765	29.452	4.528
Lysine....g	2.302		0		1		1.957	32.642	5.018
Methionine....g	0.753		0		1		0.640	10.678	1.642
Cystine....g	0.377		0		1		0.320	5.346	0.822
Phenylalanine....g	1.112		0		1		0.945	15.768	2.424
Tyrosine....g	0.916		0		1		0.779	12.989	1.997
Valine....g	1.386		0		1		1.178	19.653	3.021
Arginine....g	1.777		0		1		1.510	25.198	3.874
Histidine....g	0.828		0		1		0.704	11.741	1.805
Alanine....g	1.637		0		1		1.391	23.213	3.569
Aspartic acid....g	2.534		0		1		2.154	35.932	5.524
Glutamic acid....g	4.151		0		1		3.528	58.861	9.049
Glycine....g	1.799		0		1		1.529	25.510	3.922
Proline....g	1.366		0		1		1.161	19.370	2.978
Serine....g	1.009		0		1		0.858	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.

NDB No. 05134

Chicken, capons, meat and skin and giblets and neck, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1418g: 1 capon

Measure 3 = 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 27 (2014)

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		54.11	1369.96	
Energy kcal	232		0	NC	4		197	4993	
Energy kJ	971		0		4		825	20889	
Protein (N x 6.25) g	18.51		0		1		15.73	398.34	
Total lipid (fat) g	16.90		0		1		14.37	363.69	
Ash g	0.94		0		1		0.80	20.23	
Carbohydrate, by difference g	0.08		0	NC	4		0.07	1.72	
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		9	237	
Iron, Fe mg	1.41		0		1		1.20	30.34	
Magnesium, Mg mg	21		0		1		18	452	
Phosphorus, P mg	181		0		1		154	3895	
Potassium, K mg	213		0		1		181	4584	
Sodium, Na mg	47		0		1		40	1011	
Zinc, Zn mg	1.32		0		1		1.12	28.41	
Copper, Cu mg	0.063		0		1		0.054	1.356	
Manganese, Mn mg	0.028		0		1		0.024	0.603	
Selenium, Se µg	12.2		0	BFNN	4		10.4	262.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.6		0		1		2.2	56.0	
Thiamin mg	0.065		0		1		0.055	1.399	
Riboflavin mg	0.183		0		1		0.156	3.938	
Niacin mg	7.074		0		1		6.013	152.232	
Pantothenic acid mg	1.101		0		1		0.936	23.694	
Vitamin B-6 mg	0.360		0		1		0.306	7.747	
Folate, total µg	27		0		1		23	581	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	27		0		1		23	581	
Folate, DFE µg	27		0	NC	4		23	581	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.01		0		1		0.86	21.74	
Vitamin A, RAE µg	272		0		1		231	5849	
Retinol µg	272		0		1		231	5849	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	905		0		1		769	19476	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	4.890		0		1		4.157	105.233	
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		0.017	0.430	
13:0....g									
14:0....g	0.140		0		1		0.119	3.013	
15:0....g									
16:0....g	3.570		0		1		3.035	76.826	
17:0....g									
18:0....g	0.980		0		1		0.833	21.090	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.160		0		1		6.086	154.083	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.950		0		1		0.808	20.444	
17:1....g									
18:1 undifferentiated....g	5.930		0		1		5.041	127.614	
20:1....g	0.180		0		1		0.153	3.874	
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		3.060	77.472	
18:2 undifferentiated....g	3.250		0		1		2.763	69.940	
18:3 undifferentiated....g	0.160		0		1		0.136	3.443	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.070		0		1		0.060	1.506	
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.215	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.215	
22:6 n-3 (DHA)....g	0.020		0		1		0.017	0.430	
Fatty acids, total trans....g									
Cholesterol....mg	87		0		1		74	1872	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.209		0		1		0.178	4.498	
Threonine....g	0.776		0		1		0.660	16.700	
Isoleucine....g	0.934		0		1		0.794	20.100	
Leucine....g	1.369		0		1		1.164	29.461	
Lysine....g	1.514		0		1		1.287	32.581	
Methionine....g	0.495		0		1		0.421	10.652	
Cystine....g	0.248		0		1		0.211	5.337	
Phenylalanine....g	0.733		0		1		0.623	15.774	
Tyrosine....g	0.603		0		1		0.513	12.977	
Valine....g	0.913		0		1		0.776	19.648	
Arginine....g	1.172		0		1		0.996	25.221	
Histidine....g	0.545		0		1		0.463	11.728	
Alanine....g	1.079		0		1		0.917	23.220	
Aspartic acid....g	1.670		0		1		1.420	35.938	
Glutamic acid....g	2.733		0		1		2.323	58.814	
Glycine....g	1.189		0		1		1.011	25.587	
Proline....g	0.902		0		1		0.767	19.411	
Serine....g	0.666		0		1		0.566	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.

NDB No. 05133

Chicken, capons, meat and skin and giblets and neck, raw

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		49.90	115.05	373.92
Energy kcal	229		0	NC	4		195	449	1459
Energy kJ	958		0		4		814	1878	6103
Protein (N x 6.25) g	28.96		0		1		24.62	56.76	184.48
Total lipid (fat) g	11.65		0		1		9.90	22.83	74.21
Ash g	1.04		0		1		0.88	2.04	6.62
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									
Starch g									
Minerals:									
Calcium, Ca mg	14		0		1		12	27	89
Iron, Fe mg	1.49		0		1		1.27	2.92	9.49
Magnesium, Mg mg	24		0		1		20	47	153
Phosphorus, P mg	246		0		1		209	482	1567
Potassium, K mg	255		0		1		217	500	1624
Sodium, Na mg	49		0		1		42	96	312
Zinc, Zn mg	1.74		0		1		1.48	3.41	11.08
Copper, Cu mg	0.069		0		1		0.059	0.135	0.440
Manganese, Mn mg	0.021		0		1		0.018	0.041	0.134
Selenium, Se µg	21.6		0	BFYN	4		18.4	42.3	137.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.070		0		1		0.060	0.137	0.446
Riboflavin mg	0.170		0		1		0.145	0.333	1.083
Niacin mg	8.947		0		1		7.605	17.536	56.992
Pantothenic acid mg	1.104		0		1		0.938	2.164	7.032
Vitamin B-6 mg	0.430		0		1		0.366	0.843	2.739
Folate, total µg	6		0		1		5	12	38
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		1		5	12	38
Folate, DFE µg	6		0	NC	4		5	12	38
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.33		0		1		0.28	0.65	2.10
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	68		0		1		58	133	433
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05136

Chicken, capons, 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 saturated....g	3.260		0		1		2.771	6.390	20.766
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.010		0		1		0.009	0.020	0.064
13:0....g									
14:0....g	0.090		0		1		0.077	0.176	0.573
15:0....g									
16:0....g	2.420		0		1		2.057	4.743	15.415
17:0....g									
18:0....g	0.640		0		1		0.544	1.254	4.077
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.750		0		1		4.038	9.310	30.258
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.660		0		1		0.561	1.294	4.204
17:1....g									
18:1 undifferentiated....g	3.910		0		1		3.324	7.664	24.907
20:1....g	0.130		0		1		0.111	0.255	0.828
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.520		0		1		2.142	4.939	16.052
18:2 undifferentiated....g	2.220		0		1		1.887	4.351	14.141
18:3 undifferentiated....g	0.100		0		1		0.085	0.196	0.637
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0		1		0.068	0.157	0.510
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.020	0.064
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.020	0.064
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.059	0.191
Fatty acids, total trans....g									
Cholesterol....mg	86		0		1		73	169	548
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.325		0		1		0.276	0.637	2.070
Threonine....g	1.200		0		1		1.020	2.352	7.644
Isoleucine....g	1.455		0		1		1.237	2.852	9.268
Leucine....g	2.115		0		1		1.798	4.145	13.473
Lysine....g	2.370		0		1		2.015	4.645	15.097
Methionine....g	0.774		0		1		0.658	1.517	4.930
Cystine....g	0.384		0		1		0.326	0.753	2.446
Phenylalanine....g	1.128		0		1		0.959	2.211	7.185
Tyrosine....g	0.938		0		1		0.797	1.838	5.975
Valine....g	1.409		0		1		1.198	2.762	8.975
Arginine....g	1.806		0		1		1.535	3.540	11.504
Histidine....g	0.857		0		1		0.728	1.680	5.459
Alanine....g	1.674		0		1		1.423	3.281	10.663
Aspartic acid....g	2.582		0		1		2.195	5.061	16.447
Glutamic acid....g	4.246		0		1		3.609	8.322	27.047
Glycine....g	1.815		0		1		1.543	3.557	11.562
Proline....g	1.376		0		1		1.170	2.697	8.765
Serine....g	1.018		0		1		0.865	1.995	6.485
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.

NDB No. 05136

Chicken, capons, meat and skin, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 196g: 1 unit (yield from 1 lb ready-to cook capon)

Measure 3 = 637g: .5 capon, 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 27 (2014)

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		53.75	187.82	609.63
Energy kcal	234		0	NC	4		199	695	2256
Energy kJ	979		0		4		832	2908	9438
Protein (N x 6.25) g	18.77		0		1		15.95	55.75	180.94
Total lipid (fat) g	17.07		0		1		14.51	50.70	164.55
Ash g	0.96		0		1		0.82	2.85	9.25
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	11		0		1		9	33	106
Iron, Fe mg	1.09		0		1		0.93	3.24	10.51
Magnesium, Mg mg	21		0		1		18	62	202
Phosphorus, P mg	183		0		1		156	544	1764
Potassium, K mg	217		0		1		184	644	2092
Sodium, Na mg	45		0		1		38	134	434
Zinc, Zn mg	1.17		0		1		0.99	3.47	11.28
Copper, Cu mg	0.050		0		1		0.043	0.149	0.482
Manganese, Mn mg	0.020		0		1		0.017	0.059	0.193
Selenium, Se µg	14.6		0	BFNN	4		12.4	43.4	140.7
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		1		1.4	5.0	16.4
Thiamin mg	0.064		0		1		0.054	0.190	0.617
Riboflavin mg	0.127		0		1		0.108	0.377	1.224
Niacin mg	7.273		0		1		6.182	21.601	70.112
Pantothenic acid mg	0.965		0		1		0.820	2.866	9.303
Vitamin B-6 mg	0.360		0		1		0.306	1.069	3.470
Folate, total µg	6		0		1		5	18	58
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		1		5	18	58
Folate, DFE µg	6		0	NC	4		5	18	58
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		0		1		0.29	1.01	3.28
Vitamin A, RAE µg	37		0	NC	4		31	110	357
Retinol µg	37		0	NR	4		31	110	357
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	129		0		1		110	383	1244
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.32		0	CASN	4		0.27	0.95	3.09
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	7.1	22.9
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	4.950		0		1		4.208	14.702	47.718
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		1		0.017	0.059	0.193
13:0....g									
14:0....g	0.140		0		1		0.119	0.416	1.350
15:0....g									
16:0....g	3.620		0		1		3.077	10.751	34.897
17:0....g									
18:0....g	0.980		0		1		0.833	2.911	9.447
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.310		0		1		6.214	21.711	70.468
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.970		0		1		0.825	2.881	9.351
17:1....g									
18:1 undifferentiated....g	6.070		0		1		5.160	18.028	58.515
20:1....g	0.180		0		1		0.153	0.535	1.735
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.620		0		1		3.077	10.751	34.897
18:2 undifferentiated....g	3.300		0		1		2.805	9.801	31.812
18:3 undifferentiated....g	0.160		0		1		0.136	0.475	1.542
18:4....g	0.000		0	Z	7		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		0.051	0.178	0.578
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.030	0.096
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.030	0.096
22:6 n-3 (DHA)....g	0.020		0		1		0.017	0.059	0.193
Fatty acids, total trans....g									
Cholesterol....mg	75		0		1		64	223	723
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.213		0		1		0.181	0.633	2.053
Threonine....g	0.786		0		1		0.668	2.334	7.577
Isoleucine....g	0.954		0		1		0.811	2.833	9.197
Leucine....g	1.386		0		1		1.178	4.116	13.361
Lysine....g	1.553		0		1		1.320	4.612	14.971
Methionine....g	0.507		0		1		0.431	1.506	4.887
Cystine....g	0.251		0		1		0.213	0.745	2.420
Phenylalanine....g	0.739		0		1		0.628	2.195	7.124
Tyrosine....g	0.615		0		1		0.523	1.827	5.929
Valine....g	0.923		0		1		0.785	2.741	8.898
Arginine....g	1.181		0		1		1.004	3.508	11.385
Histidine....g	0.562		0		1		0.478	1.669	5.418
Alanine....g	1.094		0		1		0.930	3.249	10.546
Aspartic acid....g	1.690		0		1		1.437	5.019	16.292
Glutamic acid....g	2.781		0		1		2.364	8.260	26.809
Glycine....g	1.181		0		1		1.004	3.508	11.385
Proline....g	0.897		0		1		0.762	2.664	8.647
Serine....g	0.666		0		1		0.566	1.978	6.420
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 297g: 1 unit (yield from 1 lb ready-to cook capon)

Measure 3 = 964g: .5 capon, 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 27 (2014)

NDB No. 05308

Chicken, cornish game hens, meat and skin, cooked, roasted

Refuse: 37% Bone

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water g	58.68		0		1		49.88	75.70	150.81
Energy kcal	259		0	NC	4		220	335	667
Energy kJ	1085		0	NC	4		922	1400	2789
Protein (N x 6.25) g	22.27		0		1		18.93	28.73	57.23
Total lipid (fat) g	18.21		0		1		15.48	23.49	46.80
Ash g	1.04		0		1		0.88	1.34	2.67
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		11	17	33
Iron, Fe mg	0.91		0		1		0.77	1.17	2.34
Magnesium, Mg mg	18		0		1		15	23	46
Phosphorus, P mg	146		0		1		124	188	375
Potassium, K mg	245		0		1		208	316	630
Sodium, Na mg	64		0		1		54	83	164
Zinc, Zn mg	1.49		0		1		1.27	1.92	3.83
Copper, Cu mg	0.061		0		1		0.052	0.079	0.157
Manganese, Mn mg	0.015		0		1		0.013	0.019	0.039
Selenium, Se µg	15.5		0	BFYN	4		13.2	20.0	39.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.4	0.6	1.3
Thiamin mg	0.067		0		1		0.057	0.086	0.172
Riboflavin mg	0.199		0		1		0.169	0.257	0.511
Niacin mg	5.897		0		1		5.012	7.607	15.155
Pantothenic acid mg	0.593		0		1		0.504	0.765	1.524
Vitamin B-6 mg	0.307		0		1		0.261	0.396	0.789
Folate, total µg	2		0		1		2	3	5
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	2		0		1		2	3	5
Folate, DFE µg	2		0	NC	4		2	3	5
Choline, total mg	56.5		0	BFNN	4		48.0	72.8	145.1
Betaine mg	4.8		0	BFNN	4		4.1	6.2	12.3
Vitamin B-12 µg	0.28		0		1		0.24	0.36	0.72
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	32		0	NC	4		27	41	82
Retinol µg	32		0	NR	4		27	41	82
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	106		0		1		90	137	272
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.36		0	CASN	4		0.31	0.46	0.93
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.0	0.1	0.1
Vitamin D IU	2		0	BFFN	4		2	3	6
Vitamin K (phylloquinone) µg	2.4		0	BFZN	4		2.0	3.1	6.1
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05308

Chicken, cornish game hens, 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
Lipids:									
Fatty acids, total saturated....g	5.050		0		1		4.293	6.515	12.979
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		0.026	0.039	0.077
13:0....g									
14:0....g	0.150		0		1		0.128	0.194	0.386
15:0....g									
16:0....g	3.850		0		1		3.273	4.967	9.895
17:0....g									
18:0....g	1.010		0		1		0.859	1.303	2.596
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.000		0		1		6.800	10.320	20.560
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.250		0		1		1.063	1.613	3.213
17:1....g									
18:1 undifferentiated....g	6.640		0		1		5.644	8.566	17.065
20:1....g	0.070		0		1		0.060	0.090	0.180
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.600		0		1		3.060	4.644	9.252
18:2 undifferentiated....g	3.200		0		1		2.720	4.128	8.224
18:3 undifferentiated....g	0.160		0		1		0.136	0.206	0.411
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.190		0		1		0.162	0.245	0.488
20:5 n-3 (EPA)....g	0.020		0		1		0.017	0.026	0.051
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.013	0.026
22:6 n-3 (DHA)....g	0.020		0		1		0.017	0.026	0.051
Fatty acids, total trans....g									
Cholesterol....mg	131		0		1		111	169	337
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.247		0		1		0.210	0.319	0.635
Threonine....g	0.916		0		1		0.779	1.182	2.354
Isoleucine....g	1.100		0		1		0.935	1.419	2.827
Leucine....g	1.610		0		1		1.369	2.077	4.138
Lysine....g	1.799		0		1		1.529	2.321	4.623
Methionine....g	0.588		0		1		0.500	0.759	1.511
Cystine....g	0.298		0		1		0.253	0.384	0.766
Phenylalanine....g	0.861		0		1		0.732	1.111	2.213
Tyrosine....g	0.711		0		1		0.604	0.917	1.827
Valine....g	1.075		0		1		0.914	1.387	2.763
Arginine....g	1.400		0		1		1.190	1.806	3.598
Histidine....g	0.648		0		1		0.551	0.836	1.665
Alanine....g	1.306		0		1		1.110	1.685	3.356
Aspartic acid....g	1.981		0		1		1.684	2.555	5.091
Glutamic acid....g	3.238		0		1		2.752	4.177	8.322
Glycine....g	1.482		0		1		1.260	1.912	3.809
Proline....g	1.098		0		1		0.933	1.416	2.822
Serine....g	0.787		0		1		0.669	1.015	2.023
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05308

Chicken, cornish game hens, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 129g: .5 bird

Measure 3 = 257g: 1 bird whole

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		57.95	114.54	
Energy kcal	200		0	NC	4		170	336	
Energy kJ	837		0		4		711	1406	
Protein (N x 6.25) g	17.15		0		1		14.58	28.81	
Total lipid (fat) g	14.02		0		1		11.92	23.55	
Ash g	0.80		0		1		0.68	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	11		0		1		9	18	
Iron, Fe mg	0.78		0		1		0.66	1.31	
Magnesium, Mg mg	18		0		1		15	30	
Phosphorus, P mg	140		0		1		119	235	
Potassium, K mg	236		0		1		201	396	
Sodium, Na mg	61		0		1		52	102	
Zinc, Zn mg	1.15		0		1		0.98	1.93	
Copper, Cu mg	0.049		0		1		0.042	0.082	
Manganese, Mn mg	0.016		0		1		0.014	0.027	
Selenium, Se µg	11.8		0	BFNN	4		10.0	19.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5		0		1		0.4	0.8	
Thiamin mg	0.073		0		1		0.062	0.123	
Riboflavin mg	0.170		0		1		0.145	0.286	
Niacin mg	5.675		0		1		4.824	9.534	
Pantothenic acid mg	0.609		0		1		0.518	1.023	
Vitamin B-6 mg	0.295		0		1		0.251	0.496	
Folate, total µg	3		0		1		3	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		1		3	5	
Folate, DFE µg	3		0	NC	4		3	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.33		0		1		0.28	0.55	
Vitamin A, RAE µg	32		0	NC	4		27	54	
Retinol µg	32		0	NR	4		27	54	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	108		0		1		92	181	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.28		0	CASN	4		0.24	0.47	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	4.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05307

Chicken, cornish game hens, 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 saturated....g	3.890		0		1		3.307	6.535	
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		0.026	0.050	
13:0....g									
14:0....g	0.120		0		1		0.102	0.202	
15:0....g									
16:0....g	2.970		0		1		2.525	4.990	
17:0....g									
18:0....g	0.780		0		1		0.663	1.310	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.160		0		1		5.236	10.349	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.960		0		1		0.816	1.613	
17:1....g									
18:1 undifferentiated....g	5.110		0		1		4.344	8.585	
20:1....g	0.050		0		1		0.043	0.084	
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.770		0		1		2.355	4.654	
18:2 undifferentiated....g	2.460		0		1		2.091	4.133	
18:3 undifferentiated....g	0.120		0		1		0.102	0.202	
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		0.128	0.252	
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.017	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.017	
22:6 n-3 (DHA)....g	0.010		0		1		0.009	0.017	
Fatty acids, total trans....g									
Cholesterol....mg	101		0		1		86	170	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.190		0		1		0.162	0.319	
Threonine....g	0.705		0		1		0.599	1.184	
Isoleucine....g	0.847		0		1		0.720	1.423	
Leucine....g	1.240		0		1		1.054	2.083	
Lysine....g	1.385		0		1		1.177	2.327	
Methionine....g	0.453		0		1		0.385	0.761	
Cystine....g	0.230		0		1		0.196	0.386	
Phenylalanine....g	0.663		0		1		0.564	1.114	
Tyrosine....g	0.548		0		1		0.466	0.921	
Valine....g	0.828		0		1		0.704	1.391	
Arginine....g	1.078		0		1		0.916	1.811	
Histidine....g	0.499		0		1		0.424	0.838	
Alanine....g	1.006		0		1		0.855	1.690	
Aspartic acid....g	1.526		0		1		1.297	2.564	
Glutamic acid....g	2.493		0		1		2.119	4.188	
Glycine....g	1.141		0		1		0.970	1.917	
Proline....g	0.846		0		1		0.719	1.421	
Serine....g	0.606		0		1		0.515	1.018	
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	

NDB No. 05307

Chicken, cornish game hens, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 168g: .5 bird

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		61.12	79.09	158.18
Energy kcal	134		0	NC	4		114	147	295
Energy kJ	561		0		4		477	617	1233
Protein (N x 6.25) g	23.30		0		1		19.81	25.63	51.26
Total lipid (fat) g	3.87		0		1		3.29	4.26	8.51
Ash g	1.04		0		1		0.88	1.14	2.29
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		11	14	29
Iron, Fe mg	0.77		0		1		0.65	0.85	1.69
Magnesium, Mg mg	19		0		1		16	21	42
Phosphorus, P mg	149		0		1		127	164	328
Potassium, K mg	250		0		1		213	275	550
Sodium, Na mg	63		0		1		54	69	139
Zinc, Zn mg	1.53		0		1		1.30	1.68	3.37
Copper, Cu mg	0.059		0		1		0.050	0.065	0.130
Manganese, Mn mg	0.015		0		1		0.013	0.017	0.033
Selenium, Se µg	20.8		0	BFYN	4		17.7	22.9	45.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.6		0		1		0.5	0.7	1.3
Thiamin mg	0.075		0		1		0.064	0.083	0.165
Riboflavin mg	0.227		0		1		0.193	0.250	0.499
Niacin mg	6.273		0		1		5.332	6.900	13.801
Pantothenic acid mg	0.555		0		1		0.472	0.611	1.221
Vitamin B-6 mg	0.358		0		1		0.304	0.394	0.788
Folate, total µg	2		0		1		2	2	4
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	2		0		1		2	2	4
Folate, DFE µg	2		0	NC	4		2	2	4
Choline, total mg	66.3		0	BFNN	4		56.3	72.9	145.8
Betaine mg	4.8		0	BFNN	4		4.1	5.3	10.6
Vitamin B-12 µg	0.30		0		1		0.26	0.33	0.66
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	20		0	NC	4		17	21	43
Retinol µg	20		0	NR	4		17	21	43
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	65		0		1		55	72	143
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.24		0	CASN	4		0.21	0.27	0.54
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.3
Vitamin D IU	5		0	BFZN	4		4	5	10
Vitamin K (phylloquinone) µg	2.4		0	BFZN	4		2.0	2.6	5.2
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05310

Chicken, cornish game hens, 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
Lipids:									
Fatty acids, total saturated....g	0.990		0		1		0.842	1.089	2.178
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		0.009	0.011	0.022
13:0....g									
14:0....g	0.030		0		1		0.026	0.033	0.066
15:0....g									
16:0....g	0.690		0		1		0.587	0.759	1.518
17:0....g									
18:0....g	0.260		0		1		0.221	0.286	0.572
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.240		0		1		1.054	1.364	2.728
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		0		1		0.179	0.231	0.462
17:1....g									
18:1 undifferentiated....g	1.010		0		1		0.859	1.111	2.222
20:1....g	0.010		0		1		0.009	0.011	0.022
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.940		0		1		0.799	1.034	2.068
18:2 undifferentiated....g	0.690		0		1		0.587	0.759	1.518
18:3 undifferentiated....g	0.030		0		1		0.026	0.033	0.066
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.170		0		1		0.145	0.187	0.374
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.011	0.022
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.022	0.044
22:6 n-3 (DHA)....g	0.020		0		1		0.017	0.022	0.044
Fatty acids, total trans....g									
Cholesterol....mg	106		0		1		90	117	233
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.272		0		1		0.231	0.299	0.598
Threonine....g	0.984		0		1		0.836	1.082	2.165
Isoleucine....g	1.230		0		1		1.046	1.353	2.706
Leucine....g	1.748		0		1		1.486	1.923	3.846
Lysine....g	1.980		0		1		1.683	2.178	4.356
Methionine....g	0.645		0		1		0.548	0.710	1.419
Cystine....g	0.298		0		1		0.253	0.328	0.656
Phenylalanine....g	0.925		0		1		0.786	1.018	2.035
Tyrosine....g	0.787		0		1		0.669	0.866	1.731
Valine....g	1.156		0		1		0.983	1.272	2.543
Arginine....g	1.405		0		1		1.194	1.546	3.091
Histidine....g	0.723		0		1		0.615	0.795	1.591
Alanine....g	1.271		0		1		1.080	1.398	2.796
Aspartic acid....g	2.076		0		1		1.765	2.284	4.567
Glutamic acid....g	3.489		0		1		2.966	3.838	7.676
Glycine....g	1.144		0		1		0.972	1.258	2.517
Proline....g	0.958		0		1		0.814	1.054	2.108
Serine....g	0.801		0		1		0.681	0.881	1.762
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05310

Chicken, cornish game hens, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 110g: .5 bird

Measure 3 = 220g: 1 bird whole

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		64.46	91.01	181.26
Energy kcal	116		0	NC	4		99	139	277
Energy kJ	485		0		4		413	582	1160
Protein (N x 6.25) g	20.04		0		1		17.03	24.05	47.90
Total lipid (fat) g	3.33		0		1		2.83	4.00	7.96
Ash g	0.90		0		1		0.77	1.08	2.15
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	12		0		1		10	14	29
Iron, Fe mg	0.74		0		1		0.63	0.89	1.77
Magnesium, Mg mg	21		0		1		18	25	50
Phosphorus, P mg	160		0		1		136	192	382
Potassium, K mg	269		0		1		229	323	643
Sodium, Na mg	68		0		1		58	82	163
Zinc, Zn mg	1.31		0		1		1.11	1.57	3.13
Copper, Cu mg	0.053		0		1		0.045	0.064	0.127
Manganese, Mn mg	0.017		0		1		0.014	0.020	0.041
Selenium, Se µg	15.8		0	BFNN	4		13.4	19.0	37.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.6		0		1		0.5	0.7	1.4
Thiamin mg	0.092		0		1		0.078	0.110	0.220
Riboflavin mg	0.216		0		1		0.184	0.259	0.516
Niacin mg	6.744		0		1		5.732	8.093	16.118
Pantothenic acid mg	0.636		0		1		0.541	0.763	1.520
Vitamin B-6 mg	0.385		0		1		0.327	0.462	0.920
Folate, total µg	3		0		1		3	4	7
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	3		0		1		3	4	7
Folate, DFE µg	3		0	NC	4		3	4	7
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.40		0		1		0.34	0.48	0.96
Vitamin A, RAE µg	22		0	NC	4		19	26	53
Retinol µg	22		0	NR	4		19	26	53
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	75		0		1		64	90	179
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.21		0	CASN	4		0.18	0.25	0.50
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	2.9	5.7
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.850		0		1		0.723	1.020	2.032
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		0.009	0.012	0.024
13:0....g									
14:0....g	0.020		0		1		0.017	0.024	0.048
15:0....g									
16:0....g	0.590		0		1		0.502	0.708	1.410
17:0....g									
18:0....g	0.230		0		1		0.196	0.276	0.550
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.070		0		1		0.910	1.284	2.557
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.180		0		1		0.153	0.216	0.430
17:1....g									
18:1 undifferentiated....g	0.870		0		1		0.740	1.044	2.079
20:1....g	0.010		0		1		0.009	0.012	0.024
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.810		0		1		0.689	0.972	1.936
18:2 undifferentiated....g	0.600		0		1		0.510	0.720	1.434
18:3 undifferentiated....g	0.020		0		1		0.017	0.024	0.048
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		0.128	0.180	0.359
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.012	0.024
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.012	0.024
22:6 n-3 (DHA)....g	0.020		0		1		0.017	0.024	0.048
Fatty acids, total trans....g									
Cholesterol....mg	91		0		1		77	109	217
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.234		0		1		0.199	0.281	0.559
Threonine....g	0.846		0		1		0.719	1.015	2.022
Isoleucine....g	1.058		0		1		0.899	1.270	2.529
Leucine....g	1.504		0		1		1.278	1.805	3.595
Lysine....g	1.702		0		1		1.447	2.042	4.068
Methionine....g	0.555		0		1		0.472	0.666	1.326
Cystine....g	0.256		0		1		0.218	0.307	0.612
Phenylalanine....g	0.795		0		1		0.676	0.954	1.900
Tyrosine....g	0.676		0		1		0.575	0.811	1.616
Valine....g	0.994		0		1		0.845	1.193	2.376
Arginine....g	1.209		0		1		1.028	1.451	2.890
Histidine....g	0.622		0		1		0.529	0.746	1.487
Alanine....g	1.093		0		1		0.929	1.312	2.612
Aspartic acid....g	1.786		0		1		1.518	2.143	4.269
Glutamic acid....g	3.001		0		1		2.551	3.601	7.172
Glycine....g	0.984		0		1		0.836	1.181	2.352
Proline....g	0.824		0		1		0.700	0.989	1.969
Serine....g	0.689		0		1		0.586	0.827	1.647
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

NDB No. 05309
Chicken, cornish game hens, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 120g: .5 bird

Measure 3 = 239g: 1 bird whole

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05687

Chicken, dark meat, drumstick, meat and skin, enhanced, braised

Refuse: 30% Bone and Cartilage 30%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.06		0	PAK	1		71.08	63.71	
Energy kcal	183		0	NC	4		194	174	
Energy kJ	766		0	NC	4		812	728	
Protein g	21.55		0	PAK	1		22.84	20.47	
Total lipid (fat) g	10.71		0	PAK	1		11.36	10.18	
Ash g	1.09		0	PAK	1		1.16	1.04	
Carbohydrate, by difference g	0.13		0	PIK	4		0.14	0.13	
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	14		0	PAK	1		14	13	
Iron, Fe mg	0.76		0	PAK	1		0.81	0.72	
Magnesium, Mg mg	20		0	PAK	1		21	19	
Phosphorus, P mg	162		0	PAK	1		172	154	
Potassium, K mg	218		0	PAK	1		231	207	
Sodium, Na mg	165		0	PAK	1		175	157	
Zinc, Zn mg	2.11		0	PAK	1		2.23	2.00	
Copper, Cu mg	0.046		0	PAK	1		0.049	0.044	
Manganese, Mn mg	0.014		0	PAK	1		0.015	0.014	
Selenium, Se µg	27.9		0	PAK	1		29.6	26.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.076		0	PAK	1		0.081	0.072	
Riboflavin mg	0.144		0	PAK	1		0.152	0.137	
Niacin mg	4.832		0	PAK	1		5.122	4.590	
Pantothenic acid mg									
Vitamin B-6 mg	0.288		0	PAK	1		0.305	0.273	
Folate, total µg	4		0	PIK	4		4	4	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	4		0	PIK	4		4	4	
Folate, DFE µg	4		0	NC	4		4	4	
Choline, total mg	64.7		0	PIK	4		68.6	61.5	
Betaine mg	10.7		0	PIK	4		11.3	10.1	
Vitamin B-12 µg	0.30		0	PAK	1		0.32	0.29	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	12		0	PIK	4		13	11	
Retinol µg	12		0	PIK	4		13	11	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	40		0	PIK	4		42	38	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.18	0.16	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PAK	1		0.1	0.1	
Vitamin D IU	3		0	PIK	4		3	2	
Vitamin K (phylloquinone) µg	3.3		0	PIK	4		3.4	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05687

Chicken, dark meat, drumstick, meat and skin, enhanced, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.923		0	PIK	4		3.098	2.777	
4:0....g	0.001		0	PAK	1		0.001	0.001	
6:0....g	0.001		0	PAK	1		0.001	0.001	
8:0....g	0.002		0	PAK	1		0.002	0.002	
10:0....g	0.001		0	PAK	1		0.001	0.001	
12:0....g	0.006		0	PAK	1		0.007	0.006	
13:0....g									
14:0....g	0.057		0	PAK	1		0.060	0.054	
15:0....g	0.008		0	PAK	1		0.008	0.007	
16:0....g	2.251		0	PAK	1		2.386	2.138	
17:0....g	0.011		0	PAK	1		0.011	0.010	
18:0....g	0.567		0	PAK	1		0.601	0.539	
20:0....g	0.008		0	PAK	1		0.008	0.008	
22:0....g	0.010		0	PAK	1		0.010	0.009	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	4.580		0	PIK	4		4.855	4.351	
14:1....g	0.023		0	PAK	1		0.025	0.022	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.747		0	PAK	1		0.792	0.710	
16:1 c....g	0.742		0	PAK	1		0.786	0.704	
16:1 t....g	0.006		0	PAK	1		0.006	0.005	
17:1....g	0.007		0	PAK	1		0.008	0.007	
18:1 undifferentiated....g	3.745		0	PAK	1		3.969	3.557	
18:1 c....g	3.708		0	PAK	1		3.931	3.523	
18:1 t....g	0.036		0	PAK	1		0.038	0.034	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.054		0	PAK	1		0.057	0.051	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.001	
22:1 c....g	0.001		0	PAK	1		0.001	0.001	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.003		0	PAK	1		0.003	0.002	
Fatty acids, total polyunsaturated....g	2.242		0	PIK	4		2.377	2.130	
18:2 undifferentiated....g	1.965		0	PAK	1		2.083	1.867	
18:2 n-6 c,c....g	1.931		0	PAK	1		2.046	1.834	
18:2 CLAs....g	0.013		0	PAK	1		0.014	0.012	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.021		0	PAK	1		0.022	0.020	
18:3 undifferentiated....g	0.104		0	PAK	1		0.110	0.099	
18:3 n-3 c,c,c (ALA)....g	0.094		0	PAK	1		0.099	0.089	
18:3 n-6 c,c,c....g	0.010		0	PAK	1		0.011	0.010	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.001	
20:2 n-6 c,c....g	0.013		0	PAK	1		0.014	0.013	
20:3 undifferentiated....g	0.026		0	PAK	1		0.027	0.024	
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-6....g	0.025		0	PAK	1		0.027	0.024	
20:4 undifferentiated....g	0.091		0	PAK	1		0.096	0.086	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.005	0.004	
21:5....g									
22:4....g	0.023		0	PAK	1		0.024	0.022	
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.009	0.008	
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.006	0.006	
Fatty acids, total trans....g	0.063		0	PIK	4		0.067	0.060	
Fatty acids, total trans-monoenoic....g	0.042		0	PIK	4		0.045	0.040	
Fatty acids, total trans-polyenoic....g	0.021		0	PIK	4		0.022	0.020	
Cholesterol....mg	133		0	PAK	1		141	126	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.233		0	PAK	1		0.247	0.221	
Threonine....g	0.993		0	PAK	1		1.053	0.944	

NDB No. 05687

Chicken, dark meat, drumstick, meat and skin, enhanced, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	0.997		0	PAK	1		1.057	0.947	
Leucine....g	1.786		0	PAK	1		1.894	1.697	
Lysine....g	1.971		0	PAK	1		2.090	1.873	
Methionine....g	0.597		0	PAK	1		0.633	0.567	
Cystine....g	0.246		0	PAK	1		0.261	0.234	
Phenylalanine....g	0.845		0	PAK	1		0.896	0.803	
Tyrosine....g	0.787		0	PAK	1		0.834	0.748	
Valine....g	1.026		0	PAK	1		1.087	0.975	
Arginine....g	1.506		0	PAK	1		1.597	1.431	
Histidine....g	0.628		0	PAK	1		0.665	0.596	
Alanine....g	1.305		0	PAK	1		1.383	1.240	
Aspartic acid....g	2.080		0	PAK	1		2.204	1.976	
Glutamic acid....g	3.455		0	PAK	1		3.662	3.282	
Glycine....g	1.125		0	PAK	1		1.192	1.068	
Proline....g	0.928		0	PAK	1		0.984	0.882	
Serine....g	0.893		0	PAK	1		0.946	0.848	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick with skin

Measure 2 = 95g: 1 drumstick without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05689

Chicken, dark meat, drumstick, meat and skin, enhanced, cooked, roasted

Refuse: 66% Bone and Cartilage 40%, bone and connective tissue 26%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.97		0	PAK	1		85.10	60.03	
Energy kcal	180		0	PIK	4		232	164	
Energy kJ	754		0	PIK	4		972	686	
Protein g	24.72		0	PAK	1		31.89	22.50	
Total lipid (fat) g	9.00		0	PAK	1		11.61	8.19	
Ash g	1.16		0	PAK	1		1.49	1.05	
Carbohydrate, by difference g	0.05		0	PIK	4		0.07	0.05	
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	13		0	PAK	1		16	11	
Iron, Fe mg	1.11		0	PAK	1		1.43	1.01	
Magnesium, Mg mg	20		0	PAK	1		25	18	
Phosphorus, P mg	194		0	PAK	1		250	177	
Potassium, K mg	244		0	PAK	1		315	222	
Sodium, Na mg	186		0	PAK	1		240	169	
Zinc, Zn mg	2.50		0	PAK	1		3.23	2.28	
Copper, Cu mg	0.079		0	PAK	1		0.102	0.072	
Manganese, Mn mg	0.010		0	PAK	1		0.013	0.009	
Selenium, Se µg	29.5		0	PAK	1		38.0	26.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.096		0	PAK	1		0.124	0.087	
Riboflavin mg	0.276		0	PAK	1		0.355	0.251	
Niacin mg	5.684		0	PAK	1		7.333	5.173	
Pantothenic acid mg	1.141		0	PAK	1		1.471	1.038	
Vitamin B-6 mg	0.385		0	PAK	1		0.496	0.350	
Folate, total µg	4		0	PIK	4		5	3	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	4		0	PIK	4		5	3	
Folate, DFE µg	4		0	NC	4		5	3	
Choline, total mg	109.5		0	PAK	1		141.3	99.7	
Betaine mg	15.9		0	PAK	1		20.5	14.4	
Vitamin B-12 µg	0.43		0	PAK	1		0.56	0.39	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	12		0	PIK	4		15	11	
Retinol µg	12		0	PIK	4		15	11	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	39		0	PIK	4		50	35	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	88		0	PIK	4		113	80	
Vitamin E (alpha-tocopherol) mg	0.26		0	PAK	1		0.33	0.24	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.12		0	PAK	1		0.15	0.11	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.07		0	PAK	1		0.09	0.06	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.2	0.2	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		0	PAK	1		0.2	0.2	
Vitamin D IU	7		0	PAK	1		9	6	
Vitamin K (phylloquinone) µg	0.0		0	PAK	1		0.0	0.0	

NDB No. 05689

Chicken, dark meat, drumstick, meat and skin, enhanced, 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
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	13.5		0	PAK	1		17.5	12.3	
Lipids:									
Fatty acids, total saturated....g	2.656		0	PIK	4		3.427	2.417	
4:0....g	0.001		0	PAK	1		0.001	0.001	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.001		0	PAK	1		0.001	0.001	
10:0....g	0.005		0	PAK	1		0.007	0.005	
12:0....g	0.009		0	PAK	1		0.011	0.008	
13:0....g									
14:0....g	0.054		0	PAK	1		0.070	0.049	
15:0....g	0.007		0	PAK	1		0.010	0.007	
16:0....g	2.020		0	PAK	1		2.606	1.838	
17:0....g	0.009		0	PAK	1		0.012	0.009	
18:0....g	0.530		0	PAK	1		0.683	0.482	
20:0....g	0.008		0	PAK	1		0.010	0.007	
22:0....g	0.009		0	PAK	1		0.011	0.008	
24:0....g	0.003		0	PAK	1		0.004	0.003	
Fatty acids, total monounsaturated....g	4.058		0	PIK	4		5.235	3.693	
14:1....g	0.020		0	PAK	1		0.025	0.018	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.613		0	PAK	1		0.791	0.558	
16:1 c....g	0.608		0	PAK	1		0.785	0.554	
16:1 t....g	0.004		0	PAK	1		0.006	0.004	
17:1....g	0.008		0	PAK	1		0.011	0.008	
18:1 undifferentiated....g	3.354		0	PAK	1		4.327	3.052	
18:1 c....g	3.318		0	PAK	1		4.280	3.019	
18:1 t....g	0.037		0	PAK	1		0.047	0.033	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.058		0	PAK	1		0.075	0.053	
22:1 undifferentiated....g	0.002		0	PAK	1		0.003	0.002	
22:1 c....g	0.002		0	PAK	1		0.003	0.002	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.003		0	PAK	1		0.003	0.002	
Fatty acids, total polyunsaturated....g	2.177		0	PIK	4		2.808	1.981	
18:2 undifferentiated....g	1.868		0	PAK	1		2.410	1.700	
18:2 n-6 c,c....g	1.840		0	PAK	1		2.374	1.675	
18:2 CLAs....g	0.010		0	PAK	1		0.013	0.009	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.019		0	PAK	1		0.024	0.017	
18:3 undifferentiated....g	0.096		0	PAK	1		0.124	0.087	
18:3 n-3 c,c,c (ALA)....g	0.093		0	PAK	1		0.120	0.085	
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.004	0.003	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.002	0.001	
20:2 n-6 c,c....g	0.016		0	PAK	1		0.021	0.015	
20:3 undifferentiated....g	0.030		0	PAK	1		0.039	0.027	
20:3 n-3....g	0.002		0	PAK	1		0.002	0.001	
20:3 n-6....g	0.029		0	PAK	1		0.037	0.026	
20:4 undifferentiated....g	0.113		0	PAK	1		0.146	0.103	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.005	0.004	
21:5....g									
22:4....g	0.030		0	PAK	1		0.038	0.027	
22:5 n-3 (DPA)....g	0.011		0	PAK	1		0.014	0.010	
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.009	0.006	
Fatty acids, total trans....g	0.059		0	PIK	4		0.077	0.054	
Fatty acids, total trans-monoenoic....g	0.041		0	PIK	4		0.053	0.037	
Fatty acids, total trans-polyenoic....g	0.019		0	PIK	4		0.024	0.017	
Cholesterol....mg	128		0	PAK	1		164	116	
Phytosterols....mg									
Amino Acids:									

NDB No. 05689

Chicken, dark meat, drumstick, meat and skin, enhanced, 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
Tryptophan....g	0.251		0	PAK	1		0.324	0.228	
Threonine....g	1.052		0	PAK	1		1.357	0.957	
Isoleucine....g	1.062		0	PAK	1		1.370	0.966	
Leucine....g	1.894		0	PAK	1		2.444	1.724	
Lysine....g	2.097		0	PAK	1		2.705	1.908	
Methionine....g	0.636		0	PAK	1		0.820	0.579	
Cystine....g	0.260		0	PAK	1		0.335	0.236	
Phenylalanine....g	0.888		0	PAK	1		1.146	0.808	
Tyrosine....g	0.836		0	PAK	1		1.078	0.760	
Valine....g	1.081		0	PAK	1		1.394	0.983	
Arginine....g	1.552		0	PAK	1		2.002	1.412	
Histidine....g	0.663		0	PAK	1		0.856	0.604	
Alanine....g	1.332		0	PAK	1		1.718	1.212	
Aspartic acid....g	2.186		0	PAK	1		2.820	1.989	
Glutamic acid....g	3.642		0	PAK	1		4.698	3.314	
Glycine....g	1.019		0	PAK	1		1.315	0.928	
Proline....g	0.897		0	PAK	1		1.157	0.816	
Serine....g	0.930		0	PAK	1		1.200	0.847	
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	

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

Common Measures:

Measure 1 = 129g: 1 drumstick with skin

Measure 2 = 91g: 1 drumstick without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05688
Chicken, dark meat, drumstick, meat and skin, enhanced, raw,

Refuse: 68% Bone and cartilage 34%, bone and connective tissue 34%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		105.51	95.92	
Energy kcal	146		0	PIK	4		209	190	
Energy kJ	612		0	PIK	4		875	795	
Protein g	18.03		0	PAK	1		25.78	23.44	
Total lipid (fat) g	8.24		0	PAK	1		11.78	10.71	
Ash g	0.94		0	PAK	1		1.34	1.22	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	8		0	PAK	1		12	11	
Iron, Fe mg	0.69		0	PAK	1		0.99	0.90	
Magnesium, Mg mg	15		0	PAK	1		21	19	
Phosphorus, P mg	135		0	PAK	1		193	176	
Potassium, K mg	179		0	PAK	1		256	233	
Sodium, Na mg	150		0	PAK	1		215	195	
Zinc, Zn mg	1.80		0	PAK	1		2.58	2.34	
Copper, Cu mg	0.057		0	PAK	1		0.081	0.074	
Manganese, Mn mg	0.009		0	PAK	1		0.014	0.012	
Selenium, Se µg	20.8		0	PAK	1		29.7	27.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.089		0	PAK	1		0.127	0.115	
Riboflavin mg	0.217		0	PAK	1		0.310	0.282	
Niacin mg	4.612		0	PAK	1		6.595	5.995	
Pantothenic acid mg	1.028		0	PAK	1		1.469	1.336	
Vitamin B-6 mg	0.346		0	PAK	1		0.495	0.450	
Folate, total µg	3		0	PIK	4		4	4	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	3		0	PIK	4		4	4	
Folate, DFE µg	3		0	NC	4		4	4	
Choline, total mg	68.7		0	PIK	4		98.2	89.3	
Betaine mg	11.3		0	PIK	4		16.1	14.7	
Vitamin B-12 µg	0.45		0	PAK	1		0.65	0.59	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	15		0	PIK	4		22	20	
Retinol µg	15		0	PIK	4		22	20	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	50		0	PIK	4		72	65	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	87		0	PIK	4		125	114	
Vitamin E (alpha-tocopherol) mg	0.40		0	PAK	1		0.57	0.52	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.12		0	PAK	1		0.17	0.15	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.3	0.3	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		0	PAK	1		0.3	0.3	
Vitamin D IU	8		0	PAK	1		11	10	
Vitamin K (phylloquinone) µg	0.0		0	PAK	1		0.0	0.0	

NDB No. 05688

Chicken, dark meat, drumstick, meat and skin, enhanced, 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
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	11.0		0	PAK	1		15.7	14.3	
Lipids:									
Fatty acids, total saturated....g	2.334		0	PIK	4		3.338	3.034	
4:0....g	0.000		0	PAK	1		0.001	0.001	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.001		0	PAK	1		0.001	0.001	
10:0....g	0.005		0	PAK	1		0.008	0.007	
12:0....g	0.006		0	PAK	1		0.009	0.008	
13:0....g									
14:0....g	0.047		0	PAK	1		0.067	0.061	
15:0....g	0.006		0	PAK	1		0.009	0.008	
16:0....g	1.782		0	PAK	1		2.548	2.316	
17:0....g	0.009		0	PAK	1		0.013	0.012	
18:0....g	0.457		0	PAK	1		0.653	0.594	
20:0....g	0.007		0	PAK	1		0.010	0.009	
22:0....g	0.011		0	PAK	1		0.015	0.014	
24:0....g	0.002		0	PAK	1		0.003	0.003	
Fatty acids, total monounsaturated....g	3.561		0	PIK	4		5.092	4.629	
14:1....g	0.017		0	PAK	1		0.025	0.023	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.552		0	PAK	1		0.789	0.717	
16:1 c....g	0.548		0	PAK	1		0.784	0.712	
16:1 t....g	0.004		0	PAK	1		0.005	0.005	
17:1....g	0.007		0	PAK	1		0.010	0.009	
18:1 undifferentiated....g	2.943		0	PAK	1		4.209	3.826	
18:1 c....g	2.911		0	PAK	1		4.163	3.785	
18:1 t....g	0.032		0	PAK	1		0.045	0.041	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.038		0	PAK	1		0.055	0.050	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.001	
22:1 c....g	0.001		0	PAK	1		0.001	0.001	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.002		0	PAK	1		0.003	0.003	
Fatty acids, total polyunsaturated....g	1.864		0	PIK	4		2.665	2.423	
18:2 undifferentiated....g	1.595		0	PAK	1		2.281	2.073	
18:2 n-6 c,c....g	1.569		0	PAK	1		2.244	2.040	
18:2 CLAs....g	0.010		0	PAK	1		0.014	0.012	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016		0	PAK	1		0.023	0.021	
18:3 undifferentiated....g	0.093		0	PAK	1		0.133	0.121	
18:3 n-3 c,c,c (ALA)....g	0.077		0	PAK	1		0.109	0.100	
18:3 n-6 c,c,c....g	0.016		0	PAK	1		0.023	0.021	
18:3i....g									
18:4....g	0.002		0	PAK	1		0.002	0.002	
20:2 n-6 c,c....g	0.015		0	PAK	1		0.021	0.019	
20:3 undifferentiated....g	0.025		0	PAK	1		0.036	0.032	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.001	
20:3 n-6....g	0.024		0	PAK	1		0.035	0.032	
20:4 undifferentiated....g	0.091		0	PAK	1		0.131	0.119	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.005	0.005	
21:5....g									
22:4....g	0.025		0	PAK	1		0.036	0.032	
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.013	0.012	
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.009	0.008	
Fatty acids, total trans....g	0.051		0	PIK	4		0.073	0.067	
Fatty acids, total trans-monoenoic....g	0.035		0	PIK	4		0.050	0.046	
Fatty acids, total trans-polyenoic....g	0.016		0	PIK	4		0.023	0.021	
Cholesterol....mg	95		0	PAK	1		136	124	
Phytosterols....mg									
Amino Acids:									

NDB No. 05688

Chicken, dark meat, drumstick, meat and skin, enhanced, 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
Tryptophan g	0.177		0	PAK	1		0.253	0.230	
Threonine g	0.760		0	PAK	1		1.087	0.988	
Isoleucine g	0.761		0	PAK	1		1.089	0.990	
Leucine g	1.366		0	PAK	1		1.953	1.775	
Lysine g	1.506		0	PAK	1		2.153	1.957	
Methionine g	0.456		0	PAK	1		0.652	0.593	
Cystine g	0.188		0	PAK	1		0.269	0.245	
Phenylalanine g	0.648		0	PAK	1		0.926	0.842	
Tyrosine g	0.601		0	PAK	1		0.860	0.782	
Valine g	0.786		0	PAK	1		1.124	1.021	
Arginine g	1.160		0	PAK	1		1.659	1.509	
Histidine g	0.480		0	PAK	1		0.687	0.624	
Alanine g	1.008		0	PAK	1		1.441	1.310	
Aspartic acid g	1.593		0	PAK	1		2.279	2.071	
Glutamic acid g	2.646		0	PAK	1		3.783	3.439	
Glycine g	0.893		0	PAK	1		1.277	1.161	
Proline g	0.726		0	PAK	1		1.039	0.944	
Serine g	0.686		0	PAK	1		0.980	0.891	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick with skin

Measure 2 = 130g: 1 drumstick without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05680

Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised

Refuse: 39% Bone and cartilage 30%, Skin and separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.18		1	A	1		66.67	74.39	
Energy kcal	149		0	NC	4		141	158	
Energy kJ	623		0	NC	4		592	660	
Protein g	22.99		1	A	1		21.84	24.37	
Total lipid (fat) g	6.33		1	A	1		6.01	6.71	
Ash g	1.13		1	A	1		1.07	1.20	
Carbohydrate, by difference g	0.00		0	NC	4		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		1	A	1		13	14	
Iron, Fe mg	0.78		1	A	1		0.74	0.82	
Magnesium, Mg mg	21		1	A	1		20	22	
Phosphorus, P mg	170		1	A	1		161	180	
Potassium, K mg	229		1	A	1		217	242	
Sodium, Na mg	169		1	A	1		160	179	
Zinc, Zn mg	2.34		1	A	1		2.22	2.48	
Copper, Cu mg	0.049		1	A	1		0.047	0.052	
Manganese, Mn mg	0.014		1	A	1		0.013	0.015	
Selenium, Se µg	29.8		1	A	1		28.3	31.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.080		1	A	1		0.076	0.085	
Riboflavin mg	0.160		1	A	1		0.152	0.170	
Niacin mg	5.070		1	A	1		4.817	5.374	
Pantothenic acid mg									
Vitamin B-6 mg	0.310		1	A	1		0.295	0.329	
Folate, total µg	4		0	BFPN	4		4	4	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0	BFPN	4		4	4	
Folate, DFE µg	4		0	NC	4		4	4	
Choline, total mg	69.2		0	BFPN	4		65.7	73.3	
Betaine mg	10.7		0	BFPN	4		10.1	11.3	
Vitamin B-12 µg	0.31		1	A	1		0.29	0.33	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	7		0	NC	4		7	7	
Retinol µg	7		0	BFSN	4		7	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	23		0	NC	4		22	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	BFSN	4		0.16	0.18	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	2		0	BFFN	4		2	3	
Vitamin K (phylloquinone) µg	3.7		0	BFSN	4		3.5	3.9	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05680

Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.730		0	NC	4		1.643	1.834	
4:0....g	0.001		1	A	1		0.001	0.001	
6:0....g	0.001		1	A	1		0.001	0.001	
8:0....g	0.002		1	A	1		0.002	0.002	
10:0....g	0.000		1	A	1		0.000	0.000	
12:0....g	0.004		1	A	1		0.004	0.004	
13:0....g									
14:0....g	0.032		1	A	1		0.030	0.034	
15:0....g	0.005		1	A	1		0.005	0.005	
16:0....g	1.299		1	A	1		1.234	1.377	
17:0....g	0.006		1	A	1		0.006	0.006	
18:0....g	0.367		1	A	1		0.349	0.389	
20:0....g	0.005		1	A	1		0.005	0.005	
22:0....g	0.008		1	A	1		0.008	0.008	
24:0....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.620		0	NC	4		2.489	2.777	
14:1....g	0.014		1	A	1		0.013	0.015	
15:1....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated....g	0.445		0	AS	1		0.423	0.472	
16:1 c....g	0.441		1	A	1		0.419	0.467	
16:1 t....g	0.004		1	A	1		0.004	0.004	
17:1....g	0.003		1	A	1		0.003	0.003	
18:1 undifferentiated....g	2.130		0	AS	1		2.023	2.258	
18:1 c....g	2.109		1	A	1		2.004	2.236	
18:1 t....g	0.021		1	A	1		0.020	0.022	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025		1	A	1		0.024	0.027	
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	
22:1 c....g	0.000		1	A	1		0.000	0.000	
22:1 t....g	0.000		1	A	1		0.000	0.000	
24:1 c....g	0.003		1	A	1		0.003	0.003	
Fatty acids, total polyunsaturated....g	1.349		0	NC	4		1.282	1.430	
18:2 undifferentiated....g	1.132		0	AS	1		1.075	1.200	
18:2 n-6 c,c....g	1.115		1	A	1		1.059	1.182	
18:2 CLAs....g	0.007		1	A	1		0.007	0.007	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010		1	A	1		0.009	0.011	
18:3 undifferentiated....g	0.062		0	AS	1		0.059	0.066	
18:3 n-3 c,c,c (ALA)....g	0.050		1	A	1		0.048	0.053	
18:3 n-6 c,c,c....g	0.012		1	A	1		0.011	0.013	
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.009		1	A	1		0.009	0.010	
20:3 undifferentiated....g	0.020		0	AS	1		0.019	0.021	
20:3 n-3....g	0.000		1	A	1		0.000	0.000	
20:3 n-6....g	0.020		1	A	1		0.019	0.021	
20:4 undifferentiated....g	0.086		1	A	1		0.082	0.091	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		1	A	1		0.004	0.004	
21:5....g									
22:4....g	0.022		1	A	1		0.021	0.023	
22:5 n-3 (DPA)....g	0.008		1	A	1		0.008	0.008	
22:6 n-3 (DHA)....g	0.006		1	A	1		0.006	0.006	
Fatty acids, total trans....g	0.035		0	NC	4		0.033	0.037	
Fatty acids, total trans-monoenoic....g	0.025		0	NC	4		0.024	0.026	
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.009	0.011	
Cholesterol....mg	135		1	A	1		128	143	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0	A	1		0.246	0.275	
Threonine....g	1.087		0	A	1		1.033	1.153	

NDB No. 05680

Chicken, dark meat, drumstick, meat only, enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	1.098		0	A	1		1.043	1.164	
Leucine....g	1.959		0	A	1		1.861	2.076	
Lysine....g	2.169		0	A	1		2.060	2.299	
Methionine....g	0.658		0	A	1		0.625	0.697	
Cystine....g	0.268		0	A	1		0.255	0.285	
Phenylalanine....g	0.918		0	A	1		0.873	0.974	
Tyrosine....g	0.864		0	A	1		0.821	0.916	
Valine....g	1.117		0	A	1		1.062	1.185	
Arginine....g	1.605		0	A	1		1.525	1.701	
Histidine....g	0.686		0	A	1		0.652	0.727	
Alanine....g	1.377		0	A	1		1.308	1.459	
Aspartic acid....g	2.260		0	A	1		2.147	2.396	
Glutamic acid....g	3.766		0	A	1		3.578	3.992	
Glycine....g	1.054		0	A	1		1.001	1.117	
Proline....g	0.927		0	A	1		0.881	0.983	
Serine....g	0.962		0	A	1		0.914	1.020	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick without skin

Measure 2 = 106g: 1 drumstick with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

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NDB No. 05678
Chicken, dark meat, drumstick, meat only, enhanced, raw

Refuse: 43% Bone and Cartilage 34%, Skin and separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.71	0.175	4	A	1		111.13	105.69	
Energy kcal	106		0	NC	4		152	144	
Energy kJ	444		0	NC	4		635	604	
Protein g	19.19	0.123	4	A	1		27.44	26.09	
Total lipid (fat) g	3.26	0.171	4	A	1		4.66	4.43	
Ash g	0.99	0.028	4	A	1		1.42	1.35	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.427	4	A	1		12	12	
Iron, Fe mg	0.72	0.028	4	A	1		1.03	0.98	
Magnesium, Mg mg	16	0.546	4	A	1		23	22	
Phosphorus, P mg	143	7.952	4	A	1		205	195	
Potassium, K mg	192	6.964	4	A	1		275	261	
Sodium, Na mg	152	6.597	4	A	1		218	207	
Zinc, Zn mg	2.00	0.035	4	A	1		2.86	2.72	
Copper, Cu mg	0.061	0.004	4	A	1		0.088	0.083	
Manganese, Mn mg	0.010	0.001	4	A	1		0.014	0.014	
Selenium, Se µg	22.4	3.300	3	A	1		32.1	30.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.098	0.006	3	A	1		0.140	0.133	
Riboflavin mg	0.243	0.027	3	A	1		0.348	0.331	
Niacin mg	4.940	0.043	3	A	1		7.064	6.718	
Pantothenic acid mg	1.200		2	A	1		1.716	1.632	
Vitamin B-6 mg	0.385	0.003	3	A	1		0.551	0.524	
Folate, total µg	3		0	BFPN	4		5	4	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		5	4	
Folate, DFE µg	3		0	NC	4		5	4	
Choline, total mg	75.3		0	AS	1		107.7	102.5	
Betaine mg	11.8		1	A	1		16.8	16.0	
Vitamin B-12 µg	0.42	0.017	3	A	1		0.60	0.57	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		12	11	
Retinol µg	8		0	BFSN	4		12	11	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	28		0	NC	4		39	38	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	102		1	A	1		146	139	
Vitamin E (alpha-tocopherol) mg	0.40		1	A	1		0.57	0.54	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.11		1	A	1		0.15	0.14	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.2		1	AS	1		0.2	0.2	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		1	A	1		0.2	0.2	
Vitamin D IU	7		1	A	1		10	9	
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 05678

Chicken, dark meat, drumstick, meat only, enhanced, 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
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	9.5		1	A	1		13.6	13.0	
Lipids:									
Fatty acids, total saturated....g	0.954		0	NC	4		1.364	1.297	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.005	0.001	3	A	1		0.007	0.007	
12:0....g	0.004	0.000	3	A	1		0.006	0.005	
13:0....g									
14:0....g	0.018	0.001	3	A	1		0.026	0.025	
15:0....g	0.003	0.000	3	A	1		0.004	0.004	
16:0....g	0.682	0.043	3	A	1		0.975	0.928	
17:0....g	0.004	0.000	3	A	1		0.005	0.005	
18:0....g	0.222	0.012	3	A	1		0.318	0.302	
20:0....g	0.003	0.000	3	A	1		0.005	0.005	
22:0....g	0.009	0.004	3	A	1		0.013	0.012	
24:0....g	0.002	0.000	3	A	1		0.003	0.003	
Fatty acids, total monounsaturated....g	1.290		0	NC	4		1.845	1.755	
14:1....g	0.006	0.001	3	A	1		0.009	0.008	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.191	0.020	3	AS	1		0.273	0.259	
16:1 c....g	0.190	0.020	3	A	1		0.271	0.258	
16:1 t....g	0.001	0.000	3	A	1		0.001	0.001	
17:1....g	0.003	0.000	3	A	1		0.004	0.004	
18:1 undifferentiated....g	1.069	0.075	3	AS	1		1.529	1.454	
18:1 c....g	1.056	0.075	3	A	1		1.510	1.436	
18:1 t....g	0.014	0.000	3	A	1		0.020	0.019	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.001	3	A	1		0.026	0.025	
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.003	0.000	3	A	1		0.004	0.003	
Fatty acids, total polyunsaturated....g	0.802		0	NC	4		1.147	1.091	
18:2 undifferentiated....g	0.618	0.010	3	AS	1		0.883	0.840	
18:2 n-6 c,c....g	0.608	0.009	3	A	1		0.869	0.827	
18:2 CLAs....g	0.003	0.000	3	A	1		0.005	0.005	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.006	0.000	3	A	1		0.009	0.009	
18:3 undifferentiated....g	0.028	0.000	3	AS	1		0.040	0.038	
18:3 n-3 c,c,c (ALA)....g	0.025	0.000	3	A	1		0.036	0.035	
18:3 n-6 c,c,c....g	0.002	0.000	3	A	1		0.003	0.003	
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.009	0.001	3	A	1		0.013	0.013	
20:3 undifferentiated....g	0.018	0.001	3	AS	1		0.026	0.025	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.018	0.001	3	A	1		0.025	0.024	
20:4 undifferentiated....g	0.087	0.004	3	A	1		0.125	0.118	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.005	0.004	
21:5....g									
22:4....g	0.024	0.000	3	A	1		0.035	0.033	
22:5 n-3 (DPA)....g	0.008	0.001	3	A	1		0.012	0.011	
22:6 n-3 (DHA)....g	0.006	0.001	3	A	1		0.009	0.008	
Fatty acids, total trans....g	0.021		0	NC	4		0.030	0.029	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.021	0.020	
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.009	0.009	
Cholesterol....mg	92	0.667	3	A	1		132	126	
Phytosterols....mg									
Amino Acids:									

NDB No. 05678

Chicken, dark meat, drumstick, meat only, enhanced, 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
Tryptophan....g	0.198		0	A	1		0.282	0.269	
Threonine....g	0.828		0	A	1		1.184	1.126	
Isoleucine....g	0.836		0	A	1		1.196	1.137	
Leucine....g	1.492		0	A	1		2.134	2.029	
Lysine....g	1.652		0	A	1		2.362	2.246	
Methionine....g	0.501		0	A	1		0.716	0.681	
Cystine....g	0.204		0	A	1		0.292	0.278	
Phenylalanine....g	0.700		0	A	1		1.000	0.951	
Tyrosine....g	0.658		0	A	1		0.941	0.895	
Valine....g	0.851		0	A	1		1.217	1.157	
Arginine....g	1.222		0	A	1		1.748	1.662	
Histidine....g	0.522		0	A	1		0.747	0.711	
Alanine....g	1.049		0	A	1		1.500	1.426	
Aspartic acid....g	1.722		0	A	1		2.462	2.341	
Glutamic acid....g	2.868		0	A	1		4.102	3.901	
Glycine....g	0.803		0	A	1		1.148	1.092	
Proline....g	0.706		0	A	1		1.010	0.961	
Serine....g	0.733		0	A	1		1.048	0.997	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 drumstick with skin

Measure 2 = 136g: 1 drumstick without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05690

Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised

Refuse: 15% Bone and cartilage 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.97		0	PAK	1		54.37	84.44	101.07
Energy kcal	215		0	NC	4		183	284	340
Energy kJ	901		0	NC	4		766	1189	1424
Protein g	20.70		0	PAK	1		17.59	27.32	32.70
Total lipid (fat) g	14.62		0	PAK	1		12.43	19.30	23.10
Ash g	1.12		0	PAK	1		0.95	1.47	1.76
Carbohydrate, by difference g	0.21		0	PIK	4		0.18	0.28	0.34
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total g	0.00		0	PIK	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	12		0	PAK	1		11	16	20
Iron, Fe mg	0.98		0	PAK	1		0.83	1.30	1.55
Magnesium, Mg mg	21		0	PAK	1		18	28	34
Phosphorus, P mg	183		0	PAK	1		156	242	289
Potassium, K mg	259		0	PAK	1		220	342	409
Sodium, Na mg	185		0	PAK	1		157	244	292
Zinc, Zn mg	1.60		0	PAK	1		1.36	2.11	2.52
Copper, Cu mg	0.047		0	PAK	1		0.040	0.062	0.075
Manganese, Mn mg	0.016		0	PAK	1		0.014	0.022	0.026
Selenium, Se µg	24.7		0	PAK	1		21.0	32.6	39.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.074		0	PAK	1		0.063	0.097	0.116
Riboflavin mg	0.119		0	PAK	1		0.101	0.156	0.187
Niacin mg	5.679		0	PAK	1		4.827	7.496	8.972
Pantothenic acid mg									
Vitamin B-6 mg	0.273		0	PAK	1		0.232	0.360	0.431
Folate, total µg	4		0	PIK	4		3	5	6
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	4		0	PIK	4		3	5	6
Folate, DFE µg	4		0	NC	4		3	5	6
Choline, total mg	58.0		0	PIK	4		49.3	76.6	91.7
Betaine mg	12.2		0	PIK	4		10.3	16.0	19.2
Vitamin B-12 µg	0.32		0	PAK	1		0.28	0.43	0.51
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	15		0	PIK	4		13	20	24
Retinol µg	15		0	PIK	4		13	20	24
Carotene, beta µg	0		0	PIK	4		0	0	0
Carotene, alpha µg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	0
Vitamin A, IU IU	52		0	PIK	4		44	68	81
Lycopene µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.23		0	PIK	4		0.19	0.30	0.36
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.2	0.3	0.4
Vitamin D IU	10		0	PIK	4		9	14	16
Vitamin K (phylloquinone) µg	0.3		0	PIK	4		0.2	0.4	0.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05690

Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	3.881		0	PIK	4		3.299	5.123	6.132
4:0....g	0.001		0	PAK	1		0.001	0.001	0.002
6:0....g	0.002		0	PAK	1		0.001	0.002	0.002
8:0....g	0.002		0	PAK	1		0.002	0.003	0.004
10:0....g	0.001		0	PAK	1		0.001	0.001	0.002
12:0....g	0.007		0	PAK	1		0.006	0.009	0.011
13:0....g									
14:0....g	0.076		0	PAK	1		0.065	0.100	0.120
15:0....g	0.010		0	PAK	1		0.009	0.014	0.016
16:0....g	3.015		0	PAK	1		2.563	3.980	4.764
17:0....g	0.016		0	PAK	1		0.014	0.021	0.025
18:0....g	0.730		0	PAK	1		0.620	0.963	1.153
20:0....g	0.010		0	PAK	1		0.008	0.013	0.015
22:0....g	0.010		0	PAK	1		0.008	0.013	0.015
24:0....g	0.001		0	PAK	1		0.001	0.001	0.001
Fatty acids, total monounsaturated....g	6.073		0	PIK	4		5.162	8.017	9.596
14:1....g	0.029		0	PAK	1		0.025	0.038	0.046
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.938		0	PAK	1		0.797	1.238	1.482
16:1 c....g	0.933		0	PAK	1		0.793	1.231	1.473
16:1 t....g	0.005		0	PAK	1		0.004	0.007	0.008
17:1....g	0.012		0	PAK	1		0.010	0.016	0.019
18:1 undifferentiated....g	5.015		0	PAK	1		4.263	6.620	7.924
18:1 c....g	4.965		0	PAK	1		4.221	6.554	7.845
18:1 t....g	0.049		0	PAK	1		0.042	0.065	0.078
18:1-11 t (18:1t n-7)....g									
20:1....g	0.074		0	PAK	1		0.063	0.097	0.117
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.001	0.002
22:1 c....g	0.001		0	PAK	1		0.001	0.001	0.002
22:1 t....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g	0.005		0	PAK	1		0.004	0.006	0.007
Fatty acids, total polyunsaturated....g	2.775		0	PIK	4		2.359	3.663	4.384
18:2 undifferentiated....g	2.482		0	PAK	1		2.110	3.277	3.922
18:2 n-6 c,c....g	2.439		0	PAK	1		2.073	3.219	3.853
18:2 CLAs....g	0.018		0	PAK	1		0.015	0.024	0.029
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.025		0	PAK	1		0.022	0.034	0.040
18:3 undifferentiated....g	0.125		0	PAK	1		0.107	0.165	0.198
18:3 n-3 c,c,c (ALA)....g	0.116		0	PAK	1		0.099	0.153	0.183
18:3 n-6 c,c,c....g	0.009		0	PAK	1		0.008	0.012	0.015
18:3i....g									
18:4....g	0.002		0	PAK	1		0.002	0.003	0.003
20:2 n-6 c,c....g	0.018		0	PAK	1		0.016	0.024	0.029
20:3 undifferentiated....g	0.028		0	PAK	1		0.024	0.037	0.044
20:3 n-3....g	0.000		0	PAK	1		0.000	0.001	0.001
20:3 n-6....g	0.028		0	PAK	1		0.023	0.036	0.044
20:4 undifferentiated....g	0.079		0	PAK	1		0.067	0.104	0.124
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.005	0.007	0.009
21:5....g									
22:4....g	0.020		0	PAK	1		0.017	0.026	0.031
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.008	0.012	0.014
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.004	0.007	0.008
Fatty acids, total trans....g	0.080		0	PIK	4		0.068	0.106	0.127
Fatty acids, total trans-monoenoic....g	0.055		0	PIK	4		0.046	0.072	0.086
Fatty acids, total trans-polyenoic....g	0.025		0	PIK	4		0.022	0.034	0.040
Cholesterol....mg	125		0	PAK	1		106	165	198
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.217		0	PAK	1		0.184	0.286	0.342
Threonine....g	0.938		0	PAK	1		0.797	1.238	1.482

NDB No. 05690

Chicken, dark meat, thigh, meat and skin, enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	0.937		0	PAK	1		0.797	1.237	1.481
Leucine....g	1.684		0	PAK	1		1.431	2.223	2.661
Lysine....g	1.854		0	PAK	1		1.576	2.448	2.930
Methionine....g	0.561		0	PAK	1		0.477	0.741	0.886
Cystine....g	0.233		0	PAK	1		0.198	0.307	0.368
Phenylalanine....g	0.802		0	PAK	1		0.681	1.058	1.267
Tyrosine....g	0.741		0	PAK	1		0.630	0.978	1.171
Valine....g	0.972		0	PAK	1		0.826	1.283	1.535
Arginine....g	1.448		0	PAK	1		1.231	1.912	2.288
Histidine....g	0.593		0	PAK	1		0.504	0.783	0.937
Alanine....g	1.262		0	PAK	1		1.073	1.666	1.995
Aspartic acid....g	1.972		0	PAK	1		1.677	2.604	3.116
Glutamic acid....g	3.271		0	PAK	1		2.780	4.318	5.168
Glycine....g	1.167		0	PAK	1		0.992	1.541	1.844
Proline....g	0.929		0	PAK	1		0.790	1.227	1.468
Serine....g	0.852		0	PAK	1		0.724	1.124	1.346
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 132g: 1 thigh without skin

Measure 3 = 158g: 1 thigh with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

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Chicken, dark meat, thigh, meat and skin, enhanced, cooked, roasted

Refuse: 33% Bone and cartilage 17%, bone and connective tissue 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	62.60		0	PAK	1		81.38	70.11	
Energy kcal	214		0	PIK	4		279	240	
Energy kJ	896		0	PIK	4		1165	1004	
Protein g	23.47		0	PAK	1		30.51	26.28	
Total lipid (fat) g	13.81		0	NR	4		17.95	15.47	
Ash g	1.14		0	PAK	1		1.48	1.27	
Carbohydrate, by difference g	0.09		0	PIK	4		0.11	0.10	
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	11		0	PAK	1		15	13	
Iron, Fe mg	1.02		0	PAK	1		1.32	1.14	
Magnesium, Mg mg	23		0	PAK	1		30	26	
Phosphorus, P mg	197		0	PAK	1		256	220	
Potassium, K mg	254		0	PAK	1		331	285	
Sodium, Na mg	174		0	PAK	1		226	195	
Zinc, Zn mg	1.82		0	PAK	1		2.37	2.04	
Copper, Cu mg	0.073		0	PAK	1		0.095	0.081	
Manganese, Mn mg	0.011		0	PAK	1		0.014	0.012	
Selenium, Se µg	31.1		0	PAK	1		40.4	34.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.084		0	PAK	1		0.110	0.095	
Riboflavin mg	0.243		0	PAK	1		0.316	0.272	
Niacin mg	5.898		0	PAK	1		7.667	6.605	
Pantothenic acid mg	1.128		0	PAK	1		1.467	1.264	
Vitamin B-6 mg	0.394		0	PAK	1		0.512	0.441	
Folate, total µg	4		0	PIK	4		5	5	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	4		0	PIK	4		5	5	
Folate, DFE µg	4		0	NC	4		5	5	
Choline, total mg	93.6		0	PAK	1		121.7	104.8	
Betaine mg	15.3		0	PAK	1		19.9	17.1	
Vitamin B-12 µg	0.41		0	PAK	1		0.53	0.46	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	17		0	PIK	4		22	19	
Retinol µg	17		0	PIK	4		22	19	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		1	1	
Vitamin A, IU IU	56		0	PIK	4		73	63	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	74		0	PIK	4		97	83	
Vitamin E (alpha-tocopherol) mg	0.38		0	PAK	1		0.49	0.42	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.17		0	PAK	1		0.22	0.19	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.08		0	PAK	1		0.10	0.09	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.5	0.4	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		0	PAK	1		0.5	0.4	
Vitamin D IU	14		0	PAK	1		18	16	
Vitamin K (phylloquinone) µg	0.0		0	PAK	1		0.0	0.0	

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Chicken, dark meat, thigh, meat and skin, enhanced, 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
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	
Menaquinone-4....µg	13.1		0	PAK	1		17.1	14.7	
Lipids:									
Fatty acids, total saturated....g	4.145		0	PIK	4		5.388	4.642	
4:0....g	0.000		0	PAK	1		0.001	0.001	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.002		0	PAK	1		0.002	0.002	
10:0....g	0.005		0	PAK	1		0.006	0.005	
12:0....g	0.013		0	PAK	1		0.016	0.014	
13:0....g									
14:0....g	0.086		0	PAK	1		0.111	0.096	
15:0....g	0.012		0	PAK	1		0.015	0.013	
16:0....g	3.190		0	PAK	1		4.147	3.573	
17:0....g	0.017		0	PAK	1		0.022	0.019	
18:0....g	0.795		0	PAK	1		1.034	0.891	
20:0....g	0.012		0	PAK	1		0.015	0.013	
22:0....g	0.011		0	PAK	1		0.014	0.012	
24:0....g	0.003		0	PAK	1		0.004	0.004	
Fatty acids, total monounsaturated....g	6.392		0	PIK	4		8.310	7.159	
14:1....g	0.030		0	PAK	1		0.040	0.034	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.938		0	PAK	1		1.219	1.051	
17:1....g	0.013		0	PAK	1		0.017	0.015	
18:1 undifferentiated....g	5.317		0	PAK	1		6.912	5.955	
20:1....g	0.089		0	PAK	1		0.116	0.100	
22:1 undifferentiated....g	0.003		0	PAK	1		0.004	0.003	
24:1 c....g	0.002		0	PAK	1		0.003	0.002	
Fatty acids, total polyunsaturated....g	3.275		0	PIK	4		4.257	3.668	
18:2 undifferentiated....g	2.903		0	PAK	1		3.774	3.251	
18:3 undifferentiated....g	0.152		0	PAK	1		0.197	0.170	
18:4....g	0.004		0	PAK	1		0.005	0.004	
20:2 n-6 c,c....g	0.021		0	PAK	1		0.028	0.024	
20:3 undifferentiated....g	0.036		0	PAK	1		0.047	0.040	
20:4 undifferentiated....g	0.109		0	PAK	1		0.142	0.122	
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.007	0.006	
21:5....g									
22:4....g	0.027		0	PAK	1		0.035	0.030	
22:5 n-3 (DPA)....g	0.011		0	PAK	1		0.014	0.012	
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.009	0.008	
Fatty acids, total trans....g	0.091		0	PIK	4		0.119	0.102	
Cholesterol....mg	128		0	PAK	1		166	143	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.216		0	PAK	1		0.281	0.242	
Threonine....g	0.907		0	PAK	1		1.179	1.016	
Isoleucine....g	0.916		0	PAK	1		1.190	1.026	
Leucine....g	1.634		0	PAK	1		2.124	1.830	
Lysine....g	1.809		0	PAK	1		2.352	2.026	
Methionine....g	0.548		0	PAK	1		0.713	0.614	
Cystine....g	0.224		0	PAK	1		0.291	0.251	
Phenylalanine....g	0.766		0	PAK	1		0.996	0.858	
Tyrosine....g	0.721		0	PAK	1		0.937	0.807	
Valine....g	0.932		0	PAK	1		1.212	1.044	
Arginine....g	1.339		0	PAK	1		1.740	1.499	
Histidine....g	0.572		0	PAK	1		0.744	0.641	
Alanine....g	1.148		0	PAK	1		1.493	1.286	
Aspartic acid....g	1.886		0	PAK	1		2.451	2.112	
Glutamic acid....g	3.141		0	PAK	1		4.084	3.518	
Glycine....g	0.879		0	PAK	1		1.143	0.985	
Proline....g	0.774		0	PAK	1		1.006	0.866	
Serine....g	0.803		0	PAK	1		1.043	0.899	
Hydroxyproline....g									

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Chicken, dark meat, thigh, meat and skin, enhanced, 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
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh with skin

Measure 2 = 112g: 1 thigh without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05691
Chicken, dark meat, thigh, meat and skin, enhanced, raw

Refuse: 32% Bone and cartilage 15%, bone and connective tissue 17%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.63		0	PAK	1		58.34	101.57	124.22
Energy kcal	197		0	PIK	4		168	292	357
Energy kJ	826		0	PIK	4		702	1223	1496
Protein g	16.56		0	PAK	1		14.08	24.51	29.98
Total lipid (fat) g	14.58		0	PAK	1		12.39	21.58	26.39
Ash g	0.90		0	PAK	1		0.77	1.33	1.63
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.01	0.01
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total g	0.00		0	PIK	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	8		0	PAK	1		6	11	14
Iron, Fe mg	0.57		0	PAK	1		0.49	0.84	1.03
Magnesium, Mg mg	16		0	PAK	1		14	24	30
Phosphorus, P mg	147		0	PAK	1		125	218	266
Potassium, K mg	191		0	PAK	1		163	283	347
Sodium, Na mg	151		0	PAK	1		128	223	273
Zinc, Zn mg	1.24		0	PAK	1		1.06	1.84	2.25
Copper, Cu mg	0.046		0	PAK	1		0.039	0.067	0.082
Manganese, Mn mg	0.008		0	PAK	1		0.007	0.012	0.015
Selenium, Se µg	17.7		0	PAK	1		15.0	26.2	32.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.071		0	PAK	1		0.060	0.104	0.128
Riboflavin mg	0.176		0	PAK	1		0.149	0.260	0.318
Niacin mg	4.458		0	PAK	1		3.789	6.598	8.069
Pantothenic acid mg	0.852		0	PAK	1		0.724	1.261	1.542
Vitamin B-6 mg	0.331		0	PAK	1		0.281	0.490	0.599
Folate, total µg	3		0	PIK	4		3	4	5
Folic acid µg	0		0	PIK	4		0	0	0
Folate, food µg	3		0	PIK	4		3	4	5
Folate, DFE µg	3		0	NC	4		3	4	5
Choline, total mg	60.4		0	PIK	4		51.3	89.4	109.3
Betaine mg	10.9		0	PIK	4		9.2	16.1	19.7
Vitamin B-12 µg	0.60		0	PAK	1		0.51	0.89	1.08
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	22		0	PIK	4		18	32	39
Retinol µg	22		0	PIK	4		18	32	39
Carotene, beta µg	0		0	PIK	4		0	0	0
Carotene, alpha µg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	0
Vitamin A, IU IU	72		0	PIK	4		61	107	131
Lycopene µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin µg	59		0	PIK	4		50	87	107
Vitamin E (alpha-tocopherol) mg	0.32		0	PAK	1		0.27	0.47	0.58
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.12		0	PAK	1		0.10	0.17	0.21
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.02		0	PAK	1		0.01	0.02	0.03
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.02		0	PAK	1		0.02	0.03	0.03
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.2		0	PAK	1		0.1	0.2	0.3
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		0	PAK	1		0.1	0.2	0.3
Vitamin D IU	7		0	PAK	1		6	10	12
Vitamin K (phylloquinone) µg	0.0		0	PAK	1		0.0	0.0	0.0

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Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg	0.0		0	PAK	1		0.0	0.0	0.0
Menaquinone-4....µg	12.0		0	PAK	1		10.2	17.8	21.8
Lipids:									
Fatty acids, total saturated....g	3.975		0	PIK	4		3.379	5.884	7.196
4:0....g	0.001		0	PAK	1		0.000	0.001	0.001
6:0....g	0.000		0	PAK	1		0.000	0.000	0.000
8:0....g	0.002		0	PAK	1		0.001	0.002	0.003
10:0....g	0.004		0	PAK	1		0.004	0.006	0.008
12:0....g	0.008		0	PAK	1		0.007	0.012	0.015
13:0....g									
14:0....g	0.080		0	PAK	1		0.068	0.119	0.145
15:0....g	0.011		0	PAK	1		0.009	0.016	0.019
16:0....g	3.100		0	PAK	1		2.635	4.588	5.611
17:0....g	0.016		0	PAK	1		0.014	0.024	0.029
18:0....g	0.731		0	PAK	1		0.622	1.082	1.324
20:0....g	0.011		0	PAK	1		0.009	0.016	0.019
22:0....g	0.010		0	PAK	1		0.008	0.014	0.018
24:0....g	0.002		0	PAK	1		0.002	0.003	0.003
Fatty acids, total monounsaturated....g	6.275		0	PIK	4		5.334	9.287	11.358
14:1....g	0.030		0	PAK	1		0.026	0.045	0.055
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.978		0	PAK	1		0.831	1.447	1.770
16:1 c....g	0.971		0	PAK	1		0.825	1.437	1.757
16:1 t....g	0.007		0	PAK	1		0.006	0.010	0.013
17:1....g	0.012		0	PAK	1		0.010	0.018	0.022
18:1 undifferentiated....g	5.191		0	PAK	1		4.413	7.683	9.396
18:1 c....g	5.140		0	PAK	1		4.369	7.607	9.303
18:1 t....g	0.052		0	PAK	1		0.044	0.076	0.093
18:1-11 t (18:1t n-7)....g									
20:1....g	0.062		0	PAK	1		0.053	0.092	0.112
22:1 undifferentiated....g	0.002		0	PAK	1		0.002	0.003	0.003
22:1 c....g	0.002		0	PAK	1		0.002	0.003	0.003
22:1 t....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g	0.000		0	PAK	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	3.131		0	PIK	4		2.662	4.634	5.668
18:2 undifferentiated....g	2.776		0	PAK	1		2.360	4.109	5.025
18:2 n-6 c,c....g	2.731		0	PAK	1		2.322	4.042	4.944
18:2 CLAs....g	0.018		0	PAK	1		0.016	0.027	0.033
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.026		0	PAK	1		0.022	0.039	0.048
18:3 undifferentiated....g	0.173		0	PAK	1		0.147	0.255	0.312
18:3 n-3 c,c,c (ALA)....g	0.139		0	PAK	1		0.118	0.206	0.252
18:3 n-6 c,c,c....g	0.034		0	PAK	1		0.029	0.050	0.061
18:3i....g									
18:4....g	0.003		0	PAK	1		0.003	0.005	0.006
20:2 n-6 c,c....g	0.020		0	PAK	1		0.017	0.029	0.036
20:3 undifferentiated....g	0.031		0	PAK	1		0.026	0.046	0.056
20:3 n-3....g	0.001		0	PAK	1		0.001	0.001	0.001
20:3 n-6....g	0.030		0	PAK	1		0.026	0.045	0.055
20:4 undifferentiated....g	0.087		0	PAK	1		0.074	0.129	0.158
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	PAK	1		0.003	0.005	0.006
21:5....g									
22:4....g	0.022		0	PAK	1		0.019	0.032	0.040
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.008	0.015	0.018
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.005	0.009	0.011
Fatty acids, total trans....g	0.085		0	PIK	4		0.072	0.126	0.154
Fatty acids, total trans-monoenoic....g	0.058		0	PIK	4		0.050	0.087	0.106
Fatty acids, total trans-polyenoic....g	0.026		0	PIK	4		0.022	0.039	0.048
Cholesterol....mg	95		0	PAK	1		81	141	172
Phytosterols....mg									
Amino Acids:									

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Tryptophan....g	0.159		0	PAK	1		0.135	0.235	0.288
Threonine....g	0.705		0	PAK	1		0.599	1.044	1.276
Isoleucine....g	0.699		0	PAK	1		0.594	1.035	1.265
Leucine....g	1.263		0	PAK	1		1.074	1.870	2.287
Lysine....g	1.385		0	PAK	1		1.177	2.050	2.507
Methionine....g	0.418		0	PAK	1		0.356	0.619	0.757
Cystine....g	0.176		0	PAK	1		0.149	0.260	0.318
Phenylalanine....g	0.609		0	PAK	1		0.517	0.901	1.101
Tyrosine....g	0.555		0	PAK	1		0.472	0.821	1.004
Valine....g	0.735		0	PAK	1		0.625	1.088	1.331
Arginine....g	1.127		0	PAK	1		0.958	1.668	2.040
Histidine....g	0.447		0	PAK	1		0.380	0.661	0.809
Alanine....g	0.994		0	PAK	1		0.845	1.471	1.799
Aspartic acid....g	1.497		0	PAK	1		1.272	2.215	2.709
Glutamic acid....g	2.473		0	PAK	1		2.102	3.661	4.477
Glycine....g	1.030		0	PAK	1		0.876	1.525	1.864
Proline....g	0.775		0	PAK	1		0.659	1.147	1.403
Serine....g	0.654		0	PAK	1		0.555	0.967	1.183
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 148g: 1 thigh without skin

Measure 3 = 181g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05681

Chicken, dark meat, thigh, meat only, enhanced, cooked, braised

Refuse: 33% Bone and cartilage 15%, Skin and separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.62		2	A	1		58.33	90.58	108.43
Energy kcal	164		0	NC	4		139	216	259
Energy kJ	685		0	NC	4		582	904	1082
Protein g	23.00		2	A	1		19.55	30.37	36.35
Total lipid (fat) g	7.96		2	A	1		6.77	10.51	12.58
Ash g	1.19		2	A	1		1.01	1.57	1.88
Carbohydrate, by difference g	0.00		0	NC	4		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		2	A	1		10	16	19
Iron, Fe mg	1.07		2	A	1		0.91	1.41	1.69
Magnesium, Mg mg	24		2	A	1		20	32	38
Phosphorus, P mg	203		2	A	1		172	267	320
Potassium, K mg	290		2	A	1		246	382	457
Sodium, Na mg	197		2	A	1		167	260	311
Zinc, Zn mg	1.86		2	A	1		1.58	2.46	2.94
Copper, Cu mg	0.052		2	A	1		0.044	0.069	0.083
Manganese, Mn mg	0.017		2	A	1		0.014	0.022	0.026
Selenium, Se µg	27.2		1	A	1		23.1	35.9	43.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.080		1	A	1		0.068	0.106	0.126
Riboflavin mg	0.140		1	A	1		0.119	0.185	0.221
Niacin mg	6.330		1	A	1		5.380	8.356	10.001
Pantothenic acid mg									
Vitamin B-6 mg	0.308		1	A	1		0.262	0.407	0.487
Folate, total µg	4		0	BFPN	4		4	6	7
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	4		0	BFPN	4		4	6	7
Folate, DFE µg	4		0	NC	4		4	6	7
Choline, total mg	64.0		0	BFPN	4		54.4	84.5	101.1
Betaine mg	12.6		0	BFPN	4		10.7	16.6	19.9
Vitamin B-12 µg	0.34		1	A	1		0.29	0.45	0.54
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	8		0	NC	4		6	10	12
Retinol µg	8		0	BFSN	4		6	10	12
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	25		0	NC	4		22	34	40
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.20	0.32	0.38
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3	0.4	0.5
Vitamin D IU	12		0	BFFN	4		10	16	19
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.2	0.3	0.4
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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Chicken, dark meat, thigh, meat only, enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	2.040		0	NC	4		1.734	2.693	3.223
4:0....g	0.001		1	A	1		0.001	0.001	0.002
6:0....g	0.002		1	A	1		0.002	0.003	0.003
8:0....g	0.002		1	A	1		0.002	0.003	0.003
10:0....g	0.000		1	A	1		0.000	0.000	0.000
12:0....g	0.003		1	A	1		0.003	0.004	0.005
13:0....g									
14:0....g	0.038		1	A	1		0.032	0.050	0.060
15:0....g	0.006		1	A	1		0.005	0.008	0.009
16:0....g	1.546		1	A	1		1.314	2.041	2.443
17:0....g	0.009		1	A	1		0.008	0.012	0.014
18:0....g	0.421		1	A	1		0.358	0.556	0.665
20:0....g	0.005		1	A	1		0.004	0.007	0.008
22:0....g	0.007		1	A	1		0.006	0.009	0.011
24:0....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	3.027		0	NC	4		2.573	3.996	4.783
14:1....g	0.014		1	A	1		0.012	0.018	0.022
15:1....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.457		0	AS	1		0.388	0.603	0.722
16:1 c....g	0.455		1	A	1		0.387	0.601	0.719
16:1 t....g	0.002		1	A	1		0.002	0.003	0.003
17:1....g	0.006		1	A	1		0.005	0.008	0.009
18:1 undifferentiated....g	2.516		0	AS	1		2.139	3.321	3.975
18:1 c....g	2.490		1	A	1		2.117	3.287	3.934
18:1 t....g	0.026		1	A	1		0.022	0.034	0.041
18:1-11 t (18:1t n-7)....g									
20:1....g	0.028		1	A	1		0.024	0.037	0.044
22:1 undifferentiated....g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c....g	0.000		1	A	1		0.000	0.000	0.000
22:1 t....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c....g	0.006		1	A	1		0.005	0.008	0.009
Fatty acids, total polyunsaturated....g	1.346		0	NC	4		1.144	1.777	2.127
18:2 undifferentiated....g	1.156		0	AS	1		0.983	1.526	1.826
18:2 n-6 c,c....g	1.140		1	A	1		0.969	1.505	1.801
18:2 CLAs....g	0.009		1	A	1		0.008	0.012	0.014
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		1	A	1		0.006	0.009	0.011
18:3 undifferentiated....g	0.057		0	AS	1		0.048	0.075	0.090
18:3 n-3 c,c,c (ALA)....g	0.045		1	A	1		0.038	0.059	0.071
18:3 n-6 c,c,c....g	0.012		1	A	1		0.010	0.016	0.019
18:3i....g									
18:4....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.012		1	A	1		0.010	0.016	0.019
20:3 undifferentiated....g	0.019		0	AS	1		0.016	0.025	0.030
20:3 n-3....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-6....g	0.019		1	A	1		0.016	0.025	0.030
20:4 undifferentiated....g	0.067		1	A	1		0.057	0.088	0.106
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		1	A	1		0.004	0.007	0.008
21:5....g									
22:4....g	0.017		1	A	1		0.014	0.022	0.027
22:5 n-3 (DPA)....g	0.008		1	A	1		0.007	0.011	0.013
22:6 n-3 (DHA)....g	0.005		1	A	1		0.004	0.007	0.008
Fatty acids, total trans....g	0.035		0	NC	4		0.030	0.046	0.055
Fatty acids, total trans-monoenoic....g	0.028		0	NC	4		0.024	0.037	0.044
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.009	0.011
Cholesterol....mg	126		1	A	1		107	166	199
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.260		0	A	1		0.221	0.343	0.410
Threonine....g	1.088		0	A	1		0.925	1.436	1.719

NDB No. 05681

Chicken, dark meat, thigh, meat only, enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	1.099		0	A	1		0.934	1.450	1.736
Leucine....g	1.960		0	A	1		1.666	2.587	3.097
Lysine....g	2.170		0	A	1		1.844	2.864	3.429
Methionine....g	0.658		0	A	1		0.559	0.868	1.040
Cystine....g	0.269		0	A	1		0.228	0.355	0.424
Phenylalanine....g	0.919		0	A	1		0.781	1.213	1.452
Tyrosine....g	0.865		0	A	1		0.735	1.141	1.366
Valine....g	1.118		0	A	1		0.950	1.476	1.767
Arginine....g	1.606		0	A	1		1.365	2.120	2.537
Histidine....g	0.686		0	A	1		0.583	0.906	1.084
Alanine....g	1.378		0	A	1		1.171	1.819	2.177
Aspartic acid....g	2.262		0	A	1		1.923	2.986	3.574
Glutamic acid....g	3.768		0	A	1		3.203	4.974	5.954
Glycine....g	1.055		0	A	1		0.897	1.392	1.667
Proline....g	0.928		0	A	1		0.789	1.225	1.466
Serine....g	0.963		0	A	1		0.818	1.271	1.521
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 132g: 1 thigh without skin

Measure 3 = 158g: 1 thigh with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05683
Chicken, dark meat, thigh, meat only, enhanced, cooked, roasted

Refuse: 31% Bone and connective tissue 16%, Skin and separable fat 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.86	0.635	5	A	1		88.22	76.01	
Energy kcal	164		0	NC	4		214	184	
Energy kJ	688		0	NC	4		894	771	
Protein g	24.23	0.513	5	A	1		31.49	27.13	
Total lipid (fat) g	7.73		0	NR	4		10.05	8.66	
Ash g	1.19	0.058	5	A	1		1.55	1.33	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.735	5	A	1		13	12	
Iron, Fe mg	0.98	0.041	5	A	1		1.27	1.10	
Magnesium, Mg mg	24	0.454	5	A	1		31	27	
Phosphorus, P mg	202	6.101	5	A	1		262	226	
Potassium, K mg	268	7.041	5	A	1		348	300	
Sodium, Na mg	177	6.263	5	A	1		230	198	
Zinc, Zn mg	1.90	0.069	5	A	1		2.47	2.13	
Copper, Cu mg	0.074	0.003	5	A	1		0.096	0.083	
Manganese, Mn mg	0.011	0.000	5	A	1		0.014	0.012	
Selenium, Se µg	33.7	1.783	3	A	1		43.9	37.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.091	0.002	3	A	1		0.118	0.102	
Riboflavin mg	0.272	0.005	3	A	1		0.353	0.304	
Niacin mg	6.343	0.097	3	A	1		8.246	7.105	
Pantothenic acid mg	1.400		2	A	1		1.820	1.568	
Vitamin B-6 mg	0.444	0.008	3	A	1		0.578	0.498	
Folate, total µg	4		0	BFPN	4		6	5	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	4		0	BFPN	4		6	5	
Folate, DFE µg	4		0	NC	4		6	5	
Choline, total mg	99.1		0	AS	1		128.9	111.0	
Betaine mg	14.7		1	A	1		19.0	16.4	
Vitamin B-12 µg	0.37	0.003	3	A	1		0.48	0.41	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		10	9	
Retinol µg	8		0	BFSN	4		10	9	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	1		1	A	1		1	1	
Vitamin A, IU IU	27		0	NC	4		35	30	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	92		1	A	1		120	103	
Vitamin E (alpha-tocopherol) mg	0.36		1	A	1		0.47	0.41	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.16		1	A	1		0.20	0.17	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.05		1	A	1		0.06	0.05	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.4	0.4	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.4	0.4	
Vitamin D IU	13		1	A	1		17	15	
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 05683

Chicken, dark meat, thigh, meat only, enhanced, 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
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	
Menaquinone-4....µg	11.6		1	A	1		15.0	12.9	
Lipids:									
Fatty acids, total saturated....g	2.405		0	NC	4		3.126	2.693	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.001	0.000	3	A	1		0.001	0.001	
10:0....g	0.004	0.000	3	A	1		0.005	0.004	
12:0....g	0.005	0.001	3	A	1		0.006	0.005	
13:0....g									
14:0....g	0.047	0.001	3	A	1		0.061	0.052	
15:0....g	0.007	0.000	3	A	1		0.010	0.008	
16:0....g	1.815	0.015	3	A	1		2.359	2.032	
17:0....g	0.009	0.000	3	A	1		0.012	0.010	
18:0....g	0.500	0.000	3	A	1		0.650	0.560	
20:0....g	0.007	0.000	3	A	1		0.009	0.008	
22:0....g	0.008	0.000	3	A	1		0.010	0.009	
24:0....g	0.003	0.000	3	A	1		0.004	0.003	
Fatty acids, total monounsaturated....g	3.463		0	NC	4		4.502	3.878	
14:1....g	0.016	0.000	3	A	1		0.020	0.018	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.490	0.004	3	AS	1		0.637	0.548	
16:1 c....g	0.486	0.003	3	A	1		0.631	0.544	
16:1 t....g	0.004	0.000	3	A	1		0.005	0.004	
17:1....g	0.007	0.000	3	A	1		0.009	0.007	
18:1 undifferentiated....g	2.901	0.058	3	AS	1		3.771	3.249	
18:1 c....g	2.872	0.059	3	A	1		3.734	3.217	
18:1 t....g	0.029	0.001	3	A	1		0.037	0.032	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.045	0.001	3	A	1		0.058	0.050	
22:1 undifferentiated....g	0.002	0.000	3	AS	1		0.003	0.003	
22:1 c....g	0.002	0.000	3	A	1		0.003	0.003	
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c....g	0.003	0.000	3	A	1		0.003	0.003	
Fatty acids, total polyunsaturated....g	1.863		0	NC	4		2.422	2.086	
18:2 undifferentiated....g	1.595	0.048	3	AS	1		2.074	1.787	
18:2 n-6 c,c....g	1.576	0.048	3	A	1		2.049	1.765	
18:2 CLAs....g	0.006	0.001	3	A	1		0.008	0.007	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.013	0.000	3	A	1		0.017	0.015	
18:3 undifferentiated....g	0.076	0.003	3	AS	1		0.099	0.085	
18:3 n-3 c,c,c (ALA)....g	0.069	0.003	3	A	1		0.090	0.078	
18:3 n-6 c,c,c....g	0.007	0.000	3	A	1		0.009	0.007	
18:3i....g									
18:4....g	0.002	0.001	3	A	1		0.003	0.003	
20:2 n-6 c,c....g	0.014	0.000	3	A	1		0.019	0.016	
20:3 undifferentiated....g	0.029	0.001	3	AS	1		0.038	0.032	
20:3 n-3....g	0.002	0.000	3	A	1		0.003	0.003	
20:3 n-6....g	0.027	0.001	3	A	1		0.035	0.030	
20:4 undifferentiated....g	0.101	0.000	3	A	1		0.131	0.113	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	3	A	1		0.005	0.004	
21:5....g									
22:4....g	0.026	0.000	3	A	1		0.034	0.029	
22:5 n-3 (DPA)....g	0.010	0.000	3	A	1		0.012	0.011	
22:6 n-3 (DHA)....g	0.006	0.000	3	A	1		0.007	0.006	
Fatty acids, total trans....g	0.046		0	NC	4		0.059	0.051	
Fatty acids, total trans-monoenoic....g	0.033		0	NC	4		0.042	0.037	
Fatty acids, total trans-polyenoic....g	0.013		0	NC	4		0.017	0.015	
Cholesterol....mg	122	3.000	3	A	1		158	136	
Phytosterols....mg									
Amino Acids:									

NDB No. 05683

Chicken, dark meat, thigh, meat only, enhanced, 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
Tryptophan....g	0.268		0	A	1		0.349	0.301	
Threonine....g	1.125		0	A	1		1.463	1.260	
Isoleucine....g	1.136		0	A	1		1.477	1.272	
Leucine....g	2.027		0	A	1		2.635	2.270	
Lysine....g	2.244		0	A	1		2.917	2.513	
Methionine....g	0.680		0	A	1		0.884	0.762	
Cystine....g	0.278		0	A	1		0.361	0.311	
Phenylalanine....g	0.950		0	A	1		1.236	1.064	
Tyrosine....g	0.894		0	A	1		1.162	1.001	
Valine....g	1.156		0	A	1		1.503	1.295	
Arginine....g	1.661		0	A	1		2.159	1.860	
Histidine....g	0.710		0	A	1		0.923	0.795	
Alanine....g	1.425		0	A	1		1.852	1.596	
Aspartic acid....g	2.339		0	A	1		3.041	2.620	
Glutamic acid....g	3.897		0	A	1		5.066	4.365	
Glycine....g	1.091		0	A	1		1.418	1.222	
Proline....g	0.960		0	A	1		1.248	1.075	
Serine....g	0.996		0	A	1		1.294	1.115	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 thigh with skin

Measure 2 = 112g: 1 thigh without skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05682
Chicken, dark meat, thigh, meat only, enhanced, raw

Refuse: 56% Bone and cartilage 32%, skin and separable fat 24%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	77.16	0.348	5	A	1		65.58	114.19	147.37
Energy kcal	110		0	NC	4		93	162	209
Energy kJ	459		0	NC	4		390	679	877
Protein g	19.11	0.296	5	A	1		16.24	28.28	36.50
Total lipid (fat) g	3.69	0.337	5	A	1		3.14	5.46	7.05
Ash g	1.04	0.037	5	A	1		0.89	1.54	1.99
Carbohydrate, by difference g	0.00		0	NC	4		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	8	0.578	5	A	1		7	11	15
Iron, Fe mg	0.60	0.019	5	A	1		0.51	0.89	1.14
Magnesium, Mg mg	21	0.384	5	A	1		18	31	39
Phosphorus, P mg	175	2.905	5	A	1		148	258	333
Potassium, K mg	234	1.795	5	A	1		199	346	446
Sodium, Na mg	156	7.050	5	A	1		133	231	298
Zinc, Zn mg	1.53	0.030	4	A	1		1.30	2.26	2.92
Copper, Cu mg	0.053	0.005	5	A	1		0.045	0.078	0.101
Manganese, Mn mg	0.009	0.000	5	A	1		0.008	0.014	0.018
Selenium, Se µg	20.9	2.800	3	A	1		17.8	30.9	39.9
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.087	0.003	3	A	1		0.074	0.129	0.166
Riboflavin mg	0.230	0.023	3	A	1		0.195	0.340	0.439
Niacin mg	5.300	0.063	3	A	1		4.505	7.844	10.123
Pantothenic acid mg	1.250		2	A	1		1.062	1.850	2.387
Vitamin B-6 mg	0.433	0.003	3	A	1		0.368	0.641	0.827
Folate, total µg	3		0	BFPN	4		3	5	7
Folic acid µg	0		0	BFPN	4		0	0	0
Folate, food µg	3		0	BFPN	4		3	5	7
Folate, DFE µg	3		0	NC	4		3	5	7
Choline, total mg	75.1		0	AS	1		63.8	111.1	143.4
Betaine mg	12.0		1	A	1		10.2	17.7	22.9
Vitamin B-12 µg	0.56	0.013	3	A	1		0.48	0.83	1.07
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	6		0	NC	4		5	8	11
Retinol µg	6		0	BFSN	4		5	8	11
Carotene, beta µg	0		1	A	1		0	0	0
Carotene, alpha µg	0		1	A	1		0	0	0
Cryptoxanthin, beta µg	0		1	A	1		0	0	1
Vitamin A, IU IU	19		0	NC	4		16	28	36
Lycopene µg	0		1	A	1		0	0	0
Lutein + zeaxanthin µg	87		1	A	1		74	128	166
Vitamin E (alpha-tocopherol) mg	0.26		1	A	1		0.23	0.39	0.51
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.09		1	A	1		0.08	0.13	0.17
Tocopherol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.1	0.1	0.1
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		1	A	1		0.1	0.1	0.1
Vitamin D IU	3		1	A	1		2	4	5
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	0.0

NDB No. 05682

Chicken, dark meat, thigh, meat only, enhanced, 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
Dihydrophylloquinone....µg	0.0		1	A	1		0.0	0.0	0.0
Menaquinone-4....µg	8.5		1	A	1		7.2	12.6	16.3
Lipids:									
Fatty acids, total saturated....g	0.899		0	NC	4		0.764	1.331	1.717
4:0....g	0.000	0.000	3	A	1		0.000	0.000	0.001
6:0....g	0.000	0.000	3	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	3	A	1		0.000	0.000	0.001
10:0....g	0.004	0.000	3	A	1		0.003	0.005	0.007
12:0....g	0.002	0.000	3	A	1		0.002	0.003	0.004
13:0....g									
14:0....g	0.016	0.002	3	A	1		0.014	0.024	0.031
15:0....g	0.003	0.000	3	A	1		0.002	0.004	0.005
16:0....g	0.654	0.072	3	A	1		0.556	0.968	1.250
17:0....g	0.004	0.000	3	A	1		0.003	0.005	0.007
18:0....g	0.206	0.022	3	A	1		0.175	0.305	0.394
20:0....g	0.003	0.000	3	A	1		0.003	0.004	0.006
22:0....g	0.005	0.000	3	A	1		0.004	0.007	0.009
24:0....g	0.001	0.000	3	A	1		0.001	0.002	0.003
Fatty acids, total monounsaturated....g	1.222		0	NC	4		1.039	1.809	2.334
14:1....g	0.005	0.001	3	A	1		0.005	0.008	0.010
15:1....g	0.000	0.000	3	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.172	0.016	3	AS	1		0.146	0.254	0.328
16:1 c....g	0.171	0.016	3	A	1		0.145	0.252	0.326
16:1 t....g	0.001	0.001	3	A	1		0.001	0.002	0.003
17:1....g	0.002	0.000	3	A	1		0.002	0.003	0.004
18:1 undifferentiated....g	1.024	0.117	3	AS	1		0.871	1.516	1.956
18:1 c....g	1.014	0.116	3	A	1		0.862	1.500	1.936
18:1 t....g	0.011	0.001	3	A	1		0.009	0.016	0.020
18:1-11 t (18:1t n-7)....g									
20:1....g	0.018	0.001	3	A	1		0.015	0.027	0.034
22:1 undifferentiated....g	0.000	0.000	3	AS	1		0.000	0.000	0.001
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.001
22:1 t....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.767		0	NC	4		0.652	1.136	1.466
18:2 undifferentiated....g	0.608	0.069	3	AS	1		0.516	0.899	1.161
18:2 n-6 c,c....g	0.598	0.068	3	A	1		0.508	0.885	1.142
18:2 CLAs....g	0.005	0.000	3	A	1		0.004	0.007	0.010
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.000	3	A	1		0.004	0.007	0.009
18:3 undifferentiated....g	0.029	0.003	3	AS	1		0.024	0.042	0.055
18:3 n-3 c,c,c (ALA)....g	0.026	0.003	3	A	1		0.022	0.038	0.050
18:3 n-6 c,c,c....g	0.003	0.000	3	A	1		0.002	0.004	0.005
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.007	0.000	3	A	1		0.006	0.011	0.014
20:3 undifferentiated....g	0.015	0.001	3	AS	1		0.013	0.022	0.029
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 n-6....g	0.015	0.001	3	A	1		0.013	0.022	0.029
20:4 undifferentiated....g	0.074	0.003	3	A	1		0.063	0.109	0.141
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.002	0.003	0.004
21:5....g									
22:4....g	0.019	0.002	3	A	1		0.016	0.028	0.036
22:5 n-3 (DPA)....g	0.008	0.000	3	A	1		0.007	0.012	0.016
22:6 n-3 (DHA)....g	0.006	0.001	3	A	1		0.005	0.009	0.012
Fatty acids, total trans....g	0.017		0	NC	4		0.014	0.025	0.032
Fatty acids, total trans-monoenoic....g	0.012		0	NC	4		0.010	0.018	0.023
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.004	0.007	0.009
Cholesterol....mg	87	0.700	3	A	1		74	129	166
Phytosterols....mg									
Amino Acids:									

NDB No. 05682

Chicken, dark meat, thigh, meat only, enhanced, 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
Tryptophan g	0.208		0	A	1		0.176	0.307	0.396
Threonine g	0.870		0	A	1		0.739	1.288	1.662
Isoleucine g	0.878		0	A	1		0.747	1.300	1.678
Leucine g	1.567		0	A	1		1.332	2.320	2.994
Lysine g	1.735		0	A	1		1.475	2.568	3.314
Methionine g	0.526		0	A	1		0.447	0.779	1.005
Cystine g	0.215		0	A	1		0.183	0.318	0.410
Phenylalanine g	0.735		0	A	1		0.625	1.088	1.404
Tyrosine g	0.691		0	A	1		0.588	1.023	1.321
Valine g	0.894		0	A	1		0.760	1.323	1.708
Arginine g	1.284		0	A	1		1.091	1.900	2.453
Histidine g	0.549		0	A	1		0.467	0.812	1.048
Alanine g	1.102		0	A	1		0.936	1.630	2.104
Aspartic acid g	1.809		0	A	1		1.537	2.677	3.455
Glutamic acid g	3.013		0	A	1		2.561	4.460	5.755
Glycine g	0.843		0	A	1		0.717	1.248	1.611
Proline g	0.742		0	A	1		0.631	1.098	1.417
Serine g	0.770		0	A	1		0.654	1.139	1.470
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 148g: 1 thigh without skin

Measure 3 = 191g: 1 thigh with skin

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05335
Chicken, feet, boiled

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	65.80		0		1		18.65	298.47	
Energy kcal	215		0	NC	4		61	975	
Energy kJ	900		0		4		255	4080	
Protein (N x 6.25) g	19.40		0		1		5.50	88.00	
Total lipid (fat) g	14.60		0		1		4.14	66.23	
Ash g	0.00		0	NC	4		0.00	0.00	
Carbohydrate, by difference g	0.20		0	NC	4		0.06	0.91	
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	88		0		1		25	399	
Iron, Fe mg	0.91		0		1		0.26	4.13	
Magnesium, Mg mg	5		0		1		1	23	
Phosphorus, P mg	83		0		1		24	376	
Potassium, K mg	31		0		1		9	141	
Sodium, Na mg	67		0		1		19	304	
Zinc, Zn mg	0.69		0		1		0.20	3.13	
Copper, Cu mg	0.102		0		1		0.029	0.463	
Manganese, Mn mg									
Selenium, Se µg	3.6		0	BFNN	4		1.0	16.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0		1		0.017	0.272	
Riboflavin mg	0.200		0		1		0.057	0.907	
Niacin mg	0.400		0		1		0.113	1.814	
Pantothenic acid mg									
Vitamin B-6 mg	0.010		0		1		0.003	0.045	
Folate, total µg	86		0		1		24	390	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	86		0		1		24	390	
Folate, DFE µg	86		0	NC	4		24	390	
Choline, total mg	13.3		0	BFNN	4		3.8	60.5	
Betaine mg									
Vitamin B-12 µg	0.47		0		1		0.13	2.13	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	30		0	NC	4		9	136	
Retinol µg	30		0	NR	4		9	136	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	100		0		1		28	454	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.08	1.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.9	
Vitamin D IU	8		0	BFFN	4		2	37	
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.1	0.9	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	3.920		0		4		1.111	17.781	
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	0.014		0		4		0.004	0.064	
13:0....g									
14:0....g	0.115		0		4		0.033	0.522	
15:0....g									
16:0....g	2.908		0		4		0.824	13.191	
17:0....g									
18:0....g	0.785		0		4		0.223	3.561	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.500		0		4		1.559	24.948	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.742		0		4		0.210	3.366	
17:1....g									
18:1 undifferentiated....g	4.530		0		4		1.284	20.548	
20:1....g	0.158		0		4		0.045	0.717	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.980		0		4		0.845	13.517	
18:2 undifferentiated....g	2.570		0		4		0.729	11.658	
18:3 undifferentiated....g	0.108		0		4		0.031	0.490	
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	0.000		0		4		0.000	0.000	
20:5 n-3 (EPA)....g	0.014		0		4		0.004	0.064	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.022		0		4		0.006	0.100	
22:6 n-3 (DHA)....g	0.043		0		4		0.012	0.195	
Fatty acids, total trans....g									
Cholesterol....mg	84		0		4		24	381	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.6g: 1 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 27 (2014)

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

Refuse: 11% Membranes 10.7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	154		0	NC	4		223		
Energy kJ	644		0	NC	4		934		
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 µg	41.1		1	A	1		59.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		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 µg	5		1	A	1		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		1	A	1		7		
Folate, DFE µg	5		0	NC	4		7		
Choline, total mg	104.4		0	BFNN	4		151.4		
Betaine mg	2.2		0	BFNN	4		3.2		
Vitamin B-12 µg	1.04		1	A	1		1.51		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		1	A	1		0		
Carotene, alpha µg	0		1	A	1		0		
Cryptoxanthin, beta µg	0		1	A	1		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		1	A	1		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.20		2	A	1		0.29		
Vitamin E, added mg	0.00		0	Z	7		0.00		
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		
Tocotrienol, alpha mg	0.02		2	A	1		0.03		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0		

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
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									
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	0.007		0	AS	1		0.010		
18:3 n-3 c,c,c (ALA)....g	0.004		1	A	1		0.006		
18:3 n-6 c,c,c....g	0.003		1	A	1		0.004		
18:3i....g									
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-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 dice

NDB No. 05024
Chicken, gizzard, all classes, 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 27 (2014)

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		22.49	359.37	
Energy kcal	94		0	NC	4		27	426	
Energy kJ	393		0	NC	4		111	1781	
Protein (N x 6.25) g	17.66		1	A	1		5.01	79.98	
Total lipid (fat) g	2.06		1	A	1		0.58	9.34	
Ash g	0.95		1	A	1		0.27	4.32	
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		1	A	1		3	50	
Iron, Fe mg	2.49		1	A	1		0.71	11.28	
Magnesium, Mg mg	15		1	A	1		4	66	
Phosphorus, P mg	148		1	A	1		42	670	
Potassium, K mg	237		1	A	1		67	1074	
Sodium, Na mg	69		1	A	1		20	314	
Zinc, Zn mg	2.72		1	A	1		0.77	12.32	
Copper, Cu mg	0.116		1	A	1		0.033	0.525	
Manganese, Mn mg	0.055		1	A	1		0.016	0.249	
Selenium, Se µg	25.5		1	A	1		7.2	115.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.7		1	A	1		1.0	16.8	
Thiamin mg	0.028		1	A	1		0.008	0.128	
Riboflavin mg	0.231		1	A	1		0.065	1.046	
Niacin mg	3.680		1	A	1		1.043	16.670	
Pantothenic acid mg	0.631		1	A	1		0.179	2.858	
Vitamin B-6 mg	0.112		1	A	1		0.032	0.507	
Folate, total µg	5		1	A	1		1	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		1	A	1		1	23	
Folate, DFE µg	5		0	NC	4		1	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.21		1	A	1		0.34	5.48	
Vitamin A, RAE µg	19		0	AS	1		5	87	
Retinol µg	19		1	A	1		5	87	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	64		0	AS	1		18	290	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		2	A	1		0.09	1.49	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.15		2	A	1		0.04	0.68	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	0.529		1	A	1		0.150	2.396	
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	0.007		1	A	1		0.002	0.032	
15:0....g	0.000		1	A	1		0.000	0.000	
16:0....g	0.347		1	A	1		0.098	1.572	
17:0....g	0.003		1	A	1		0.001	0.014	
18:0....g	0.165		1	A	1		0.047	0.747	
20:0....g	0.003		1	A	1		0.001	0.014	
22:0....g	0.004		1	A	1		0.001	0.018	
24:0....g									
Fatty acids, total monounsaturated....g	0.512		1	A	1		0.145	2.319	
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	0.073		1	A	1		0.021	0.331	
17:1....g									
18:1 undifferentiated....g	0.430		1	A	1		0.122	1.948	
20:1....g	0.009		1	A	1		0.003	0.041	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.357		1	A	1		0.101	1.617	
18:2 undifferentiated....g	0.246		1	A	1		0.070	1.114	
18:3 undifferentiated....g	0.003		0	A	1		0.001	0.014	
18:3 n-3 c,c,c (ALA)....g	0.009		1	A	1		0.003	0.041	
18:3 n-6 c,c,c....g	0.003		1	A	1		0.001	0.014	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.013		1	A	1		0.004	0.059	
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	0.086		1	A	1		0.024	0.390	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.060		1	A	1		0.017	0.272	
Cholesterol....mg	240		1	A	1		68	1087	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 lb

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

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

Food Group: 05 Poultry Products
USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05333
Chicken, ground, crumbles, cooked, pan-browned

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	64.92	0.271	4	A	1		55.18		
Energy kcal	189		0	NC	4		160		
Energy kJ	790		0	NC	4		671		
Protein (N x 6.25) g	23.28	0.530	4	A	1		19.79		
Total lipid (fat) g	10.92	0.178	4	A	1		9.28		
Ash g	1.57	0.188	4	A	1		1.33		
Carbohydrate, by difference g	0.00		0	NC	4		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	8	0.556	4	A	1		7		
Iron, Fe mg	0.93	0.013	4	A	1		0.79		
Magnesium, Mg mg	28	0.670	4	A	1		24		
Phosphorus, P mg	234	4.049	4	A	1		199		
Potassium, K mg	677	126.426	4	A	1		576		
Sodium, Na mg	75	2.327	4	A	1		64		
Zinc, Zn mg	1.92	0.061	4	A	1		1.63		
Copper, Cu mg	0.062	0.003	4	A	1		0.053		
Manganese, Mn mg	0.016	0.001	4	A	1		0.014		
Selenium, Se µg	14.3	0.280	4	A	1		12.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.121	0.010	4	A	1		0.103		
Riboflavin mg	0.302	0.005	4	A	1		0.257		
Niacin mg	7.107	0.117	4	A	1		6.041		
Pantothenic acid mg	1.327	0.038	4	A	1		1.128		
Vitamin B-6 mg	0.538	0.024	4	A	1		0.457		
Folate, total µg	2	0.572	4	A	1		1		
Folic acid µg	0	0.000	4	Z	7		0		
Folate, food µg	2	0.572	4	A	1		1		
Folate, DFE µg	2		0	NC	4		1		
Choline, total mg	59.0		0	BFNN	4		50.2		
Betaine mg	5.0		0	BFNN	4		4.2		
Vitamin B-12 µg	0.51	0.025	4	A	1		0.44		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		2	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.39	0.095	4	A	1		0.34		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.004	4	A	1		0.00		
Tocopherol, gamma mg	0.24	0.020	4	A	1		0.20		
Tocopherol, delta mg	0.03	0.012	4	A	1		0.03		
Tocotrienol, alpha mg	0.06	0.007	4	A	1		0.05		
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma mg	0.01	0.004	4	A	1		0.01		
Tocotrienol, delta mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.1		0	BFSN	4		1.7		

NDB No. 05333

Chicken, ground, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.110		0	NC	4		2.644		
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	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.056	0.001	4	A	1		0.048		
15:0....g	0.002	0.002	4	A	1		0.001		
16:0....g	2.414	0.033	4	A	1		2.052		
17:0....g	0.009	0.000	4	A	1		0.008		
18:0....g	0.621	0.007	4	A	1		0.528		
20:0....g	0.008	0.000	4	A	1		0.007		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	4.879		0	NC	4		4.147		
14:1....g	0.021	0.001	4	A	1		0.018		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.725	0.016	4	A	1		0.616		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	4.099	0.071	4	AS	1		3.484		
18:1 c....g	4.043	0.069	4	A	1		3.437		
18:1 t....g	0.056	0.002	4	A	1		0.048		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.033	0.001	4	A	1		0.028		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.080		0	NC	4		1.768		
18:2 undifferentiated....g	1.818	0.061	4	AS	1		1.545		
18:2 n-6 c,c....g	1.787	0.061	4	A	1		1.519		
18:2 CLAs....g									
18:2 t,t....g	0.031	0.000	4	A	1		0.026		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.100	0.001	4	AS	1		0.085		
18:3 n-3 c,c,c (ALA)....g	0.081	0.001	4	A	1		0.069		
18:3 n-6 c,c,c....g	0.020	0.000	4	A	1		0.017		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.015	0.000	4	A	1		0.013		
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	0.106	0.002	4	A	1		0.090		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		0	BFFN	4		0.007		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.016		0	BFFN	4		0.013		
22:6 n-3 (DHA)....g	0.031		0	BFFN	4		0.027		
Fatty acids, total trans....g	0.087		0	NC	4		0.074		
Fatty acids, total trans-monoenoic....g	0.056		0	NC	4		0.048		
Fatty acids, total trans-polyenoic....g	0.031		0	NC	4		0.027		
Cholesterol....mg	107	3.989	4	A	1		91		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.167		
Threonine....g	0.970		0	A	1		0.824		
Isoleucine....g	1.060		0	A	1		0.901		
Leucine....g	1.816		0	A	1		1.544		

NDB No. 05333

Chicken, ground, crumbles, cooked, pan-browned

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lysine....g	2.014		0	A	1		1.712		
Methionine....g	0.596		0	A	1		0.506		
Cystine....g	0.251		0	A	1		0.214		
Phenylalanine....g	0.912		0	A	1		0.775		
Tyrosine....g	0.806		0	A	1		0.685		
Valine....g	1.102		0	A	1		0.937		
Arginine....g	1.505		0	A	1		1.280		
Histidine....g	0.706		0	A	1		0.600		
Alanine....g	1.323		0	A	1		1.124		
Aspartic acid....g	2.156		0	A	1		1.833		
Glutamic acid....g	3.484		0	A	1		2.962		
Glycine....g	1.118		0	A	1		0.950		
Proline....g	0.878		0	A	1		0.746		
Serine....g	0.976		0	A	1		0.829		
Hydroxyproline....g	0.126		0	BFPN	4		0.107		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz crumbled

Calories Factors: Protein 3.87 **Fat** 9.04 **Carbohydrate** 4.27

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05332
Chicken, ground, 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	73.24	0.107	4	A	1		82.03		
Energy kcal	143		0	NC	4		160		
Energy kJ	598		0	NC	4		670		
Protein (N x 6.25) g	17.44	0.189	4	A	1		19.54		
Total lipid (fat) g	8.10	0.243	4	A	1		9.08		
Ash g	1.17	0.173	4	A	1		1.31		
Carbohydrate, by difference g	0.04		0	NC	4		0.05		
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	0.494	4	A	1		7		
Iron, Fe mg	0.82	0.051	4	A	1		0.92		
Magnesium, Mg mg	21	0.295	4	A	1		24		
Phosphorus, P mg	178	1.601	4	A	1		200		
Potassium, K mg	522	99.392	4	A	1		584		
Sodium, Na mg	60	3.659	4	A	1		68		
Zinc, Zn mg	1.47	0.059	4	A	1		1.65		
Copper, Cu mg	0.065	0.010	4	A	1		0.073		
Manganese, Mn mg	0.016	0.002	4	A	1		0.018		
Selenium, Se µg	10.2	0.530	4	A	1		11.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.109	0.008	4	A	1		0.122		
Riboflavin mg	0.241	0.013	4	A	1		0.270		
Niacin mg	5.575	0.223	4	A	1		6.244		
Pantothenic acid mg	1.092	0.026	4	A	1		1.224		
Vitamin B-6 mg	0.512	0.017	4	A	1		0.574		
Folate, total µg	1	0.408	4	A	1		1		
Folic acid µg	0	0.000	4	Z	7		0		
Folate, food µg	1	0.408	4	A	1		1		
Folate, DFE µg	1		0	NC	4		1		
Choline, total mg	58.8		0	BFNN	4		65.8		
Betaine mg	7.7		0	BFNN	4		8.6		
Vitamin B-12 µg	0.56	0.065	4	A	1		0.62		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		2	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.27	0.083	4	A	1		0.30		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	4	A	1		0.00		
Tocopherol, gamma mg	0.17	0.037	4	A	1		0.19		
Tocopherol, delta mg	0.03	0.009	4	A	1		0.03		
Tocotrienol, alpha mg	0.05	0.005	4	A	1		0.05		
Tocotrienol, beta mg	0.00	0.000	4	A	1		0.00		
Tocotrienol, gamma mg	0.00	0.004	4	A	1		0.00		
Tocotrienol, delta mg	0.00	0.000	4	A	1		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.8		0	BFFN	4		0.9		

NDB No. 05332
Chicken, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.301		0	NC	4		2.577		
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	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.041	0.001	4	A	1		0.046		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	1.791	0.051	4	A	1		2.006		
17:0....g	0.007	0.000	4	A	1		0.008		
18:0....g	0.456	0.010	4	A	1		0.511		
20:0....g	0.005	0.000	4	A	1		0.006		
22:0....g	0.000	0.000	4	A	1		0.000		
24:0....g									
Fatty acids, total monounsaturated....g	3.611		0	NC	4		4.044		
14:1....g	0.016	0.001	4	A	1		0.018		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.536	0.019	4	A	1		0.600		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	3.035	0.107	4	AS	1		3.399		
18:1 c....g	2.992	0.104	4	A	1		3.351		
18:1 t....g	0.042	0.002	4	A	1		0.047		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.025	0.001	4	A	1		0.028		
22:1 undifferentiated....g	0.000		0	BFSN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.508		0	NC	4		1.689		
18:2 undifferentiated....g	1.324	0.078	4	AS	1		1.483		
18:2 n-6 c,c....g	1.303	0.077	4	A	1		1.459		
18:2 CLAs....g									
18:2 t,t....g	0.022	0.001	4	A	1		0.024		
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.071	0.003	4	AS	1		0.080		
18:3 n-3 c,c,c (ALA)....g	0.057	0.003	4	A	1		0.064		
18:3 n-6 c,c,c....g	0.014	0.000	4	A	1		0.016		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.011	0.000	4	A	1		0.012		
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	0.074	0.003	4	A	1		0.082		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		0	BFSN	4		0.009		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFSN	4		0.009		
22:6 n-3 (DHA)....g	0.023		0	BFSN	4		0.026		
Fatty acids, total trans....g	0.065		0	NC	4		0.072		
Fatty acids, total trans-monoenoic....g	0.042		0	NC	4		0.048		
Fatty acids, total trans-polyenoic....g	0.022		0	NC	4		0.025		
Cholesterol....mg	86	3.999	4	A	1		97		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	A	1		0.165		
Threonine....g	0.727		0	A	1		0.814		
Isoleucine....g	0.794		0	A	1		0.890		
Leucine....g	1.361		0	A	1		1.524		

NDB No. 05332
Chicken, 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
Lysine....g	1.509		0	A	1		1.690		
Methionine....g	0.446		0	A	1		0.500		
Cystine....g	0.188		0	A	1		0.211		
Phenylalanine....g	0.683		0	A	1		0.765		
Tyrosine....g	0.604		0	A	1		0.676		
Valine....g	0.826		0	A	1		0.925		
Arginine....g	1.128		0	A	1		1.263		
Histidine....g	0.529		0	A	1		0.593		
Alanine....g	0.991		0	A	1		1.110		
Aspartic acid....g	1.616		0	A	1		1.809		
Glutamic acid....g	2.611		0	A	1		2.924		
Glycine....g	0.838		0	A	1		0.938		
Proline....g	0.658		0	A	1		0.737		
Serine....g	0.731		0	A	1		0.819		
Hydroxyproline....g	0.094		2	A	1		0.106		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 4 oz crumbled

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	80		0		1		116	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	80		0		1		116	1	
Folate, DFE µg	80		0	NC	4		116	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	7.29		0		1		10.57	0.07	
Vitamin A, RAE µg	8		0		1		12	0	
Retinol µg	8		0		1		12	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	28		0		1		41	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05026

Chicken, heart, all classes, cooked, simmered

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 27 (2014)

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 µg	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 µg	72		3		1		4	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	72		3		1		4	1	
Folate, DFE µg	72		0	NC	4		4	1	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	7.29		2		1		0.44	0.13	
Vitamin A, RAE µg	9		0		1		1	0	
Retinol µg	9		0		1		1	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	30		0		1		2	1	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

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

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 27 (2014)

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		28.70	18.49	
Energy kcal	172		0	NC	4		76	49	
Energy kJ	721		0	NC	4		317	204	
Protein (N x 6.25) g	25.78	0.426	4	A	1		11.34	7.31	
Total lipid (fat) g	6.43	0.354	4	A	1		2.83	1.82	
Ash g	1.47	0.035	4	A	1		0.65	0.42	
Carbohydrate, by difference g	1.11		0	NC	4		0.49	0.31	
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	1.462	4	A	1		5	3	
Iron, Fe mg	12.88	0.881	4	A	1		5.67	3.65	
Magnesium, Mg mg	27	0.416	4	A	1		12	8	
Phosphorus, P mg	442	7.878	4	A	1		195	125	
Potassium, K mg	315	18.042	4	A	1		139	89	
Sodium, Na mg	92	4.008	4	A	1		40	26	
Zinc, Zn mg	4.01	0.062	4	A	1		1.76	1.14	
Copper, Cu mg	0.535	0.035	4	A	1		0.236	0.152	
Manganese, Mn mg	0.375	0.006	4	A	1		0.165	0.106	
Selenium, Se µg	88.2	11.454	4	A	1		38.8	25.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.7		1	A	1		1.2	0.8	
Thiamin mg	0.292	0.008	4	A	1		0.128	0.083	
Riboflavin mg	2.313	0.037	4	A	1		1.018	0.656	
Niacin mg	13.925	0.448	4	A	1		6.127	3.948	
Pantothenic acid mg	8.315	0.364	4	A	1		3.659	2.357	
Vitamin B-6 mg	0.840	0.043	4	A	1		0.369	0.238	
Folate, total µg	560	58.815	4	A	1		246	159	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	560	58.815	4	A	1		246	159	
Folate, DFE µg	560		0	NC	4		246	159	
Choline, total mg	326.8	20.493	4	AS	1		143.8	92.7	
Betaine mg	21.0	3.431	4	A	1		9.3	6.0	
Vitamin B-12 µg	21.13	2.638	4	A	1		9.30	5.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	4296		0	AS	1		1890	1218	
Retinol µg	4293	485.015	4	A	1		1889	1217	
Carotene, beta µg	31	3.126	4	A	1		13	9	
Carotene, alpha µg	11	0.000	4	A	1		5	3	
Cryptoxanthin, beta µg	11	0.000	4	A	1		5	3	
Vitamin A, IU IU	14378		0	AS	1		6326	4076	
Lycopene µg	25	2.794	4	A	1		11	7	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.77		8	A	1		0.34	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	
Tocopherol, gamma mg	0.33		6	A	1		0.15	0.09	
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0	0.000	4	A	1		0.0	0.0	

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
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.033		0	NC	4		0.894	0.576	
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	4	A	1		0.000	0.000	
10:0....g	0.003	0.003	4	A	1		0.001	0.001	
12:0....g	0.003	0.003	4	A	1		0.001	0.001	
13:0....g									
14:0....g	0.014	0.001	4	A	1		0.006	0.004	
15:0....g	0.000	0.000	4	A	1		0.000	0.000	
16:0....g	1.088	0.101	4	A	1		0.479	0.309	
17:0....g	0.000	0.000	4	A	1		0.000	0.000	
18:0....g	0.911	0.046	4	A	1		0.401	0.258	
20:0....g	0.000	0.000	4	A	1		0.000	0.000	
22:0....g	0.015	0.001	4	A	1		0.006	0.004	
24:0....g									
Fatty acids, total monounsaturated....g	1.387		0	NC	4		0.610	0.393	
14:1....g	0.000	0.000	4	A	1		0.000	0.000	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.120	0.013	4	A	1		0.053	0.034	
17:1....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated....g	1.246	0.122	4	A	1		0.548	0.353	
20:1....g	0.021	0.001	4	A	1		0.009	0.006	
22:1 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.265		0	NC	4		0.556	0.359	
18:2 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
18:2 n-6 c,c....g	0.714	0.021	4	A	1		0.314	0.202	
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	Z	7		0.000	0.000	
18:3 n-3 c,c,c (ALA)....g	0.012	0.001	4	A	1		0.005	0.003	
18:3 n-6 c,c,c....g	0.014	0.001	4	A	1		0.006	0.004	
18:3i....g									
18:4....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c....g	0.018	0.010	4	A	1		0.008	0.005	
20:3 undifferentiated....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-3....g									
20:3 n-6....g									
20:4 undifferentiated....g	0.508	0.038	4	A	1		0.223	0.144	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans....g	0.098	0.033	4	A	1		0.043	0.028	
Cholesterol....mg	564	13.543	4	A	1		248	160	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.261		0	A	1		0.115	0.074	
Threonine....g	1.076		0	A	1		0.473	0.305	
Isoleucine....g	1.206		0	A	1		0.531	0.342	
Leucine....g	2.243		0	A	1		0.987	0.636	
Lysine....g	1.976		0	A	1		0.870	0.560	
Methionine....g	0.641		0	A	1		0.282	0.182	
Cystine....g	0.404		0	A	1		0.178	0.114	
Phenylalanine....g	1.223		0	A	1		0.538	0.347	
Tyrosine....g	0.969		0	A	1		0.426	0.275	

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
Valine....g	1.481		0	A	1		0.651	0.420	
Arginine....g	1.622		0	A	1		0.714	0.460	
Histidine....g	0.752		0	A	1		0.331	0.213	
Alanine....g	1.473		0	A	1		0.648	0.418	
Aspartic acid....g	2.363		0	A	1		1.040	0.670	
Glutamic acid....g	3.105		0	A	1		1.366	0.880	
Glycine....g	1.260		0	A	1		0.554	0.357	
Proline....g	1.077		0	A	1		0.474	0.305	
Serine....g	1.090		0	A	1		0.480	0.309	
Hydroxyproline....g	0.043		1	A	1		0.019	0.012	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 liver

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 27 (2014)

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		29.40		
Energy kcal	167		0	NC	4		73		
Energy kJ	697		0	NC	4		307		
Protein (N x 6.25) g	24.46	0.290	4	A	1		10.76		
Total lipid (fat) g	6.51	0.633	4	A	1		2.86		
Ash g	1.36	0.013	4	A	1		0.60		
Carbohydrate, by difference g	0.87		0	NC	4		0.38		
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		5		
Iron, Fe mg	11.63	0.345	4	A	1		5.12		
Magnesium, Mg mg	25	0.214	4	A	1		11		
Phosphorus, P mg	405	5.006	4	A	1		178		
Potassium, K mg	263	13.835	4	A	1		116		
Sodium, Na mg	76	3.405	4	A	1		33		
Zinc, Zn mg	3.98	0.103	4	A	1		1.75		
Copper, Cu mg	0.496	0.041	4	A	1		0.218		
Manganese, Mn mg	0.359	0.017	4	A	1		0.158		
Selenium, Se µg	82.4	10.469	4	A	1		36.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	27.9		0	BFYN	4		12.3		
Thiamin mg	0.291	0.004	4	A	1		0.128		
Riboflavin mg	1.993	0.059	4	A	1		0.877		
Niacin mg	11.045	0.522	4	A	1		4.860		
Pantothenic acid mg	6.668	0.185	4	A	1		2.934		
Vitamin B-6 mg	0.755	0.052	4	A	1		0.332		
Folate, total µg	578	46.650	4	A	1		254		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	578	46.650	4	A	1		254		
Folate, DFE µg	578		0	NC	4		254		
Choline, total mg	290.0	2.209	4	AS	1		127.6		
Betaine mg	12.8	2.040	4	A	1		5.6		
Vitamin B-12 µg	16.85	1.129	4	A	1		7.41		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3981		0	AS	1		1752		
Retinol µg	3978	437.824	4	A	1		1750		
Carotene, beta µg	30	8.739	4	A	1		13		
Carotene, alpha µg	11	0.000	4	A	1		5		
Cryptoxanthin, beta µg	11	0.000	4	A	1		5		
Vitamin A, IU IU	13328		0	AS	1		5864		
Lycopene µg	21	7.388	4	A	1		9		
Lutein + zeaxanthin µg	83		0	NR	4		37		
Vitamin E (alpha-tocopherol) mg	0.82		8	A	1		0.36		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.35		8	A	1		0.15		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0	0.000	4	A	1		0.0		

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
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.060		0	NC	4		0.906		
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	0.003	0.003	4	A	1		0.001		
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		0.006		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	1.107	0.158	4	A	1		0.487		
17:0....g	0.000	0.000	4	A	1		0.000		
18:0....g	0.923	0.102	4	A	1		0.406		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.014	0.001	4	A	1		0.006		
24:0....g									
Fatty acids, total monounsaturated....g	1.416		0	NC	4		0.623		
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		0.053		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	1.276	0.164	4	A	1		0.561		
20:1....g	0.021	0.001	4	A	1		0.009		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.988		0	NC	4		0.875		
18:2 undifferentiated....g	0.719		0	NR	4		0.316		
18:2 n-6 c,c....g	0.719	0.048	4	A	1		0.316		
18:2 CLAs....g									
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g									
18:3 undifferentiated....g	0.000		0	Z	7		0.000		
18:3 n-3 c,c,c (ALA)....g	0.012	0.000	4	A	1		0.005		
18:3 n-6 c,c,c....g	0.011	0.004	4	A	1		0.005		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.019	0.011	4	A	1		0.008		
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		0.224		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.090	0.032	4	A	1		0.040		
Cholesterol....mg	563	22.823	4	A	1		248		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0	A	1		0.109		
Threonine....g	1.021		0	A	1		0.449		
Isoleucine....g	1.144		0	A	1		0.504		
Leucine....g	2.128		0	A	1		0.937		
Lysine....g	1.875		0	A	1		0.825		
Methionine....g	0.608		0	A	1		0.268		
Cystine....g	0.383		0	A	1		0.168		
Phenylalanine....g	1.160		0	A	1		0.510		
Tyrosine....g	0.919		0	A	1		0.404		

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
Valine....g	1.405		0	A	1		0.618		
Arginine....g	1.539		0	A	1		0.677		
Histidine....g	0.714		0	A	1		0.314		
Alanine....g	1.398		0	A	1		0.615		
Aspartic acid....g	2.243		0	A	1		0.987		
Glutamic acid....g	2.946		0	A	1		1.296		
Glycine....g	1.195		0	A	1		0.526		
Proline....g	1.022		0	A	1		0.450		
Serine....g	1.035		0	A	1		0.455		
Hydroxyproline....g	0.043		1	A	1		0.019		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 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 27 (2014)

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		33.64		
Energy kcal	119		0	NC	4		52		
Energy kJ	496		0	NC	4		218		
Protein (N x 6.25) g	16.92	0.276	4	A	1		7.44		
Total lipid (fat) g	4.83	0.774	4	A	1		2.13		
Ash g	1.06	0.031	4	A	1		0.47		
Carbohydrate, by difference g	0.73		0	NC	4		0.32		
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	8	1.040	4	A	1		3		
Iron, Fe mg	8.99	0.403	4	A	1		3.96		
Magnesium, Mg mg	19	0.545	4	A	1		8		
Phosphorus, P mg	297	8.109	4	A	1		130		
Potassium, K mg	230	13.720	4	A	1		101		
Sodium, Na mg	71	5.542	4	A	1		31		
Zinc, Zn mg	2.67	0.045	4	A	1		1.17		
Copper, Cu mg	0.492	0.102	4	A	1		0.216		
Manganese, Mn mg	0.255	0.014	4	A	1		0.112		
Selenium, Se µg	54.6	8.247	4	A	1		24.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	17.9		1	A	1		7.9		
Thiamin mg	0.305	0.006	4	A	1		0.134		
Riboflavin mg	1.778	0.128	4	A	1		0.782		
Niacin mg	9.728	0.333	4	A	1		4.280		
Pantothenic acid mg	6.233	0.327	4	A	1		2.742		
Vitamin B-6 mg	0.853	0.036	4	A	1		0.375		
Folate, total µg	588	46.779	4	A	1		259		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	588	46.779	4	A	1		259		
Folate, DFE µg	588		0	NC	4		259		
Choline, total mg	194.4		0	AS	1		85.5		
Betaine mg	16.9	2.907	4	A	1		7.4		
Vitamin B-12 µg	16.58	1.656	4	A	1		7.29		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3296		0	AS	1		1450		
Retinol µg	3290	239.548	4	A	1		1448		
Carotene, beta µg	56		4	A	1		25		
Carotene, alpha µg	11		4	A	1		5		
Cryptoxanthin, beta µg	11		4	A	1		5		
Vitamin A, IU IU	11078		0	AS	1		4874		
Lycopene µg	40		4	A	1		18		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.70		8	A	1		0.31		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.31		6	A	1		0.14		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.00		2	A	1		0.00		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0	0.000	4	A	1		0.0		

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
Dihydrophylloquinone....µg	0.0	0.000	4	A	1		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.563		0	NC	4		0.688		
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	0.000	4	A	1		0.000		
10:0....g	0.000	0.000	4	A	1		0.000		
12:0....g	0.000	0.000	4	A	1		0.000		
13:0....g									
14:0....g	0.012	0.004	4	A	1		0.005		
15:0....g	0.000	0.000	4	A	1		0.000		
16:0....g	0.883	0.214	4	A	1		0.388		
17:0....g	0.002	0.001	4	A	1		0.001		
18:0....g	0.659	0.099	4	A	1		0.290		
20:0....g	0.000	0.000	4	A	1		0.000		
22:0....g	0.007	0.002	4	A	1		0.003		
24:0....g									
Fatty acids, total monounsaturated....g	1.249		0	NC	4		0.549		
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	0.106	0.026	4	A	1		0.047		
17:1....g	0.000	0.000	4	A	1		0.000		
18:1 undifferentiated....g	1.127	0.330	4	A	1		0.496		
20:1....g	0.016	0.003	4	A	1		0.007		
22:1 undifferentiated....g	0.000		0	Z	7		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.306		0	NC	4		0.574		
18:2 undifferentiated....g	0.475		0	NR	4		0.209		
18:2 n-6 c,c....g	0.475	0.028	4	A	1		0.209		
18:2 CLAs....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		0.005		
18:3 n-3 c,c,c (ALA)....g	0.006	0.002	4	A	1		0.003		
18:3 n-6 c,c,c....g	0.006	0.002	4	A	1		0.003		
18:3i....g									
18:4....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c....g	0.005	0.005	4	A	1		0.002		
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	0.326	0.020	4	A	1		0.144		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....g	0.000		0	Z	7		0.000		
Fatty acids, total trans....g	0.065	0.022	4	A	1		0.029		
Cholesterol....mg	345	5.236	4	A	1		152		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		1	A	1		0.077		
Threonine....g	0.725		1	A	1		0.319		
Isoleucine....g	0.813		1	A	1		0.358		
Leucine....g	1.512		1	A	1		0.665		
Lysine....g	1.332		1	A	1		0.586		
Methionine....g	0.432		1	A	1		0.190		
Cystine....g	0.272		1	A	1		0.120		
Phenylalanine....g	0.824		1	A	1		0.363		
Tyrosine....g	0.653		1	A	1		0.287		

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
Valine....g	0.998		1	A	1		0.439		
Arginine....g	1.093		1	A	1		0.481		
Histidine....g	0.507		1	A	1		0.223		
Alanine....g	0.993		1	A	1		0.437		
Aspartic acid....g	1.593		1	A	1		0.701		
Glutamic acid....g	2.093		1	A	1		0.921		
Glycine....g	0.849		1	A	1		0.374		
Proline....g	0.726		1	A	1		0.319		
Serine....g	0.735		1	A	1		0.323		
Hydroxyproline....g	0.043		1	A	1		0.019		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 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 27 (2014)

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 µg	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 µg	7		0		1		10	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		10	7	
Folate, DFE µg	7		0	NC	4		10	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.27		0		1		0.38	0.25	
Vitamin A, RAE µg	16		0		1		23	15	
Retinol µg	16		0		1		23	15	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	54		0		1		76	51	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.014	0.009	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.019	
22:6 n-3 (DHA)....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.

NDB No. 05120

Chicken, roasting, dark meat, meat only, cooked, roasted

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 27 (2014)

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 µg	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 µg	9		0		1		10	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		10	23	
Folate, DFE µg	9		0	NC	4		10	23	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		0		1		0.38	0.88	
Vitamin A, RAE µg	18		0	NC	4		20	46	
Retinol µg	18		0	NR	4		20	46	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	60		0		1		68	155	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	CASN	4		0.24	0.55	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.7	6.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05119

Chicken, roasting, 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 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									
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 (EPA)....g	0.010	0.003	8		1		0.011	0.026	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020	0.006	9		1		0.023	0.052	
22:6 n-3 (DHA)....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	

NDB No. 05119
Chicken, roasting, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	303		0		1		439	45	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	303		0		1		439	45	
Folate, DFE µg	303		0	NC	4		439	45	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	8.45		0		1		12.25	1.27	
Vitamin A, RAE µg	2443		0		1		3543	366	
Retinol µg	2443		0		1		3543	366	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	8136		0		1		11797	1220	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.015	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05116

Chicken, roasting, giblets, cooked, simmered

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 27 (2014)

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 µg	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 µg	276		0		1		69	312	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	276		0		1		69	312	
Folate, DFE µg	276		0	NC	4		69	312	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	9.40		0		1		2.35	10.62	
Vitamin A, RAE µg	2880		0		1		720	3255	
Retinol µg	2880		0		1		720	3255	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	9592		0		1		2398	10839	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.003	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05115
Chicken, roasting, giblets, raw

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 27 (2014)

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		0		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 µg	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 µg	3		0		1		4	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	3		0		1		4	2	
Folate, DFE µg	3		0	NC	4		4	2	
Choline, total mg	76.8		0	BFNN	4		107.5	59.9	
Betaine mg	5.6		0	BFNN	4		7.8	4.4	
Vitamin B-12 µg	0.31		0		1		0.43	0.24	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	NC	4		11	6	
Retinol µg	8		0	NR	4		11	6	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0		1		35	20	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37	0.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.2	0.1	
Vitamin D IU	5		0	BFZN	4		6	4	
Vitamin K (phylloquinone) µg	0.3		0	BFZN	4		0.4	0.2	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05118

Chicken, roasting, light 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
Lipids:									
Fatty acids, total saturated....g	1.080		0		1		1.512	0.842	
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		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									
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	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		0.140	0.078	
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.014	0.008	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 05118

Chicken, roasting, light 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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	4		0		1		4	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		4	9	
Folate, DFE µg	4		0	NC	4		4	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.39		0		1		0.39	0.86	
Vitamin A, RAE µg	8		0		1		8	18	
Retinol µg	8		0	NR	4		8	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	27		0		1		27	59	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	CASN	4		0.22	0.49	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.4	5.2	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05117

Chicken, roasting, 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 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									
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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		1		1		0.010	0.022	
22:6 n-3 (DHA)....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	

NDB No. 05117
Chicken, roasting, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		53.00	146.52	668.39
Energy kcal	220		0	NC	4		187	517	2358
Energy kJ	920		0		4		782	2163	9868
Protein (N x 6.25) g	23.96		0		1		20.37	56.31	256.85
Total lipid (fat) g	13.07		0		1		11.11	30.71	140.11
Ash g	0.85		0		1		0.72	2.00	9.11
Carbohydrate, by difference g	0.05		0	NC	4		0.04	0.12	0.54
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		11	31	139
Iron, Fe mg	1.61		0		1		1.37	3.78	17.26
Magnesium, Mg mg	20		0		1		17	47	214
Phosphorus, P mg	179		0		1		152	421	1919
Potassium, K mg	204		0		1		173	479	2187
Sodium, Na mg	71		0		1		60	167	761
Zinc, Zn mg	1.71		0		1		1.45	4.02	18.33
Copper, Cu mg	0.071		0		1		0.060	0.167	0.761
Manganese, Mn mg	0.027		0		1		0.023	0.063	0.289
Selenium, Se µg	15.7		0	BFYN	4		13.3	36.9	168.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.4		0		1		0.3	0.9	4.3
Thiamin mg	0.057		0		1		0.048	0.134	0.611
Riboflavin mg	0.189		0		1		0.161	0.444	2.026
Niacin mg	7.031		0		1		5.976	16.523	75.372
Pantothenic acid mg	1.003		0		1		0.853	2.357	10.752
Vitamin B-6 mg	0.340		0		1		0.289	0.799	3.645
Folate, total µg	23		0		1		20	54	247
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	23		0		1		20	54	247
Folate, DFE µg	23		0	NC	4		20	54	247
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.78		0		1		0.66	1.83	8.36
Vitamin A, RAE µg	179		0		1		152	421	1922
Retinol µg	179		0		1		152	421	1922
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	597		0		1		507	1403	6400
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05110

Chicken, roasting, 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 saturated....g	3.660		0		1		3.111	8.601	39.235
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.020		0		1		0.017	0.047	0.214
13:0....g									
14:0....g	0.100		0		1		0.085	0.235	1.072
15:0....g									
16:0....g	2.680		0		1		2.278	6.298	28.730
17:0....g									
18:0....g	0.740		0		1		0.629	1.739	7.933
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.220		0		1		4.437	12.267	55.958
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.720		0		1		0.612	1.692	7.718
17:1....g									
18:1 undifferentiated....g	4.300		0		1		3.655	10.105	46.096
20:1....g	0.130		0		1		0.111	0.306	1.394
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.850		0		1		2.423	6.698	30.552
18:2 undifferentiated....g	2.480		0		1		2.108	5.828	26.586
18:3 undifferentiated....g	0.110		0		1		0.094	0.259	1.179
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.120		0		1		0.102	0.282	1.286
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.024	0.107
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.047	0.214
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.071	0.322
Fatty acids, total trans....g									
Cholesterol....mg	94		0		1		80	221	1008
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.265		0		1		0.225	0.623	2.841
Threonine....g	0.994		0		1		0.845	2.336	10.656
Isoleucine....g	1.187		0		1		1.009	2.789	12.725
Leucine....g	1.746		0		1		1.484	4.103	18.717
Lysine....g	1.925		0		1		1.636	4.524	20.636
Methionine....g	0.632		0		1		0.537	1.485	6.775
Cystine....g	0.321		0		1		0.273	0.754	3.441
Phenylalanine....g	0.938		0		1		0.797	2.204	10.055
Tyrosine....g	0.767		0		1		0.652	1.802	8.222
Valine....g	1.166		0		1		0.991	2.740	12.500
Arginine....g	1.517		0		1		1.289	3.565	16.262
Histidine....g	0.688		0		1		0.585	1.617	7.375
Alanine....g	1.390		0		1		1.182	3.267	14.901
Aspartic acid....g	2.144		0		1		1.822	5.038	22.984
Glutamic acid....g	3.506		0		1		2.980	8.239	37.584
Glycine....g	1.578		0		1		1.341	3.708	16.916
Proline....g	1.188		0		1		1.010	2.792	12.735
Serine....g	0.862		0		1		0.733	2.026	9.241
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.

NDB No. 05110

Chicken, roasting, meat and skin and giblets and neck, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 235g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 1072g: 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 27 (2014)

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		56.08	995.64	
Energy kcal	213		0	NC	4		181	3214	
Energy kJ	891		0		4		758	13448	
Protein (N x 6.25) g	17.09		0		1		14.53	257.89	
Total lipid (fat) g	15.46		0		1		13.14	233.29	
Ash g	0.86		0		1		0.73	12.98	
Carbohydrate, by difference g	0.09		0	NC	4		0.08	1.36	
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		9	151	
Iron, Fe mg	1.37		0		1		1.16	20.67	
Magnesium, Mg mg	19		0		1		16	287	
Phosphorus, P mg	165		0		1		140	2490	
Potassium, K mg	196		0		1		167	2958	
Sodium, Na mg	69		0		1		59	1041	
Zinc, Zn mg	1.28		0		1		1.09	19.32	
Copper, Cu mg	0.060		0		1		0.051	0.905	
Manganese, Mn mg	0.027		0		1		0.023	0.407	
Selenium, Se µg	11.6		0	BFNN	4		9.9	175.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.4		0		1		2.0	36.2	
Thiamin mg	0.059		0		1		0.050	0.890	
Riboflavin mg	0.171		0		1		0.145	2.580	
Niacin mg	6.427		0		1		5.463	96.983	
Pantothenic acid mg	1.019		0		1		0.866	15.377	
Vitamin B-6 mg	0.320		0		1		0.272	4.829	
Folate, total µg	26		0		1		22	392	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	26		0		1		22	392	
Folate, DFE µg	26		0	NC	4		22	392	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.99		0		1		0.84	14.94	
Vitamin A, RAE µg	253		0		1		215	3820	
Retinol µg	253		0		1		215	3820	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	843		0		1		717	12721	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	4.410		0		1		3.749	66.547	
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		0.017	0.302	
13:0....g									
14:0....g	0.130		0		1		0.111	1.962	
15:0....g									
16:0....g	3.220		0		1		2.737	48.590	
17:0....g									
18:0....g	0.890		0		1		0.757	13.430	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.390		0		1		5.432	96.425	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.860		0		1		0.731	12.977	
17:1....g									
18:1 undifferentiated....g	5.290		0		1		4.497	79.826	
20:1....g	0.160		0		1		0.136	2.414	
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		2.831	50.250	
18:2 undifferentiated....g	2.960		0		1		2.516	44.666	
18:3 undifferentiated....g	0.140		0		1		0.119	2.113	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.100		0		1		0.085	1.509	
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.151	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.151	
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.453	
Fatty acids, total trans....g									
Cholesterol....mg	86		0		1		73	1298	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.189		0		1		0.161	2.852	
Threonine....g	0.709		0		1		0.603	10.699	
Isoleucine....g	0.844		0		1		0.717	12.736	
Leucine....g	1.245		0		1		1.058	18.787	
Lysine....g	1.369		0		1		1.164	20.658	
Methionine....g	0.450		0		1		0.383	6.791	
Cystine....g	0.230		0		1		0.196	3.471	
Phenylalanine....g	0.670		0		1		0.570	10.110	
Tyrosine....g	0.547		0		1		0.465	8.254	
Valine....g	0.831		0		1		0.706	12.540	
Arginine....g	1.085		0		1		0.922	16.373	
Histidine....g	0.489		0		1		0.416	7.379	
Alanine....g	0.993		0		1		0.844	14.984	
Aspartic acid....g	1.530		0		1		1.301	23.088	
Glutamic acid....g	2.500		0		1		2.125	37.725	
Glycine....g	1.136		0		1		0.966	17.142	
Proline....g	0.853		0		1		0.725	12.872	
Serine....g	0.617		0		1		0.524	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.

NDB No. 05109

Chicken, roasting, meat and skin and giblets and neck, raw

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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		52.79	130.41	298.08
Energy kcal	223		0	NC	4		190	468	1070
Energy kJ	933		0		4		793	1959	4479
Protein (N x 6.25) g	23.97		0		1		20.37	50.34	115.06
Total lipid (fat) g	13.39		0		1		11.38	28.12	64.27
Ash g	0.86		0		1		0.73	1.81	4.13
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									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		10	25	58
Iron, Fe mg	1.26		0		1		1.07	2.65	6.05
Magnesium, Mg mg	20		0		1		17	42	96
Phosphorus, P mg	179		0		1		152	376	859
Potassium, K mg	211		0		1		179	443	1013
Sodium, Na mg	73		0		1		62	153	350
Zinc, Zn mg	1.45		0		1		1.23	3.05	6.96
Copper, Cu mg	0.058		0		1		0.049	0.122	0.278
Manganese, Mn mg	0.018		0		1		0.015	0.038	0.086
Selenium, Se µg	23.6		0	BFYN	4		20.1	49.6	113.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.057		0		1		0.048	0.120	0.274
Riboflavin mg	0.143		0		1		0.122	0.300	0.686
Niacin mg	7.418		0		1		6.305	15.578	35.606
Pantothenic acid mg	0.918		0		1		0.780	1.928	4.406
Vitamin B-6 mg	0.350		0		1		0.298	0.735	1.680
Folate, total µg	5		0		1		4	11	24
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5		0		1		4	11	24
Folate, DFE µg	5		0	NC	4		4	11	24
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.27		0		1		0.23	0.57	1.30
Vitamin A, RAE µg									
Retinol µg									
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	83		0		1		71	174	398
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	3.740		0		1		3.179	7.854	17.952
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.020		0		1		0.017	0.042	0.096
13:0....g									
14:0....g	0.110		0		1		0.094	0.231	0.528
15:0....g									
16:0....g	2.760		0		1		2.346	5.796	13.248
17:0....g									
18:0....g	0.740		0		1		0.629	1.554	3.552
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.400		0		1		4.590	11.340	25.920
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.740		0		1		0.629	1.554	3.552
17:1....g									
18:1 undifferentiated....g	4.450		0		1		3.783	9.345	21.360
20:1....g	0.140		0		1		0.119	0.294	0.672
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.920		0		1		2.482	6.132	14.016
18:2 undifferentiated....g	2.550		0		1		2.168	5.355	12.240
18:3 undifferentiated....g	0.120		0		1		0.102	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		0.094	0.231	0.528
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.021	0.048
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.042	0.096
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.063	0.144
Fatty acids, total trans....g									
Cholesterol....mg	76		0		1		65	160	365
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.266		0		1		0.226	0.559	1.277
Threonine....g	0.989		0		1		0.841	2.077	4.747
Isoleucine....g	1.191		0		1		1.012	2.501	5.717
Leucine....g	1.739		0		1		1.478	3.652	8.347
Lysine....g	1.945		0		1		1.653	4.085	9.336
Methionine....g	0.636		0		1		0.541	1.336	3.053
Cystine....g	0.320		0		1		0.272	0.672	1.536
Phenylalanine....g	0.929		0		1		0.790	1.951	4.459
Tyrosine....g	0.769		0		1		0.654	1.615	3.691
Valine....g	1.162		0		1		0.988	2.440	5.578
Arginine....g	1.506		0		1		1.280	3.163	7.229
Histidine....g	0.701		0		1		0.596	1.472	3.365
Alanine....g	1.403		0		1		1.193	2.946	6.734
Aspartic acid....g	2.137		0		1		1.816	4.488	10.258
Glutamic acid....g	3.497		0		1		2.972	7.344	16.786
Glycine....g	1.574		0		1		1.338	3.305	7.555
Proline....g	1.173		0		1		0.997	2.463	5.630
Serine....g	0.847		0		1		0.720	1.779	4.066
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 210g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 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 27 (2014)

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 µg	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 µg	5		0		1		7	9	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		1		7	9	
Folate, DFE µg	5		0	NC	4		7	9	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.29		0		1		0.41	0.50	
Vitamin A, RAE µg	12		0		1		17	21	
Retinol µg	12		0		1		17	21	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	41		0		1		57	70	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.014	0.017	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.028	0.034	
22:6 n-3 (DHA)....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.

NDB No. 05114

Chicken, roasting, meat only, cooked, roasted

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 27 (2014)

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		63.70	156.62	357.46
Energy kcal	111		0	NC	4		94	232	529
Energy kJ	464		0		4		395	971	2215
Protein (N x 6.25) g	20.33		0		1		17.28	42.49	96.97
Total lipid (fat) g	2.70		0		1		2.30	5.64	12.88
Ash g	1.07		0		1		0.91	2.24	5.10
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	10		0		1		9	21	48
Iron, Fe mg	1.03		0		1		0.88	2.15	4.91
Magnesium, Mg mg	23		0		1		20	48	110
Phosphorus, P mg	198		0		1		168	414	944
Potassium, K mg	238		0		1		202	497	1135
Sodium, Na mg	75		0		1		64	157	358
Zinc, Zn mg	1.19		0		1		1.01	2.49	5.68
Copper, Cu mg	0.050		0		1		0.043	0.105	0.239
Manganese, Mn mg	0.018		0		1		0.015	0.038	0.086
Selenium, Se µg	16.9		0	BFNN	4		14.4	35.3	80.6
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.069		0		1		0.059	0.144	0.329
Riboflavin mg	0.134		0		1		0.114	0.280	0.639
Niacin mg	7.875		0		1		6.694	16.459	37.564
Pantothenic acid mg	1.032		0		1		0.877	2.157	4.923
Vitamin B-6 mg	0.420		0		1		0.357	0.878	2.003
Folate, total µg	7		0		1		6	15	33
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		6	15	33
Folate, DFE µg	7		0	NC	4		6	15	33
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.36		0		1		0.31	0.75	1.72
Vitamin A, RAE µg	13		0	NC	4		11	27	62
Retinol µg	13		0	NR	4		11	27	62
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	45		0		1		38	94	215
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.22		0	CASN	4		0.19	0.46	1.04
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	5.0	11.3
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.670		0		1		0.570	1.400	3.196
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.010		0		1		0.009	0.021	0.048
13:0....g									
14:0....g	0.020		0		1		0.017	0.042	0.095
15:0....g									
16:0....g	0.450		0		1		0.383	0.941	2.147
17:0....g									
18:0....g	0.180		0		1		0.153	0.376	0.859
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.830		0		1		0.706	1.735	3.959
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		0		1		0.102	0.251	0.572
17:1....g									
18:1 undifferentiated....g	0.690		0		1		0.587	1.442	3.291
20:1....g	0.010		0		1		0.009	0.021	0.048
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.670		0		1		0.570	1.400	3.196
18:2 undifferentiated....g	0.480		0		1		0.408	1.003	2.290
18:3 undifferentiated....g	0.020		0		1		0.017	0.042	0.095
18:4....g	0.000		0	Z	7		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		0.068	0.167	0.382
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.021	0.048
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.021	0.048
22:6 n-3 (DHA)....g	0.030		0		1		0.026	0.063	0.143
Fatty acids, total trans....g									
Cholesterol....mg	65		0		1		55	136	310
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0		1		0.201	0.495	1.130
Threonine....g	0.859		0		1		0.730	1.795	4.097
Isoleucine....g	1.073		0		1		0.912	2.243	5.118
Leucine....g	1.526		0		1		1.297	3.189	7.279
Lysine....g	1.727		0		1		1.468	3.609	8.238
Methionine....g	0.563		0		1		0.479	1.177	2.686
Cystine....g	0.260		0		1		0.221	0.543	1.240
Phenylalanine....g	0.807		0		1		0.686	1.687	3.849
Tyrosine....g	0.686		0		1		0.583	1.434	3.272
Valine....g	1.008		0		1		0.857	2.107	4.808
Arginine....g	1.226		0		1		1.042	2.562	5.848
Histidine....g	0.631		0		1		0.536	1.319	3.010
Alanine....g	1.109		0		1		0.943	2.318	5.290
Aspartic acid....g	1.812		0		1		1.540	3.787	8.643
Glutamic acid....g	3.045		0		1		2.588	6.364	14.525
Glycine....g	0.998		0		1		0.848	2.086	4.760
Proline....g	0.836		0		1		0.711	1.747	3.988
Serine....g	0.700		0		1		0.595	1.463	3.339
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 209g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 477g: .5 chicken, 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 27 (2014)

NDB No. 05673
Chicken, skin (drumsticks and thighs), cooked, braised

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	42.09	1.201	5	A	1		11.93	190.67	
Energy kcal	443		0	NC	4		126	2008	
Energy kJ	1855		0	NC	4		526	8403	
Protein g	14.61	0.381	5	A	1		4.14	66.18	
Total lipid (fat) g	42.76	1.766	5	A	1		12.12	193.70	
Ash g	0.63	0.008	5	A	1		0.18	2.85	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.162	4	A	1		3	42	
Iron, Fe mg	1.00	0.026	4	A	1		0.28	4.53	
Magnesium, Mg mg	14	0.131	4	A	1		4	62	
Phosphorus, P mg	130	0.272	4	A	1		37	591	
Potassium, K mg	161	7.576	4	A	1		46	728	
Sodium, Na mg	75	5.128	4	A	1		21	339	
Zinc, Zn mg	0.74	0.034	4	A	1		0.21	3.34	
Copper, Cu mg	0.040	0.001	4	A	1		0.011	0.183	
Manganese, Mn mg	0.018	0.001	4	A	1		0.005	0.082	
Selenium, Se µg	16.0	1.155	4	A	1		4.5	72.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.050	0.000	4	A	1		0.014	0.227	
Riboflavin mg	0.055	0.003	4	A	1		0.016	0.249	
Niacin mg	3.400	0.070	4	A	1		0.964	15.402	
Pantothenic acid mg	0.790		1	A	1		0.224	3.579	
Vitamin B-6 mg	0.179	0.007	4	A	1		0.051	0.810	
Folate, total µg	3		0	BFPN	4		1	12	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		1	12	
Folate, DFE µg	3		0	NC	4		1	12	
Choline, total mg	43.1		0	BFPN	4		12.2	195.4	
Betaine mg	12.7		0	BFPN	4		3.6	57.4	
Vitamin B-12 µg	0.45	0.049	4	A	1		0.13	2.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	48		0	AS	1		14	218	
Retinol µg	48		1	A	1		14	218	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	1		1	A	1		0	4	
Vitamin A, IU IU	161		0	AS	1		46	731	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	101		1	A	1		29	459	
Vitamin E (alpha-tocopherol) mg	0.19		1	A	1		0.05	0.87	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.02	
Tocopherol, gamma mg	0.11		1	A	1		0.03	0.52	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.02	
Tocotrienol, alpha mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.09		1	A	1		0.02	0.39	
Tocotrienol, delta mg	0.01		1	A	1		0.00	0.03	
Vitamin D (D2 + D3) µg	0.1		1	AS	1		0.0	0.4	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		1	A	1		0.0	0.4	
Vitamin D IU	4		1	A	1		1	17	
Vitamin K (phylloquinone) µg	0.4		0	BFSN	4		0.1	2.0	

NDB No. 05673

Chicken, skin (drumsticks and thighs), cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.914		0	NC	4		3.378	53.973	
4:0....g	0.001	0.000	4	A	1		0.000	0.005	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.004	0.000	4	A	1		0.001	0.017	
10:0....g	0.005	0.001	4	A	1		0.002	0.025	
12:0....g	0.022	0.005	4	A	1		0.006	0.102	
13:0....g									
14:0....g	0.247	0.015	4	A	1		0.070	1.121	
15:0....g	0.029	0.003	4	A	1		0.008	0.132	
16:0....g	9.391	0.247	4	A	1		2.662	42.541	
17:0....g	0.038	0.013	4	A	1		0.011	0.174	
18:0....g	2.121	0.062	4	A	1		0.601	9.610	
20:0....g	0.028	0.001	4	A	1		0.008	0.127	
22:0....g	0.023	0.002	4	A	1		0.007	0.104	
24:0....g	0.003	0.000	4	A	1		0.001	0.014	
Fatty acids, total monounsaturated....g	18.697		0	NC	4		5.301	84.699	
14:1....g	0.089	0.005	4	A	1		0.025	0.404	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	2.720	0.179	4	AS	1		0.771	12.324	
16:1 c....g	2.701	0.179	4	A	1		0.766	12.237	
16:1 t....g	0.019	0.002	4	A	1		0.005	0.087	
17:1....g	0.038	0.004	4	A	1		0.011	0.174	
18:1 undifferentiated....g	15.597	0.470	4	AS	1		4.422	70.654	
18:1 c....g	15.459	0.468	4	A	1		4.383	70.028	
18:1 t....g	0.138	0.018	4	A	1		0.039	0.626	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.247	0.010	4	A	1		0.070	1.119	
22:1 undifferentiated....g	0.005	0.000	4	AS	1		0.001	0.024	
22:1 c....g	0.005	0.000	4	A	1		0.001	0.024	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	8.615		0	NC	4		2.442	39.027	
18:2 undifferentiated....g	7.912	0.513	4	AS	1		2.243	35.844	
18:2 n-6 c,c....g	7.790	0.507	4	A	1		2.209	35.290	
18:2 CLAs....g	0.055	0.004	4	A	1		0.016	0.248	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.067	0.005	4	A	1		0.019	0.306	
18:3 undifferentiated....g	0.381	0.038	4	AS	1		0.108	1.725	
18:3 n-3 c,c,c (ALA)....g	0.381	0.038	4	A	1		0.108	1.725	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.008	0.001	4	A	1		0.002	0.037	
20:2 n-6 c,c....g	0.048	0.002	4	A	1		0.014	0.217	
20:3 undifferentiated....g	0.068	0.002	4	AS	1		0.019	0.310	
20:3 n-3....g	0.003	0.000	4	A	1		0.001	0.012	
20:3 n-6....g	0.066	0.002	4	A	1		0.019	0.298	
20:4 undifferentiated....g	0.134	0.004	4	A	1		0.038	0.608	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007	0.000	4	A	1		0.002	0.033	
21:5....g									
22:4....g	0.031	0.001	4	A	1		0.009	0.140	
22:5 n-3 (DPA)....g	0.014	0.000	4	A	1		0.004	0.063	
22:6 n-3 (DHA)....g	0.007	0.001	4	A	1		0.002	0.034	
Fatty acids, total trans....g	0.225		0	NC	4		0.064	1.019	
Fatty acids, total trans-monoenoic....g	0.157		0	NC	4		0.045	0.713	
Fatty acids, total trans-polyenoic....g	0.067		0	NC	4		0.019	0.306	
Cholesterol....mg	130	3.054	4	A	1		37	588	
Phytosterols....mg									
Amino Acids:									

NDB No. 05673

Chicken, skin (drumsticks and thighs), cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.072		0	A	1		0.020	0.327	
Threonine....g	0.463		0	A	1		0.131	2.098	
Isoleucine....g	0.414		0	A	1		0.117	1.874	
Leucine....g	0.805		0	A	1		0.228	3.646	
Lysine....g	0.835		0	A	1		0.237	3.784	
Methionine....g	0.247		0	A	1		0.070	1.118	
Cystine....g	0.121		0	A	1		0.034	0.550	
Phenylalanine....g	0.444		0	A	1		0.126	2.012	
Tyrosine....g	0.345		0	A	1		0.098	1.565	
Valine....g	0.520		0	A	1		0.147	2.356	
Arginine....g	1.040		0	A	1		0.295	4.713	
Histidine....g	0.300		0	A	1		0.085	1.358	
Alanine....g	1.002		0	A	1		0.284	4.541	
Aspartic acid....g	1.090		0	A	1		0.309	4.936	
Glutamic acid....g	1.731		0	A	1		0.491	7.843	
Glycine....g	1.880		0	A	1		0.533	8.516	
Proline....g	1.113		0	A	1		0.315	5.040	
Serine....g	0.532		0	A	1		0.151	2.408	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05675
Chicken, skin (drumsticks and thighs), 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	39.45	0.941	5	A	1		11.18	178.71	
Energy kcal	462		0	NC	4		131	2094	
Energy kJ	1934		0	NC	4		548	8761	
Protein g	16.57	0.441	5	A	1		4.70	75.06	
Total lipid (fat) g	43.99	1.274	5	A	1		12.47	199.27	
Ash g	0.72	0.009	5	A	1		0.21	3.28	
Carbohydrate, by difference g	0.00		0	NC	4		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	1.010	4	A	1		3	45	
Iron, Fe mg	0.90	0.048	4	A	1		0.25	4.07	
Magnesium, Mg mg	16	0.239	4	A	1		5	73	
Phosphorus, P mg	151	1.413	4	A	1		43	682	
Potassium, K mg	181	3.250	4	A	1		51	822	
Sodium, Na mg	85	5.749	4	A	1		24	387	
Zinc, Zn mg	0.86	0.047	4	A	1		0.24	3.90	
Copper, Cu mg	0.045	0.003	4	A	1		0.013	0.206	
Manganese, Mn mg	0.020	0.000	4	A	1		0.006	0.090	
Selenium, Se µg	17.4	1.032	4	A	1		4.9	78.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.052	0.002	4	A	1		0.015	0.238	
Riboflavin mg	0.062	0.003	4	A	1		0.018	0.283	
Niacin mg	3.917	0.089	4	A	1		1.111	17.746	
Pantothenic acid mg	0.900		1	A	1		0.255	4.077	
Vitamin B-6 mg	0.197	0.006	4	A	1		0.056	0.892	
Folate, total µg	3		0	BFPN	4		1	14	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	3		0	BFPN	4		1	14	
Folate, DFE µg	3		0	NC	4		1	14	
Choline, total mg	48.9		0	BFPN	4		13.9	221.7	
Betaine mg	14.4		0	BFPN	4		4.1	65.1	
Vitamin B-12 µg	0.50	0.025	4	A	1		0.14	2.29	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	54		0	AS	1		15	245	
Retinol µg	54		1	A	1		15	245	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	1		1	A	1		0	4	
Vitamin A, IU IU	181		0	AS	1		51	819	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	91		1	A	1		26	414	
Vitamin E (alpha-tocopherol) mg	0.23		1	A	1		0.07	1.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma mg	0.13		1	A	1		0.04	0.59	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.02	
Tocotrienol, alpha mg	0.05		1	A	1		0.01	0.21	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.13		1	A	1		0.04	0.57	
Tocotrienol, delta mg	0.01		1	A	1		0.00	0.03	
Vitamin D (D2 + D3) µg	0.2		1	AS	1		0.0	0.7	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		1	A	1		0.0	0.7	
Vitamin D IU	6		1	A	1		2	28	
Vitamin K (phylloquinone) µg	0.5		0	BFSN	4		0.1	2.1	

NDB No. 05675

Chicken, skin (drumsticks and thighs), 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.146		0	NC	4		3.443	55.021	
4:0....g	0.001	0.000	4	A	1		0.000	0.005	
6:0....g	0.001	0.000	4	A	1		0.000	0.003	
8:0....g	0.004	0.000	4	A	1		0.001	0.019	
10:0....g	0.007	0.000	4	A	1		0.002	0.029	
12:0....g	0.023	0.005	4	A	1		0.007	0.105	
13:0....g									
14:0....g	0.257	0.017	4	A	1		0.073	1.166	
15:0....g	0.031	0.003	4	A	1		0.009	0.140	
16:0....g	9.564	0.560	4	A	1		2.712	43.327	
17:0....g	0.050	0.005	4	A	1		0.014	0.229	
18:0....g	2.151	0.121	4	A	1		0.610	9.743	
20:0....g	0.029	0.001	4	A	1		0.008	0.131	
22:0....g	0.024	0.002	4	A	1		0.007	0.110	
24:0....g	0.003	0.000	4	A	1		0.001	0.012	
Fatty acids, total monounsaturated....g	19.185		0	NC	4		5.439	86.907	
14:1....g	0.094	0.006	4	A	1		0.027	0.425	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	2.817	0.275	4	AS	1		0.799	12.762	
16:1 c....g	2.797	0.274	4	A	1		0.793	12.669	
16:1 t....g	0.020	0.002	4	A	1		0.006	0.093	
17:1....g	0.040	0.004	4	A	1		0.011	0.180	
18:1 undifferentiated....g	15.975	1.028	4	AS	1		4.529	72.366	
18:1 c....g	15.830	1.025	4	A	1		4.488	71.712	
18:1 t....g	0.144	0.017	4	A	1		0.041	0.653	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.253	0.016	4	A	1		0.072	1.147	
22:1 undifferentiated....g	0.005	0.000	4	AS	1		0.001	0.023	
22:1 c....g	0.005	0.000	4	A	1		0.001	0.023	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	4	A	1		0.000	0.005	
Fatty acids, total polyunsaturated....g	8.787		0	NC	4		2.491	39.806	
18:2 undifferentiated....g	8.065	0.393	4	AS	1		2.286	36.534	
18:2 n-6 c,c....g	7.927	0.391	4	A	1		2.247	35.909	
18:2 CLAs....g	0.056	0.006	4	A	1		0.016	0.256	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.081	0.005	4	A	1		0.023	0.369	
18:3 undifferentiated....g	0.385	0.034	4	AS	1		0.109	1.745	
18:3 n-3 c,c,c (ALA)....g	0.385	0.034	4	A	1		0.109	1.745	
18:3 n-6 c,c,c....g	0.000	0.000	4	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.009	0.001	4	A	1		0.002	0.040	
20:2 n-6 c,c....g	0.048	0.001	4	A	1		0.014	0.219	
20:3 undifferentiated....g	0.071	0.003	4	AS	1		0.020	0.323	
20:3 n-3....g	0.003	0.001	4	A	1		0.001	0.015	
20:3 n-6....g	0.068	0.003	4	A	1		0.019	0.308	
20:4 undifferentiated....g	0.143	0.006	4	A	1		0.041	0.649	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008	0.000	4	A	1		0.002	0.036	
21:5....g									
22:4....g	0.032	0.002	4	A	1		0.009	0.147	
22:5 n-3 (DPA)....g	0.015	0.000	4	A	1		0.004	0.069	
22:6 n-3 (DHA)....g	0.007	0.000	4	A	1		0.002	0.032	
Fatty acids, total trans....g	0.246		0	NC	4		0.070	1.115	
Fatty acids, total trans-monoenoic....g	0.165		0	NC	4		0.047	0.746	
Fatty acids, total trans-polyenoic....g	0.081		0	NC	4		0.023	0.369	
Cholesterol....mg	132	1.852	4	A	1		37	598	
Phytosterols....mg									
Amino Acids:									

NDB No. 05675

Chicken, skin (drumsticks and thighs), 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
Tryptophan....g	0.082		0	A	1		0.023	0.370	
Threonine....g	0.525		0	A	1		0.149	2.380	
Isoleucine....g	0.469		0	A	1		0.133	2.126	
Leucine....g	0.913		0	A	1		0.259	4.135	
Lysine....g	0.947		0	A	1		0.269	4.291	
Methionine....g	0.280		0	A	1		0.079	1.267	
Cystine....g	0.138		0	A	1		0.039	0.624	
Phenylalanine....g	0.504		0	A	1		0.143	2.282	
Tyrosine....g	0.392		0	A	1		0.111	1.775	
Valine....g	0.590		0	A	1		0.167	2.672	
Arginine....g	1.180		0	A	1		0.335	5.346	
Histidine....g	0.340		0	A	1		0.096	1.541	
Alanine....g	1.137		0	A	1		0.322	5.150	
Aspartic acid....g	1.236		0	A	1		0.350	5.598	
Glutamic acid....g	1.964		0	A	1		0.557	8.895	
Glycine....g	2.132		0	A	1		0.604	9.658	
Proline....g	1.262		0	A	1		0.358	5.716	
Serine....g	0.603		0	A	1		0.171	2.731	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05684

Chicken, skin (drumsticks and thighs), enhanced, cooked, braised

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	46.96		1	A	1		13.31		
Energy kcal	403		0	NC	4		114		
Energy kJ	1688		0	NC	4		479		
Protein g	12.26		1	A	1		3.48		
Total lipid (fat) g	38.94		1	A	1		11.04		
Ash g	0.84		1	A	1		0.24		
Carbohydrate, by difference g	1.00		0	NC	4		0.28		
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	A	1		4		
Iron, Fe mg	0.65		1	A	1		0.19		
Magnesium, Mg mg	12		1	A	1		3		
Phosphorus, P mg	112		1	A	1		32		
Potassium, K mg	146		1	A	1		42		
Sodium, Na mg	139		1	A	1		39		
Zinc, Zn mg	0.63		1	A	1		0.18		
Copper, Cu mg	0.029		1	A	1		0.008		
Manganese, Mn mg	0.016		1	A	1		0.004		
Selenium, Se µg	15.6		1	A	1		4.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.050		1	A	1		0.014		
Riboflavin mg	0.040		1	A	1		0.011		
Niacin mg	3.300		1	A	1		0.936		
Pantothenic acid mg									
Vitamin B-6 mg	0.144		1	A	1		0.041		
Folate, total µg	2		0	BFPN	4		1		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	2		0	BFPN	4		1		
Folate, DFE µg	2		0	NC	4		1		
Choline, total mg	36.2		0	BFPN	4		10.3		
Betaine mg	10.6		0	BFPN	4		3.0		
Vitamin B-12 µg	0.27		1	A	1		0.08		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	44		0	NC	4		13		
Retinol µg	44		0	BFSN	4		13		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	147		0	NC	4		42		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.18		0	BFSN	4		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0		
Vitamin D IU	3		0	BFFN	4		1		
Vitamin K (phylloquinone) µg	0.4		0	BFSN	4		0.1		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05684

Chicken, skin (drumsticks and thighs), enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	10.605		0	NC	4		3.007		
4:0....g	0.001		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.004		1	A	1		0.001		
10:0....g	0.005		1	A	1		0.001		
12:0....g	0.021		1	A	1		0.006		
13:0....g									
14:0....g	0.215		1	A	1		0.061		
15:0....g	0.026		1	A	1		0.007		
16:0....g	8.382		1	A	1		2.376		
17:0....g	0.042		1	A	1		0.012		
18:0....g	1.858		1	A	1		0.527		
20:0....g	0.027		1	A	1		0.008		
22:0....g	0.020		1	A	1		0.006		
24:0....g	0.003		1	A	1		0.001		
Fatty acids, total monounsaturated....g	17.201		0	NC	4		4.876		
14:1....g	0.084		1	A	1		0.024		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	2.694		0	AS	1		0.764		
16:1 c....g	2.677		1	A	1		0.759		
16:1 t....g	0.017		1	A	1		0.005		
17:1....g	0.034		1	A	1		0.010		
18:1 undifferentiated....g	14.143		0	AS	1		4.010		
18:1 c....g	14.008		1	A	1		3.971		
18:1 t....g	0.135		1	A	1		0.038		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.241		1	A	1		0.068		
22:1 undifferentiated....g	0.005		0	AS	1		0.001		
22:1 c....g	0.005		1	A	1		0.001		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	7.994		0	NC	4		2.266		
18:2 undifferentiated....g	7.328		0	AS	1		2.077		
18:2 n-6 c,c....g	7.183		1	A	1		2.036		
18:2 CLAs....g	0.052		1	A	1		0.015		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.093		1	A	1		0.026		
18:3 undifferentiated....g	0.375		0	AS	1		0.106		
18:3 n-3 c,c,c (ALA)....g	0.375		1	A	1		0.106		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.009		1	A	1		0.003		
20:2 n-6 c,c....g	0.042		1	A	1		0.012		
20:3 undifferentiated....g	0.061		0	AS	1		0.017		
20:3 n-3....g	0.002		1	A	1		0.001		
20:3 n-6....g	0.059		1	A	1		0.017		
20:4 undifferentiated....g	0.121		1	A	1		0.034		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		1	A	1		0.002		
21:5....g									
22:4....g	0.029		1	A	1		0.008		
22:5 n-3 (DPA)....g	0.013		1	A	1		0.004		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.002		
Fatty acids, total trans....g	0.245		0	NC	4		0.069		
Fatty acids, total trans-monoenoic....g	0.152		0	NC	4		0.043		
Fatty acids, total trans-polyenoic....g	0.093		0	NC	4		0.026		
Cholesterol....mg	124		1	A	1		35		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.061		0	A	1		0.017		
Threonine....g	0.389		0	A	1		0.110		

NDB No. 05684

Chicken, skin (drumsticks and thighs), enhanced, cooked, braised

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Isoleucine....g	0.347		0	A	1		0.098		
Leucine....g	0.676		0	A	1		0.192		
Lysine....g	0.701		0	A	1		0.199		
Methionine....g	0.207		0	A	1		0.059		
Cystine....g	0.102		0	A	1		0.029		
Phenylalanine....g	0.373		0	A	1		0.106		
Tyrosine....g	0.290		0	A	1		0.082		
Valine....g	0.437		0	A	1		0.124		
Arginine....g	0.873		0	A	1		0.248		
Histidine....g	0.252		0	A	1		0.071		
Alanine....g	0.841		0	A	1		0.239		
Aspartic acid....g	0.915		0	A	1		0.259		
Glutamic acid....g	1.453		0	A	1		0.412		
Glycine....g	1.578		0	A	1		0.447		
Proline....g	0.934		0	A	1		0.265		
Serine....g	0.446		0	A	1		0.126		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05686

Chicken, skin (drumsticks and thighs), enhanced, 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	40.73	1.189	4	A	1		11.55		
Energy kcal	420		0	NC	4		119		
Energy kJ	1756		0	NC	4		498		
Protein g	20.31	1.137	4	A	1		5.76		
Total lipid (fat) g	37.60	0.534	4	A	1		10.66		
Ash g	0.91	0.064	4	A	1		0.26		
Carbohydrate, by difference g	0.44		0	NR	4		0.12		
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	15	1.023	4	A	1		4		
Iron, Fe mg	1.17	0.121	4	A	1		0.33		
Magnesium, Mg mg	18	0.873	4	A	1		5		
Phosphorus, P mg	176	7.434	4	A	1		50		
Potassium, K mg	198	7.343	4	A	1		56		
Sodium, Na mg	162	7.195	4	A	1		46		
Zinc, Zn mg	1.51	0.026	4	A	1		0.43		
Copper, Cu mg	0.068	0.004	4	A	1		0.019		
Manganese, Mn mg	0.013	0.000	4	A	1		0.004		
Selenium, Se µg	20.0		2	A	1		5.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.057		2	A	1		0.016		
Riboflavin mg	0.125		2	A	1		0.035		
Niacin mg	4.045		2	A	1		1.147		
Pantothenic acid mg									
Vitamin B-6 mg	0.185		2	A	1		0.052		
Folate, total µg	3		0	BFPN	4		1		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	3		0	BFPN	4		1		
Folate, DFE µg	3		0	NC	4		1		
Choline, total mg	49.6		0	BFPN	4		14.0		
Betaine mg	14.5		0	BFPN	4		4.1		
Vitamin B-12 µg	0.56		2	A	1		0.16		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	53		0	NC	4		15		
Retinol µg	53		0	NR	4		15		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	176		0	NC	4		50		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.45		0	BFSN	4		0.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.21		1	A	1		0.06		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.06		1	A	1		0.02		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.19		1	A	1		0.05		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.1		0	BFFN	4		0.0		
Vitamin D IU	6		0	BFFN	4		2		
Vitamin K (phylloquinone) µg	0.5		0	BFSN	4		0.1		

NDB No. 05686

Chicken, skin (drumsticks and thighs), enhanced, 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
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	19.6		1	A	1		5.6		
Lipids:									
Fatty acids, total saturated....g	11.000		0	NR	4		3.119		
4:0....g	0.001		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.006		1	A	1		0.002		
10:0....g	0.008		1	A	1		0.002		
12:0....g	0.044		1	A	1		0.013		
13:0....g									
14:0....g	0.239		1	A	1		0.068		
15:0....g	0.029		1	A	1		0.008		
16:0....g	8.612		1	A	1		2.441		
17:0....g	0.046		1	A	1		0.013		
18:0....g	1.958		1	A	1		0.555		
20:0....g	0.030		1	A	1		0.008		
22:0....g	0.022		1	A	1		0.006		
24:0....g	0.004		1	A	1		0.001		
Fatty acids, total monounsaturated....g	17.500		0	NR	4		4.961		
14:1....g	0.087		1	A	1		0.025		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	2.641		0	AS	1		0.749		
16:1 c....g	2.621		1	A	1		0.743		
16:1 t....g	0.020		1	A	1		0.006		
17:1....g	0.038		1	A	1		0.011		
18:1 undifferentiated....g	14.472		0	AS	1		4.103		
18:1 c....g	14.308		1	A	1		4.056		
18:1 t....g	0.164		1	A	1		0.046		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.256		1	A	1		0.073		
22:1 undifferentiated....g	0.006		0	AS	1		0.002		
22:1 c....g	0.006		1	A	1		0.002		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	9.000		0	NR	4		2.552		
18:2 undifferentiated....g	8.251		0	AS	1		2.339		
18:2 n-6 c,c....g	8.112		1	A	1		2.300		
18:2 CLAs....g	0.052		1	A	1		0.015		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.086		1	A	1		0.024		
18:3 undifferentiated....g	0.462		0	AS	1		0.131		
18:3 n-3 c,c,c (ALA)....g	0.462		1	A	1		0.131		
18:3 n-6 c,c,c....g	0.000		1	A	1		0.000		
18:3i....g									
18:4....g	0.010		1	A	1		0.003		
20:2 n-6 c,c....g	0.049		1	A	1		0.014		
20:3 undifferentiated....g	0.064		0	AS	1		0.018		
20:3 n-3....g	0.003		1	A	1		0.001		
20:3 n-6....g	0.061		1	A	1		0.017		
20:4 undifferentiated....g	0.141		1	A	1		0.040		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.011		1	A	1		0.003		
21:5....g									
22:4....g	0.031		1	A	1		0.009		
22:5 n-3 (DPA)....g	0.016		1	A	1		0.004		
22:6 n-3 (DHA)....g	0.011		1	A	1		0.003		
Fatty acids, total trans....g	0.282		0	NC	4		0.080		
Fatty acids, total trans-monoenoic....g	0.195		0	NC	4		0.055		
Fatty acids, total trans-polyenoic....g	0.087		0	NC	4		0.025		
Cholesterol....mg	154	5.166	4	A	1		44		
Phytosterols....mg									
Amino Acids:									

NDB No. 05686

Chicken, skin (drumsticks and thighs), enhanced, 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
Tryptophan g	0.100		0	A	1		0.028		
Threonine g	0.644		0	A	1		0.183		
Isoleucine g	0.575		0	A	1		0.163		
Leucine g	1.119		0	A	1		0.317		
Lysine g	1.161		0	A	1		0.329		
Methionine g	0.343		0	A	1		0.097		
Cystine g	0.169		0	A	1		0.048		
Phenylalanine g	0.618		0	A	1		0.175		
Tyrosine g	0.480		0	A	1		0.136		
Valine g	0.723		0	A	1		0.205		
Arginine g	1.447		0	A	1		0.410		
Histidine g	0.417		0	A	1		0.118		
Alanine g	1.394		0	A	1		0.395		
Aspartic acid g	1.515		0	A	1		0.429		
Glutamic acid g	2.407		0	A	1		0.682		
Glycine g	2.614		0	A	1		0.741		
Proline g	1.547		0	A	1		0.439		
Serine g	0.739		0	A	1		0.210		
Hydroxyproline g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05685
Chicken, skin (drumsticks and thighs), enhanced, 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	50.37	0.317	4	A	1		14.28		
Energy kcal	386		0	NC	4		109		
Energy kJ	1614		0	NC	4		458		
Protein g	11.11	0.649	4	A	1		3.15		
Total lipid (fat) g	37.90	0.812	4	A	1		10.75		
Ash g	0.60	0.015	4	A	1		0.17		
Carbohydrate, by difference g	0.01		0	NC	4		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	0.364	4	A	1		2		
Iron, Fe mg	0.51	0.042	4	A	1		0.14		
Magnesium, Mg mg	7	0.100	4	A	1		2		
Phosphorus, P mg	88	1.025	4	A	1		25		
Potassium, K mg	101	5.187	4	A	1		29		
Sodium, Na mg	139	10.770	4	A	1		39		
Zinc, Zn mg	0.62	0.033	4	A	1		0.18		
Copper, Cu mg	0.030	0.001	4	A	1		0.009		
Manganese, Mn mg	0.006	0.000	4	A	1		0.002		
Selenium, Se µg	10.8		2	A	1		3.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.035		2	A	1		0.010		
Riboflavin mg	0.060		2	A	1		0.017		
Niacin mg	2.655		2	A	1		0.753		
Pantothenic acid mg									
Vitamin B-6 mg	0.113		2	A	1		0.032		
Folate, total µg	2		0	BFPN	4		1		
Folic acid µg	0		0	BFPN	4		0		
Folate, food µg	2		0	BFPN	4		1		
Folate, DFE µg	2		0	NC	4		1		
Choline, total mg	28.9		0	BFPN	4		8.2		
Betaine mg	8.5		0	BFPN	4		2.4		
Vitamin B-12 µg	0.68		2	A	1		0.19		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	56		0	NC	4		16		
Retinol µg	56		0	BFSN	4		16		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	186		0	NC	4		53		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.44		1	A	1		0.12		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.17		1	A	1		0.05		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.05		1	A	1		0.01		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.06		1	A	1		0.02		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.4		1	AS	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		1	A	1		0.1		
Vitamin D IU	14		1	A	1		4		
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0		

NDB No. 05685

Chicken, skin (drumsticks and thighs), enhanced, 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
Dihydrophylloquinone....µg	0.0		1	A	1		0.0		
Menaquinone-4....µg	19.5		1	A	1		5.5		
Lipids:									
Fatty acids, total saturated....g	10.565		0	NC	4		2.995		
4:0....g	0.001		1	A	1		0.000		
6:0....g	0.000		1	A	1		0.000		
8:0....g	0.004		1	A	1		0.001		
10:0....g	0.006		1	A	1		0.002		
12:0....g	0.021		1	A	1		0.006		
13:0....g									
14:0....g	0.217		1	A	1		0.062		
15:0....g	0.028		1	A	1		0.008		
16:0....g	8.338		1	A	1		2.364		
17:0....g	0.043		1	A	1		0.012		
18:0....g	1.856		1	A	1		0.526		
20:0....g	0.027		1	A	1		0.008		
22:0....g	0.020		1	A	1		0.006		
24:0....g	0.003		1	A	1		0.001		
Fatty acids, total monounsaturated....g	17.099		0	NC	4		4.848		
14:1....g	0.084		1	A	1		0.024		
15:1....g	0.000		1	A	1		0.000		
16:1 undifferentiated....g	2.704		0	AS	1		0.767		
16:1 c....g	2.685		1	A	1		0.761		
16:1 t....g	0.019		1	A	1		0.005		
17:1....g	0.033		1	A	1		0.009		
18:1 undifferentiated....g	14.117		0	AS	1		4.002		
18:1 c....g	13.978		1	A	1		3.963		
18:1 t....g	0.139		1	A	1		0.039		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.156		1	A	1		0.044		
22:1 undifferentiated....g	0.005		0	AS	1		0.001		
22:1 c....g	0.005		1	A	1		0.001		
22:1 t....g	0.000		1	A	1		0.000		
24:1 c....g	0.000		1	A	1		0.000		
Fatty acids, total polyunsaturated....g	8.195		0	NC	4		2.323		
18:2 undifferentiated....g	7.421		0	AS	1		2.104		
18:2 n-6 c,c....g	7.301		1	A	1		2.070		
18:2 CLAs....g	0.047		1	A	1		0.013		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.073		1	A	1		0.021		
18:3 undifferentiated....g	0.481		0	AS	1		0.136		
18:3 n-3 c,c,c (ALA)....g	0.381		1	A	1		0.108		
18:3 n-6 c,c,c....g	0.100		1	A	1		0.028		
18:3i....g									
18:4....g	0.010		1	A	1		0.003		
20:2 n-6 c,c....g	0.046		1	A	1		0.013		
20:3 undifferentiated....g	0.065		0	AS	1		0.018		
20:3 n-3....g	0.002		1	A	1		0.001		
20:3 n-6....g	0.063		1	A	1		0.018		
20:4 undifferentiated....g	0.116		1	A	1		0.033		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		1	A	1		0.002		
21:5....g									
22:4....g	0.029		1	A	1		0.008		
22:5 n-3 (DPA)....g	0.013		1	A	1		0.004		
22:6 n-3 (DHA)....g	0.006		1	A	1		0.002		
Fatty acids, total trans....g	0.231		0	NC	4		0.065		
Fatty acids, total trans-monoenoic....g	0.158		0	NC	4		0.045		
Fatty acids, total trans-polyenoic....g	0.073		0	NC	4		0.021		
Cholesterol....mg	113	2.462	4	A	1		32		
Phytosterols....mg									
Amino Acids:									

NDB No. 05685

Chicken, skin (drumsticks and thighs), enhanced, 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
Tryptophan....g	0.055		0	A	1		0.016		
Threonine....g	0.352		0	A	1		0.100		
Isoleucine....g	0.315		0	A	1		0.089		
Leucine....g	0.612		0	A	1		0.174		
Lysine....g	0.635		0	A	1		0.180		
Methionine....g	0.188		0	A	1		0.053		
Cystine....g	0.092		0	A	1		0.026		
Phenylalanine....g	0.338		0	A	1		0.096		
Tyrosine....g	0.263		0	A	1		0.074		
Valine....g	0.396		0	A	1		0.112		
Arginine....g	0.791		0	A	1		0.224		
Histidine....g	0.228		0	A	1		0.065		
Alanine....g	0.763		0	A	1		0.216		
Aspartic acid....g	0.829		0	A	1		0.235		
Glutamic acid....g	1.317		0	A	1		0.373		
Glycine....g	1.430		0	A	1		0.405		
Proline....g	0.846		0	A	1		0.240		
Serine....g	0.404		0	A	1		0.115		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05674
Chicken, skin (drumsticks and thighs), 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	44.91	1.333	5	A	1		12.73	203.42	
Energy kcal	440		0	NC	4		125	1991	
Energy kJ	1839		0	NC	4		521	8331	
Protein g	9.58	0.067	5	A	1		2.72	43.39	
Total lipid (fat) g	44.23	1.064	5	A	1		12.54	200.38	
Ash g	0.49	0.018	5	A	1		0.14	2.23	
Carbohydrate, by difference g	0.79		0	NC	4		0.22	3.58	
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	0.257	4	A	1		2	29	
Iron, Fe mg	0.37	0.039	4	A	1		0.11	1.68	
Magnesium, Mg mg	8	0.309	4	A	1		2	38	
Phosphorus, P mg	95	2.907	4	A	1		27	431	
Potassium, K mg	119	5.552	4	A	1		34	539	
Sodium, Na mg	51	3.259	4	A	1		14	230	
Zinc, Zn mg	0.65	0.017	4	A	1		0.18	2.96	
Copper, Cu mg	0.038	0.004	4	A	1		0.011	0.172	
Manganese, Mn mg	0.014	0.001	4	A	1		0.004	0.064	
Selenium, Se µg	10.1	0.705	4	A	1		2.9	45.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.040	0.000	4	A	1		0.011	0.181	
Riboflavin mg	0.032	0.003	4	A	1		0.009	0.147	
Niacin mg	2.565	0.065	4	A	1		0.727	11.619	
Pantothenic acid mg	0.610		1	A	1		0.173	2.763	
Vitamin B-6 mg	0.116	0.004	4	A	1		0.033	0.527	
Folate, total µg	2		0	BFPN	4		1	8	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	2		0	BFPN	4		1	8	
Folate, DFE µg	2		0	NC	4		1	8	
Choline, total mg	28.3		0	AS	1		8.0	128.1	
Betaine mg	8.3		1	A	1		2.4	37.6	
Vitamin B-12 µg	0.65	0.157	4	A	1		0.18	2.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	59		0	AS	1		17	266	
Retinol µg	59		1	A	1		17	266	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	1		1	A	1		0	4	
Vitamin A, IU IU	196		0	AS	1		56	890	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	103		1	A	1		29	469	
Vitamin E (alpha-tocopherol) mg	0.27		1	A	1		0.08	1.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00		1	A	1		0.00	0.01	
Tocopherol, gamma mg	0.13		1	A	1		0.04	0.61	
Tocopherol, delta mg	0.00		1	A	1		0.00	0.01	
Tocotrienol, alpha mg	0.04		1	A	1		0.01	0.20	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.04		1	A	1		0.01	0.19	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.01	
Vitamin D (D2 + D3) µg	0.2		1	AS	1		0.0	0.7	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		1	A	1		0.0	0.7	
Vitamin D IU	6		1	A	1		2	28	
Vitamin K (phylloquinone) µg	0.4		0	BFSN	4		0.1	1.9	

NDB No. 05674
Chicken, skin (drumsticks and thighs), 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	12.102		0	NC	4		3.431	54.822	
4:0....g	0.001	0.000	4	A	1		0.000	0.005	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.003	0.000	4	A	1		0.001	0.014	
10:0....g	0.005	0.000	4	A	1		0.002	0.025	
12:0....g	0.021	0.004	4	A	1		0.006	0.095	
13:0....g									
14:0....g	0.253	0.012	4	A	1		0.072	1.147	
15:0....g	0.027	0.003	4	A	1		0.008	0.125	
16:0....g	9.510	0.352	4	A	1		2.696	43.081	
17:0....g	0.051	0.003	4	A	1		0.015	0.232	
18:0....g	2.171	0.035	4	A	1		0.615	9.835	
20:0....g	0.029	0.000	4	A	1		0.008	0.131	
22:0....g	0.025	0.002	4	A	1		0.007	0.114	
24:0....g	0.004	0.000	4	A	1		0.001	0.018	
Fatty acids, total monounsaturated....g	18.975		0	NC	4		5.380	85.959	
14:1....g	0.091	0.005	4	A	1		0.026	0.413	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	2.678	0.276	4	AS	1		0.759	12.134	
16:1 c....g	2.660	0.274	4	A	1		0.754	12.050	
16:1 t....g	0.018	0.003	4	A	1		0.005	0.084	
17:1....g	0.039	0.003	4	A	1		0.011	0.177	
18:1 undifferentiated....g	15.947	0.784	4	AS	1		4.521	72.239	
18:1 c....g	15.804	0.787	4	A	1		4.480	71.592	
18:1 t....g	0.143	0.013	4	A	1		0.040	0.647	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.214	0.033	4	A	1		0.061	0.968	
22:1 undifferentiated....g	0.005	0.000	4	AS	1		0.002	0.025	
22:1 c....g	0.005	0.000	4	A	1		0.002	0.025	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.001	0.000	4	A	1		0.000	0.003	
Fatty acids, total polyunsaturated....g	9.056		0	NC	4		2.567	41.023	
18:2 undifferentiated....g	8.288	0.343	4	AS	1		2.350	37.547	
18:2 n-6 c,c....g	8.165	0.343	4	A	1		2.315	36.986	
18:2 CLAs....g	0.056	0.003	4	A	1		0.016	0.253	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.068	0.004	4	A	1		0.019	0.308	
18:3 undifferentiated....g	0.441	0.052	4	AS	1		0.125	1.999	
18:3 n-3 c,c,c (ALA)....g	0.397	0.030	4	A	1		0.113	1.800	
18:3 n-6 c,c,c....g	0.044	0.025	4	A	1		0.012	0.199	
18:3i....g									
18:4....g	0.009	0.000	4	A	1		0.002	0.040	
20:2 n-6 c,c....g	0.051	0.003	4	A	1		0.014	0.230	
20:3 undifferentiated....g	0.072	0.001	4	AS	1		0.020	0.326	
20:3 n-3....g	0.003	0.000	4	A	1		0.001	0.014	
20:3 n-6....g	0.069	0.001	4	A	1		0.020	0.313	
20:4 undifferentiated....g	0.133	0.005	4	A	1		0.038	0.604	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007	0.000	4	A	1		0.002	0.032	
21:5....g									
22:4....g	0.030	0.001	4	A	1		0.009	0.136	
22:5 n-3 (DPA)....g	0.014	0.001	4	A	1		0.004	0.066	
22:6 n-3 (DHA)....g	0.007	0.001	4	A	1		0.002	0.034	
Fatty acids, total trans....g	0.229		0	NC	4		0.065	1.038	
Fatty acids, total trans-monoenoic....g	0.161		0	NC	4		0.046	0.730	
Fatty acids, total trans-polyenoic....g	0.068		0	NC	4		0.019	0.308	
Cholesterol....mg	105	2.498	4	A	1		30	477	
Phytosterols....mg									
Amino Acids:									

NDB No. 05674
Chicken, skin (drumsticks and thighs), 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
Tryptophan g	0.047		0	A	1		0.013	0.214	
Threonine g	0.304		0	A	1		0.086	1.376	
Isoleucine g	0.271		0	A	1		0.077	1.229	
Leucine g	0.528		0	A	1		0.150	2.390	
Lysine g	0.548		0	A	1		0.155	2.480	
Methionine g	0.162		0	A	1		0.046	0.733	
Cystine g	0.080		0	A	1		0.023	0.361	
Phenylalanine g	0.291		0	A	1		0.083	1.319	
Tyrosine g	0.226		0	A	1		0.064	1.026	
Valine g	0.341		0	A	1		0.097	1.545	
Arginine g	0.682		0	A	1		0.193	3.090	
Histidine g	0.197		0	A	1		0.056	0.891	
Alanine g	0.657		0	A	1		0.186	2.977	
Aspartic acid g	0.714		0	A	1		0.202	3.236	
Glutamic acid g	1.135		0	A	1		0.322	5.141	
Glycine g	1.232		0	A	1		0.349	5.582	
Proline g	0.729		0	A	1		0.207	3.304	
Serine g	0.348		0	A	1		0.099	1.579	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	8		0		1		11	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0		1		11	6	
Folate, DFE µg	8		0	NC	4		11	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.25		0		1		0.35	0.18	
Vitamin A, RAE µg	44		0		1		61	32	
Retinol µg	44		0		1		61	32	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	145		0		1		203	106	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.030		0		1		0.042	0.022	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.060		0		1		0.084	0.044	
22:6 n-3 (DHA)....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.

NDB No. 05132

Chicken, stewing, dark meat, meat only, cooked, stewed

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 27 (2014)

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 µg	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 µg	10		0		1		11	15	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		11	15	
Folate, DFE µg	10		0	NC	4		11	15	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.37		0		1		0.39	0.57	
Vitamin A, RAE µg	41		0		1		43	62	
Retinol µg	41		0	NR	4		43	63	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	135		0		1		142	208	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	CASN	4		0.26	0.38	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.5	3.7	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05131

Chicken, stewing, 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 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									
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 (EPA)....g	0.020	0.007	8		1		0.021	0.031	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040	0.011	9		1		0.042	0.062	
22:6 n-3 (DHA)....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	

NDB No. 05131
Chicken, stewing, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	367		0		1		532	62	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	367		0		1		532	62	
Folate, DFE µg	367		0	NC	4		532	62	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	9.48		0		1		13.75	1.61	
Vitamin A, RAE µg	2864		0		1		4152	487	
Retinol µg	2864		0		1		4152	487	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	9536		0		1		13827	1621	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05128

Chicken, stewing, giblets, cooked, simmered

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 27 (2014)

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 µg	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 µg	350		0		1		98	284	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	350		0		1		98	284	
Folate, DFE µg	350		0	NC	4		98	284	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	10.83		0		1		3.03	8.77	
Vitamin A, RAE µg	3152		0		1		883	2553	
Retinol µg	3152		0		1		883	2553	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	10497		0		1		2939	8503	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05127

Chicken, stewing, giblets, raw

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 27 (2014)

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 µg	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 µg	4		0		1		6	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		6	3	
Folate, DFE µg	4		0	NC	4		6	3	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.27		0		1		0.38	0.17	
Vitamin A, RAE µg	22		0		1		31	14	
Retinol µg	22		0		1		31	14	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	73		0		1		102	47	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.042	0.019	
22:6 n-3 (DHA)....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.

NDB No. 05130

Chicken, stewing, light meat, meat only, cooked, stewed

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 27 (2014)

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 µg	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 µg	4		0		1		4	5	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		4	5	
Folate, DFE µg	4		0	NC	4		4	5	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.40		0		1		0.36	0.52	
Vitamin A, RAE µg	21		0	NC	4		19	27	
Retinol µg	21		0	NR	4		19	27	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	70		0		1		62	91	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	CASN	4		0.21	0.30	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.1	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05129

Chicken, stewing, 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 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									
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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		1		1		0.018	0.026	
22:6 n-3 (DHA)....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	

NDB No. 05129
Chicken, stewing, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.24		0	PIE	4		54.60	102.78	129.76
Energy kcal	214		0	PIE	4		182	342	432
Energy kJ	894		0	PIE	4		760	1430	1806
Protein (N x 6.25) g	24.88		0	PIE	4		21.15	39.81	50.26
Total lipid (fat) g	11.91		0	PIE	4		10.12	19.05	24.05
Ash g	0.79		0	PIE	4		0.67	1.26	1.59
Carbohydrate, by difference g	0.00		0	PIE	4		0.00	0.00	0.00
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		11	21	26
Iron, Fe mg	1.64		0	PIE	4		1.39	2.62	3.31
Magnesium, Mg mg	19		0	PIE	4		16	30	38
Phosphorus, P mg	151		0	PIE	4		128	242	305
Potassium, K mg	171		0	PIE	4		145	273	345
Sodium, Na mg	67		0	PIE	4		57	107	135
Zinc, Zn mg	1.96		0	PIE	4		1.67	3.14	3.96
Copper, Cu mg	0.079		0	PIE	4		0.067	0.127	0.160
Manganese, Mn mg	0.034		0	PIE	4		0.029	0.054	0.068
Selenium, Se µg	21.4		0	PIE	4		18.2	34.2	43.2
Vitamins:									
Vitamin C, total ascorbic acid mg	1.0		0	PIE	4		0.9	1.6	2.0
Thiamin mg	0.054		0	PIE	4		0.046	0.086	0.109
Riboflavin mg	0.221		0	PIE	4		0.188	0.354	0.447
Niacin mg	5.677		0	PIE	4		4.826	9.084	11.469
Pantothenic acid mg	0.878		0	PIE	4		0.746	1.405	1.774
Vitamin B-6 mg	0.234		0	PIE	4		0.199	0.375	0.473
Folate, total µg	25		0	PIE	4		22	41	51
Folic acid µg	0		0	PIE	4		0	0	0
Folate, food µg	25		0	PIE	4		22	41	51
Folate, DFE µg	25		0	NC	4		22	41	51
Choline, total mg	67.2		0	PIE	4		57.1	107.5	135.8
Betaine mg	5.0		0	PIE	4		4.3	8.0	10.1
Vitamin B-12 µg	0.95		0	PIE	4		0.81	1.52	1.92
Vitamin B-12, added µg	0.00		0	PIE	4		0.00	0.00	0.00
Vitamin A, RAE µg	182		0	PIE	4		155	292	368
Retinol µg	182		0	PIE	4		155	291	368
Carotene, beta µg	1		0	PIE	4		1	2	2
Carotene, alpha µg	0		0	PIE	4		0	1	1
Cryptoxanthin, beta µg	0		0	PIE	4		0	1	1
Vitamin A, IU IU	609		0	PIE	4		518	975	1231
Lycopene µg	1		0	PIE	4		1	1	2
Lutein + zeaxanthin µg	3		0	PIE	4		3	5	6
Vitamin E (alpha-tocopherol) mg	0.28		0	PIE	4		0.24	0.45	0.57
Vitamin E, added mg	0.00		0	PIE	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PIE	4		0.00	0.00	0.00
Tocopherol, gamma mg	0.02		0	PIE	4		0.02	0.03	0.04
Tocopherol, delta mg	0.00		0	PIE	4		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		0	PIE	4		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		0	PIE	4		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		0	PIE	4		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		0	PIE	4		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.0		0	PIE	4		0.0	0.1	0.1
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	PIE	4		0.0	0.1	0.1
Vitamin D IU	1		0	PIE	4		1	2	3
Vitamin K (phylloquinone) µg	1.9		0	PIE	4		1.7	3.1	3.9

NDB No. 05122

Chicken, stewing, meat and skin, and giblets and neck, 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
Dihydrophylloquinone....µg	0.0		0	PIE	4		0.0	0.0	0.0
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.324		0	PIE	4		2.825	5.318	6.714
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	0.000
12:0....g	0.018		0	PIE	4		0.016	0.029	0.037
13:0....g									
14:0....g	0.092		0	PIE	4		0.079	0.148	0.187
15:0....g	0.000		0	PIE	4		0.000	0.000	0.000
16:0....g	2.422		0	PIE	4		2.059	3.876	4.893
17:0....g	0.000		0	PIE	4		0.000	0.000	0.000
18:0....g	0.697		0	PIE	4		0.593	1.116	1.409
20:0....g	0.000		0	PIE	4		0.000	0.000	0.000
22:0....g	0.001		0	PIE	4		0.001	0.001	0.002
24:0....g									
Fatty acids, total monounsaturated....g	4.609		0	PIE	4		3.917	7.374	9.310
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		0.538	1.013	1.279
17:1....g	0.000		0	PIE	4		0.000	0.000	0.000
18:1 undifferentiated....g	3.809		0	PIE	4		3.238	6.094	7.694
20:1....g	0.112		0	PIE	4		0.095	0.178	0.225
22:1 undifferentiated....g	0.000		0	PIE	4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.584		0	PIE	4		2.196	4.134	5.220
18:2 undifferentiated....g	2.227		0	PIE	4		1.893	3.562	4.498
18:3 undifferentiated....g	0.102		0	PIE	4		0.087	0.163	0.206
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		0.001	0.002	0.003
20:3 undifferentiated....g	0.000		0	PIE	4		0.000	0.000	0.000
20:4 undifferentiated....g	0.116		0	PIE	4		0.099	0.185	0.234
20:5 n-3 (EPA)....g	0.009		0	PIE	4		0.008	0.015	0.019
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.018		0	PIE	4		0.016	0.029	0.037
22:6 n-3 (DHA)....g	0.037		0	PIE	4		0.031	0.059	0.074
Fatty acids, total trans....g	0.008		0	PIE	4		0.007	0.013	0.017
Cholesterol....mg	107		0	PIE	4		91	172	217
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.262		0	PIE	4		0.223	0.420	0.530
Threonine....g	0.974		0	PIE	4		0.828	1.558	1.967
Isoleucine....g	1.174		0	PIE	4		0.998	1.878	2.371
Leucine....g	1.727		0	PIE	4		1.468	2.764	3.489
Lysine....g	1.915		0	PIE	4		1.628	3.064	3.868
Methionine....g	0.625		0	PIE	4		0.532	1.001	1.263
Cystine....g	0.316		0	PIE	4		0.269	0.506	0.638
Phenylalanine....g	0.923		0	PIE	4		0.784	1.476	1.864
Tyrosine....g	0.764		0	PIE	4		0.650	1.223	1.544
Valine....g	1.152		0	PIE	4		0.979	1.843	2.327
Arginine....g	1.475		0	PIE	4		1.254	2.360	2.979
Histidine....g	0.693		0	PIE	4		0.589	1.108	1.399
Alanine....g	1.370		0	PIE	4		1.164	2.191	2.766
Aspartic acid....g	2.102		0	PIE	4		1.787	3.363	4.246
Glutamic acid....g	3.423		0	PIE	4		2.909	5.476	6.914
Glycine....g	1.497		0	PIE	4		1.273	2.396	3.025
Proline....g	1.130		0	PIE	4		0.961	1.808	2.283
Serine....g	0.836		0	PIE	4		0.711	1.338	1.690
Hydroxyproline....g	0.002		0	PIE	4		0.001	0.002	0.003

NDB No. 05122

Chicken, stewing, meat and skin, and giblets and neck, 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
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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 160g: 1 cup, chopped or diced

Measure 3 = 202g: 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 27 (2014)

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		53.13	565.63	
Energy kcal	251		0	NC	4		213	2272	
Energy kJ	1050		0		4		893	9504	
Protein (N x 6.25) g	17.48		0		1		14.86	158.19	
Total lipid (fat) g	19.52		0		1		16.59	176.66	
Ash g	1.02		0		1		0.87	9.23	
Carbohydrate, by difference g	0.19		0	NC	4		0.16	1.72	
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		9	91	
Iron, Fe mg	1.51		0		1		1.28	13.67	
Magnesium, Mg mg	20		0		1		17	181	
Phosphorus, P mg	173		0		1		147	1566	
Potassium, K mg	204		0		1		173	1846	
Sodium, Na mg	71		0		1		60	643	
Zinc, Zn mg	1.37		0		1		1.16	12.40	
Copper, Cu mg	0.092		0		1		0.078	0.833	
Manganese, Mn mg	0.031		0		1		0.026	0.281	
Selenium, Se µg	12.5		0	BFNN	4		10.6	113.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	3.1		0		1		2.6	28.1	
Thiamin mg	0.111		0		1		0.094	1.005	
Riboflavin mg	0.251		0		1		0.213	2.272	
Niacin mg	6.383		0		1		5.426	57.766	
Pantothenic acid mg	1.129		0		1		0.960	10.217	
Vitamin B-6 mg	0.350		0		1		0.298	3.168	
Folate, total µg	37		0		1		31	335	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	37		0		1		31	335	
Folate, DFE µg	37		0	NC	4		31	335	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	1.26		0		1		1.07	11.40	
Vitamin A, RAE µg	331		0		1		281	2995	
Retinol µg	331		0		1		281	2995	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	1102		0		1		937	9973	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	5.480		0		1		4.658	49.594	
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		0.026	0.272	
13:0....g									
14:0....g	0.150		0		1		0.128	1.358	
15:0....g									
16:0....g	3.970		0		1		3.375	35.929	
17:0....g									
18:0....g	1.140		0		1		0.969	10.317	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.820		0		1		6.647	70.771	
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.050		0		1		0.893	9.503	
17:1....g									
18:1 undifferentiated....g	6.480		0		1		5.508	58.644	
20:1....g	0.180		0		1		0.153	1.629	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.270		0		1		3.630	38.644	
18:2 undifferentiated....g	3.690		0		1		3.137	33.395	
18:3 undifferentiated....g	0.170		0		1		0.145	1.539	
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		0.170	1.810	
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.091	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.017	0.181	
22:6 n-3 (DHA)....g	0.050		0		1		0.043	0.453	
Fatty acids, total trans....g									
Cholesterol....mg	87		0		1		74	787	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.195		0		1		0.166	1.765	
Threonine....g	0.728		0		1		0.619	6.588	
Isoleucine....g	0.870		0		1		0.740	7.874	
Leucine....g	1.281		0		1		1.089	11.593	
Lysine....g	1.407		0		1		1.196	12.733	
Methionine....g	0.461		0		1		0.392	4.172	
Cystine....g	0.234		0		1		0.199	2.118	
Phenylalanine....g	0.688		0		1		0.585	6.226	
Tyrosine....g	0.563		0		1		0.479	5.095	
Valine....g	0.855		0		1		0.727	7.738	
Arginine....g	1.104		0		1		0.938	9.991	
Histidine....g	0.502		0		1		0.427	4.543	
Alanine....g	1.006		0		1		0.855	9.104	
Aspartic acid....g	1.566		0		1		1.331	14.172	
Glutamic acid....g	2.563		0		1		2.179	23.195	
Glycine....g	1.125		0		1		0.956	10.181	
Proline....g	0.856		0		1		0.728	7.747	
Serine....g	0.631		0		1		0.536	5.711	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 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 27 (2014)

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		45.11	94.46	138.51
Energy kcal	285		0	NC	4		242	507	744
Energy kJ	1192		0		4		1014	2123	3112
Protein (N x 6.25) g	26.88		0		1		22.85	47.85	70.16
Total lipid (fat) g	18.87		0		1		16.04	33.59	49.25
Ash g	1.18		0		1		1.00	2.10	3.08
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									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		11	23	34
Iron, Fe mg	1.37		0		1		1.16	2.44	3.58
Magnesium, Mg mg	20		0		1		17	36	52
Phosphorus, P mg	180		0		1		153	320	470
Potassium, K mg	182		0		1		155	324	475
Sodium, Na mg	73		0		1		62	130	191
Zinc, Zn mg	1.77		0		1		1.50	3.15	4.62
Copper, Cu mg	0.100		0		1		0.085	0.178	0.261
Manganese, Mn mg	0.021		0		1		0.018	0.037	0.055
Selenium, Se µg	19.7		0	BFYN	4		16.7	35.1	51.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.094		0		1		0.080	0.167	0.245
Riboflavin mg	0.235		0		1		0.200	0.418	0.613
Niacin mg	5.798		0		1		4.928	10.320	15.133
Pantothenic acid mg	0.753		0		1		0.640	1.340	1.965
Vitamin B-6 mg	0.250		0		1		0.213	0.445	0.653
Folate, total µg	5		0		1		4	9	13
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5		0		1		4	9	13
Folate, DFE µg	5		0	NC	4		4	9	13
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.23		0		1		0.20	0.41	0.60
Vitamin A, RAE µg	39		0		1		33	70	103
Retinol µg	39		0		1		33	70	103
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	131		0		1		111	233	342
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	5.110		0		1		4.344	9.096	13.337
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.030		0		1		0.026	0.053	0.078
13:0....g									
14:0....g	0.140		0		1		0.119	0.249	0.365
15:0....g									
16:0....g	3.730		0		1		3.171	6.639	9.735
17:0....g									
18:0....g	1.070		0		1		0.910	1.905	2.793
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	7.190		0		1		6.112	12.798	18.766
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.000		0		1		0.850	1.780	2.610
17:1....g									
18:1 undifferentiated....g	5.920		0		1		5.032	10.538	15.451
20:1....g	0.170		0		1		0.145	0.303	0.444
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.230		0		1		3.596	7.529	11.040
18:2 undifferentiated....g	3.530		0		1		3.001	6.283	9.213
18:3 undifferentiated....g	0.160		0		1		0.136	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		0.213	0.445	0.653
20:5 n-3 (EPA)....g	0.020		0		1		0.017	0.036	0.052
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		1		0.034	0.071	0.104
22:6 n-3 (DHA)....g	0.080		0		1		0.068	0.142	0.209
Fatty acids, total trans....g									
Cholesterol....mg	79		0		1		67	141	206
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.301		0		1		0.256	0.536	0.786
Threonine....g	1.113		0		1		0.946	1.981	2.905
Isoleucine....g	1.348		0		1		1.146	2.399	3.518
Leucine....g	1.961		0		1		1.667	3.491	5.118
Lysine....g	2.197		0		1		1.867	3.911	5.734
Methionine....g	0.717		0		1		0.609	1.276	1.871
Cystine....g	0.357		0		1		0.303	0.635	0.932
Phenylalanine....g	1.046		0		1		0.889	1.862	2.730
Tyrosine....g	0.869		0		1		0.739	1.547	2.268
Valine....g	1.307		0		1		1.111	2.326	3.411
Arginine....g	1.680		0		1		1.428	2.990	4.385
Histidine....g	0.793		0		1		0.674	1.412	2.070
Alanine....g	1.559		0		1		1.325	2.775	4.069
Aspartic acid....g	2.397		0		1		2.037	4.267	6.256
Glutamic acid....g	3.938		0		1		3.347	7.010	10.278
Glycine....g	1.702		0		1		1.447	3.030	4.442
Proline....g	1.286		0		1		1.093	2.289	3.356
Serine....g	0.946		0		1		0.804	1.684	2.469
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

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

Measure 3 = 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 27 (2014)

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		52.56	167.59	246.12
Energy kcal	258		0	NC	4		219	699	1027
Energy kJ	1079		0		4		918	2925	4296
Protein (N x 6.25) g	17.55		0		1		14.92	47.56	69.85
Total lipid (fat) g	20.33		0		1		17.28	55.09	80.91
Ash g	1.04		0		1		0.88	2.82	4.14
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	10		0		1		9	27	40
Iron, Fe mg	1.04		0		1		0.88	2.82	4.14
Magnesium, Mg mg	20		0		1		17	54	80
Phosphorus, P mg	172		0		1		146	466	685
Potassium, K mg	204		0		1		173	553	812
Sodium, Na mg	71		0		1		60	192	283
Zinc, Zn mg	1.19		0		1		1.01	3.22	4.74
Copper, Cu mg	0.074		0		1		0.063	0.201	0.295
Manganese, Mn mg	0.019		0		1		0.016	0.051	0.076
Selenium, Se µg	14.4		0	PIE	4		12.2	39.0	57.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.114		0		1		0.097	0.309	0.454
Riboflavin mg	0.167		0		1		0.142	0.453	0.665
Niacin mg	6.262		0		1		5.323	16.970	24.923
Pantothenic acid mg	0.920		0		1		0.782	2.493	3.662
Vitamin B-6 mg	0.330		0		1		0.281	0.894	1.313
Folate, total µg	6		0		1		5	16	24
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		1		5	16	24
Folate, DFE µg	6		0	NC	4		5	16	24
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.32		0		1		0.27	0.87	1.27
Vitamin A, RAE µg	52		0	NC	4		44	141	207
Retinol µg	52		0	NR	4		44	141	207
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	178		0		1		151	482	708
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.33		0	CASN	4		0.28	0.90	1.32
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.4		0	CAZN	4		2.0	6.4	9.5
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	5.710		0		1		4.854	15.474	22.726
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.030		0		1		0.026	0.081	0.119
13:0....g									
14:0....g	0.160		0		1		0.136	0.434	0.637
15:0....g									
16:0....g	4.160		0		1		3.536	11.274	16.557
17:0....g									
18:0....g	1.170		0		1		0.995	3.171	4.657
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	8.240		0		1		7.004	22.330	32.795
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.110		0		1		0.944	3.008	4.418
17:1....g									
18:1 undifferentiated....g	6.810		0		1		5.789	18.455	27.104
20:1....g	0.200		0		1		0.170	0.542	0.796
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	4.440		0		1		3.774	12.032	17.671
18:2 undifferentiated....g	3.860		0		1		3.281	10.461	15.363
18:3 undifferentiated....g	0.180		0		1		0.153	0.488	0.716
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.170		0		1		0.145	0.461	0.677
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.027	0.040
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.026	0.081	0.119
22:6 n-3 (DHA)....g	0.050		0		1		0.043	0.136	0.199
Fatty acids, total trans....g									
Cholesterol....mg	71		0		1		60	192	283
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0		1		0.167	0.531	0.780
Threonine....g	0.726		0		1		0.617	1.967	2.889
Isoleucine....g	0.877		0		1		0.745	2.377	3.490
Leucine....g	1.278		0		1		1.086	3.463	5.086
Lysine....g	1.431		0		1		1.216	3.878	5.695
Methionine....g	0.467		0		1		0.397	1.266	1.859
Cystine....g	0.234		0		1		0.199	0.634	0.931
Phenylalanine....g	0.682		0		1		0.580	1.848	2.714
Tyrosine....g	0.566		0		1		0.481	1.534	2.253
Valine....g	0.853		0		1		0.725	2.312	3.395
Arginine....g	1.099		0		1		0.934	2.978	4.374
Histidine....g	0.517		0		1		0.439	1.401	2.058
Alanine....g	1.021		0		1		0.868	2.767	4.064
Aspartic acid....g	1.565		0		1		1.330	4.241	6.229
Glutamic acid....g	2.568		0		1		2.183	6.959	10.221
Glycine....g	1.126		0		1		0.957	3.051	4.481
Proline....g	0.846		0		1		0.719	2.293	3.367
Serine....g	0.619		0		1		0.526	1.677	2.464
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 271g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 398g: .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 27 (2014)

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 µg	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 µg	6		0		1		8	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		8	8	
Folate, DFE µg	6		0	NC	4		8	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.26		0		1		0.36	0.36	
Vitamin A, RAE µg	34		0	NC	4		47	46	
Retinol µg	34		0	NR	4		47	46	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	112		0	NC	4		157	154	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.30		0	NR	4		0.42	0.41	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	3.1		0	BFSN	4		4.4	4.3	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		0		1		0.028	0.027	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.050		0		1		0.070	0.069	
22:6 n-3 (DHA)....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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		61.66	140.73	206.01
Energy kcal	148		0	NC	4		126	287	420
Energy kJ	619		0		4		526	1201	1759
Protein (N x 6.25) g	21.26		0		1		18.07	41.24	60.38
Total lipid (fat) g	6.32		0		1		5.37	12.26	17.95
Ash g	1.27		0		1		1.08	2.46	3.61
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	10		0		1		9	19	28
Iron, Fe mg	1.09		0		1		0.93	2.11	3.10
Magnesium, Mg mg	24		0		1		20	47	68
Phosphorus, P mg	209		0		1		178	405	594
Potassium, K mg	251		0		1		213	487	713
Sodium, Na mg	79		0		1		67	153	224
Zinc, Zn mg	1.40		0		1		1.19	2.72	3.98
Copper, Cu mg	0.089		0		1		0.076	0.173	0.253
Manganese, Mn mg	0.019		0		1		0.016	0.037	0.054
Selenium, Se µg	15.7		0	PIE	4		13.3	30.5	44.6
Vitamins:									
Vitamin C, total ascorbic acid mg	3.3		0		1		2.8	6.4	9.4
Thiamin mg	0.149		0		1		0.127	0.289	0.423
Riboflavin mg	0.207		0		1		0.176	0.402	0.588
Niacin mg	7.477		0		1		6.355	14.505	21.235
Pantothenic acid mg	1.090		0		1		0.927	2.115	3.096
Vitamin B-6 mg	0.440		0		1		0.374	0.854	1.250
Folate, total µg	7		0		1		6	14	20
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		6	14	20
Folate, DFE µg	7		0	NC	4		6	14	20
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.38		0		1		0.32	0.74	1.08
Vitamin A, RAE µg	32		0		1		27	61	90
Retinol µg	32		0	NR	4		27	61	90
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	105		0		1		89	204	298
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.24		0	CASN	4		0.20	0.46	0.68
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.0		0	BFSN	4		1.7	3.8	5.6
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	1.570		0		1		1.335	3.046	4.459
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		1		0.017	0.039	0.057
13:0....g									
14:0....g	0.040		0		1		0.034	0.078	0.114
15:0....g									
16:0....g	1.060		0		1		0.901	2.056	3.010
17:0....g									
18:0....g	0.410		0		1		0.349	0.795	1.164
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.940		0		1		1.649	3.764	5.510
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.280		0		1		0.238	0.543	0.795
17:1....g									
18:1 undifferentiated....g	1.600		0		1		1.360	3.104	4.544
20:1....g	0.020		0		1		0.017	0.039	0.057
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.570		0		1		1.335	3.046	4.459
18:2 undifferentiated....g	1.120		0		1		0.952	2.173	3.181
18:3 undifferentiated....g	0.050		0		1		0.043	0.097	0.142
18:4....g	0.000		0	Z	7		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		0.170	0.388	0.568
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.019	0.028
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.026	0.058	0.085
22:6 n-3 (DHA)....g	0.070		0		1		0.060	0.136	0.199
Fatty acids, total trans....g									
Cholesterol....mg	63		0		1		54	122	179
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.248		0		1		0.211	0.481	0.704
Threonine....g	0.898		0		1		0.763	1.742	2.550
Isoleucine....g	1.122		0		1		0.954	2.177	3.186
Leucine....g	1.595		0		1		1.356	3.094	4.530
Lysine....g	1.806		0		1		1.535	3.504	5.129
Methionine....g	0.588		0		1		0.500	1.141	1.670
Cystine....g	0.272		0		1		0.231	0.528	0.772
Phenylalanine....g	0.844		0		1		0.717	1.637	2.397
Tyrosine....g	0.718		0		1		0.610	1.393	2.039
Valine....g	1.054		0		1		0.896	2.045	2.993
Arginine....g	1.282		0		1		1.090	2.487	3.641
Histidine....g	0.660		0		1		0.561	1.280	1.874
Alanine....g	1.160		0		1		0.986	2.250	3.294
Aspartic acid....g	1.895		0		1		1.611	3.676	5.382
Glutamic acid....g	3.184		0		1		2.706	6.177	9.043
Glycine....g	1.044		0		1		0.887	2.025	2.965
Proline....g	0.874		0		1		0.743	1.696	2.482
Serine....g	0.731		0		1		0.621	1.418	2.076
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 194g: 1 unit (yield from 1 lb ready-to-cook chicken)

Measure 3 = 284g: .5 chicken, 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 27 (2014)

NDB No. 05312
Chicken, wing, frozen, glazed, barbecue flavored

Refuse: 33% Drumette: Bone 24.92%, Cartilage 9.79%, Total refuse: 34.71%; Second wing section: Bone 22.09%, Cartilage 8.51%, Tota

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.79	0.591	3	A	1		17.92	53.14	
Energy kcal	211		0	NC	4		61	182	
Energy kJ	884		0	NC	4		256	760	
Protein (N x 6.25) g	19.67	0.888	3	A	1		5.70	16.92	
Total lipid (fat) g	12.67	0.606	3	A	1		3.67	10.89	
Ash g	2.53	0.577	3	A	1		0.73	2.17	
Carbohydrate, by difference g	3.34		0	NC	4		0.97	2.88	
Fiber, total dietary g	0.6	0.146	3	A	1		0.2	0.5	
Sugars, total g	2.04		0	AS	1		0.59	1.76	
Sucrose g	0.34	0.572	3	A	1		0.10	0.29	
Glucose (dextrose) g	1.16	0.670	3	A	1		0.34	0.99	
Fructose g	0.51	1.080	3	A	1		0.15	0.44	
Lactose g	0.00	0.000	3	A	1		0.00	0.00	
Maltose g	0.04	0.083	3	A	1		0.01	0.03	
Galactose g	0.00		0	Z	7		0.00	0.00	
Starch g	0.73	0.733	3	A	1		0.21	0.63	
Minerals:									
Calcium, Ca mg	28	4.015	3	A	1		8	24	
Iron, Fe mg	2.41	0.149	3	A	1		0.70	2.07	
Magnesium, Mg mg	20	1.091	3	A	1		6	17	
Phosphorus, P mg	205	24.168	3	A	1		60	177	
Potassium, K mg	190	21.528	3	A	1		55	163	
Sodium, Na mg	615	140.001	3	A	1		178	529	
Zinc, Zn mg	1.14	0.091	3	A	1		0.33	0.98	
Copper, Cu mg	0.039	0.039	3	A	1		0.011	0.033	
Manganese, Mn mg	0.000	0.000	3	A	1		0.000	0.000	
Selenium, Se µg	33.2	2.749	3	A	1		9.6	28.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin mg	0.074	0.004	3	A	1		0.021	0.064	
Riboflavin mg	0.242	0.058	3	A	1		0.070	0.208	
Niacin mg	5.500	0.236	3	A	1		1.595	4.730	
Pantothenic acid mg	0.545	0.023	3	A	1		0.158	0.469	
Vitamin B-6 mg	0.142	0.016	3	A	1		0.041	0.122	
Folate, total µg	10	1.567	3	A	1		3	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10	1.567	3	A	1		3	8	
Folate, DFE µg	10		0	NC	4		3	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.40	0.075	3	A	1		0.12	0.35	
Vitamin A, RAE µg	17		0	AS	1		5	15	
Retinol µg	17	3.257	3	A	1		5	15	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	58		0	AS	1		17	50	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.36	0.113	3	A	1		0.10	0.31	
Tocopherol, beta mg	0.00	0.001	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.40	0.113	3	A	1		0.12	0.34	
Tocopherol, delta mg	0.09	0.021	3	A	1		0.03	0.08	
Tocotrienol, alpha mg	0.05	0.036	3	A	1		0.01	0.04	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.07	0.067	3	A	1		0.02	0.06	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 05312
Chicken, wing, frozen, glazed, barbecue flavored

I refuse: 30.65%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.321		0	NC	4		0.963	2.856	
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	0.063	0.007	3	A	1		0.018	0.054	
15:0 g	0.000	0.000	3	A	1		0.000	0.000	
16:0 g	2.637	0.149	3	A	1		0.765	2.267	
17:0 g	0.007	0.003	3	A	1		0.002	0.006	
18:0 g	0.607	0.022	3	A	1		0.176	0.522	
20:0 g	0.007	0.000	3	A	1		0.002	0.006	
22:0 g	0.000	0.000	3	A	1		0.000	0.000	
24:0 g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated g	5.766		0	NC	4		1.672	4.959	
14:1 g	0.027	0.003	3	A	1		0.008	0.023	
15:1 g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated g	0.960	0.061	3	A	1		0.278	0.826	
17:1 g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated g	4.737	0.259	3	A	1		1.374	4.073	
20:1 g	0.043	0.003	3	A	1		0.013	0.037	
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c g									
Fatty acids, total polyunsaturated g	2.359		0	NC	4		0.684	2.029	
18:2 undifferentiated g	2.073	0.156	3	A	1		0.601	1.783	
18:3 undifferentiated g	0.117	0.007	3	A	1		0.034	0.100	
18:4 g	0.020	0.000	3	A	1		0.006	0.017	
20:2 n-6 c,c g	0.020	0.000	3	A	1		0.006	0.017	
20:3 undifferentiated g	0.023	0.003	3	A	1		0.007	0.020	
20:4 undifferentiated g	0.077	0.003	3	A	1		0.022	0.066	
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000	0.000	
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.020	0.000	3	A	1		0.006	0.017	
22:6 n-3 (DHA) g	0.010	0.000	3	A	1		0.003	0.009	
Fatty acids, total trans g									
Cholesterol mg	126	5.859	3	A	1		37	108	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.180		0	A	1		0.052	0.155	
Threonine g	0.743		0	A	1		0.216	0.639	
Isoleucine g	0.745		0	A	1		0.216	0.641	
Leucine g	1.278		0	A	1		0.371	1.099	
Lysine g	1.352		0	A	1		0.392	1.163	
Methionine g	0.414		0	A	1		0.120	0.356	
Cystine g	0.184		0	A	1		0.053	0.159	
Phenylalanine g	0.726		0	A	1		0.210	0.624	
Tyrosine g	0.493		0	A	1		0.143	0.424	
Valine g	0.809		0	A	1		0.235	0.696	
Arginine g	1.188		0	A	1		0.345	1.022	

NDB No. 05312
Chicken, wing, frozen, glazed, barbecue flavored

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.462		0	A	1		0.134	0.397	
Alanine....g	1.082		0	A	1		0.314	0.931	
Aspartic acid....g	1.644		0	A	1		0.477	1.414	
Glutamic acid....g	2.527		0	A	1		0.733	2.174	
Glycine....g	1.268		0	A	1		0.368	1.090	
Proline....g	0.906		0	A	1		0.263	0.779	
Serine....g	0.708		0	A	1		0.205	0.609	
Hydroxyproline....g	0.511		0	A	1		0.148	0.440	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece

Measure 2 = 86g: 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 27 (2014)

NDB No. 05320

Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

Refuse: 33% Drumette: Bone 24.92%, Cartilage 9.79%, Total refuse: 34.71%; Second wing section: Bone 22.09%, Cartilage 8.51%, Tota

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.25	0.474	10	A	1		54.96		
Energy kcal	242		0	NC	4		232		
Energy kJ	1013		0	NC	4		972		
Protein (N x 6.25) g	22.24	0.689	10	A	1		21.35		
Total lipid (fat) g	14.87	0.496	10	A	1		14.28		
Ash g	2.28	0.240	10	A	1		2.19		
Carbohydrate, by difference g	3.36		0	NC	4		3.23		
Fiber, total dietary g	0.5	0.238	5	A	1		0.4		
Sugars, total g	1.94		0	AS	1		1.86		
Sucrose g	0.60	0.443	5	A	1		0.58		
Glucose (dextrose) g	0.92	0.376	5	A	1		0.88		
Fructose g	0.34	0.290	5	A	1		0.33		
Lactose g	0.00	0.000	5	A	1		0.00		
Maltose g	0.07	0.070	5	A	1		0.07		
Galactose g	0.00		0	Z	7		0.00		
Starch g	0.76	0.466	5	A	1		0.73		
Minerals:									
Calcium, Ca mg	28	4.351	10	A	1		27		
Iron, Fe mg	1.97	0.192	10	A	1		1.89		
Magnesium, Mg mg	21	0.708	10	A	1		20		
Phosphorus, P mg	233	7.240	10	A	1		224		
Potassium, K mg	218	5.430	10	A	1		209		
Sodium, Na mg	559	71.563	10	A	1		537		
Zinc, Zn mg	1.30	0.043	10	A	1		1.25		
Copper, Cu mg	0.000	0.000	10	A	1		0.000		
Manganese, Mn mg	0.000	0.000	10	A	1		0.000		
Selenium, Se µg	34.2	3.257	6	A	1		32.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0	0.000	3	A	1		0.0		
Thiamin mg	0.117	0.050	10	A	1		0.112		
Riboflavin mg	0.260	0.018	10	A	1		0.250		
Niacin mg	6.030	0.197	10	A	1		5.789		
Pantothenic acid mg	0.603	0.039	6	A	1		0.579		
Vitamin B-6 mg	0.183	0.021	10	A	1		0.176		
Folate, total µg	10	0.828	10	A	1		10		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10	0.828	10	A	1		10		
Folate, DFE µg	10		0	NC	4		10		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.55	0.024	10	A	1		0.53		
Vitamin A, RAE µg	21		0	AS	1		20		
Retinol µg	21	2.422	5	A	1		20		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	69		0	AS	1		66		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.44	0.095	5	A	1		0.42		
Tocopherol, beta mg	0.01	0.004	5	A	1		0.01		
Tocopherol, gamma mg	0.40	0.090	5	A	1		0.38		
Tocopherol, delta mg	0.09	0.021	5	A	1		0.09		
Tocotrienol, alpha mg	0.08	0.037	5	A	1		0.08		
Tocotrienol, beta mg	0.00	0.000	5	A	1		0.00		
Tocotrienol, gamma mg	0.09	0.053	5	A	1		0.08		
Tocotrienol, delta mg	0.00	0.000	5	A	1		0.00		

NDB No. 05320

Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

I refuse: 30.65%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.966		0	NC	4		3.807		
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	0.000	10	A	1		0.000		
10:0 g	0.000	0.000	10	A	1		0.000		
12:0 g	0.000	0.000	10	A	1		0.000		
13:0 g									
14:0 g	0.078	0.003	10	A	1		0.075		
15:0 g	0.000	0.000	10	A	1		0.000		
16:0 g	3.146	0.101	10	A	1		3.020		
17:0 g	0.014	0.002	10	A	1		0.013		
18:0 g	0.717	0.020	10	A	1		0.688		
20:0 g	0.011	0.002	10	A	1		0.010		
22:0 g	0.000	0.000	10	A	1		0.000		
24:0 g	0.000	0.000	10	A	1		0.000		
Fatty acids, total monounsaturated g	6.737		0	NC	4		6.467		
14:1 g	0.030	0.001	10	A	1		0.029		
15:1 g	0.000	0.000	10	A	1		0.000		
16:1 undifferentiated g	1.126	0.055	10	A	1		1.081		
17:1 g	0.000	0.000	10	A	1		0.000		
18:1 undifferentiated g	5.527	0.188	10	A	1		5.306		
20:1 g	0.054	0.002	10	A	1		0.052		
22:1 undifferentiated g	0.000	0.000	10	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.838		0	NC	4		2.725		
18:2 undifferentiated g	2.492	0.095	10	A	1		2.392		
18:3 undifferentiated g	0.143	0.006	10	A	1		0.137		
18:4 g	0.027	0.002	10	A	1		0.026		
20:2 n-6 c,c g	0.021	0.001	10	A	1		0.020		
20:3 undifferentiated g	0.030	0.000	10	A	1		0.029		
20:4 undifferentiated g	0.088	0.003	10	A	1		0.084		
20:5 n-3 (EPA) g	0.000	0.000	10	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.027	0.002	10	A	1		0.026		
22:6 n-3 (DHA) g	0.011	0.001	10	A	1		0.010		
Fatty acids, total trans g									
Cholesterol mg	136	5.209	10	A	1		130		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.204		0	A	1		0.196		
Threonine g	0.841		0	A	1		0.807		
Isoleucine g	0.842		0	A	1		0.809		
Leucine g	1.444		0	A	1		1.387		
Lysine g	1.529		0	A	1		1.468		
Methionine g	0.468		0	A	1		0.449		
Cystine g	0.208		0	A	1		0.200		
Phenylalanine g	0.820		0	A	1		0.787		
Tyrosine g	0.558		0	A	1		0.535		
Valine g	0.915		0	A	1		0.878		
Arginine g	1.343		0	A	1		1.289		

NDB No. 05320

Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.522		0	A	1		0.502		
Alanine....g	1.224		0	A	1		1.175		
Aspartic acid....g	1.858		0	A	1		1.784		
Glutamic acid....g	2.857		0	A	1		2.743		
Glycine....g	1.433		0	A	1		1.376		
Proline....g	1.024		0	A	1		0.983		
Serine....g	0.801		0	A	1		0.769		
Hydroxyproline....g	0.578		0	BFPN	4		0.555		
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		

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

Common Measures:

Measure 1 = 96g: 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 27 (2014)

NDB No. 05313

Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

Refuse: 33% Drumette: Bone 24.92%, Cartilage 9.79%, Total refuse: 34.71%; Second wing section: Bone 22.09%, Cartilage 8.51%, Tota

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	53.89	2.854	3	A	1		39.88		
Energy kcal	248		0	NC	4		184		
Energy kJ	1039		0	NC	4		769		
Protein (N x 6.25) g	25.34	2.792	3	A	1		18.75		
Total lipid (fat) g	13.90	0.416	3	A	1		10.29		
Ash g	3.04	0.584	3	A	1		2.25		
Carbohydrate, by difference g	3.84		0	NC	4		2.84		
Fiber, total dietary g	0.9	0.285	3	A	1		0.7		
Sugars, total g	2.10		0	AS	1		1.56		
Sucrose g	0.35	0.417	3	A	1		0.26		
Glucose (dextrose) g	1.21	0.545	3	A	1		0.89		
Fructose g	0.54	0.833	3	A	1		0.40		
Lactose g	0.00	0.000	3	A	1		0.00		
Maltose g	0.00	0.000	3	A	1		0.00		
Galactose g	0.00		0	Z	7		0.00		
Starch g	0.80	0.800	3	A	1		0.59		
Minerals:									
Calcium, Ca mg	38	5.269	3	A	1		28		
Iron, Fe mg	2.74	0.494	3	A	1		2.03		
Magnesium, Mg mg	27	3.200	3	A	1		20		
Phosphorus, P mg	272	32.209	3	A	1		202		
Potassium, K mg	254	30.421	3	A	1		188		
Sodium, Na mg	837	240.214	3	A	1		619		
Zinc, Zn mg	1.55	0.145	3	A	1		1.14		
Copper, Cu mg	0.049	0.049	3	A	1		0.036		
Manganese, Mn mg	0.000	0.000	3	A	1		0.000		
Selenium, Se µg	41.7	5.320	3	A	1		30.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.5	0.237	3	A	1		0.3		
Thiamin mg	0.081	0.005	3	A	1		0.060		
Riboflavin mg	0.296	0.055	3	A	1		0.219		
Niacin mg	7.100	0.717	3	A	1		5.254		
Pantothenic acid mg	0.711	0.074	3	A	1		0.526		
Vitamin B-6 mg	0.210	0.028	3	A	1		0.155		
Folate, total µg	12	1.966	3	A	1		9		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	12	1.966	3	A	1		9		
Folate, DFE µg	12		0	NC	4		9		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.48	0.014	3	A	1		0.35		
Vitamin A, RAE µg	20		0	AS	1		15		
Retinol µg	20	2.977	3	A	1		15		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	68		0	AS	1		50		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.38		3	A	1		0.28		
Tocopherol, beta mg	0.01	0.007	3	A	1		0.00		
Tocopherol, gamma mg	0.39	0.121	3	A	1		0.29		
Tocopherol, delta mg	0.09	0.024	3	A	1		0.07		
Tocotrienol, alpha mg	0.04	0.043	3	A	1		0.03		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma mg	0.06	0.063	3	A	1		0.05		
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00		

NDB No. 05313
Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

Refuse: 30.65%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	3.655		0	NC	4		2.704		
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	0.000	3	A	1		0.000		
10:0 g	0.000	0.000	3	A	1		0.000		
12:0 g	0.000	0.000	3	A	1		0.000		
13:0 g									
14:0 g	0.067	0.003	3	A	1		0.049		
15:0 g	0.000	0.000	3	A	1		0.000		
16:0 g	2.883	0.156	3	A	1		2.134		
17:0 g	0.010	0.000	3	A	1		0.007		
18:0 g	0.680	0.026	3	A	1		0.503		
20:0 g	0.008	0.001	3	A	1		0.006		
22:0 g	0.007	0.007	3	A	1		0.005		
24:0 g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated g	6.297		0	NC	4		4.659		
14:1 g	0.027	0.003	3	A	1		0.020		
15:1 g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated g	1.057	0.085	3	A	1		0.782		
17:1 g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated g	5.163	0.291	3	A	1		3.821		
20:1 g	0.050	0.000	3	A	1		0.037		
22:1 undifferentiated g	0.000	0.000	3	A	1		0.000		
24:1 c g									
Fatty acids, total polyunsaturated g	2.599		0	NC	4		1.924		
18:2 undifferentiated g	2.250	0.131	3	A	1		1.665		
18:3 undifferentiated g	0.130	0.006	3	A	1		0.096		
18:4 g	0.023	0.003	3	A	1		0.017		
20:2 n-6 c,c g	0.027	0.003	3	A	1		0.020		
20:3 undifferentiated g	0.030	0.000	3	A	1		0.022		
20:4 undifferentiated g	0.093	0.014	3	A	1		0.069		
20:5 n-3 (EPA) g	0.000	0.000	3	A	1		0.000		
21:5 g									
22:4 g									
22:5 n-3 (DPA) g	0.030	0.000	3	A	1		0.022		
22:6 n-3 (DHA) g	0.017	0.003	3	A	1		0.012		
Fatty acids, total trans g									
Cholesterol mg	156	14.075	3	A	1		115		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.232		0	A	1		0.172		
Threonine g	0.958		0	A	1		0.709		
Isoleucine g	0.960		0	A	1		0.710		
Leucine g	1.646		0	A	1		1.218		
Lysine g	1.742		0	A	1		1.289		
Methionine g	0.533		0	A	1		0.395		
Cystine g	0.238		0	A	1		0.176		
Phenylalanine g	0.935		0	A	1		0.692		
Tyrosine g	0.635		0	A	1		0.470		
Valine g	1.043		0	A	1		0.772		
Arginine g	1.530		0	A	1		1.132		

NDB No. 05313

Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Histidine....g	0.595		0	A	1		0.441		
Alanine....g	1.394		0	A	1		1.032		
Aspartic acid....g	2.117		0	A	1		1.567		
Glutamic acid....g	3.256		0	A	1		2.409		
Glycine....g	1.633		0	A	1		1.208		
Proline....g	1.167		0	A	1		0.864		
Serine....g	0.912		0	A	1		0.675		
Hydroxyproline....g	0.658		0	A	1		0.487		
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		

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

Common Measures:

Measure 1 = 74g: 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 27 (2014)

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		0		4		86.80		
Energy kcal	213		0	NC	4		298		
Energy kJ	890		0	NC	4		1245		
Protein g	23.90		0		4		33.46		
Total lipid (fat) g	13.00		0		4		18.20		
Ash g	1.10		0	NC	4		1.54		
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		0		4		24		
Iron, Fe mg	5.91		0		4		8.27		
Magnesium, Mg mg	26		0		4		36		
Phosphorus, P mg	332		0		4		465		
Potassium, K mg	256		0		4		358		
Sodium, Na mg	57		0		4		80		
Zinc, Zn mg	3.83		0		4		5.36		
Copper, Cu mg	0.763		0		4		1.068		
Manganese, Mn mg									
Selenium, Se µg	20.1		0	BFYN	4		28.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.9		0		4		4.1		
Thiamin mg	0.280		0		4		0.392		
Riboflavin mg	0.350		0		4		0.490		
Niacin mg	7.600		0		4		10.640		
Pantothenic acid mg									
Vitamin B-6 mg	0.570		0		4		0.798		
Folate, total µg	6		0		4		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6		0		4		8		
Folate, DFE µg	6		0	NC	4		8		
Choline, total mg	63.6		0	BFNN	4		89.1		
Betaine mg	8.8		0	BFNN	4		12.3		
Vitamin B-12 µg	0.41		0		4		0.57		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	28		0	NC	4		39		
Retinol µg	28		0	NR	4		39		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	95		0		4		133		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.06		0	NR	4		0.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.3		
Vitamin D IU	7		0	BFFN	4		10		
Vitamin K (phylloquinone) µg	4.0		0	BFSN	4		5.6		
Dihydrophylloquinone µg	0.0		0	Z	7		0.0		
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	3.739		0		4		5.235		
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	0.005		0		4		0.007		
13:0....g									
14:0....g	0.087		0		4		0.122		
15:0....g									
16:0....g	2.510		0		4		3.514		
17:0....g									
18:0....g	1.015		0		4		1.421		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.462		0		4		7.647		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.677		0		4		0.948		
17:1....g									
18:1 undifferentiated....g	4.632		0		4		6.485		
20:1....g	0.100		0		4		0.140		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.733		0		4		3.826		
18:2 undifferentiated....g	2.324		0		4		3.254		
18:3 undifferentiated....g	0.096		0		4		0.134		
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	0.113		0		4		0.158		
20:5 n-3 (EPA)....g	0.005		0		4		0.007		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.044		0		4		0.062		
22:6 n-3 (DHA)....g	0.015		0		4		0.021		
Fatty acids, total trans....g									
Cholesterol....mg	116		0		4		162		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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 µg	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 µg	738		0		4		325	74	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	738		0		4		325	74	
Folate, DFE µg	738		0	NC	4		325	74	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	54.00		1		1		23.76	5.40	
Vitamin A, RAE µg	11984	350.417	8		1		5273	1198	
Retinol µg	11984	350.417	8		1		5273	1198	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	39907	1166.888	8		1		17559	3991	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 05143
Duck, domesticated, liver, raw

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 27 (2014)

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		0		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 µg	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 µg	6		0		1		8	10	23
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		1		8	10	23
Folate, DFE µg	6		0	NC	4		8	10	23
Choline, total mg	50.4		0	BFNN	4		70.6	87.2	192.6
Betaine mg	7.0		0	BFNN	4		9.8	12.1	26.7
Vitamin B-12 µg	0.30		0		1		0.42	0.52	1.15
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	63		0	NC	4		88	109	241
Retinol µg	63		0	NR	4		88	109	241
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	210		0		1		294	363	802
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.70		0	NR	4		0.98	1.21	2.67
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	0.1	0.3
Vitamin D IU	3		0	BFFN	4		5	6	13
Vitamin K (phylloquinone) µg	5.1		0	BFSN	4		7.1	8.8	19.5
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05140

Duck, domesticated, 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
Lipids:									
Fatty acids, total saturated....g	9.670		0		1		13.538	16.729	36.939
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05140
Duck, domesticated, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		41.23	139.20	307.49
Energy kcal	404		0	NC	4		343	1159	2561
Energy kJ	1690		0		4		1437	4851	10717
Protein (N x 6.25) g	11.49		0		1		9.77	32.98	72.85
Total lipid (fat) g	39.34		0		1		33.44	112.91	249.42
Ash g	0.68		0		1		0.58	1.95	4.31
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		9	32	70
Iron, Fe mg	2.40		0		1		2.04	6.89	15.22
Magnesium, Mg mg	15		0		1		13	43	95
Phosphorus, P mg	139		0		1		118	399	881
Potassium, K mg	209		0		1		178	600	1325
Sodium, Na mg	63		0		1		54	181	399
Zinc, Zn mg	1.36		0		1		1.16	3.90	8.62
Copper, Cu mg	0.236		0		1		0.201	0.677	1.496
Manganese, Mn mg	0.017		0		4		0.014	0.049	0.108
Selenium, Se µg	12.4		0	PAK	1		10.5	35.6	78.6
Vitamins:									
Vitamin C, total ascorbic acid mg	2.8		0		1		2.4	8.0	17.8
Thiamin mg	0.197	0.014	20		1		0.167	0.565	1.249
Riboflavin mg	0.210	0.012	20		1		0.179	0.603	1.331
Niacin mg	3.934		0		1		3.344	11.291	24.942
Pantothenic acid mg	0.951		0		1		0.808	2.729	6.029
Vitamin B-6 mg	0.190	0.012	20		1		0.162	0.545	1.205
Folate, total µg	13		0		1		11	37	82
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	13		0		1		11	37	82
Folate, DFE µg	13		0	NC	4		11	37	82
Choline, total mg	31.0		0	BFNN	4		26.3	88.8	196.3
Betaine mg	4.3		0	BFNN	4		3.6	12.3	27.2
Vitamin B-12 µg	0.25		0		1		0.21	0.72	1.59
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	50		0	NC	4		43	144	317
Retinol µg	50		0	NR	4		43	144	317
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	168	5.334	20		1		143	482	1065
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.70		0	NR	4		0.60	2.01	4.44
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.7		0	BFFN	4		0.6	1.9	4.1
Vitamin D IU	26		0	BFFN	4		22	75	165
Vitamin K (phylloquinone) µg	5.5		0	BFSN	4		4.6	15.7	34.6
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	13.220		0		1		11.237	37.941	83.815
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.050		0		1		0.043	0.144	0.317
13:0....g									
14:0....g	0.250		0		1		0.213	0.718	1.585
15:0....g									
16:0....g	9.580		0		1		8.143	27.495	60.737
17:0....g									
18:0....g	3.200		0		1		2.720	9.184	20.288
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	18.690		0		1		15.887	53.640	118.495
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.540		0		1		1.309	4.420	9.764
17:1....g									
18:1 undifferentiated....g	16.730		0		1		14.221	48.015	106.068
20:1....g	0.400		0		1		0.340	1.148	2.536
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	5.080		0		1		4.318	14.580	32.207
18:2 undifferentiated....g	4.690		0		1		3.987	13.460	29.735
18:3 undifferentiated....g	0.390		0		1		0.332	1.119	2.473
18:4....g	0.000		0	Z	7		0.000	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	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	76		0		1		65	218	482
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.144		0		1		0.122	0.413	0.913
Threonine....g	0.471		0		1		0.400	1.352	2.986
Isoleucine....g	0.537		0		1		0.456	1.541	3.405
Leucine....g	0.900		0		1		0.765	2.583	5.706
Lysine....g	0.912		0		1		0.775	2.617	5.782
Methionine....g	0.291		0		1		0.247	0.835	1.845
Cystine....g	0.180		0		1		0.153	0.517	1.141
Phenylalanine....g	0.459		0		1		0.390	1.317	2.910
Tyrosine....g	0.395		0		1		0.336	1.134	2.504
Valine....g	0.573		0		1		0.487	1.645	3.633
Arginine....g	0.770		0		1		0.655	2.210	4.882
Histidine....g	0.283		0		1		0.241	0.812	1.794
Alanine....g	0.777		0		1		0.660	2.230	4.926
Aspartic acid....g	1.102		0		1		0.937	3.163	6.987
Glutamic acid....g	1.709		0		1		1.453	4.905	10.835
Glycine....g	0.928		0		1		0.789	2.663	5.884
Proline....g	0.686		0		1		0.583	1.969	4.349
Serine....g	0.488		0		1		0.415	1.401	3.094
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 287g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 634g: .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 27 (2014)

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		0		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 µg	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 µg	10		0		1		14	10	22
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	10		0		1		14	10	22
Folate, DFE µg	10		0	NC	4		14	10	22
Choline, total mg	65.0		0	BFNN	4		91.0	65.0	143.6
Betaine mg	8.4		0	BFNN	4		11.7	8.4	18.5
Vitamin B-12 µg	0.40		0		1		0.56	0.40	0.88
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	23		0	NC	4		32	23	51
Retinol µg	23		0	NR	4		32	23	51
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	77		0		1		108	77	170
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.70		0	NR	4		0.98	0.70	1.55
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	0.2
Vitamin D IU	4		0	BFNN	4		5	4	8
Vitamin K (phylloquinone) µg	3.8		0	BFSN	4		5.3	3.8	8.4
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05142

Duck, 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
Lipids:									
Fatty acids, total saturated....g	3.951		0	NC	4		5.532	3.951	8.732
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0		1		0.000	0.000	0.000
12:0....g	0.042		0		1		0.058	0.042	0.092
13:0....g									
14:0....g	0.052		0		1		0.073	0.052	0.115
15:0....g									
16:0....g	2.537		0		1		3.552	2.537	5.607
17:0....g									
18:0....g	1.321		0		1		1.849	1.321	2.918
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.858		0	NC	4		5.401	3.858	8.526
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.447		0		1		0.626	0.447	0.988
17:1....g									
18:1 undifferentiated....g	3.369		0		1		4.717	3.369	7.446
20:1....g	0.042		0		1		0.058	0.042	0.092
22:1 undifferentiated....g	0.000		0		1		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.487		0	NC	4		2.082	1.487	3.286
18:2 undifferentiated....g	1.341		0		1		1.878	1.341	2.964
18:3 undifferentiated....g	0.146		0		1		0.204	0.146	0.322
18:4....g	0.000		0	Z	7		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 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05142
Duck, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	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	0.233	13		1		101.06	223.52	
Energy kcal	135		0	NC	4		185	410	
Energy kJ	566		0	NC	4		776	1716	
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	0.94		0	NC	4		1.29	2.85	
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 µg	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 µg	25		1		1		34	76	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	25		1		1		34	76	
Folate, DFE µg	25		0	NC	4		34	76	
Choline, total mg	53.6		0	BFNN	4		73.5	162.5	
Betaine mg	6.9		0	BFNN	4		9.5	21.0	
Vitamin B-12 µg	0.40		1		1		0.55	1.21	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	24		0	NC	4		33	72	
Retinol µg	24		0	NR	4		33	72	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	79		0		1		108	239	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.70		0	NR	4		0.96	2.12	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.2	
Vitamin D IU	3		0	BFNN	4		4	9	
Vitamin K (phylloquinone) µg	2.8		0	BFSN	4		3.8	8.4	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05141
Duck, 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
Lipids:									
Fatty acids, total saturated....g	2.320		0		1		3.178	7.030	
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		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									
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	Z	7		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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 05141
Duck, 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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	25		0		4		18	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	25		0		4		18	21	
Folate, DFE µg	25		0	NC	4		18	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.76		1		1		0.55	0.63	
Vitamin A, RAE µg	16		0		1		12	13	
Retinol µg	16		0		1		12	13	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	53		0		1		39	44	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05145

Duck, wild, breast, meat only, raw

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 27 (2014)

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		56.54	158.98	179.60
Energy kcal	211		0	NC	4		179	504	570
Energy kJ	883		0		4		750	2110	2384
Protein (N x 6.25) g	17.42		0		1		14.81	41.63	47.03
Total lipid (fat) g	15.20		0		1		12.92	36.33	41.04
Ash g	1.16		0		1		0.99	2.77	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									
Starch g									
Minerals:									
Calcium, Ca mg	5		0		1		4	12	14
Iron, Fe mg	4.16		0		1		3.54	9.94	11.23
Magnesium, Mg mg	20		0		1		17	48	54
Phosphorus, P mg	168		0		1		143	402	454
Potassium, K mg	249		0		1		212	595	672
Sodium, Na mg	56		0		1		48	134	151
Zinc, Zn mg	0.77		0		1		0.65	1.84	2.08
Copper, Cu mg	0.312		0		1		0.265	0.746	0.842
Manganese, Mn mg	0.019		0		4		0.016	0.045	0.051
Selenium, Se µg	12.8		0	PIE	4		10.9	30.6	34.6
Vitamins:									
Vitamin C, total ascorbic acid mg	5.2		0		1		4.4	12.4	14.0
Thiamin mg	0.351		0		1		0.298	0.839	0.948
Riboflavin mg	0.269		0		1		0.229	0.643	0.726
Niacin mg	3.317		0		1		2.819	7.928	8.956
Pantothenic acid mg	0.701		0		1		0.596	1.675	1.893
Vitamin B-6 mg	0.530		0		1		0.451	1.267	1.431
Folate, total µg	21		0		4		18	50	57
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	21		0		4		18	50	57
Folate, DFE µg	21		0	NC	4		18	50	57
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.65		0		1		0.55	1.55	1.76
Vitamin A, RAE µg	26		0		4		22	63	71
Retinol µg	26		0		4		22	63	71
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	88		0		4		75	210	238
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	5.040		0		1		4.284	12.046	13.608
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		4		0.000	0.000	0.000
12:0....g	0.040		0		1		0.034	0.096	0.108
13:0....g									
14:0....g	0.090		0		1		0.077	0.215	0.243
15:0....g									
16:0....g	3.480		0		1		2.958	8.317	9.396
17:0....g									
18:0....g	1.270		0		1		1.080	3.035	3.429
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	6.800		0		1		5.780	16.252	18.360
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.610		0		1		0.519	1.458	1.647
17:1....g									
18:1 undifferentiated....g	6.060		0		1		5.151	14.483	16.362
20:1....g	0.130		0		1		0.111	0.311	0.351
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.020		0		1		1.717	4.828	5.454
18:2 undifferentiated....g	1.850		0		1		1.573	4.422	4.995
18:3 undifferentiated....g	0.170		0		1		0.145	0.406	0.459
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		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	80		1		1		68	191	216
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.237		0		1		0.201	0.566	0.640
Threonine....g	0.738		0		1		0.627	1.764	1.993
Isoleucine....g	0.878		0		1		0.746	2.098	2.371
Leucine....g	1.449		0		1		1.232	3.463	3.912
Lysine....g	1.468		0		1		1.248	3.509	3.964
Methionine....g	0.465		0		1		0.395	1.111	1.256
Cystine....g	0.269		0		1		0.229	0.643	0.726
Phenylalanine....g	0.723		0		1		0.615	1.728	1.952
Tyrosine....g	0.650		0		1		0.553	1.554	1.755
Valine....g	0.902		0		1		0.767	2.156	2.435
Arginine....g	1.124		0		1		0.955	2.686	3.035
Histidine....g	0.454		0		1		0.386	1.085	1.226
Alanine....g	1.119		0		1		0.951	2.674	3.021
Aspartic acid....g	1.698		0		1		1.443	4.058	4.585
Glutamic acid....g	2.697		0		1		2.292	6.446	7.282
Glycine....g	1.066		0		1		0.906	2.548	2.878
Proline....g	0.894		0		1		0.760	2.137	2.414
Serine....g	0.748		0		1		0.636	1.788	2.020
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 239g: 1 unit (yield from 1 lb ready-to-cook duck)

Measure 3 = 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.25		2	A	1		35.42	53.76	75.90
Energy kcal	202		0	NC	4		113	172	242
Energy kJ	845		0		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 µg	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 µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
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									

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
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 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol (2) 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

NDB No. 05315

Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted (1)

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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.25		2	A	1		58.01	64.84	118.76
Energy kcal	140		0	NC	4		119	133	244
Energy kJ	586				4		498	556	1019
Protein (N x 6.25) g	27.60		2	A	1		23.46	26.22	48.02
Total lipid (fat) (2) g	2.50	0.109	8	A	1		2.13	2.38	4.35
Ash g	1.40		2	A	1		1.19	1.33	2.44
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		8	9	16
Iron, Fe mg	4.49		2	A	1		3.82	4.27	7.81
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	105		2	A	1		89	100	183
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg	29.0		0	BFNN	4		24.7	27.6	50.5
Vitamins:									
Vitamin C, total ascorbic acid mg	3.2		2	A	1		2.7	3.0	5.6
Thiamin mg									
Riboflavin mg									
Niacin mg	10.350		2	A	1		8.798	9.833	18.009
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.578		0		1		0.491	0.549	1.006
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 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
14:0 g	0.011		2	A	1		0.009	0.010	0.019
15:0 g									
16:0 g	0.415		2	A	1		0.353	0.394	0.722
17:0 g									
18:0 g	0.153		2	A	1		0.130	0.145	0.266
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	0.871		0		1		0.740	0.827	1.516
14:1 g									
15:1 g									
16:1 undifferentiated g	0.066		2	A	1		0.056	0.063	0.115
17:1 g									
18:1 undifferentiated g	0.792		2	A	1		0.673	0.752	1.378
20:1 g	0.010		2	A	1		0.009	0.010	0.017
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.378		0		1		0.321	0.359	0.658
18:2 undifferentiated g	0.302		2	A	1		0.257	0.287	0.525
18:3 undifferentiated g	0.012		2	A	1		0.010	0.011	0.021
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.064		2	A	1		0.054	0.061	0.111
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol (3) mg	143	4.600	8	A	1		122	136	249
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.380		0		1		0.323	0.361	0.661
Threonine g	1.170		0		1		0.995	1.112	2.036
Isoleucine g	1.404		0		1		1.193	1.334	2.443
Leucine g	2.310		0		1		1.964	2.195	4.019
Lysine g	2.340		0		1		1.989	2.223	4.072
Methionine g	0.737		0		1		0.626	0.700	1.282
Cystine g	0.420		0		1		0.357	0.399	0.731
Phenylalanine g	1.148		0		1		0.976	1.091	1.998
Tyrosine g	1.042		0		1		0.886	0.990	1.813
Valine g	1.431		0		1		1.216	1.359	2.490
Arginine g	1.744		0		1		1.482	1.657	3.035
Histidine g	0.724		0		1		0.615	0.688	1.260
Alanine g	1.731		0		1		1.471	1.644	3.012
Aspartic acid g	2.681		0		1		2.279	2.547	4.665
Glutamic acid g	4.279		0		1		3.637	4.065	7.445
Glycine g	1.532		0		1		1.302	1.455	2.666
Proline g	1.342		0		1		1.141	1.275	2.335
Serine g	1.179		0		1		1.002	1.120	2.051
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 = 85g: 3 oz

Measure 2 = 95g: .5 breast, bone and skin removed

Measure 3 = 174g: 1 cup, chopped or diced

NDB No. 05316

Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled (1)

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

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
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									

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
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									
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 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) 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

NDB No. 05317

Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted (1)

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

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.60		2	A	1		54.91	112.40	22.61
Energy kcal	178		0	NC	4		151	310	62
Energy kJ	745				4		633	1296	261
Protein (N x 6.25) g	29.10		2	A	1		24.74	50.63	10.19
Total lipid (fat) (2) g	5.96	0.416	8	A	1		5.07	10.37	2.09
Ash g	1.10		2	A	1		0.94	1.91	0.39
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	17	4
Iron, Fe mg	2.33		2	A	1		1.98	4.05	0.82
Magnesium, Mg mg									
Phosphorus, P mg									
Potassium, K mg									
Sodium, Na mg	108		2	A	1		92	188	38
Zinc, Zn mg									
Copper, Cu mg									
Manganese, Mn mg									
Selenium, Se µg	21.6		0	BFNN	4		18.4	37.6	7.6
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3		2	A	1		2.0	4.0	0.8
Thiamin mg									
Riboflavin mg									
Niacin mg	5.330		2	A	1		4.531	9.274	1.866
Pantothenic acid mg									
Vitamin B-6 mg									
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg									
Vitamin A, RAE µg									
Vitamin A, IU IU									
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	1.339		0		1		1.138	2.330	0.469
4:0 g									
6:0 g									
8:0 g									
10:0 g									
12:0 g									
13:0 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
14:0 g	0.029		2	A	1		0.025	0.050	0.010
15:0 g									
16:0 g	1.021		2	A	1		0.868	1.777	0.357
17:0 g									
18:0 g	0.289		2	A	1		0.246	0.503	0.101
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g	2.637		0		1		2.241	4.588	0.923
14:1 g									
15:1 g									
16:1 undifferentiated g	0.216		2	A	1		0.184	0.376	0.076
17:1 g									
18:1 undifferentiated g	2.387		2	A	1		2.029	4.153	0.835
20:1 g	0.024		2	A	1		0.020	0.042	0.008
22:1 undifferentiated g									
24:1 c g									
Fatty acids, total polyunsaturated g	0.909		0		1		0.773	1.582	0.318
18:2 undifferentiated g	0.817		2	A	1		0.694	1.422	0.286
18:3 undifferentiated g	0.039		2	A	1		0.033	0.068	0.014
18:4 g									
20:2 n-6 c,c g									
20:3 undifferentiated g									
20:4 undifferentiated g	0.054		2	A	1		0.046	0.094	0.019
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol (3) mg	105	3.200	8	A	1		89	183	37
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.400		0		1		0.340	0.696	0.140
Threonine g	1.234		0		1		1.049	2.147	0.432
Isoleucine g	1.481		0		1		1.259	2.577	0.518
Leucine g	2.435		0		1		2.070	4.237	0.852
Lysine g	2.468		0		1		2.098	4.294	0.864
Methionine g	0.778		0		1		0.661	1.354	0.272
Cystine g	0.442		0		1		0.376	0.769	0.155
Phenylalanine g	1.211		0		1		1.029	2.107	0.424
Tyrosine g	1.099		0		1		0.934	1.912	0.385
Valine g	1.509		0		1		1.283	2.626	0.528
Arginine g	1.839		0		1		1.563	3.200	0.644
Histidine g	0.764		0		1		0.649	1.329	0.267
Alanine g	1.825		0		1		1.551	3.176	0.639
Aspartic acid g	2.826		0		1		2.402	4.917	0.989
Glutamic acid g	4.512		0		1		3.835	7.851	1.579
Glycine g	1.616		0		1		1.374	2.812	0.566
Proline g	1.415		0		1		1.203	2.462	0.495
Serine g	1.243		0		1		1.057	2.163	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 = 85g: 3 oz

Measure 2 = 174g: 1 cup chopped or diced, cooked

Measure 3 = 35g: 1 unit (yield from 1 lb ready-to-cook duck)

NDB No. 05318

Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised (1)

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

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		56.47	261.75	
Energy kcal	154		0	NC	4		131	608	
Energy kJ	645		0	NC	4		549	2543	
Protein (N x 6.25) g	31.27	0.333	3	A	1		26.58	123.19	
Total lipid (fat) g	2.30	0.173	3	A	1		1.96	9.06	
Ash g	1.30	0.000	3	A	1		1.11	5.12	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6	0.519	3	A	1		5	23	
Iron, Fe mg	4.56	0.267	3	A	1		3.88	17.97	
Magnesium, Mg mg	30	1.629	3	A	1		26	118	
Phosphorus, P mg	272	5.548	3	A	1		231	1070	
Potassium, K mg	397	21.000	3	A	1		337	1564	
Sodium, Na mg	53	3.219	3	A	1		45	210	
Zinc, Zn mg	3.19	0.278	3	A	1		2.71	12.56	
Copper, Cu mg	0.232	0.009	3	A	1		0.197	0.913	
Manganese, Mn mg	0.026	0.003	3	A	1		0.022	0.104	
Selenium, Se µg	46.1		0	BFNN	4		39.2	181.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.350		0	BFPN	4		0.298	1.379	
Riboflavin mg	0.599		0	BFPN	4		0.509	2.361	
Niacin mg	9.814		0	BFPN	4		8.342	38.669	
Pantothenic acid mg	3.387		0	BFPN	4		2.879	13.344	
Vitamin B-6 mg	0.916		0	BFPN	4		0.779	3.611	
Folate, total µg	9		0	BFPN	4		8	37	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		8	37	
Folate, DFE µg	9		0	NC	4		8	37	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	9.37		0	BFPN	4		7.97	36.92	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.20	0.92	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.583		0	NC	4		0.495	2.296	
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		0.006	0.028	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.374		0	BFFN	4		0.318	1.473	
17:0....g	0.003		0	BFFN	4		0.002	0.011	
18:0....g	0.198		0	BFFN	4		0.168	0.778	
20:0....g	0.001		0	BFFN	4		0.001	0.003	
22:0....g	0.001		0	BFFN	4		0.001	0.002	
24:0....g									
Fatty acids, total monounsaturated....g	0.917		0	NC	4		0.779	3.611	
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		0.063	0.294	
17:1....g	0.000		0	BFFN	4		0.000	0.002	
18:1 undifferentiated....g	0.835		0	BFFN	4		0.710	3.289	
20:1....g	0.007		0	BFFN	4		0.006	0.027	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.318		0	NC	4		0.270	1.252	
18:2 undifferentiated....g	0.238		0	BFFN	4		0.202	0.937	
18:3 undifferentiated....g	0.012		0	BFFN	4		0.010	0.048	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.004		0	BFFN	4		0.003	0.015	
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		0.054	0.251	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	82	1.800	3	A	1		70	325	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0	A	1		0.176	0.814	
Threonine....g	0.896		0	A	1		0.762	3.532	
Isoleucine....g	1.016		0	A	1		0.864	4.003	
Leucine....g	1.726		0	A	1		1.467	6.801	
Lysine....g	1.840		0	A	1		1.564	7.249	
Methionine....g	0.593		0	A	1		0.504	2.336	
Cystine....g	0.226		0	A	1		0.192	0.890	
Phenylalanine....g	0.892		0	A	1		0.758	3.515	
Tyrosine....g	0.667		0	A	1		0.567	2.628	
Valine....g	1.041		0	A	1		0.885	4.102	
Arginine....g	1.407		0	A	1		1.196	5.545	
Histidine....g	0.685		0	A	1		0.582	2.698	
Alanine....g	1.216		0	A	1		1.033	4.789	
Aspartic acid....g	2.720		0	A	1		2.312	10.719	
Glutamic acid....g	3.053		0	A	1		2.595	12.027	
Glycine....g	0.984		0	A	1		0.837	3.878	
Proline....g	1.267		0	A	1		1.077	4.992	

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
Serine....g	0.744		0	A	1		0.632	2.931	
Hydroxyproline....g	0.205		0	A	1		0.174	0.806	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Measure 2 = 394g: 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 27 (2014)

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		63.43	382.80	
Energy kcal	103		0	NC	4		88	530	
Energy kJ	432		0	NC	4		367	2217	
Protein (N x 6.25) g	22.50		6	A	1		19.13	115.43	
Total lipid (fat) g	0.80		6	A	1		0.68	4.10	
Ash g	1.10		6	A	1		0.94	5.64	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3		6	A	1		3	15	
Iron, Fe mg	4.50		6	A	1		3.83	23.09	
Magnesium, Mg mg	42		6	A	1		36	215	
Phosphorus, P mg	236		0	BFNN	4		201	1212	
Potassium, K mg	300		6	A	1		255	1539	
Sodium, Na mg	120		6	A	1		102	616	
Zinc, Zn mg	3.50		6	A	1		2.98	17.96	
Copper, Cu mg	0.211		0	BFNN	4		0.180	1.084	
Manganese, Mn mg	0.029		0	BFNN	4		0.025	0.148	
Selenium, Se µg	32.5		0	BFNN	4		27.6	166.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.267		0	BFPN	4		0.227	1.369	
Riboflavin mg	0.451		0	BFPN	4		0.384	2.315	
Niacin mg	7.397		0	BFPN	4		6.288	37.948	
Pantothenic acid mg	2.708		0	BFPN	4		2.302	13.892	
Vitamin B-6 mg	0.634		0	BFPN	4		0.539	3.253	
Folate, total µg	13		0	BFPN	4		11	65	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	65	
Folate, DFE µg	13		0	NC	4		11	65	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.67		0	BFPN	4		5.67	34.21	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFSN	4		0.19	1.14	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.201		0	NC	4		0.171	1.034	
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		0.002	0.013	
15:0....g									
16:0....g	0.130		0	BFFN	4		0.111	0.667	
17:0....g									
18:0....g	0.069		0	BFFN	4		0.058	0.352	
20:0....g	0.000		0	BFFN	4		0.000	0.001	
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.319		0	NC	4		0.271	1.635	
14:1....g	0.000		0	BFFN	4		0.000	0.000	
15:1....g									
16:1 undifferentiated....g	0.026		0	BFFN	4		0.022	0.133	
17:1....g									
18:1 undifferentiated....g	0.290		0	BFFN	4		0.247	1.490	
20:1....g	0.002		0	BFFN	4		0.002	0.012	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.109		0	NC	4		0.093	0.560	
18:2 undifferentiated....g	0.083		0	BFFN	4		0.070	0.425	
18:3 undifferentiated....g	0.004		0	BFFN	4		0.004	0.022	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.022		0	BFFN	4		0.019	0.114	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		6	A	1		60	363	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.149		0	A	1		0.126	0.763	
Threonine....g	0.645		0	A	1		0.548	3.309	
Isoleucine....g	0.731		0	A	1		0.622	3.751	
Leucine....g	1.242		0	A	1		1.056	6.373	
Lysine....g	1.324		0	A	1		1.125	6.792	
Methionine....g	0.427		0	A	1		0.363	2.189	
Cystine....g	0.163		0	A	1		0.138	0.834	
Phenylalanine....g	0.642		0	A	1		0.546	3.294	
Tyrosine....g	0.480		0	A	1		0.408	2.463	
Valine....g	0.749		0	A	1		0.637	3.843	
Arginine....g	1.013		0	A	1		0.861	5.195	
Histidine....g	0.493		0	A	1		0.419	2.527	
Alanine....g	0.875		0	A	1		0.744	4.487	
Aspartic acid....g	1.958		0	A	1		1.664	10.043	
Glutamic acid....g	2.197		0	A	1		1.867	11.269	
Glycine....g	0.708		0	A	1		0.602	3.633	
Proline....g	0.912		0	A	1		0.775	4.678	
Serine....g	0.535		0	A	1		0.455	2.746	
Hydroxyproline....g	0.147		0	A	1		0.125	0.755	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Measure 2 = 513g: 1 fan 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 27 (2014)

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		64.09	266.92	
Energy kcal	102		0	NC	4		86	360	
Energy kJ	425		0	NC	4		362	1506	
Protein (N x 6.25) g	22.25		6	A	1		18.91	78.77	
Total lipid (fat) g	0.74		6	A	1		0.63	2.62	
Ash g	0.93		6	A	1		0.79	3.29	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3		6	A	1		3	11	
Iron, Fe mg	5.00		6	A	1		4.25	17.70	
Magnesium, Mg mg	31		6	A	1		26	110	
Phosphorus, P mg	229		0	BFNN	4		195	812	
Potassium, K mg	240		6	A	1		204	850	
Sodium, Na mg	150		6	A	1		128	531	
Zinc, Zn mg	3.00		6	A	1		2.55	10.62	
Copper, Cu mg	0.205		0	BFNN	4		0.174	0.726	
Manganese, Mn mg	0.028		0	BFNN	4		0.024	0.099	
Selenium, Se µg	31.5		0	BFNN	4		26.8	111.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.245		0	BFSN	4		0.208	0.867	
Riboflavin mg	0.414		0	BFSN	4		0.352	1.466	
Niacin mg	6.786		0	BFSN	4		5.768	24.023	
Pantothenic acid mg	2.484		0	BFSN	4		2.112	8.794	
Vitamin B-6 mg	0.582		0	BFSN	4		0.494	2.059	
Folate, total µg	12		0	BFSN	4		10	41	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFSN	4		10	41	
Folate, DFE µg	12		0	NC	4		10	41	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.12		0	BFSN	4		5.20	21.66	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFSN	4		0.18	0.76	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.187		0	NC	4		0.159	0.664	
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	0.002		0	BFFN	4		0.002	0.008	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.120		0	BFFN	4		0.102	0.426	
17:0....g	0.001		0	BFFN	4		0.001	0.003	
18:0....g	0.064		0	BFFN	4		0.054	0.225	
20:0....g	0.000		0	BFFN	4		0.000	0.001	
22:0....g	0.000		0	BFFN	4		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	0.295		0	NC	4		0.251	1.044	
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	0.024		0	BFFN	4		0.020	0.085	
17:1....g	0.000		0	BFFN	4		0.000	0.001	
18:1 undifferentiated....g	0.269		0	BFFN	4		0.228	0.951	
20:1....g	0.002		0	BFFN	4		0.002	0.008	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.102		0	NC	4		0.087	0.362	
18:2 undifferentiated....g	0.077		0	BFFN	4		0.065	0.271	
18:3 undifferentiated....g	0.004		0	BFFN	4		0.003	0.014	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.001		0	BFFN	4		0.001	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	0.021		0	BFFN	4		0.017	0.073	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		6	A	1		60	251	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	A	1		0.125	0.520	
Threonine....g	0.638		0	A	1		0.542	2.258	
Isoleucine....g	0.723		0	A	1		0.615	2.560	
Leucine....g	1.228		0	A	1		1.044	4.349	
Lysine....g	1.309		0	A	1		1.113	4.635	
Methionine....g	0.422		0	A	1		0.359	1.494	
Cystine....g	0.161		0	A	1		0.137	0.569	
Phenylalanine....g	0.635		0	A	1		0.540	2.247	
Tyrosine....g	0.475		0	A	1		0.404	1.681	
Valine....g	0.741		0	A	1		0.630	2.623	
Arginine....g	1.001		0	A	1		0.851	3.545	
Histidine....g	0.487		0	A	1		0.414	1.725	
Alanine....g	0.865		0	A	1		0.735	3.062	
Aspartic acid....g	1.936		0	A	1		1.646	6.853	
Glutamic acid....g	2.172		0	A	1		1.846	7.690	
Glycine....g	0.700		0	A	1		0.595	2.479	
Proline....g	0.902		0	A	1		0.766	3.192	

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
Serine....g	0.529		0	A	1		0.450	1.874	
Hydroxyproline....g	0.146		0	A	1		0.124	0.515	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 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 27 (2014)

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		52.67	307.37	
Energy kcal	168		0	NC	4		143	833	
Energy kJ	703		0	NC	4		597	3485	
Protein (N x 6.25) g	33.67	0.340	20	A	1		28.62	167.00	
Total lipid (fat) g	2.68	0.160	20	A	1		2.28	13.29	
Ash g	1.35	0.060	20	A	1		1.15	6.70	
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		6	35	
Iron, Fe mg	6.89	0.230	20	A	1		5.86	34.17	
Magnesium, Mg mg	34		0	BFNN	4		29	171	
Phosphorus, P mg	323		0	BFNN	4		274	1600	
Potassium, K mg	324	16.070	20	A	1		275	1607	
Sodium, Na mg	110	4.140	20	A	1		94	546	
Zinc, Zn mg	4.32	0.160	20	A	1		3.67	21.43	
Copper, Cu mg	0.285		0	BFNN	4		0.242	1.415	
Manganese, Mn mg	0.036		0	BFNN	4		0.030	0.176	
Selenium, Se µg	52.1		0	BFNN	4		44.3	258.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		5	A	1		0.0	0.0	
Thiamin mg	0.430		5	A	1		0.366	2.133	
Riboflavin mg	0.645		0	BFPN	4		0.549	3.201	
Niacin mg	10.569		0	BFPN	4		8.983	52.421	
Pantothenic acid mg	3.647		0	BFPN	4		3.100	18.090	
Vitamin B-6 mg	0.987		0	BFPN	4		0.839	4.895	
Folate, total µg	10		0	BFPN	4		9	51	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		9	51	
Folate, DFE µg	10		0	NC	4		9	51	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.20		5	A	1		1.87	10.91	
Vitamin A, RAE µg	3		0	AS	1		3	16	
Retinol µg	3		5	A	1		3	16	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	AS	1		9	53	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.26		0	BFSN	4		0.22	1.31	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.870		0	NC	4		0.739	4.313	
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		0.013	0.076	
15:0....g	0.003		5	A	1		0.002	0.013	
16:0....g	0.595		5	A	1		0.506	2.951	
17:0....g	0.013		5	A	1		0.011	0.063	
18:0....g	0.218		5	A	1		0.185	1.082	
20:0....g	0.008		5	A	1		0.007	0.038	
22:0....g	0.005		5	A	1		0.004	0.026	
24:0....g	0.013		5	A	1		0.011	0.064	
Fatty acids, total monounsaturated....g	1.079		0	NC	4		0.917	5.353	
14:1....g	0.005		5	A	1		0.004	0.025	
15:1....g									
16:1 undifferentiated....g	0.117		5	A	1		0.100	0.582	
17:1....g	0.005		5	A	1		0.004	0.025	
18:1 undifferentiated....g	0.928		5	A	1		0.789	4.605	
20:1....g	0.023		5	A	1		0.020	0.115	
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		0.521	3.041	
18:2 undifferentiated....g	0.503		5	A	1		0.427	2.493	
18:3 undifferentiated....g	0.044		5	A	1		0.037	0.216	
18:4....g									
20:2 n-6 c,c....g	0.003		5	A	1		0.002	0.013	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.039		5	A	1		0.033	0.191	
20:5 n-3 (EPA)....g	0.010		5	A	1		0.009	0.051	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.015		5	A	1		0.013	0.077	
Fatty acids, total trans....g									
Cholesterol....mg	129	8.590	20	A	1		110	640	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.222		0	A	1		0.189	1.104	
Threonine....g	0.965		0	A	1		0.820	4.788	
Isoleucine....g	1.094		0	A	1		0.930	5.427	
Leucine....g	1.859		0	A	1		1.580	9.220	
Lysine....g	1.981		0	A	1		1.684	9.828	
Methionine....g	0.638		0	A	1		0.543	3.167	
Cystine....g	0.243		0	A	1		0.207	1.206	
Phenylalanine....g	0.961		0	A	1		0.817	4.765	
Tyrosine....g	0.718		0	A	1		0.611	3.563	
Valine....g	1.121		0	A	1		0.953	5.561	
Arginine....g	1.516		0	A	1		1.288	7.517	
Histidine....g	0.737		0	A	1		0.627	3.657	
Alanine....g	1.309		0	A	1		1.113	6.493	
Aspartic acid....g	2.930		0	A	1		2.490	14.531	
Glutamic acid....g	3.287		0	A	1		2.794	16.305	
Glycine....g	1.060		0	A	1		0.901	5.257	
Proline....g	1.364		0	A	1		1.160	6.768	
Serine....g	0.801		0	A	1		0.681	3.973	
Hydroxyproline....g	0.220		0	A	1		0.187	1.092	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Measure 2 = 496g: 1 full rump cooked (yield from 695 g raw meat)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		62.72	512.81	
Energy kcal	112		0	NC	4		95	780	
Energy kJ	469		0	NC	4		399	3263	
Protein (N x 6.25) g	22.83	0.525	26	A	1		19.40	158.63	
Total lipid (fat) g	1.64	0.395	26	A	1		1.39	11.36	
Ash g	1.14	0.015	26	A	1		0.96	7.89	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	4	1.265	26	A	1		4	30	
Iron, Fe mg	4.96	0.455	26	A	1		4.21	34.44	
Magnesium, Mg mg	40		6	A	1		34	278	
Phosphorus, P mg	236		0	BFNN	4		201	1642	
Potassium, K mg	330	10.000	26	A	1		281	2294	
Sodium, Na mg	90	0.350	26	A	1		76	623	
Zinc, Zn mg	3.59	0.415	26	A	1		3.05	24.92	
Copper, Cu mg	0.211		0	BFNN	4		0.180	1.469	
Manganese, Mn mg	0.029		0	BFNN	4		0.025	0.201	
Selenium, Se µg	32.5		0	BFNN	4		27.6	225.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		14	A	1		0.0	0.0	
Thiamin mg	0.360		14	A	1		0.306	2.502	
Riboflavin mg	0.458		0	BFPN	4		0.389	3.182	
Niacin mg	7.504		0	BFPN	4		6.379	52.154	
Pantothenic acid mg	2.747		0	BFPN	4		2.335	19.092	
Vitamin B-6 mg	0.643		0	BFPN	4		0.547	4.471	
Folate, total µg	13		0	BFPN	4		11	89	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	89	
Folate, DFE µg	13		0	NC	4		11	89	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.24		14	A	1		1.90	15.57	
Vitamin A, RAE µg	4		0	AS	1		4	31	
Retinol µg	4		14	A	1		4	31	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	15		14	A	1		13	103	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.20	1.60	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.448		0	NC	4		0.381	3.114	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.008		14	A	1		0.007	0.053	
15:0....g	0.003		14	A	1		0.002	0.018	
16:0....g	0.322		14	A	1		0.274	2.241	
17:0....g	0.005		14	A	1		0.004	0.036	
18:0....g	0.104		14	A	1		0.088	0.720	
20:0....g	0.003		14	A	1		0.002	0.018	
22:0....g	0.001		14	A	1		0.001	0.009	
24:0....g	0.003		14	A	1		0.002	0.018	
Fatty acids, total monounsaturated....g	0.516		0	NC	4		0.439	3.586	
14:1....g	0.003		14	A	1		0.002	0.019	
15:1....g									
16:1 undifferentiated....g	0.029		14	A	1		0.024	0.199	
17:1....g	0.003		14	A	1		0.002	0.019	
18:1 undifferentiated....g	0.474		14	A	1		0.403	3.294	
20:1....g	0.007		14	A	1		0.006	0.046	
22:1 undifferentiated....g	0.001		14	A	1		0.001	0.009	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.329		0	NC	4		0.280	2.286	
18:2 undifferentiated....g	0.278		14	A	1		0.236	1.933	
18:3 undifferentiated....g	0.026		14	A	1		0.022	0.181	
18:4....g									
20:2 n-6 c,c....g	0.001		14	A	1		0.001	0.009	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.014		14	A	1		0.012	0.100	
20:5 n-3 (EPA)....g	0.004		14	A	1		0.003	0.027	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.005		14	A	1		0.004	0.036	
Fatty acids, total trans....g									
Cholesterol....mg	85		6	A	1		72	590	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.151		0	A	1		0.128	1.048	
Threonine....g	0.654		0	A	1		0.556	4.548	
Isoleucine....g	0.742		0	A	1		0.631	5.155	
Leucine....g	1.260		0	A	1		1.071	8.758	
Lysine....g	1.343		0	A	1		1.142	9.335	
Methionine....g	0.433		0	A	1		0.368	3.008	
Cystine....g	0.165		0	A	1		0.140	1.146	
Phenylalanine....g	0.651		0	A	1		0.554	4.526	
Tyrosine....g	0.487		0	A	1		0.414	3.385	
Valine....g	0.760		0	A	1		0.646	5.282	
Arginine....g	1.027		0	A	1		0.873	7.140	
Histidine....g	0.500		0	A	1		0.425	3.474	
Alanine....g	0.887		0	A	1		0.754	6.167	
Aspartic acid....g	1.986		0	A	1		1.688	13.802	
Glutamic acid....g	2.228		0	A	1		1.894	15.488	
Glycine....g	0.719		0	A	1		0.611	4.994	
Proline....g	0.925		0	A	1		0.786	6.429	
Serine....g	0.543		0	A	1		0.462	3.774	
Hydroxyproline....g	0.149		0	A	1		0.127	1.038	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 695g: 1 full rump

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	9		1	A	1		9	7	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		1	A	1		9	7	
Folate, DFE µg	9		0	NC	4		9	7	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	8.52	0.358	6	A	1		9.29	7.24	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		1	A	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		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									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	3.6		0	BFSN	4		3.9	3.1	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
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-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....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	

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
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 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 27 (2014)

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 µg	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 µg	13		1	A	1		15		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		1	A	1		15		
Folate, DFE µg	13		0	NC	4		15		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.75	0.297	6	A	1		7.90		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		1	A	1		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		1	A	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.24		1	A	1		0.28		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000		
18:3i....g									
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-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....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		

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
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		

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

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 27 (2014)

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		63.52	427.43	
Energy kcal	108		0	NC	4		92	619	
Energy kJ	453		0	NC	4		385	2591	
Protein (N x 6.25) g	22.22	0.045	25	A	1		18.88	127.07	
Total lipid (fat) g	1.49	0.345	25	A	1		1.26	8.49	
Ash g	1.15	0.095	25	A	1		0.97	6.55	
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	4	1.095	25	A	1		3	23	
Iron, Fe mg	5.23	0.225	25	A	1		4.44	29.89	
Magnesium, Mg mg	26		6	A	1		22	149	
Phosphorus, P mg	229		0	BFNN	4		194	1308	
Potassium, K mg	318	2.500	25	A	1		270	1816	
Sodium, Na mg	102	8.000	25	A	1		87	583	
Zinc, Zn mg	4.33	0.675	25	A	1		3.68	24.74	
Copper, Cu mg	0.205		0	BFNN	4		0.174	1.170	
Manganese, Mn mg	0.028		0	BFNN	4		0.024	0.160	
Selenium, Se µg	31.4		0	BFNN	4		26.7	179.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		14	A	1		0.0	0.0	
Thiamin mg	0.420		14	A	1		0.357	2.402	
Riboflavin mg	0.446		0	BFPN	4		0.379	2.549	
Niacin mg	7.304		0	BFPN	4		6.208	41.777	
Pantothenic acid mg	2.674		0	BFPN	4		2.273	15.293	
Vitamin B-6 mg	0.626		0	BFPN	4		0.532	3.581	
Folate, total µg	12		0	BFPN	4		11	71	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0	BFPN	4		11	71	
Folate, DFE µg	12		0	NC	4		11	71	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.26		14	A	1		1.92	12.93	
Vitamin A, RAE µg	5		0	AS	1		4	29	
Retinol µg	5		14	A	1		4	29	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	17		14	A	1		14	97	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.22		0	BFSN	4		0.19	1.27	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.386		0	NC	4		0.328	2.206	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g									
13:0....g									
14:0....g	0.006		14	A	1		0.005	0.033	
15:0....g	0.002		14	A	1		0.002	0.013	
16:0....g	0.277		14	A	1		0.236	1.587	
17:0....g	0.002		14	A	1		0.002	0.013	
18:0....g	0.095		14	A	1		0.081	0.545	
20:0....g	0.000		14	A	1		0.000	0.000	
22:0....g	0.000		14	A	1		0.000	0.000	
24:0....g	0.002		14	A	1		0.002	0.014	
Fatty acids, total monounsaturated....g	0.532		0	NC	4		0.453	3.045	
14:1....g	0.002		14	A	1		0.002	0.013	
15:1....g									
16:1 undifferentiated....g	0.056		14	A	1		0.048	0.321	
17:1....g	0.001		14	A	1		0.001	0.007	
18:1 undifferentiated....g	0.468		14	A	1		0.398	2.677	
20:1....g	0.005		14	A	1		0.004	0.027	
22:1 undifferentiated....g	0.000		14	A	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.256		0	NC	4		0.218	1.466	
18:2 undifferentiated....g	0.214		14	A	1		0.182	1.224	
18:3 undifferentiated....g	0.019		14	A	1		0.016	0.108	
18:4....g									
20:2 n-6 c,c....g	0.001		14	A	1		0.001	0.007	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.015		14	A	1		0.013	0.088	
20:5 n-3 (EPA)....g	0.002		14	A	1		0.002	0.013	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.005		14	A	1		0.004	0.027	
Fatty acids, total trans....g									
Cholesterol....mg	67		6	A	1		57	383	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.147		0	A	1		0.125	0.840	
Threonine....g	0.637		0	A	1		0.541	3.643	
Isoleucine....g	0.722		0	A	1		0.614	4.130	
Leucine....g	1.226		0	A	1		1.043	7.016	
Lysine....g	1.307		0	A	1		1.111	7.478	
Methionine....g	0.421		0	A	1		0.358	2.409	
Cystine....g	0.160		0	A	1		0.136	0.918	
Phenylalanine....g	0.634		0	A	1		0.539	3.626	
Tyrosine....g	0.474		0	A	1		0.403	2.711	
Valine....g	0.740		0	A	1		0.629	4.231	
Arginine....g	1.000		0	A	1		0.850	5.720	
Histidine....g	0.486		0	A	1		0.413	2.782	
Alanine....g	0.864		0	A	1		0.734	4.940	
Aspartic acid....g	1.933		0	A	1		1.643	11.056	
Glutamic acid....g	2.169		0	A	1		1.844	12.406	
Glycine....g	0.699		0	A	1		0.594	4.000	
Proline....g	0.900		0	A	1		0.765	5.150	
Serine....g	0.528		0	A	1		0.449	3.023	
Hydroxyproline....g	0.145		0	A	1		0.124	0.831	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 572g: 1 inside 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 27 (2014)

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		54.66	267.53	
Energy kcal	156		0	NC	4		133	651	
Energy kJ	654		0	NC	4		556	2722	
Protein (N x 6.25) g	32.38	0.380	19	A	1		27.52	134.70	
Total lipid (fat) g	2.01	0.450	19	A	1		1.71	8.36	
Ash g	1.30	0.040	19	A	1		1.11	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	6	0.350	19	A	1		5	24	
Iron, Fe mg	7.27	0.280	19	A	1		6.18	30.24	
Magnesium, Mg mg	33		0	BFNN	4		28	136	
Phosphorus, P mg	307		0	BFNN	4		261	1278	
Potassium, K mg	312	15.300	19	A	1		265	1298	
Sodium, Na mg	118	4.890	19	A	1		100	489	
Zinc, Zn mg	5.09	0.210	19	A	1		4.33	21.17	
Copper, Cu mg	0.272		0	BFNN	4		0.231	1.131	
Manganese, Mn mg	0.034		0	BFNN	4		0.029	0.141	
Selenium, Se µg	49.6		0	BFNN	4		42.2	206.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		5	A	1		0.0	0.0	
Thiamin mg	0.410		5	A	1		0.349	1.706	
Riboflavin mg	0.621		0	BFPN	4		0.528	2.582	
Niacin mg	10.164		0	BFPN	4		8.639	42.282	
Pantothenic acid mg	3.508		0	BFPN	4		2.981	14.591	
Vitamin B-6 mg	0.949		0	BFPN	4		0.807	3.948	
Folate, total µg	10		0	BFPN	4		8	41	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		8	41	
Folate, DFE µg	10		0	NC	4		8	41	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.40		5	A	1		2.04	9.98	
Vitamin A, RAE µg	3		0	AS	1		2	12	
Retinol µg	3		5	A	1		2	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	10		0	AS	1		8	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	BFSN	4		0.21	1.03	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.654		0	NC	4		0.556	2.721	
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		0.006	0.032	
15:0....g	0.006		5	A	1		0.005	0.024	
16:0....g	0.446		5	A	1		0.379	1.856	
17:0....g	0.010		5	A	1		0.008	0.040	
18:0....g	0.169		5	A	1		0.144	0.704	
20:0....g	0.006		5	A	1		0.005	0.024	
22:0....g	0.004		5	A	1		0.003	0.016	
24:0....g	0.006		5	A	1		0.005	0.024	
Fatty acids, total monounsaturated....g	0.859		0	NC	4		0.731	3.575	
14:1....g	0.004		5	A	1		0.003	0.016	
15:1....g									
16:1 undifferentiated....g	0.090		5	A	1		0.076	0.374	
17:1....g	0.004		5	A	1		0.003	0.016	
18:1 undifferentiated....g	0.742		5	A	1		0.631	3.089	
20:1....g	0.019		5	A	1		0.016	0.080	
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		0.347	1.697	
18:2 undifferentiated....g	0.337		5	A	1		0.286	1.400	
18:3 undifferentiated....g	0.027		5	A	1		0.023	0.112	
18:4....g									
20:2 n-6 c,c....g	0.002		5	A	1		0.002	0.008	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.027		5	A	1		0.023	0.112	
20:5 n-3 (EPA)....g	0.004		5	A	1		0.003	0.016	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.012		5	A	1		0.010	0.048	
Fatty acids, total trans....g									
Cholesterol....mg	91		0	BFSN	4		77	377	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.214		0	A	1		0.182	0.890	
Threonine....g	0.928		0	A	1		0.789	3.862	
Isoleucine....g	1.052		0	A	1		0.894	4.378	
Leucine....g	1.788		0	A	1		1.520	7.437	
Lysine....g	1.905		0	A	1		1.620	7.927	
Methionine....g	0.614		0	A	1		0.522	2.554	
Cystine....g	0.234		0	A	1		0.199	0.973	
Phenylalanine....g	0.924		0	A	1		0.785	3.844	
Tyrosine....g	0.691		0	A	1		0.587	2.874	
Valine....g	1.078		0	A	1		0.916	4.485	
Arginine....g	1.457		0	A	1		1.239	6.063	
Histidine....g	0.709		0	A	1		0.603	2.950	
Alanine....g	1.259		0	A	1		1.070	5.237	
Aspartic acid....g	2.817		0	A	1		2.395	11.720	
Glutamic acid....g	3.161		0	A	1		2.687	13.151	
Glycine....g	1.019		0	A	1		0.866	4.240	
Proline....g	1.312		0	A	1		1.115	5.459	
Serine....g	0.770		0	A	1		0.655	3.204	
Hydroxyproline....g	0.212		0	A	1		0.180	0.881	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Measure 2 = 416g: 1 inside drum cooked (yield from 572 g raw meat)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		63.64	315.95	
Energy kcal	103		0	NC	4		87	434	
Energy kJ	430		0	NC	4		366	1817	
Protein (N x 6.25) g	23.08		6	A	1		19.62	97.40	
Total lipid (fat) g	0.48		6	A	1		0.41	2.03	
Ash g	1.00		6	A	1		0.85	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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	3		6	A	1		3	13	
Iron, Fe mg	4.50		6	A	1		3.83	18.99	
Magnesium, Mg mg	29		6	A	1		25	122	
Phosphorus, P mg	225		0	BFNN	4		191	949	
Potassium, K mg	320		6	A	1		272	1350	
Sodium, Na mg	100		6	A	1		85	422	
Zinc, Zn mg	4.50		6	A	1		3.83	18.99	
Copper, Cu mg	0.199		0	BFNN	4		0.169	0.839	
Manganese, Mn mg	0.025		0	BFNN	4		0.021	0.105	
Selenium, Se µg	36.3		0	BFNN	4		30.9	153.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.258		0	BFPN	4		0.220	1.090	
Riboflavin mg	0.442		0	BFPN	4		0.376	1.867	
Niacin mg	7.245		0	BFPN	4		6.158	30.572	
Pantothenic acid mg	2.500		0	BFPN	4		2.125	10.550	
Vitamin B-6 mg	0.676		0	BFPN	4		0.575	2.855	
Folate, total µg	7		0	BFPN	4		6	29	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		6	29	
Folate, DFE µg	7		0	NC	4		6	29	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.92		0	BFPN	4		5.88	29.19	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	BFSN	4		0.15	0.74	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.122		0	NC	4		0.103	0.513	
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	0.001		0	BFFN	4		0.001	0.006	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.078		0	BFFN	4		0.066	0.329	
17:0....g	0.001		0	BFFN	4		0.001	0.003	
18:0....g	0.041		0	BFFN	4		0.035	0.174	
20:0....g	0.000		0	BFFN	4		0.000	0.001	
22:0....g	0.000		0	BFFN	4		0.000	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	0.202		0	BFFN	4		0.171	0.851	
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	0.016		0	BFFN	4		0.013	0.066	
17:1....g	0.000		0	BFFN	4		0.000	0.000	
18:1 undifferentiated....g	0.174		0	BFFN	4		0.148	0.735	
20:1....g	0.001		0	BFFN	4		0.001	0.006	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.070		0	BFFN	4		0.059	0.295	
18:2 undifferentiated....g	0.050		0	BFFN	4		0.042	0.210	
18:3 undifferentiated....g	0.003		0	BFFN	4		0.002	0.011	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.001		0	BFFN	4		0.001	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	0.013		0	BFFN	4		0.011	0.056	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	78		6	A	1		66	327	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.153		0	A	1		0.130	0.644	
Threonine....g	0.662		0	A	1		0.562	2.792	
Isoleucine....g	0.750		0	A	1		0.638	3.165	
Leucine....g	1.274		0	A	1		1.083	5.377	
Lysine....g	1.358		0	A	1		1.154	5.732	
Methionine....g	0.438		0	A	1		0.372	1.847	
Cystine....g	0.167		0	A	1		0.142	0.703	
Phenylalanine....g	0.659		0	A	1		0.560	2.779	
Tyrosine....g	0.492		0	A	1		0.419	2.078	
Valine....g	0.769		0	A	1		0.653	3.243	
Arginine....g	1.039		0	A	1		0.883	4.384	
Histidine....g	0.505		0	A	1		0.430	2.133	
Alanine....g	0.897		0	A	1		0.763	3.787	
Aspartic acid....g	2.008		0	A	1		1.707	8.474	
Glutamic acid....g	2.253		0	A	1		1.915	9.509	
Glycine....g	0.727		0	A	1		0.618	3.066	
Proline....g	0.935		0	A	1		0.795	3.947	

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
Serine....g	0.549		0	A	1		0.467	2.317	
Hydroxyproline....g	0.151		0	A	1		0.128	0.637	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 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 27 (2014)

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		61.68	217.71	
Energy kcal	141		0	NC	4		120	424	
Energy kJ	591		0	NC	4		502	1773	
Protein (N x 6.25) g	22.81		6	A	1		19.39	68.43	
Total lipid (fat) g	4.86		6	A	1		4.13	14.58	
Ash g	0.95		6	A	1		0.81	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	4		6	A	1		3	11	
Iron, Fe mg	5.50		6	A	1		4.68	16.50	
Magnesium, Mg mg	30		6	A	1		26	90	
Phosphorus, P mg	217		0	BFNN	4		184	651	
Potassium, K mg	250		6	A	1		213	750	
Sodium, Na mg	150		6	A	1		128	450	
Zinc, Zn mg	6.00		6	A	1		5.10	18.00	
Copper, Cu mg	0.194		0	BFNN	4		0.165	0.582	
Manganese, Mn mg	0.027		0	BFNN	4		0.023	0.080	
Selenium, Se µg	29.8		0	BFNN	4		25.3	89.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.271		0	BFPN	4		0.230	0.812	
Riboflavin mg	0.458		0	BFPN	4		0.389	1.373	
Niacin mg	7.499		0	BFPN	4		6.374	22.498	
Pantothenic acid mg	2.745		0	BFPN	4		2.333	8.236	
Vitamin B-6 mg	0.643		0	BFPN	4		0.546	1.929	
Folate, total µg	13		0	BFPN	4		11	38	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	13		0	BFPN	4		11	38	
Folate, DFE µg	13		0	NC	4		11	38	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.76		0	BFPN	4		5.75	20.28	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.20	0.72	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	1.231		0	NC	4		1.046	3.693	
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	0.015		0	BFFN	4		0.013	0.045	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.790		0	BFFN	4		0.671	2.370	
17:0....g	0.006		0	BFFN	4		0.005	0.018	
18:0....g	0.417		0	BFFN	4		0.355	1.252	
20:0....g	0.002		0	BFFN	4		0.001	0.005	
22:0....g	0.001		0	BFFN	4		0.001	0.004	
24:0....g									
Fatty acids, total monounsaturated....g	1.937		0	NC	4		1.646	5.810	
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	0.157		0	BFFN	4		0.134	0.472	
17:1....g	0.001		0	BFFN	4		0.001	0.003	
18:1 undifferentiated....g	1.764		0	BFFN	4		1.499	5.292	
20:1....g	0.014		0	BFFN	4		0.012	0.043	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.671		0	NC	4		0.571	2.014	
18:2 undifferentiated....g	0.503		0	BFFN	4		0.427	1.508	
18:3 undifferentiated....g	0.026		0	BFFN	4		0.022	0.078	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.008		0	BFFN	4		0.007	0.024	
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	0.135		0	BFFN	4		0.115	0.405	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	81		6	A	1		69	242	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.151		0	A	1		0.128	0.452	
Threonine....g	0.654		0	A	1		0.556	1.962	
Isoleucine....g	0.741		0	A	1		0.630	2.224	
Leucine....g	1.259		0	A	1		1.070	3.778	
Lysine....g	1.342		0	A	1		1.141	4.027	
Methionine....g	0.433		0	A	1		0.368	1.298	
Cystine....g	0.165		0	A	1		0.140	0.494	
Phenylalanine....g	0.651		0	A	1		0.553	1.953	
Tyrosine....g	0.487		0	A	1		0.414	1.460	
Valine....g	0.760		0	A	1		0.646	2.279	
Arginine....g	1.027		0	A	1		0.873	3.080	
Histidine....g	0.499		0	A	1		0.425	1.498	
Alanine....g	0.887		0	A	1		0.754	2.660	
Aspartic acid....g	1.985		0	A	1		1.687	5.954	
Glutamic acid....g	2.227		0	A	1		1.893	6.681	
Glycine....g	0.718		0	A	1		0.610	2.154	
Proline....g	0.924		0	A	1		0.786	2.773	

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
Serine....g	0.543		0	A	1		0.461	1.628	
Hydroxyproline....g	0.149		0	A	1		0.127	0.448	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 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 27 (2014)

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		57.26	164.37	
Energy kcal	152		0	NC	4		130	372	
Energy kJ	638		0	NC	4		542	1556	
Protein (N x 6.25) g	29.07	2.046	3	A	1		24.71	70.92	
Total lipid (fat) g	3.13	0.240	3	A	1		2.66	7.65	
Ash g	1.27	0.033	3	A	1		1.08	3.09	
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	9	3.653	3	A	1		8	22	
Iron, Fe mg	5.07	0.662	3	A	1		4.31	12.37	
Magnesium, Mg mg	30	1.342	3	A	1		25	72	
Phosphorus, P mg	274	10.116	3	A	1		233	669	
Potassium, K mg	374	16.462	3	A	1		318	913	
Sodium, Na mg	58	2.761	3	A	1		49	140	
Zinc, Zn mg	3.42	0.295	3	A	1		2.91	8.34	
Copper, Cu mg	0.280	0.044	3	A	1		0.238	0.683	
Manganese, Mn mg	0.031	0.001	3	A	1		0.026	0.075	
Selenium, Se µg	43.5		0	BFNN	4		37.0	106.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.325		0	BFPN	4		0.277	0.794	
Riboflavin mg	0.557		0	BFPN	4		0.474	1.359	
Niacin mg	9.124		0	BFPN	4		7.755	22.262	
Pantothenic acid mg	3.149		0	BFPN	4		2.676	7.683	
Vitamin B-6 mg	0.852		0	BFPN	4		0.724	2.079	
Folate, total µg	9		0	BFPN	4		7	21	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	21	
Folate, DFE µg	9		0	NC	4		7	21	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	8.71		0	BFPN	4		7.40	21.26	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.19	0.55	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.794		0	NC	4		0.675	1.937	
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		0.008	0.024	
15:0....g	0.000		0	BFFN	4		0.000	0.000	
16:0....g	0.509		0	BFFN	4		0.433	1.243	
17:0....g	0.004		0	BFFN	4		0.003	0.009	
18:0....g	0.269		0	BFFN	4		0.229	0.657	
20:0....g	0.001		0	BFFN	4		0.001	0.002	
22:0....g	0.001		0	BFFN	4		0.001	0.002	
24:0....g									
Fatty acids, total monounsaturated....g	1.249		0	NC	4		1.061	3.047	
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		0.086	0.248	
17:1....g	0.001		0	BFFN	4		0.001	0.001	
18:1 undifferentiated....g	1.137		0	BFFN	4		0.967	2.775	
20:1....g	0.009		0	BFFN	4		0.008	0.022	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.433		0	NC	4		0.368	1.056	
18:2 undifferentiated....g	0.324		0	BFFN	4		0.276	0.791	
18:3 undifferentiated....g	0.017		0	BFFN	4		0.014	0.041	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.005		0	BFFN	4		0.004	0.012	
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		0.074	0.212	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	88	4.011	3	A	1		75	214	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.163	0.469	
Threonine....g	0.833		0	A	1		0.708	2.033	
Isoleucine....g	0.945		0	A	1		0.803	2.305	
Leucine....g	1.605		0	A	1		1.364	3.916	
Lysine....g	1.711		0	A	1		1.454	4.174	
Methionine....g	0.551		0	A	1		0.468	1.345	
Cystine....g	0.210		0	A	1		0.178	0.512	
Phenylalanine....g	0.829		0	A	1		0.705	2.024	
Tyrosine....g	0.620		0	A	1		0.527	1.513	
Valine....g	0.968		0	A	1		0.823	2.362	
Arginine....g	1.308		0	A	1		1.112	3.192	
Histidine....g	0.636		0	A	1		0.541	1.553	
Alanine....g	1.130		0	A	1		0.961	2.757	
Aspartic acid....g	2.529		0	A	1		2.150	6.171	
Glutamic acid....g	2.838		0	A	1		2.412	6.924	
Glycine....g	0.915		0	A	1		0.778	2.233	
Proline....g	1.178		0	A	1		1.001	2.874	

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
Serine....g	0.691		0	A	1		0.588	1.687	
Hydroxyproline....g	0.190		0	A	1		0.162	0.464	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Measure 2 = 244g: 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 27 (2014)

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		0		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 µg	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 µg	2		0		1		3	4	15
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	2		0		1		3	4	15
Folate, DFE µg	2		0	NC	4		3	4	15
Choline, total mg	66.5		0	BFNN	4		93.1	125.1	514.9
Betaine mg	9.2		0	BFNN	4		12.9	17.3	71.3
Vitamin B-12 µg	0.41		0		4		0.57	0.77	3.17
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	21		0	NC	4		29	39	163
Retinol µg	21		0	NR	4		29	39	163
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	70		0		1		98	132	542
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	1.74		0	NR	4		2.44	3.27	13.47
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	0.1	0.5
Vitamin D IU	3		0	BFFN	4		4	5	20
Vitamin K (phylloquinone) µg	5.1		0	BFSN	4		7.1	9.6	39.4
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05147

Goose, domesticated, 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
Lipids:									
Fatty acids, total saturated....g	6.870		0		1		9.618	12.916	53.174
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

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Goose, domesticated, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		42.21	158.91	655.02
Energy kcal	371		0	NC	4		315	1187	4893
Energy kJ	1552		0		4		1319	4967	20474
Protein (N x 6.25) g	15.86	0.793	5		1		13.48	50.75	209.19
Total lipid (fat) g	33.62	2.566	5		1		28.58	107.58	443.45
Ash g	0.87	0.058	5		1		0.74	2.78	11.48
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									
Starch g									
Minerals:									
Calcium, Ca mg	12		2		1		10	38	158
Iron, Fe mg	2.50	0.603	3		1		2.13	8.00	32.98
Magnesium, Mg mg	18		0		1		15	58	237
Phosphorus, P mg	234	49.720	3		1		199	749	3086
Potassium, K mg	308		0		1		262	986	4063
Sodium, Na mg	73		0		1		62	234	963
Zinc, Zn mg	1.72		0		4		1.46	5.50	22.69
Copper, Cu mg	0.270		0		1		0.230	0.864	3.561
Manganese, Mn mg	0.020		0		4		0.017	0.064	0.264
Selenium, Se µg	14.4		0	PIE	4		12.2	46.1	189.9
Vitamins:									
Vitamin C, total ascorbic acid mg	4.2		0		4		3.6	13.4	55.4
Thiamin mg	0.085	0.002	10		1		0.072	0.272	1.121
Riboflavin mg	0.245	0.005	10		1		0.208	0.784	3.232
Niacin mg	3.608	0.673	13		1		3.067	11.546	47.590
Pantothenic acid mg	1.294		0		4		1.100	4.141	17.068
Vitamin B-6 mg	0.390	0.011	11		1		0.332	1.248	5.144
Folate, total µg	4	0.178	10		1		3	13	53
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	4	0.178	10		1		3	13	53
Folate, DFE µg	4		0	NC	4		3	13	53
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		0		4		0.29	1.09	4.48
Vitamin A, RAE µg	17	0.342	10		1		14	53	218
Retinol µg	17	0.342	10		1		14	53	218
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	55	1.138	10		1		47	176	725
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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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 saturated....g	9.780		0		1		8.313	31.296	128.998
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		4		0.000	0.000	0.000
12:0....g	0.030		0		1		0.026	0.096	0.396
13:0....g									
14:0....g	0.170		0		1		0.145	0.544	2.242
15:0....g									
16:0....g	6.950		0		1		5.908	22.240	91.671
17:0....g									
18:0....g	2.330		0		1		1.981	7.456	30.733
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	17.770		0		1		15.105	56.864	234.386
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.980		0		1		0.833	3.136	12.926
17:1....g									
18:1 undifferentiated....g	16.680		0		1		14.178	53.376	220.009
20:1....g	0.040		0		1		0.034	0.128	0.528
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.760		0		1		3.196	12.032	49.594
18:2 undifferentiated....g	3.340		0		1		2.839	10.688	44.055
18:3 undifferentiated....g	0.210		0		1		0.179	0.672	2.770
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		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	80		0		1		68	256	1055
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.207		0		4		0.176	0.662	2.730
Threonine....g	0.708		0		1		0.602	2.266	9.339
Isoleucine....g	0.746		0		1		0.634	2.387	9.840
Leucine....g	1.330		0		1		1.131	4.256	17.543
Lysine....g	1.254		0		1		1.066	4.013	16.540
Methionine....g	0.383		0		1		0.326	1.226	5.052
Cystine....g	0.247		0		4		0.210	0.790	3.258
Phenylalanine....g	0.665		0		1		0.565	2.128	8.771
Tyrosine....g	0.508		0		1		0.432	1.626	6.701
Valine....g	0.777		0		1		0.660	2.486	10.249
Arginine....g	0.987		0		1		0.839	3.158	13.019
Histidine....g	0.442		0		1		0.376	1.414	5.830
Alanine....g	0.977		0		1		0.830	3.126	12.887
Aspartic acid....g	1.426		0		1		1.212	4.563	18.809
Glutamic acid....g	2.358		0		1		2.004	7.546	31.102
Glycine....g	1.005		0		1		0.854	3.216	13.256
Proline....g	0.766		0		1		0.651	2.451	10.104
Serine....g	0.632		0		1		0.537	2.022	8.336
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 320g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 3 = 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 27 (2014)

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 µg	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 µg	12		0		4		17	71	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	12		0		4		17	71	
Folate, DFE µg	12		0	NC	4		17	71	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.49		0		4		0.70	2.90	
Vitamin A, RAE µg	12		0		4		17	71	
Retinol µg	12		0		4		17	71	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	40		0		4		57	236	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05149

Goose, domesticated, meat only, cooked, roasted

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 27 (2014)

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		58.06	126.36	523.18
Energy kcal	161		0	NC	4		137	298	1233
Energy kJ	674		0		4		573	1246	5160
Protein (N x 6.25) g	22.75	0.241	4		1		19.34	42.09	174.27
Total lipid (fat) g	7.13	0.098	4		1		6.06	13.19	54.62
Ash g	1.10		1		1		0.94	2.04	8.43
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									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		11	24	100
Iron, Fe mg	2.57		0		1		2.18	4.75	19.69
Magnesium, Mg mg	24		1		1		20	44	184
Phosphorus, P mg	312		1		1		265	577	2390
Potassium, K mg	420		0		1		357	777	3217
Sodium, Na mg	87		0		1		74	161	666
Zinc, Zn mg	2.34		0		4		1.99	4.33	17.92
Copper, Cu mg	0.306	0.032	19		1		0.260	0.566	2.344
Manganese, Mn mg	0.024		0		4		0.020	0.044	0.184
Selenium, Se µg	16.8		0	BFNN	4		14.3	31.1	128.7
Vitamins:									
Vitamin C, total ascorbic acid mg	7.2		0		4		6.1	13.3	55.2
Thiamin mg	0.129		0		1		0.110	0.239	0.988
Riboflavin mg	0.377		0		1		0.320	0.697	2.888
Niacin mg	4.278		0		1		3.636	7.914	32.769
Pantothenic acid mg	1.973		0		4		1.677	3.650	15.113
Vitamin B-6 mg	0.640		0		1		0.544	1.184	4.902
Folate, total µg	31		0		4		26	57	237
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	31		0		4		26	57	237
Folate, DFE µg	31		0	NC	4		26	57	237
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.49		0		4		0.42	0.91	3.75
Vitamin A, RAE µg	12		0		4		10	22	92
Retinol µg	12		0		4		10	22	92
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	40		0		4		34	74	306
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	2.790		0		1		2.372	5.162	21.371
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.030		0		1		0.026	0.056	0.230
13:0....g									
14:0....g	0.030		0		1		0.026	0.056	0.230
15:0....g									
16:0....g	1.470		0		1		1.250	2.720	11.260
17:0....g									
18:0....g	0.920		0		1		0.782	1.702	7.047
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.850		0		1		1.573	3.423	14.171
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0		1		0.230	0.500	2.068
17:1....g									
18:1 undifferentiated....g	1.580		0		1		1.343	2.923	12.103
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	0.900		0		1		0.765	1.665	6.894
18:2 undifferentiated....g	0.800		0		1		0.680	1.480	6.128
18:3 undifferentiated....g	0.100		0		1		0.085	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	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	84		1		1		71	155	643
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.317		0		4		0.269	0.586	2.428
Threonine....g	0.972		0		4		0.826	1.798	7.446
Isoleucine....g	1.168		0		4		0.993	2.161	8.947
Leucine....g	1.922		0		4		1.634	3.556	14.723
Lysine....g	1.947		0		4		1.655	3.602	14.914
Methionine....g	0.615		0		4		0.523	1.138	4.711
Cystine....g	0.349		0		4		0.297	0.646	2.673
Phenylalanine....g	0.954		0		4		0.811	1.765	7.308
Tyrosine....g	0.866		0		4		0.736	1.602	6.634
Valine....g	1.190		0		4		1.012	2.202	9.115
Arginine....g	1.452		0		4		1.234	2.686	11.122
Histidine....g	0.601		0		4		0.511	1.112	4.604
Alanine....g	1.441		0		4		1.225	2.666	11.038
Aspartic acid....g	2.228		0		4		1.894	4.122	17.066
Glutamic acid....g	3.560		0		4		3.026	6.586	27.270
Glycine....g	1.274		0		4		1.083	2.357	9.759
Proline....g	1.117		0		4		0.949	2.066	8.556
Serine....g	0.979		0		4		0.832	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.

NDB No. 05148

Goose, domesticated, meat only, raw

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 185g: 1 unit (yield from 1 lb ready-to-cook goose)

Measure 3 = 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 27 (2014)

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 µg	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 µg	738		0		4		694	81	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	738		0		4		694	81	
Folate, DFE µg	738		0	NC	4		694	81	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	54.00		0		4		50.76	5.94	
Vitamin A, RAE µg	9309	440.794	13		1		8750	1024	
Retinol µg	9309	440.794	13		1		8750	1024	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	30998	1467.843	13		1		29138	3410	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05150
Goose, liver, raw

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 27 (2014)

NDB No. 05669
Ground turkey, 85% lean, 15% fat, pan-broiled crumbles

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	56.66	0.988	9	A	1		48.16		
Energy kcal	258		0	NC	4		219		
Energy kJ	1077		0	NC	4		916		
Protein g	25.11	0.554	9	A	1		21.34		
Total lipid (fat) g	17.45	1.107	9	A	1		14.83		
Ash g	1.32	0.045	9	A	1		1.12		
Carbohydrate, by difference g	0.00		0	NC	4		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	49	6.749	4	A	1		42		
Iron, Fe mg	1.98	0.134	4	A	1		1.68		
Magnesium, Mg mg	28	0.448	4	A	1		24		
Phosphorus, P mg	263	15.584	4	A	1		224		
Potassium, K mg	276	3.191	4	A	1		235		
Sodium, Na mg	85	3.651	4	A	1		73		
Zinc, Zn mg	3.56	0.121	4	A	1		3.03		
Copper, Cu mg	0.194	0.018	4	A	1		0.165		
Manganese, Mn mg	0.015	0.002	4	A	1		0.013		
Selenium, Se µg	36.1	2.353	4	A	1		30.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080	0.007	4	A	1		0.068		
Riboflavin mg	0.260	0.011	4	A	1		0.221		
Niacin mg	7.720	0.801	4	A	1		6.562		
Pantothenic acid mg	1.400		1	A	1		1.190		
Vitamin B-6 mg	0.462		1	A	1		0.393		
Folate, total µg	7		0	BFNN	4		6		
Folic acid µg	0		0	BFNN	4		0		
Folate, food µg	7		0	BFNN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	76.7		0	BFPN	4		65.2		
Betaine mg	9.5		0	BFPN	4		8.1		
Vitamin B-12 µg	1.60		1	A	1		1.36		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	35		0	AS	1		30		
Retinol µg	35		1	A	1		30		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	117		0	AS	1		100		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.09		1	A	1		0.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.09		1	A	1		0.08		
Tocopherol, delta mg	0.01		1	A	1		0.01		
Tocotrienol, alpha mg	0.04		1	A	1		0.04		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.06		1	A	1		0.05		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.2		45	AI	13		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		45	AI	13		0.2		
Vitamin D IU	8		0	NR	4		7		
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0		

NDB No. 05669

Ground turkey, 85% lean, 15% fat, pan-broiled crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.572		0	NC	4		3.887		
4:0....g	0.004	0.000	4	A	1		0.003		
6:0....g	0.001	0.001	4	A	1		0.001		
8:0....g	0.003	0.001	4	A	1		0.003		
10:0....g	0.006	0.001	4	A	1		0.005		
12:0....g	0.027	0.004	4	A	1		0.023		
13:0....g									
14:0....g	0.163	0.010	4	A	1		0.139		
15:0....g	0.025	0.002	4	A	1		0.021		
16:0....g	3.028	0.246	4	A	1		2.574		
17:0....g	0.050	0.003	4	A	1		0.042		
18:0....g	1.244	0.091	4	A	1		1.057		
20:0....g	0.017	0.001	4	A	1		0.014		
22:0....g	0.005	0.001	4	A	1		0.004		
24:0....g	0.002	0.000	4	A	1		0.002		
Fatty acids, total monounsaturated....g	6.050		0	NC	4		5.143		
14:1....g	0.023	0.002	4	A	1		0.020		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.485	0.046	4	AS	1		0.413		
16:1 c....g	0.473	0.045	4	A	1		0.402		
16:1 t....g	0.013	0.001	4	A	1		0.011		
17:1....g	0.032	0.002	4	A	1		0.027		
18:1 undifferentiated....g	5.421	0.358	4	AS	1		4.608		
18:1 c....g	5.242	0.348	4	A	1		4.455		
18:1 t....g	0.179	0.012	4	A	1		0.152		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.066	0.004	4	A	1		0.056		
22:1 undifferentiated....g	0.003	0.000	4	AS	1		0.002		
22:1 c....g	0.003	0.000	4	A	1		0.002		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.020	0.007	4	A	1		0.017		
Fatty acids, total polyunsaturated....g	4.624		0	NC	4		3.930		
18:2 undifferentiated....g	4.135	0.242	4	AS	1		3.515		
18:2 n-6 c,c....g	4.054	0.240	4	A	1		3.446		
18:2 CLAs....g	0.030	0.001	4	A	1		0.026		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.051	0.003	4	A	1		0.043		
18:3 undifferentiated....g	0.227	0.008	4	AS	1		0.193		
18:3 n-3 c,c,c (ALA)....g	0.214	0.007	4	A	1		0.182		
18:3 n-6 c,c,c....g	0.013	0.000	4	A	1		0.011		
18:3i....g	0.000	0.000	4	A	1		0.000		
18:4....g	0.001	0.000	4	A	1		0.001		
20:2 n-6 c,c....g	0.032	0.003	4	A	1		0.027		
20:3 undifferentiated....g	0.018	0.001	4	AS	1		0.015		
20:3 n-3....g	0.002	0.000	4	A	1		0.002		
20:3 n-6....g	0.016	0.001	4	A	1		0.013		
20:4 undifferentiated....g	0.137	0.010	4	A	1		0.117		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.020	0.006	4	A	1		0.017		
21:5....g									
22:4....g	0.024	0.002	4	A	1		0.021		
22:5 n-3 (DPA)....g	0.013	0.002	4	A	1		0.011		
22:6 n-3 (DHA)....g	0.010	0.002	4	A	1		0.009		
Fatty acids, total trans....g	0.243		0	NC	4		0.206		
Fatty acids, total trans-monoenoic....g	0.192		0	NC	4		0.163		
Fatty acids, total trans-polyenoic....g	0.051		0	NC	4		0.043		
Cholesterol....mg	106	3.336	4	A	1		90		
Phytosterols....mg									
Amino Acids:									

NDB No. 05669

Ground turkey, 85% lean, 15% fat, pan-broiled crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.286		0	A	1		0.243		
Threonine....g	1.154		0	A	1		0.981		
Isoleucine....g	1.126		0	A	1		0.958		
Leucine....g	2.076		0	A	1		1.765		
Lysine....g	2.250		0	A	1		1.913		
Methionine....g	0.740		0	A	1		0.629		
Cystine....g	0.266		0	A	1		0.226		
Phenylalanine....g	0.980		0	A	1		0.833		
Tyrosine....g	0.891		0	A	1		0.757		
Valine....g	1.166		0	A	1		0.991		
Arginine....g	1.826		0	A	1		1.552		
Histidine....g	0.745		0	A	1		0.633		
Alanine....g	1.566		0	A	1		1.331		
Aspartic acid....g	2.429		0	A	1		2.065		
Glutamic acid....g	4.026		0	A	1		3.422		
Glycine....g	1.376		0	A	1		1.170		
Proline....g	1.113		0	A	1		0.946		
Serine....g	1.069		0	A	1		0.908		
Hydroxyproline....g	0.210		0	A	1		0.178		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05670
Ground turkey, 85% lean, 15% fat, patties, broiled

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	58.25	1.081	9	A	1		49.51		
Energy kcal	249		0	NC	4		212		
Energy kJ	1043		0	NC	4		887		
Protein g	25.88	0.414	9	A	1		22.00		
Total lipid (fat) g	16.20	0.995	9	A	1		13.77		
Ash g	1.20	0.020	9	A	1		1.02		
Carbohydrate, by difference g	0.00		0	NC	4		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	48	6.473	4	A	1		40		
Iron, Fe mg	2.04	0.063	4	A	1		1.73		
Magnesium, Mg mg	25	0.844	4	A	1		21		
Phosphorus, P mg	235	14.453	4	A	1		200		
Potassium, K mg	242	16.653	4	A	1		206		
Sodium, Na mg	81	6.489	4	A	1		69		
Zinc, Zn mg	3.25	0.011	4	A	1		2.76		
Copper, Cu mg	0.256	0.009	4	A	1		0.217		
Manganese, Mn mg	0.016	0.001	4	A	1		0.014		
Selenium, Se µg	35.1	2.012	4	A	1		29.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.067	0.005	4	A	1		0.057		
Riboflavin mg	0.232	0.009	4	A	1		0.198		
Niacin mg	6.632	0.586	4	A	1		5.638		
Pantothenic acid mg	1.200		1	A	1		1.020		
Vitamin B-6 mg	0.383		1	A	1		0.325		
Folate, total µg	7		0	BFNN	4		6		
Folic acid µg	0		0	BFNN	4		0		
Folate, food µg	7		0	BFNN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	79.1		0	BFPN	4		67.2		
Betaine mg	9.8		0	BFPN	4		8.4		
Vitamin B-12 µg	1.40		1	A	1		1.19		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	29		0	AS	1		25		
Retinol µg	29		1	A	1		25		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	97		0	AS	1		82		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.07		1	A	1		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.07		1	A	1		0.06		
Tocopherol, delta mg	0.01		1	A	1		0.01		
Tocotrienol, alpha mg	0.03		1	A	1		0.02		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.06		1	A	1		0.05		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.2		45	AI	13		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		45	AI	13		0.2		
Vitamin D IU	8		0	NR	4		7		
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0		

NDB No. 05670

Ground turkey, 85% lean, 15% fat, patties, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	4.127		0	NC	4		3.508		
4:0....g	0.003	0.000	4	A	1		0.003		
6:0....g	0.002	0.001	4	A	1		0.002		
8:0....g	0.003	0.001	4	A	1		0.003		
10:0....g	0.005	0.000	4	A	1		0.004		
12:0....g	0.021	0.002	4	A	1		0.018		
13:0....g									
14:0....g	0.146	0.006	4	A	1		0.124		
15:0....g	0.022	0.001	4	A	1		0.019		
16:0....g	2.729	0.170	4	A	1		2.319		
17:0....g	0.045	0.002	4	A	1		0.038		
18:0....g	1.129	0.065	4	A	1		0.959		
20:0....g	0.015	0.001	4	A	1		0.013		
22:0....g	0.004	0.000	4	A	1		0.004		
24:0....g	0.002	0.000	4	A	1		0.001		
Fatty acids, total monounsaturated....g	5.462		0	NC	4		4.642		
14:1....g	0.021	0.001	4	A	1		0.018		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.442	0.031	4	AS	1		0.376		
16:1 c....g	0.431	0.031	4	A	1		0.366		
16:1 t....g	0.011	0.000	4	A	1		0.010		
17:1....g	0.029	0.001	4	A	1		0.025		
18:1 undifferentiated....g	4.884	0.239	4	AS	1		4.152		
18:1 c....g	4.721	0.232	4	A	1		4.013		
18:1 t....g	0.163	0.008	4	A	1		0.139		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.060	0.003	4	A	1		0.051		
22:1 undifferentiated....g	0.003	0.000	4	AS	1		0.003		
22:1 c....g	0.003	0.000	4	A	1		0.003		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.022	0.007	4	A	1		0.019		
Fatty acids, total polyunsaturated....g	4.167		0	NC	4		3.542		
18:2 undifferentiated....g	3.719	0.164	4	AS	1		3.161		
18:2 n-6 c,c....g	3.640	0.165	4	A	1		3.094		
18:2 CLAs....g	0.030	0.000	4	A	1		0.025		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.049	0.001	4	A	1		0.042		
18:3 undifferentiated....g	0.203	0.007	4	AS	1		0.172		
18:3 n-3 c,c,c (ALA)....g	0.191	0.007	4	A	1		0.163		
18:3 n-6 c,c,c....g	0.011	0.001	4	A	1		0.010		
18:3i....g	0.000	0.000	4	A	1		0.000		
18:4....g	0.001	0.000	4	A	1		0.001		
20:2 n-6 c,c....g	0.030	0.003	4	A	1		0.025		
20:3 undifferentiated....g	0.017	0.001	4	AS	1		0.014		
20:3 n-3....g	0.002	0.000	4	A	1		0.002		
20:3 n-6....g	0.014	0.000	4	A	1		0.012		
20:4 undifferentiated....g	0.126	0.012	4	A	1		0.108		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.021	0.006	4	A	1		0.018		
21:5....g									
22:4....g	0.022	0.002	4	A	1		0.019		
22:5 n-3 (DPA)....g	0.013	0.002	4	A	1		0.011		
22:6 n-3 (DHA)....g	0.009	0.002	4	A	1		0.008		
Fatty acids, total trans....g	0.224		0	NC	4		0.190		
Fatty acids, total trans-monoenoic....g	0.175		0	NC	4		0.148		
Fatty acids, total trans-polyenoic....g	0.049		0	NC	4		0.042		
Cholesterol....mg	105	2.121	4	A	1		89		
Phytosterols....mg									
Amino Acids:									

NDB No. 05670

Ground turkey, 85% lean, 15% fat, patties, 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
Tryptophan g	0.296		0	A	1		0.251		
Threonine g	1.192		0	A	1		1.013		
Isoleucine g	1.164		0	A	1		0.989		
Leucine g	2.145		0	A	1		1.823		
Lysine g	2.324		0	A	1		1.976		
Methionine g	0.764		0	A	1		0.650		
Cystine g	0.275		0	A	1		0.233		
Phenylalanine g	1.013		0	A	1		0.861		
Tyrosine g	0.921		0	A	1		0.783		
Valine g	1.204		0	A	1		1.023		
Arginine g	1.886		0	A	1		1.604		
Histidine g	0.769		0	A	1		0.654		
Alanine g	1.618		0	A	1		1.375		
Aspartic acid g	2.509		0	A	1		2.133		
Glutamic acid g	4.159		0	A	1		3.535		
Glycine g	1.422		0	A	1		1.209		
Proline g	1.150		0	A	1		0.977		
Serine g	1.104		0	A	1		0.938		
Hydroxyproline g	0.216		0	A	1		0.184		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05668
Ground turkey, 85% lean, 15% 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	69.74	0.555	9	A	1		59.28	19.77	315.90
Energy kcal	180		0	NC	4		153	51	817
Energy kJ	755		0	NC	4		642	214	3420
Protein g	16.90	0.255	9	A	1		14.36	4.79	76.54
Total lipid (fat) g	12.54	0.847	9	A	1		10.66	3.55	56.80
Ash g	0.96	0.023	9	A	1		0.81	0.27	4.34
Carbohydrate, by difference g	0.00		0	NC	4		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	4.579	4	A	1		28	9	147
Iron, Fe mg	1.32	0.066	4	A	1		1.12	0.37	5.97
Magnesium, Mg mg	19	0.761	4	A	1		16	5	87
Phosphorus, P mg	179	4.622	4	A	1		152	51	810
Potassium, K mg	202	4.021	4	A	1		172	57	916
Sodium, Na mg	54	4.991	4	A	1		46	15	245
Zinc, Zn mg	2.75	0.094	4	A	1		2.34	0.78	12.48
Copper, Cu mg	0.123	0.011	4	A	1		0.104	0.035	0.557
Manganese, Mn mg	0.009	0.001	4	A	1		0.008	0.003	0.042
Selenium, Se µg	24.6	1.278	4	A	1		20.9	7.0	111.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.067	0.006	4	A	1		0.057	0.019	0.306
Riboflavin mg	0.177	0.007	4	A	1		0.151	0.050	0.804
Niacin mg	5.075	0.362	4	A	1		4.314	1.439	22.990
Pantothenic acid mg	1.100		1	A	1		0.935	0.312	4.983
Vitamin B-6 mg	0.485		1	A	1		0.412	0.137	2.197
Folate, total µg	6		0	BFNN	4		5	2	28
Folic acid µg	0		0	BFNN	4		0	0	0
Folate, food µg	6		0	BFNN	4		5	2	28
Folate, DFE µg	6		0	NC	4		5	2	28
Choline, total mg	51.6		0	AS	1		43.9	14.6	233.8
Betaine mg	6.4		1	A	1		5.5	1.8	29.1
Vitamin B-12 µg	1.30		1	A	1		1.10	0.37	5.89
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	30		0	AS	1		26	9	137
Retinol µg	30		1	A	1		26	9	137
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	101		0	AS	1		85	29	455
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.08		1	A	1		0.07	0.02	0.37
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		1	A	1		0.00	0.00	0.02
Tocopherol, gamma mg	0.08		1	A	1		0.06	0.02	0.34
Tocopherol, delta mg	0.01		1	A	1		0.00	0.00	0.03
Tocotrienol, alpha mg	0.03		1	A	1		0.02	0.01	0.11
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.02		1	A	1		0.02	0.01	0.09
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.4		40	AI	13		0.3	0.1	1.6
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	14		0	NR	4		12	4	63
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	0.0

NDB No. 05668
Ground turkey, 85% lean, 15% fat, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.414		0	NC	4		2.902	0.968	15.464
4:0....g	0.003	0.000	4	A	1		0.002	0.001	0.011
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.002	0.001	4	A	1		0.001	0.000	0.008
10:0....g	0.005	0.000	4	A	1		0.004	0.001	0.022
12:0....g	0.017	0.000	4	A	1		0.014	0.005	0.077
13:0....g									
14:0....g	0.122	0.007	4	A	1		0.103	0.035	0.552
15:0....g	0.018	0.001	4	A	1		0.015	0.005	0.082
16:0....g	2.280	0.147	4	A	1		1.938	0.646	10.326
17:0....g	0.037	0.002	4	A	1		0.031	0.010	0.167
18:0....g	0.914	0.054	4	A	1		0.777	0.259	4.140
20:0....g	0.012	0.001	4	A	1		0.010	0.003	0.053
22:0....g	0.004	0.000	4	A	1		0.003	0.001	0.017
24:0....g	0.002	0.000	4	A	1		0.001	0.000	0.008
Fatty acids, total monounsaturated....g	4.551		0	NC	4		3.868	1.290	20.616
14:1....g	0.018	0.001	4	A	1		0.015	0.005	0.080
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.382	0.028	4	AS	1		0.325	0.108	1.732
16:1 c....g	0.373	0.028	4	A	1		0.317	0.106	1.688
16:1 t....g	0.010	0.000	4	A	1		0.008	0.003	0.044
17:1....g	0.024	0.001	4	A	1		0.021	0.007	0.110
18:1 undifferentiated....g	4.065	0.238	4	AS	1		3.455	1.152	18.414
18:1 c....g	3.932	0.231	4	A	1		3.342	1.115	17.812
18:1 t....g	0.133	0.008	4	A	1		0.113	0.038	0.602
18:1-11 t (18:1t n-7)....g									
20:1....g	0.048	0.003	4	A	1		0.041	0.014	0.218
22:1 undifferentiated....g	0.002	0.000	4	AS	1		0.002	0.001	0.009
22:1 c....g	0.002	0.000	4	A	1		0.002	0.001	0.009
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.012	0.003	4	A	1		0.010	0.003	0.053
Fatty acids, total polyunsaturated....g	3.485		0	NC	4		2.962	0.988	15.786
18:2 undifferentiated....g	3.108	0.165	4	AS	1		2.641	0.881	14.077
18:2 n-6 c,c....g	3.046	0.163	4	A	1		2.589	0.863	13.797
18:2 CLAs....g	0.024	0.001	4	A	1		0.020	0.007	0.108
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.038	0.001	4	A	1		0.032	0.011	0.172
18:3 undifferentiated....g	0.175	0.007	4	AS	1		0.149	0.050	0.794
18:3 n-3 c,c,c (ALA)....g	0.165	0.006	4	A	1		0.140	0.047	0.748
18:3 n-6 c,c,c....g	0.010	0.000	4	A	1		0.009	0.003	0.046
18:3i....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4....g	0.001	0.000	4	A	1		0.001	0.000	0.005
20:2 n-6 c,c....g	0.023	0.002	4	A	1		0.019	0.006	0.103
20:3 undifferentiated....g	0.014	0.000	4	AS	1		0.012	0.004	0.062
20:3 n-3....g	0.002	0.000	4	A	1		0.001	0.000	0.008
20:3 n-6....g	0.012	0.000	4	A	1		0.010	0.003	0.054
20:4 undifferentiated....g	0.110	0.001	4	A	1		0.093	0.031	0.497
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.002	4	A	1		0.010	0.003	0.053
21:5....g									
22:4....g	0.020	0.000	4	A	1		0.017	0.006	0.089
22:5 n-3 (DPA)....g	0.011	0.000	4	A	1		0.010	0.003	0.052
22:6 n-3 (DHA)....g	0.009	0.001	4	A	1		0.007	0.002	0.039
Fatty acids, total trans....g	0.181		0	NC	4		0.153	0.051	0.818
Fatty acids, total trans-monoenoic....g	0.143		0	NC	4		0.121	0.040	0.646
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.032	0.011	0.172
Cholesterol....mg	78	0.865	4	A	1		66	22	354
Phytosterols....mg									
Amino Acids:									

NDB No. 05668
Ground turkey, 85% lean, 15% fat, 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
Tryptophan....g	0.192		0	A	1		0.163	0.055	0.871
Threonine....g	0.776		0	A	1		0.659	0.220	3.514
Isoleucine....g	0.757		0	A	1		0.644	0.215	3.430
Leucine....g	1.396		0	A	1		1.186	0.396	6.322
Lysine....g	1.512		0	A	1		1.286	0.429	6.851
Methionine....g	0.497		0	A	1		0.423	0.141	2.253
Cystine....g	0.179		0	A	1		0.152	0.051	0.809
Phenylalanine....g	0.659		0	A	1		0.560	0.187	2.984
Tyrosine....g	0.599		0	A	1		0.509	0.170	2.714
Valine....g	0.783		0	A	1		0.666	0.222	3.549
Arginine....g	1.227		0	A	1		1.043	0.348	5.560
Histidine....g	0.501		0	A	1		0.426	0.142	2.268
Alanine....g	1.053		0	A	1		0.895	0.298	4.768
Aspartic acid....g	1.633		0	A	1		1.388	0.463	7.396
Glutamic acid....g	2.706		0	A	1		2.300	0.767	12.259
Glycine....g	0.925		0	A	1		0.786	0.262	4.191
Proline....g	0.748		0	A	1		0.636	0.212	3.389
Serine....g	0.718		0	A	1		0.611	0.204	3.254
Hydroxyproline....g	0.200		1	A	1		0.170	0.057	0.906
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 patty (cooked from 4 oz raw)

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05666
Ground turkey, 93% lean, 7% fat, pan-broiled crumbles

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	61.05	0.296	11	A	1		51.89		
Energy kcal	213		0	NC	4		181		
Energy kJ	890		0	NC	4		757		
Protein g	27.10	0.319	11	A	1		23.03		
Total lipid (fat) g	11.60	0.379	11	A	1		9.86		
Ash g	1.27	0.017	11	A	1		1.08		
Carbohydrate, by difference g	0.00		0	NC	4		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	31	3.184	4	A	1		26		
Iron, Fe mg	1.56	0.085	4	A	1		1.32		
Magnesium, Mg mg	29	0.522	4	A	1		25		
Phosphorus, P mg	259	4.568	4	A	1		220		
Potassium, K mg	304	14.851	4	A	1		258		
Sodium, Na mg	90	5.351	4	A	1		77		
Zinc, Zn mg	3.77	0.104	4	A	1		3.21		
Copper, Cu mg	0.166	0.010	4	A	1		0.141		
Manganese, Mn mg	0.010	0.000	4	A	1		0.008		
Selenium, Se µg	28.4	1.356	4	A	1		24.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.088	0.006	4	A	1		0.074		
Riboflavin mg	0.262	0.029	4	A	1		0.223		
Niacin mg	8.095	0.488	4	A	1		6.881		
Pantothenic acid mg	1.400		1	A	1		1.190		
Vitamin B-6 mg	0.497		1	A	1		0.422		
Folate, total µg	7		0	BFNN	4		6		
Folic acid µg	0		0	BFNN	4		0		
Folate, food µg	7		0	BFNN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	78.7		0	AS	1		66.9		
Betaine mg	12.3		1	A	1		10.5		
Vitamin B-12 µg	1.90		1	A	1		1.61		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	30		0	AS	1		26		
Retinol µg	30		1	A	1		26		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	101		0	AS	1		86		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.18		1	A	1		0.15		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01		1	A	1		0.01		
Tocopherol, gamma mg	0.19		1	A	1		0.16		
Tocopherol, delta mg	0.03		1	A	1		0.03		
Tocotrienol, alpha mg	0.04		1	A	1		0.03		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.11		1	A	1		0.10		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.2		45	AI	13		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		45	AI	13		0.2		
Vitamin D IU	8		0	NR	4		7		
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0		

NDB No. 05666

Ground turkey, 93% lean, 7% fat, pan-broiled crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.966		0	NC	4		2.521		
4:0....g	0.003	0.000	4	A	1		0.003		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.001	0.000	4	A	1		0.001		
10:0....g	0.005	0.000	4	A	1		0.004		
12:0....g	0.015	0.003	4	A	1		0.013		
13:0....g									
14:0....g	0.093	0.003	4	A	1		0.079		
15:0....g	0.014	0.000	4	A	1		0.012		
16:0....g	2.018	0.045	4	A	1		1.716		
17:0....g	0.027	0.002	4	A	1		0.023		
18:0....g	0.774	0.021	4	A	1		0.658		
20:0....g	0.010	0.000	4	A	1		0.008		
22:0....g	0.003	0.000	4	A	1		0.003		
24:0....g	0.001	0.000	4	A	1		0.001		
Fatty acids, total monounsaturated....g	3.895		0	NC	4		3.311		
14:1....g	0.017	0.001	4	A	1		0.015		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.380	0.032	4	AS	1		0.323		
16:1 c....g	0.372	0.032	4	A	1		0.317		
16:1 t....g	0.007	0.000	4	A	1		0.006		
17:1....g	0.020	0.001	4	A	1		0.017		
18:1 undifferentiated....g	3.433	0.048	4	AS	1		2.918		
18:1 c....g	3.335	0.054	4	A	1		2.835		
18:1 t....g	0.099	0.006	4	A	1		0.084		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041	0.000	4	A	1		0.035		
22:1 undifferentiated....g	0.002	0.000	4	AS	1		0.002		
22:1 c....g	0.002	0.000	4	A	1		0.002		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.002	0.000	4	A	1		0.002		
Fatty acids, total polyunsaturated....g	3.562		0	NC	4		3.027		
18:2 undifferentiated....g	3.113	0.060	4	AS	1		2.646		
18:2 n-6 c,c....g	3.054	0.060	4	A	1		2.596		
18:2 CLAs....g	0.020	0.001	4	A	1		0.017		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.038	0.002	4	A	1		0.032		
18:3 undifferentiated....g	0.184	0.002	4	AS	1		0.157		
18:3 n-3 c,c,c (ALA)....g	0.175	0.002	4	A	1		0.149		
18:3 n-6 c,c,c....g	0.009	0.000	4	A	1		0.008		
18:3i....g	0.000	0.000	4	A	1		0.000		
18:4....g	0.001	0.000	4	A	1		0.001		
20:2 n-6 c,c....g	0.020	0.001	4	A	1		0.017		
20:3 undifferentiated....g	0.016	0.000	4	AS	1		0.014		
20:3 n-3....g	0.002	0.000	4	A	1		0.002		
20:3 n-6....g	0.014	0.000	4	A	1		0.012		
20:4 undifferentiated....g	0.165	0.007	4	A	1		0.140		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	4	A	1		0.004		
21:5....g									
22:4....g	0.031	0.000	4	A	1		0.026		
22:5 n-3 (DPA)....g	0.015	0.001	4	A	1		0.013		
22:6 n-3 (DHA)....g	0.011	0.001	4	A	1		0.010		
Fatty acids, total trans....g	0.144		0	NC	4		0.123		
Fatty acids, total trans-monoenoic....g	0.106		0	NC	4		0.090		
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.032		
Cholesterol....mg	104	5.075	4	A	1		88		
Phytosterols....mg									
Amino Acids:									

NDB No. 05666

Ground turkey, 93% lean, 7% fat, pan-broiled crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.308		0	A	1		0.262		
Threonine....g	1.244		0	A	1		1.057		
Isoleucine....g	1.214		0	A	1		1.032		
Leucine....g	2.237		0	A	1		1.902		
Lysine....g	2.425		0	A	1		2.061		
Methionine....g	0.797		0	A	1		0.678		
Cystine....g	0.286		0	A	1		0.243		
Phenylalanine....g	1.056		0	A	1		0.898		
Tyrosine....g	0.960		0	A	1		0.816		
Valine....g	1.256		0	A	1		1.068		
Arginine....g	1.968		0	A	1		1.673		
Histidine....g	0.803		0	A	1		0.682		
Alanine....g	1.687		0	A	1		1.434		
Aspartic acid....g	2.617		0	A	1		2.225		
Glutamic acid....g	4.338		0	A	1		3.688		
Glycine....g	1.483		0	A	1		1.261		
Proline....g	1.199		0	A	1		1.019		
Serine....g	1.151		0	A	1		0.979		
Hydroxyproline....g	0.226		0	A	1		0.192		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05667
Ground turkey, 93% lean, 7% fat, patties, broiled

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	62.42	0.806	11	A	1		53.06		
Energy kcal	207		0	NC	4		176		
Energy kJ	864		0	NC	4		734		
Protein g	25.86	0.484	11	A	1		21.98		
Total lipid (fat) g	11.45	0.458	11	A	1		9.73		
Ash g	1.07	0.022	11	A	1		0.91		
Carbohydrate, by difference g	0.00		0	NC	4		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	29	2.822	4	A	1		25		
Iron, Fe mg	1.73	0.221	4	A	1		1.47		
Magnesium, Mg mg	25	0.550	4	A	1		22		
Phosphorus, P mg	210	2.753	4	A	1		179		
Potassium, K mg	247	2.911	4	A	1		210		
Sodium, Na mg	91	4.237	4	A	1		77		
Zinc, Zn mg	3.71	0.107	4	A	1		3.15		
Copper, Cu mg	0.161	0.005	4	A	1		0.137		
Manganese, Mn mg	0.011	0.002	4	A	1		0.010		
Selenium, Se µg	27.5	1.073	4	A	1		23.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.080	0.000	4	A	1		0.068		
Riboflavin mg	0.232	0.018	4	A	1		0.198		
Niacin mg	6.640	0.282	4	A	1		5.644		
Pantothenic acid mg	1.300		1	A	1		1.105		
Vitamin B-6 mg	0.471		1	A	1		0.400		
Folate, total µg	7		0	BFNN	4		6		
Folic acid µg	0		0	BFNN	4		0		
Folate, food µg	7		0	BFNN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	77.7		0	AS	1		66.1		
Betaine mg	8.4		1	A	1		7.2		
Vitamin B-12 µg	1.80		1	A	1		1.53		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	31		0	AS	1		27		
Retinol µg	31		1	A	1		27		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	105		0	AS	1		89		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		1	A	1		0.11		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01		1	A	1		0.01		
Tocopherol, gamma mg	0.16		1	A	1		0.14		
Tocopherol, delta mg	0.03		1	A	1		0.02		
Tocotrienol, alpha mg	0.04		1	A	1		0.04		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.11		1	A	1		0.09		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.2		45	AI	13		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		45	AI	13		0.2		
Vitamin D IU	8		0	NR	4		7		
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0		

NDB No. 05667
Ground turkey, 93% lean, 7% fat, patties, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.958		0	NC	4		2.514		
4:0....g	0.003	0.000	4	A	1		0.002		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.001	0.001	4	A	1		0.000		
10:0....g	0.005	0.000	4	A	1		0.004		
12:0....g	0.015	0.004	4	A	1		0.013		
13:0....g									
14:0....g	0.093	0.003	4	A	1		0.079		
15:0....g	0.014	0.001	4	A	1		0.012		
16:0....g	2.012	0.037	4	A	1		1.710		
17:0....g	0.027	0.002	4	A	1		0.023		
18:0....g	0.773	0.025	4	A	1		0.657		
20:0....g	0.009	0.000	4	A	1		0.008		
22:0....g	0.003	0.000	4	A	1		0.003		
24:0....g	0.002	0.000	4	A	1		0.001		
Fatty acids, total monounsaturated....g	3.875		0	NC	4		3.294		
14:1....g	0.017	0.001	4	A	1		0.015		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.379	0.030	4	AS	1		0.322		
16:1 c....g	0.371	0.030	4	A	1		0.315		
16:1 t....g	0.007	0.001	4	A	1		0.006		
17:1....g	0.020	0.001	4	A	1		0.017		
18:1 undifferentiated....g	3.414	0.062	4	AS	1		2.902		
18:1 c....g	3.317	0.060	4	A	1		2.819		
18:1 t....g	0.097	0.007	4	A	1		0.083		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.040	0.001	4	A	1		0.034		
22:1 undifferentiated....g	0.002	0.000	4	AS	1		0.002		
22:1 c....g	0.002	0.000	4	A	1		0.002		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.002	0.001	4	A	1		0.002		
Fatty acids, total polyunsaturated....g	3.545		0	NC	4		3.014		
18:2 undifferentiated....g	3.096	0.075	4	AS	1		2.632		
18:2 n-6 c,c....g	3.039	0.071	4	A	1		2.583		
18:2 CLAs....g	0.019	0.001	4	A	1		0.016		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.038	0.005	4	A	1		0.033		
18:3 undifferentiated....g	0.183	0.006	4	AS	1		0.156		
18:3 n-3 c,c,c (ALA)....g	0.174	0.005	4	A	1		0.148		
18:3 n-6 c,c,c....g	0.009	0.001	4	A	1		0.008		
18:3i....g	0.000	0.000	4	A	1		0.000		
18:4....g	0.001	0.000	4	A	1		0.001		
20:2 n-6 c,c....g	0.020	0.001	4	A	1		0.017		
20:3 undifferentiated....g	0.016	0.001	4	AS	1		0.014		
20:3 n-3....g	0.002	0.000	4	A	1		0.001		
20:3 n-6....g	0.015	0.001	4	A	1		0.012		
20:4 undifferentiated....g	0.167	0.007	4	A	1		0.142		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	4	A	1		0.004		
21:5....g									
22:4....g	0.031	0.001	4	A	1		0.026		
22:5 n-3 (DPA)....g	0.015	0.001	4	A	1		0.013		
22:6 n-3 (DHA)....g	0.011	0.001	4	A	1		0.010		
Fatty acids, total trans....g	0.143		0	NC	4		0.122		
Fatty acids, total trans-monoenoic....g	0.105		0	NC	4		0.089		
Fatty acids, total trans-polyenoic....g	0.038		0	NC	4		0.033		
Cholesterol....mg	106	5.107	4	A	1		90		
Phytosterols....mg									
Amino Acids:									

NDB No. 05667

Ground turkey, 93% lean, 7% fat, patties, 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
Tryptophan....g	0.295		0	A	1		0.250		
Threonine....g	1.189		0	A	1		1.010		
Isoleucine....g	1.160		0	A	1		0.986		
Leucine....g	2.139		0	A	1		1.818		
Lysine....g	2.318		0	A	1		1.970		
Methionine....g	0.762		0	A	1		0.648		
Cystine....g	0.274		0	A	1		0.233		
Phenylalanine....g	1.010		0	A	1		0.858		
Tyrosine....g	0.918		0	A	1		0.780		
Valine....g	1.201		0	A	1		1.020		
Arginine....g	1.881		0	A	1		1.599		
Histidine....g	0.767		0	A	1		0.652		
Alanine....g	1.613		0	A	1		1.371		
Aspartic acid....g	2.502		0	A	1		2.127		
Glutamic acid....g	4.147		0	A	1		3.525		
Glycine....g	1.418		0	A	1		1.205		
Proline....g	1.146		0	A	1		0.974		
Serine....g	1.101		0	A	1		0.936		
Hydroxyproline....g	0.216		0	A	1		0.183		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05665
Ground turkey, 93% lean, 7% 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	72.63	0.269	11	A	1		20.59	329.01	61.74
Energy kcal	150		0	NC	4		43	680	128
Energy kJ	628		0	NC	4		178	2843	534
Protein g	18.73	0.292	11	A	1		5.31	84.85	15.92
Total lipid (fat) g	8.34	0.270	11	A	1		2.37	37.80	7.09
Ash g	0.92	0.012	11	A	1		0.26	4.19	0.79
Carbohydrate, by difference g	0.00		0	NC	4		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	2.460	4	A	1		6	95	18
Iron, Fe mg	1.17	0.033	4	A	1		0.33	5.29	0.99
Magnesium, Mg mg	21	0.187	4	A	1		6	96	18
Phosphorus, P mg	193	4.602	4	A	1		55	875	164
Potassium, K mg	213	4.439	4	A	1		60	964	181
Sodium, Na mg	69	1.883	4	A	1		20	314	59
Zinc, Zn mg	2.53	0.029	4	A	1		0.72	11.47	2.15
Copper, Cu mg	0.107	0.010	4	A	1		0.030	0.483	0.091
Manganese, Mn mg	0.008	0.000	4	A	1		0.002	0.038	0.007
Selenium, Se µg	19.0	0.318	4	A	1		5.4	86.3	16.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.067	0.003	4	A	1		0.019	0.306	0.057
Riboflavin mg	0.185	0.012	4	A	1		0.052	0.838	0.157
Niacin mg	5.417	0.094	4	A	1		1.536	24.541	4.605
Pantothenic acid mg	1.000		1	A	1		0.284	4.530	0.850
Vitamin B-6 mg	0.350		1	A	1		0.099	1.585	0.297
Folate, total µg	7		0	BFNN	4		2	31	6
Folic acid µg	0		0	BFNN	4		0	0	0
Folate, food µg	7		0	BFNN	4		2	31	6
Folate, DFE µg	7		0	NC	4		2	31	6
Choline, total mg	53.0		0	AS	1		15.0	240.0	45.0
Betaine mg	7.1		1	A	1		2.0	32.0	6.0
Vitamin B-12 µg	1.20		1	A	1		0.34	5.44	1.02
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	22		0	AS	1		6	100	19
Retinol µg	22		1	A	1		6	100	19
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	73		0	AS	1		21	332	62
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.11		1	A	1		0.03	0.52	0.10
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		1	A	1		0.00	0.02	0.00
Tocopherol, gamma mg	0.13		1	A	1		0.04	0.57	0.11
Tocopherol, delta mg	0.02		1	A	1		0.01	0.11	0.02
Tocotrienol, alpha mg	0.02		1	A	1		0.01	0.10	0.02
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.04		1	A	1		0.01	0.17	0.03
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.4		40	AI	13		0.1	1.6	0.3
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	14		0	NR	4		4	63	12
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	0.0

NDB No. 05665
Ground turkey, 93% lean, 7% fat, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.170		0	NC	4		0.615	9.829	1.844
4:0....g	0.003	0.001	4	A	1		0.001	0.012	0.002
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.002	0.001	4	A	1		0.000	0.007	0.001
10:0....g	0.004	0.000	4	A	1		0.001	0.016	0.003
12:0....g	0.010	0.002	4	A	1		0.003	0.047	0.009
13:0....g									
14:0....g	0.068	0.001	4	A	1		0.019	0.308	0.058
15:0....g	0.010	0.000	4	A	1		0.003	0.046	0.009
16:0....g	1.477	0.056	4	A	1		0.419	6.692	1.256
17:0....g	0.020	0.001	4	A	1		0.006	0.091	0.017
18:0....g	0.566	0.009	4	A	1		0.160	2.563	0.481
20:0....g	0.007	0.000	4	A	1		0.002	0.033	0.006
22:0....g	0.002	0.000	4	A	1		0.001	0.010	0.002
24:0....g	0.001	0.000	4	A	1		0.000	0.005	0.001
Fatty acids, total monounsaturated....g	2.843		0	NC	4		0.806	12.878	2.416
14:1....g	0.012	0.001	4	A	1		0.004	0.057	0.011
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.271	0.030	4	AS	1		0.077	1.228	0.230
16:1 c....g	0.265	0.030	4	A	1		0.075	1.202	0.226
16:1 t....g	0.006	0.000	4	A	1		0.002	0.026	0.005
17:1....g	0.014	0.001	4	A	1		0.004	0.066	0.012
18:1 undifferentiated....g	2.508	0.068	4	AS	1		0.711	11.363	2.132
18:1 c....g	2.435	0.071	4	A	1		0.690	11.029	2.069
18:1 t....g	0.074	0.004	4	A	1		0.021	0.334	0.063
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029	0.001	4	A	1		0.008	0.132	0.025
22:1 undifferentiated....g	0.001	0.000	4	AS	1		0.000	0.006	0.001
22:1 c....g	0.001	0.000	4	A	1		0.000	0.006	0.001
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.006	0.002	4	A	1		0.002	0.026	0.005
Fatty acids, total polyunsaturated....g	2.537		0	NC	4		0.719	11.494	2.157
18:2 undifferentiated....g	2.231	0.026	4	AS	1		0.633	10.108	1.897
18:2 n-6 c,c....g	2.185	0.027	4	A	1		0.620	9.900	1.858
18:2 CLAs....g	0.013	0.000	4	A	1		0.004	0.061	0.011
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.032	0.003	4	A	1		0.009	0.147	0.028
18:3 undifferentiated....g	0.127	0.002	4	AS	1		0.036	0.574	0.108
18:3 n-3 c,c,c (ALA)....g	0.121	0.002	4	A	1		0.034	0.547	0.103
18:3 n-6 c,c,c....g	0.006	0.000	4	A	1		0.002	0.027	0.005
18:3i....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4....g	0.001	0.000	4	A	1		0.000	0.005	0.001
20:2 n-6 c,c....g	0.015	0.000	4	A	1		0.004	0.067	0.013
20:3 undifferentiated....g	0.011	0.001	4	AS	1		0.003	0.052	0.010
20:3 n-3....g	0.002	0.000	4	A	1		0.000	0.007	0.001
20:3 n-6....g	0.010	0.000	4	A	1		0.003	0.045	0.008
20:4 undifferentiated....g	0.108	0.005	4	A	1		0.031	0.491	0.092
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005	0.001	4	A	1		0.002	0.025	0.005
21:5....g									
22:4....g	0.020	0.001	4	A	1		0.006	0.089	0.017
22:5 n-3 (DPA)....g	0.010	0.001	4	A	1		0.003	0.045	0.008
22:6 n-3 (DHA)....g	0.008	0.000	4	A	1		0.002	0.035	0.007
Fatty acids, total trans....g	0.112		0	NC	4		0.032	0.507	0.095
Fatty acids, total trans-monoenoic....g	0.079		0	NC	4		0.023	0.360	0.068
Fatty acids, total trans-polyenoic....g	0.032		0	NC	4		0.009	0.147	0.028
Cholesterol....mg	74	1.611	4	A	1		21	335	63
Phytosterols....mg									
Amino Acids:									

NDB No. 05665
Ground turkey, 93% lean, 7% fat, 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
Tryptophan....g	0.213		0	A	1		0.060	0.965	0.181
Threonine....g	0.859		0	A	1		0.244	3.891	0.730
Isoleucine....g	0.838		0	A	1		0.238	3.798	0.713
Leucine....g	1.545		0	A	1		0.438	7.001	1.314
Lysine....g	1.675		0	A	1		0.475	7.587	1.424
Methionine....g	0.551		0	A	1		0.156	2.495	0.468
Cystine....g	0.198		0	A	1		0.056	0.896	0.168
Phenylalanine....g	0.729		0	A	1		0.207	3.305	0.620
Tyrosine....g	0.663		0	A	1		0.188	3.005	0.564
Valine....g	0.868		0	A	1		0.246	3.930	0.737
Arginine....g	1.359		0	A	1		0.385	6.157	1.155
Histidine....g	0.554		0	A	1		0.157	2.511	0.471
Alanine....g	1.166		0	A	1		0.330	5.280	0.991
Aspartic acid....g	1.808		0	A	1		0.513	8.190	1.537
Glutamic acid....g	2.997		0	A	1		0.850	13.575	2.547
Glycine....g	1.024		0	A	1		0.290	4.641	0.871
Proline....g	0.828		0	A	1		0.235	3.753	0.704
Serine....g	0.795		0	A	1		0.225	3.603	0.676
Hydroxyproline....g	0.200		1	A	1		0.057	0.906	0.170
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 lb

Measure 3 = 85g: 1 serving (cooked from 4 oz)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05306
Ground turkey, 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	62.07	0.588	58	A	1		50.90	204.82	
Energy kcal	203		0	NC	4		167	670	
Energy kJ	850		0	NC	4		697	2804	
Protein g	27.37	0.331	58	A	1		22.45	90.33	
Total lipid (fat) g	10.40	0.792	58	A	1		8.53	34.31	
Ash g	1.26	0.018	58	A	1		1.03	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	28	3.899	24	A	1		23	93	
Iron, Fe mg	1.52	0.112	24	A	1		1.24	5.01	
Magnesium, Mg mg	30	0.875	24	A	1		24	97	
Phosphorus, P mg	254	6.613	24	A	1		208	837	
Potassium, K mg	294	10.008	24	A	1		241	971	
Sodium, Na mg	78	3.144	24	A	1		64	257	
Zinc, Zn mg	3.11	0.151	24	A	1		2.55	10.27	
Copper, Cu mg	0.151	0.015	24	A	1		0.124	0.498	
Manganese, Mn mg	0.011	0.001	24	A	1		0.009	0.035	
Selenium, Se µg	31.1	1.176	24	A	1		25.5	102.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.077	0.002	24	A	1		0.064	0.256	
Riboflavin mg	0.211	0.012	24	A	1		0.173	0.697	
Niacin mg	8.724	0.506	24	A	1		7.154	28.790	
Pantothenic acid mg	1.193	0.089	6	A	1		0.978	3.938	
Vitamin B-6 mg	0.633	0.117	6	A	1		0.519	2.090	
Folate, total µg	7		0	BFNN	4		6	23	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFNN	4		6	23	
Folate, DFE µg	7		0	NC	4		6	23	
Choline, total mg	78.2		0	AS	1		64.1	258.1	
Betaine mg	10.4		2	A	1		8.5	34.3	
Vitamin B-12 µg	1.34	0.220	6	A	1		1.10	4.44	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	24		0	AS	1		19	78	
Retinol µg	24	4.967	6	A	1		19	78	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	79		0	AS	1		65	261	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11	0.017	6	A	1		0.09	0.36	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01	0.001	6	A	1		0.00	0.02	
Tocopherol, gamma mg	0.12	0.019	6	A	1		0.10	0.41	
Tocopherol, delta mg	0.02	0.004	6	A	1		0.02	0.07	
Tocotrienol, alpha mg	0.03	0.006	6	A	1		0.02	0.10	
Tocotrienol, beta mg	0.00	0.000	6	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.06	0.018	6	A	1		0.05	0.20	
Tocotrienol, delta mg	0.00	0.001	6	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.2		0	BFZN	4		0.2	0.7	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		0	BFZN	4		0.2	0.7	
Vitamin D IU	8		0	NR	4		7	26	
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 05306
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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.669		0	NC	4		2.188	8.807	
4:0....g	0.003	0.000	24	A	1		0.002	0.010	
6:0....g	0.001	0.000	24	A	1		0.000	0.002	
8:0....g	0.002	0.000	24	A	1		0.001	0.005	
10:0....g	0.004	0.000	24	A	1		0.004	0.015	
12:0....g	0.014	0.002	24	A	1		0.012	0.047	
13:0....g									
14:0....g	0.088	0.012	24	A	1		0.072	0.290	
15:0....g	0.013	0.002	24	A	1		0.011	0.044	
16:0....g	1.775	0.217	24	A	1		1.456	5.859	
17:0....g	0.027	0.004	24	A	1		0.022	0.088	
18:0....g	0.729	0.084	24	A	1		0.597	2.404	
20:0....g	0.009	0.001	24	A	1		0.008	0.030	
22:0....g	0.003	0.000	24	A	1		0.002	0.010	
24:0....g	0.001	0.000	24	A	1		0.001	0.004	
Fatty acids, total monounsaturated....g	3.458		0	NC	4		2.835	11.411	
14:1....g	0.014	0.002	24	A	1		0.011	0.046	
15:1....g	0.000	0.000	24	A	1		0.000	0.000	
16:1 undifferentiated....g	0.298	0.039	24	AS	1		0.244	0.982	
16:1 c....g	0.290	0.038	24	A	1		0.238	0.959	
16:1 t....g	0.007	0.001	24	A	1		0.006	0.023	
17:1....g	0.020	0.002	24	A	1		0.016	0.066	
18:1 undifferentiated....g	3.080	0.392	24	AS	1		2.525	10.163	
18:1 c....g	2.984	0.379	24	A	1		2.447	9.848	
18:1 t....g	0.095	0.013	24	A	1		0.078	0.315	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.037	0.005	24	A	1		0.030	0.122	
22:1 undifferentiated....g	0.002	0.000	24	AS	1		0.001	0.005	
22:1 c....g	0.002	0.000	24	A	1		0.001	0.005	
22:1 t....g	0.000	0.000	24	A	1		0.000	0.000	
24:1 c....g	0.008	0.002	24	A	1		0.006	0.026	
Fatty acids, total polyunsaturated....g	2.917		0	NC	4		2.392	9.625	
18:2 undifferentiated....g	2.556	0.296	24	AS	1		2.096	8.435	
18:2 n-6 c,c....g	2.508	0.290	24	A	1		2.056	8.275	
18:2 CLAs....g	0.017	0.002	24	A	1		0.014	0.057	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031	0.004	24	A	1		0.026	0.103	
18:3 undifferentiated....g	0.144	0.017	24	AS	1		0.118	0.476	
18:3 n-3 c,c,c (ALA)....g	0.136	0.016	24	A	1		0.112	0.450	
18:3 n-6 c,c,c....g	0.008	0.001	24	A	1		0.006	0.025	
18:3i....g	0.000	0.000	24	A	1		0.000	0.000	
18:4....g	0.001	0.000	24	A	1		0.001	0.002	
20:2 n-6 c,c....g	0.019	0.002	24	A	1		0.015	0.062	
20:3 undifferentiated....g	0.013	0.001	24	AS	1		0.011	0.042	
20:3 n-3....g	0.001	0.000	24	A	1		0.001	0.005	
20:3 n-6....g	0.011	0.001	24	A	1		0.009	0.038	
20:4 undifferentiated....g	0.127	0.008	24	A	1		0.105	0.421	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010	0.002	24	A	1		0.008	0.031	
21:5....g									
22:4....g	0.024	0.001	24	A	1		0.019	0.078	
22:5 n-3 (DPA)....g	0.012	0.001	24	A	1		0.010	0.041	
22:6 n-3 (DHA)....g	0.009	0.001	24	A	1		0.008	0.030	
Fatty acids, total trans....g	0.134		0	NC	4		0.110	0.441	
Fatty acids, total trans-monoenoic....g	0.103		0	NC	4		0.084	0.338	
Fatty acids, total trans-polyenoic....g	0.031		0	NC	4		0.026	0.103	
Cholesterol....mg	93	3.917	24	A	1		76	307	
Phytosterols....mg									
Amino Acids:									

NDB No. 05306
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
Tryptophan....g	0.312		0	A	1		0.256	1.029	
Threonine....g	1.258		0	A	1		1.031	4.150	
Isoleucine....g	1.227		0	A	1		1.006	4.051	
Leucine....g	2.262		0	A	1		1.855	7.466	
Lysine....g	2.452		0	A	1		2.010	8.091	
Methionine....g	0.806		0	A	1		0.661	2.661	
Cystine....g	0.290		0	A	1		0.237	0.956	
Phenylalanine....g	1.068		0	A	1		0.876	3.524	
Tyrosine....g	0.971		0	A	1		0.796	3.204	
Valine....g	1.270		0	A	1		1.041	4.191	
Arginine....g	1.990		0	A	1		1.632	6.566	
Histidine....g	0.811		0	A	1		0.665	2.678	
Alanine....g	1.706		0	A	1		1.399	5.631	
Aspartic acid....g	2.647		0	A	1		2.170	8.734	
Glutamic acid....g									
Glycine....g	1.500		0	A	1		1.230	4.949	
Proline....g	1.213		0	A	1		0.994	4.002	
Serine....g	1.164		0	A	1		0.955	3.842	
Hydroxyproline....g	0.228		0	A	1		0.187	0.754	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05663
Ground turkey, fat free, pan-broiled crumbles

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	65.76	0.321	9	A	1		55.90		
Energy kcal	151		0	NC	4		128		
Energy kJ	632		0	NC	4		538		
Protein g	31.69	0.214	9	A	1		26.94		
Total lipid (fat) g	2.71	0.116	9	A	1		2.30		
Ash g	1.42	0.035	9	A	1		1.21		
Carbohydrate, by difference g	0.00		0	NC	4		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	0.776	4	A	1		5		
Iron, Fe mg	1.02	0.061	4	A	1		0.87		
Magnesium, Mg mg	35	1.355	4	A	1		29		
Phosphorus, P mg	290	12.950	4	A	1		247		
Potassium, K mg	357	14.350	4	A	1		303		
Sodium, Na mg	61	0.784	4	A	1		52		
Zinc, Zn mg	2.20	0.285	4	A	1		1.87		
Copper, Cu mg	0.067	0.006	4	A	1		0.057		
Manganese, Mn mg	0.006	0.000	4	A	1		0.005		
Selenium, Se µg	31.4	2.978	4	A	1		26.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.082	0.005	4	A	1		0.070		
Riboflavin mg	0.135	0.009	4	A	1		0.115		
Niacin mg	12.550	0.608	4	A	1		10.668		
Pantothenic acid mg	0.960		1	A	1		0.816		
Vitamin B-6 mg	1.080		1	A	1		0.918		
Folate, total µg	8		0	BFNN	4		7		
Folic acid µg	0		0	BFNN	4		0		
Folate, food µg	8		0	BFNN	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	64.4		0	BFPN	4		54.8		
Betaine mg	7.3		0	BFPN	4		6.2		
Vitamin B-12 µg	0.70		1	A	1		0.59		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	9		0	AS	1		8		
Retinol µg	9		1	A	1		8		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	30		0	AS	1		25		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.10		1	A	1		0.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01		1	A	1		0.01		
Tocopherol, gamma mg	0.12		1	A	1		0.10		
Tocopherol, delta mg	0.03		1	A	1		0.02		
Tocotrienol, alpha mg	0.01		1	A	1		0.01		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.02		1	A	1		0.01		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.2		45	AI	13		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		45	AI	13		0.2		
Vitamin D IU	8		0	NR	4		7		
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0		

NDB No. 05663

Ground turkey, fat free, pan-broiled crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.717		0	NC	4		0.610		
4:0....g	0.003	0.000	4	A	1		0.002		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.001	0.000	4	A	1		0.001		
10:0....g	0.003	0.001	4	A	1		0.003		
12:0....g	0.003	0.000	4	A	1		0.002		
13:0....g									
14:0....g	0.016	0.001	4	A	1		0.014		
15:0....g	0.003	0.000	4	A	1		0.003		
16:0....g	0.445	0.018	4	A	1		0.378		
17:0....g	0.005	0.000	4	A	1		0.005		
18:0....g	0.234	0.008	4	A	1		0.199		
20:0....g	0.002	0.000	4	A	1		0.002		
22:0....g	0.002	0.000	4	A	1		0.001		
24:0....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated....g	0.751		0	NC	4		0.639		
14:1....g	0.003	0.000	4	A	1		0.002		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.048	0.003	4	AS	1		0.041		
16:1 c....g	0.047	0.002	4	A	1		0.040		
16:1 t....g	0.001	0.000	4	A	1		0.001		
17:1....g	0.010	0.000	4	A	1		0.008		
18:1 undifferentiated....g	0.682	0.054	4	AS	1		0.580		
18:1 c....g	0.665	0.054	4	A	1		0.565		
18:1 t....g	0.018	0.001	4	A	1		0.015		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	4	A	1		0.007		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.843		0	NC	4		0.717		
18:2 undifferentiated....g	0.668	0.054	4	AS	1		0.568		
18:2 n-6 c,c....g	0.660	0.053	4	A	1		0.561		
18:2 CLAs....g	0.003	0.000	4	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.000	4	A	1		0.004		
18:3 undifferentiated....g	0.036	0.003	4	AS	1		0.031		
18:3 n-3 c,c,c (ALA)....g	0.034	0.003	4	A	1		0.029		
18:3 n-6 c,c,c....g	0.002	0.000	4	A	1		0.002		
18:3i....g	0.000	0.000	4	A	1		0.000		
18:4....g	0.000	0.000	4	A	1		0.000		
20:2 n-6 c,c....g	0.006	0.000	4	A	1		0.005		
20:3 undifferentiated....g	0.005	0.000	4	AS	1		0.004		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.005	0.000	4	A	1		0.004		
20:4 undifferentiated....g	0.090	0.005	4	A	1		0.077		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	4	A	1		0.003		
21:5....g									
22:4....g	0.018	0.001	4	A	1		0.015		
22:5 n-3 (DPA)....g	0.009	0.000	4	A	1		0.008		
22:6 n-3 (DHA)....g	0.007	0.001	4	A	1		0.006		
Fatty acids, total trans....g	0.024		0	NC	4		0.021		
Fatty acids, total trans-monoenoic....g	0.019		0	NC	4		0.016		
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.004		
Cholesterol....mg	71	1.689	4	A	1		60		
Phytosterols....mg									
Amino Acids:									

NDB No. 05663

Ground turkey, fat free, pan-broiled crumbles

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Tryptophan....g	0.360		0	A	1		0.306		
Threonine....g	1.452		0	A	1		1.235		
Isoleucine....g	1.418		0	A	1		1.205		
Leucine....g	2.613		0	A	1		2.221		
Lysine....g	2.832		0	A	1		2.407		
Methionine....g	0.931		0	A	1		0.792		
Cystine....g	0.334		0	A	1		0.284		
Phenylalanine....g	1.233		0	A	1		1.048		
Tyrosine....g	1.122		0	A	1		0.953		
Valine....g	1.467		0	A	1		1.247		
Arginine....g	2.298		0	A	1		1.953		
Histidine....g	0.937		0	A	1		0.797		
Alanine....g	1.971		0	A	1		1.675		
Aspartic acid....g	3.057		0	A	1		2.598		
Glutamic acid....g	5.067		0	A	1		4.307		
Glycine....g	1.732		0	A	1		1.472		
Proline....g	1.401		0	A	1		1.191		
Serine....g	1.345		0	A	1		1.143		
Hydroxyproline....g	0.264		0	A	1		0.225		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05664
Ground turkey, fat free, patties, broiled

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	68.40	0.388	9	A	1		58.14	19.39	
Energy kcal	138		0	NC	4		118	39	
Energy kJ	578		0	NC	4		491	164	
Protein g	28.99	0.222	9	A	1		24.64	8.22	
Total lipid (fat) g	2.48	0.104	9	A	1		2.11	0.70	
Ash g	1.29	0.025	9	A	1		1.10	0.37	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.672	4	A	1		5	2	
Iron, Fe mg	0.78	0.242	4	A	1		0.67	0.22	
Magnesium, Mg mg	35	0.910	4	A	1		30	10	
Phosphorus, P mg	264	10.563	4	A	1		224	75	
Potassium, K mg	339	11.162	4	A	1		288	96	
Sodium, Na mg	59	2.382	4	A	1		50	17	
Zinc, Zn mg	2.19	0.158	4	A	1		1.86	0.62	
Copper, Cu mg	0.061	0.006	4	A	1		0.052	0.017	
Manganese, Mn mg	0.006	0.000	4	A	1		0.005	0.002	
Selenium, Se µg	28.0	4.311	4	A	1		23.8	7.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.067	0.005	4	A	1		0.057	0.019	
Riboflavin mg	0.145	0.019	4	A	1		0.123	0.041	
Niacin mg	10.707	0.736	4	A	1		9.101	3.036	
Pantothenic acid mg	0.900		1	A	1		0.765	0.255	
Vitamin B-6 mg	0.908		1	A	1		0.772	0.257	
Folate, total µg	7		0	BFPN	4		6	2	
Folic acid µg	0		0	BFPN	4		0	0	
Folate, food µg	7		0	BFPN	4		6	2	
Folate, DFE µg	7		0	NC	4		6	2	
Choline, total mg	58.9		0	BFPN	4		50.1	16.7	
Betaine mg	6.6		0	BFPN	4		5.6	1.9	
Vitamin B-12 µg	0.67		1	A	1		0.57	0.19	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	AS	1		6	2	
Retinol µg	8		1	A	1		6	2	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	AS	1		22	7	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		1	A	1		0.07	0.02	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		1	A	1		0.01	0.00	
Tocopherol, gamma mg	0.11		1	A	1		0.09	0.03	
Tocopherol, delta mg	0.02		1	A	1		0.02	0.01	
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.00	
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.01		1	A	1		0.01	0.00	
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.2		45	AI	13		0.2	0.1	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.2		45	AI	13		0.2	0.1	
Vitamin D IU	8		0	NR	4		7	2	
Vitamin K (phylloquinone) µg	0.0		1		1		0.0	0.0	

NDB No. 05664
Ground turkey, fat free, patties, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.673		0	NC	4		0.572	0.191	
4:0....g	0.002	0.000	4	A	1		0.002	0.001	
6:0....g	0.000	0.000	4	A	1		0.000	0.000	
8:0....g	0.001	0.000	4	A	1		0.001	0.000	
10:0....g	0.003	0.000	4	A	1		0.002	0.001	
12:0....g	0.003	0.001	4	A	1		0.003	0.001	
13:0....g									
14:0....g	0.015	0.000	4	A	1		0.013	0.004	
15:0....g	0.003	0.000	4	A	1		0.003	0.001	
16:0....g	0.421	0.020	4	A	1		0.358	0.119	
17:0....g	0.005	0.000	4	A	1		0.004	0.001	
18:0....g	0.217	0.008	4	A	1		0.184	0.061	
20:0....g	0.002	0.000	4	A	1		0.001	0.000	
22:0....g	0.001	0.000	4	A	1		0.001	0.000	
24:0....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.713		0	NC	4		0.606	0.202	
14:1....g	0.003	0.000	4	A	1		0.002	0.001	
15:1....g	0.000	0.000	4	A	1		0.000	0.000	
16:1 undifferentiated....g	0.051	0.003	4	AS	1		0.043	0.014	
16:1 c....g	0.049	0.003	4	A	1		0.042	0.014	
16:1 t....g	0.002	0.000	4	A	1		0.002	0.001	
17:1....g	0.009	0.000	4	A	1		0.007	0.002	
18:1 undifferentiated....g	0.643	0.028	4	AS	1		0.547	0.182	
18:1 c....g	0.627	0.028	4	A	1		0.533	0.178	
18:1 t....g	0.016	0.000	4	A	1		0.014	0.005	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.000	4	A	1		0.006	0.002	
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.759		0	NC	4		0.645	0.215	
18:2 undifferentiated....g	0.604	0.060	4	AS	1		0.514	0.171	
18:2 n-6 c,c....g	0.598	0.061	4	A	1		0.508	0.170	
18:2 CLAs....g	0.001	0.000	4	A	1		0.001	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005	0.000	4	A	1		0.004	0.001	
18:3 undifferentiated....g	0.032	0.004	4	AS	1		0.027	0.009	
18:3 n-3 c,c,c (ALA)....g	0.030	0.003	4	A	1		0.026	0.009	
18:3 n-6 c,c,c....g	0.002	0.000	4	A	1		0.001	0.000	
18:3i....g	0.000	0.000	4	A	1		0.000	0.000	
18:4....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.005	0.000	4	A	1		0.004	0.001	
20:3 undifferentiated....g	0.004	0.000	4	AS	1		0.004	0.001	
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 n-6....g	0.004	0.000	4	A	1		0.004	0.001	
20:4 undifferentiated....g	0.079	0.004	4	A	1		0.067	0.022	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.000	4	A	1		0.003	0.001	
21:5....g									
22:4....g	0.016	0.001	4	A	1		0.014	0.005	
22:5 n-3 (DPA)....g	0.008	0.000	4	A	1		0.007	0.002	
22:6 n-3 (DHA)....g	0.006	0.000	4	A	1		0.005	0.002	
Fatty acids, total trans....g	0.023		0	NC	4		0.020	0.007	
Fatty acids, total trans-monoenoic....g	0.018		0	NC	4		0.016	0.005	
Fatty acids, total trans-polyenoic....g	0.005		0	NC	4		0.004	0.001	
Cholesterol....mg	65	2.334	4	A	1		55	18	
Phytosterols....mg									
Amino Acids:									

NDB No. 05664
Ground turkey, fat free, patties, 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
Tryptophan....g	0.330		0	A	1		0.280	0.094	
Threonine....g	1.330		0	A	1		1.131	0.377	
Isoleucine....g	1.299		0	A	1		1.104	0.368	
Leucine....g	2.394		0	A	1		2.034	0.679	
Lysine....g	2.594		0	A	1		2.205	0.735	
Methionine....g	0.853		0	A	1		0.725	0.242	
Cystine....g	0.306		0	A	1		0.260	0.087	
Phenylalanine....g	1.130		0	A	1		0.960	0.320	
Tyrosine....g	1.027		0	A	1		0.873	0.291	
Valine....g	1.344		0	A	1		1.142	0.381	
Arginine....g	2.105		0	A	1		1.789	0.597	
Histidine....g	0.859		0	A	1		0.730	0.243	
Alanine....g	1.805		0	A	1		1.534	0.512	
Aspartic acid....g	2.800		0	A	1		2.380	0.794	
Glutamic acid....g	4.641		0	A	1		3.945	1.316	
Glycine....g	1.587		0	A	1		1.349	0.450	
Proline....g	1.283		0	A	1		1.091	0.364	
Serine....g	1.232		0	A	1		1.047	0.349	
Hydroxyproline....g	0.242		0	BFPN	4		0.206	0.069	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 patty

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05662
Ground turkey, fat free, 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	74.66	0.279	9	A	1		63.46	21.17	338.19
Energy kcal	112		0	NC	4		95	32	507
Energy kJ	468		0	NC	4		398	133	2120
Protein g	23.57	0.238	9	A	1		20.04	6.68	106.78
Total lipid (fat) g	1.95	0.101	9	A	1		1.66	0.55	8.83
Ash g	1.15	0.006	9	A	1		0.97	0.32	5.19
Carbohydrate, by difference g	0.00		0	NC	4		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	3	0.561	4	A	1		3	1	15
Iron, Fe mg	0.77	0.117	4	A	1		0.65	0.22	3.49
Magnesium, Mg mg	29	0.381	4	A	1		25	8	131
Phosphorus, P mg	227	9.224	4	A	1		193	64	1029
Potassium, K mg	295	8.328	4	A	1		251	84	1335
Sodium, Na mg	51	1.403	4	A	1		43	14	231
Zinc, Zn mg	1.76	0.173	4	A	1		1.50	0.50	7.97
Copper, Cu mg	0.058	0.003	4	A	1		0.050	0.017	0.265
Manganese, Mn mg	0.006	0.000	4	A	1		0.005	0.002	0.026
Selenium, Se µg	22.1	1.838	4	A	1		18.8	6.3	100.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.062	0.005	4	A	1		0.053	0.018	0.283
Riboflavin mg	0.105	0.003	4	A	1		0.089	0.030	0.475
Niacin mg	9.708	0.610	4	A	1		8.251	2.752	43.975
Pantothenic acid mg	0.880		1	A	1		0.748	0.249	3.986
Vitamin B-6 mg	0.857		1	A	1		0.728	0.243	3.882
Folate, total µg	8		0	BFNN	4		7	2	38
Folic acid µg	0		0	BFNN	4		0	0	0
Folate, food µg	8		0	BFNN	4		7	2	38
Folate, DFE µg	8		0	NC	4		7	2	38
Choline, total mg	47.9		0	AS	1		40.7	13.6	217.0
Betaine mg	5.4		1	A	1		4.6	1.5	24.5
Vitamin B-12 µg	0.51		1	A	1		0.43	0.14	2.31
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	7		0	AS	1		6	2	34
Retinol µg	7		1	A	1		6	2	34
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	25		0	AS	1		21	7	113
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.07		1	A	1		0.06	0.02	0.32
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.01		1	A	1		0.00	0.00	0.02
Tocopherol, gamma mg	0.09		1	A	1		0.08	0.03	0.41
Tocopherol, delta mg	0.02		1	A	1		0.02	0.01	0.09
Tocotrienol, alpha mg	0.01		1	A	1		0.01	0.00	0.05
Tocotrienol, beta mg	0.00		1	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.01		1	A	1		0.01	0.00	0.03
Tocotrienol, delta mg	0.00		1	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.4		40	AI	13		0.3	0.1	1.6
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	14		0	NR	4		12	4	63
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	0.0

NDB No. 05662
Ground turkey, fat free, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.487		0	NC	4		0.414	0.138	2.207
4:0....g	0.003	0.000	4	A	1		0.003	0.001	0.014
6:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0....g	0.003	0.000	4	A	1		0.003	0.001	0.014
12:0....g	0.002	0.001	4	A	1		0.002	0.001	0.009
13:0....g									
14:0....g	0.011	0.001	4	A	1		0.009	0.003	0.049
15:0....g	0.002	0.000	4	A	1		0.001	0.000	0.008
16:0....g	0.303	0.021	4	A	1		0.257	0.086	1.371
17:0....g	0.004	0.000	4	A	1		0.003	0.001	0.017
18:0....g	0.158	0.011	4	A	1		0.134	0.045	0.716
20:0....g	0.001	0.000	4	A	1		0.001	0.000	0.006
22:0....g	0.001	0.000	4	A	1		0.001	0.000	0.005
24:0....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.512		0	NC	4		0.435	0.145	2.321
14:1....g	0.003	0.000	4	A	1		0.002	0.001	0.011
15:1....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.036	0.002	4	AS	1		0.030	0.010	0.162
16:1 c....g	0.035	0.002	4	A	1		0.029	0.010	0.157
16:1 t....g	0.001	0.000	4	A	1		0.001	0.000	0.005
17:1....g	0.007	0.000	4	A	1		0.006	0.002	0.032
18:1 undifferentiated....g	0.462	0.048	4	AS	1		0.393	0.131	2.094
18:1 c....g	0.450	0.047	4	A	1		0.383	0.128	2.039
18:1 t....g	0.012	0.001	4	A	1		0.010	0.003	0.055
18:1-11 t (18:1t n-7)....g									
20:1....g	0.005	0.001	4	A	1		0.004	0.001	0.021
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated....g	0.594		0	NC	4		0.505	0.168	2.691
18:2 undifferentiated....g	0.457	0.048	4	AS	1		0.389	0.130	2.071
18:2 n-6 c,c....g	0.452	0.047	4	A	1		0.384	0.128	2.047
18:2 CLAs....g	0.002	0.000	4	A	1		0.001	0.000	0.007
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004	0.001	4	A	1		0.003	0.001	0.017
18:3 undifferentiated....g	0.023	0.003	4	AS	1		0.020	0.007	0.106
18:3 n-3 c,c,c (ALA)....g	0.022	0.003	4	A	1		0.019	0.006	0.102
18:3 n-6 c,c,c....g	0.001	0.000	4	A	1		0.001	0.000	0.005
18:3i....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.004	0.000	4	A	1		0.004	0.001	0.020
20:3 undifferentiated....g	0.004	0.000	4	AS	1		0.003	0.001	0.018
20:3 n-3....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-6....g	0.004	0.000	4	A	1		0.003	0.001	0.018
20:4 undifferentiated....g	0.075	0.004	4	A	1		0.064	0.021	0.339
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	4	A	1		0.001	0.000	0.007
21:5....g									
22:4....g	0.015	0.001	4	A	1		0.013	0.004	0.068
22:5 n-3 (DPA)....g	0.008	0.000	4	A	1		0.006	0.002	0.034
22:6 n-3 (DHA)....g	0.006	0.001	4	A	1		0.005	0.002	0.028
Fatty acids, total trans....g	0.017		0	NC	4		0.014	0.005	0.076
Fatty acids, total trans-monoenoic....g	0.013		0	NC	4		0.011	0.004	0.060
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.003	0.001	0.017
Cholesterol....mg	55	1.000	4	A	1		47	16	250
Phytosterols....mg									
Amino Acids:									

NDB No. 05662
Ground turkey, fat free, 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
Tryptophan....g	0.267		0	A	1		0.227	0.076	1.210
Threonine....g	1.078		0	A	1		0.916	0.306	4.882
Isoleucine....g	1.052		0	A	1		0.894	0.298	4.765
Leucine....g	1.939		0	A	1		1.648	0.550	8.783
Lysine....g	2.101		0	A	1		1.786	0.596	9.517
Methionine....g	0.691		0	A	1		0.587	0.196	3.130
Cystine....g	0.248		0	A	1		0.211	0.070	1.124
Phenylalanine....g	0.915		0	A	1		0.778	0.259	4.146
Tyrosine....g	0.832		0	A	1		0.707	0.236	3.769
Valine....g	1.088		0	A	1		0.925	0.309	4.930
Arginine....g	1.705		0	A	1		1.449	0.483	7.724
Histidine....g	0.695		0	A	1		0.591	0.197	3.150
Alanine....g	1.462		0	A	1		1.243	0.415	6.624
Aspartic acid....g	2.268		0	A	1		1.928	0.643	10.274
Glutamic acid....g	3.759		0	A	1		3.195	1.066	17.029
Glycine....g	1.285		0	A	1		1.092	0.364	5.822
Proline....g	1.039		0	A	1		0.883	0.295	4.708
Serine....g	0.998		0	A	1		0.848	0.283	4.520
Hydroxyproline....g	0.090		1	A	1		0.077	0.026	0.408
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 patty (cooked from 4 oz raw)

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05305
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	72.36	0.424	29	A	1		328.23	82.49	
Energy kcal	148		0	NC	4		670	168	
Energy kJ	618		0	NC	4		2801	704	
Protein g	19.66	0.537	29	A	1		89.19	22.42	
Total lipid (fat) g	7.66	0.840	29	A	1		34.75	8.73	
Ash g	1.00	0.020	29	A	1		4.55	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	19	3.940	12	A	1		86	22	
Iron, Fe mg	1.09	0.081	12	A	1		4.92	1.24	
Magnesium, Mg mg	23	1.293	12	A	1		105	26	
Phosphorus, P mg	200	6.997	12	A	1		906	228	
Potassium, K mg	237	12.847	12	A	1		1073	270	
Sodium, Na mg	58	2.951	12	A	1		264	66	
Zinc, Zn mg	2.35	0.142	12	A	1		10.65	2.68	
Copper, Cu mg	0.096	0.009	12	A	1		0.435	0.109	
Manganese, Mn mg	0.008	0.001	12	A	1		0.035	0.009	
Selenium, Se µg	21.9	0.964	12	A	1		99.3	25.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.066	0.003	12	A	1		0.299	0.075	
Riboflavin mg	0.156	0.012	12	A	1		0.707	0.178	
Niacin mg	6.733	0.671	12	A	1		30.542	7.676	
Pantothenic acid mg	0.993	0.064	3	A	1		4.506	1.132	
Vitamin B-6 mg	0.564	0.152	3	A	1		2.558	0.643	
Folate, total µg	7		0	BFNN	4		32	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFNN	4		32	8	
Folate, DFE µg	7		0	NC	4		32	8	
Choline, total mg	50.8	1.515	3	AS	1		230.6	57.9	
Betaine mg	6.3	0.487	3	A	1		28.6	7.2	
Vitamin B-12 µg	1.00	0.248	3	A	1		4.55	1.14	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	20		0	AS	1		90	23	
Retinol µg	20	6.638	3	A	1		90	23	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	66		0	AS	1		300	75	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09	0.013	3	A	1		0.40	0.10	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.02	0.01	
Tocopherol, gamma mg	0.10	0.015	3	A	1		0.44	0.11	
Tocopherol, delta mg	0.02	0.005	3	A	1		0.07	0.02	
Tocotrienol, alpha mg	0.02	0.005	3	A	1		0.09	0.02	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.02	0.009	3	A	1		0.10	0.02	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.4		0	BFZN	4		1.6	0.4	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU	14		0	NR	4		64	16	
Vitamin K (phylloquinone) µg	0.0		1	A	1		0.0	0.0	

NDB No. 05305
Ground turkey, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.024		0	NC	4		9.179	2.307	
4:0....g	0.003	0.000	12	A	1		0.012	0.003	
6:0....g	0.000	0.000	12	A	1		0.000	0.000	
8:0....g	0.001	0.000	12	A	1		0.005	0.001	
10:0....g	0.004	0.000	12	A	1		0.017	0.004	
12:0....g	0.010	0.002	12	A	1		0.044	0.011	
13:0....g									
14:0....g	0.067	0.014	12	A	1		0.303	0.076	
15:0....g	0.010	0.002	12	A	1		0.046	0.011	
16:0....g	1.353	0.249	12	A	1		6.138	1.543	
17:0....g	0.020	0.004	12	A	1		0.092	0.023	
18:0....g	0.546	0.095	12	A	1		2.476	0.622	
20:0....g	0.007	0.001	12	A	1		0.031	0.008	
22:0....g	0.002	0.000	12	A	1		0.011	0.003	
24:0....g	0.001	0.000	12	A	1		0.004	0.001	
Fatty acids, total monounsaturated....g	2.635		0	NC	4		11.954	3.004	
14:1....g	0.011	0.002	12	A	1		0.049	0.012	
15:1....g	0.000	0.000	12	A	1		0.000	0.000	
16:1 undifferentiated....g	0.230	0.045	12	AS	1		1.042	0.262	
16:1 c....g	0.224	0.044	12	A	1		1.017	0.256	
16:1 t....g	0.005	0.001	12	A	1		0.025	0.006	
17:1....g	0.015	0.002	12	A	1		0.069	0.017	
18:1 undifferentiated....g	2.345	0.451	12	AS	1		10.638	2.674	
18:1 c....g	2.272	0.436	12	A	1		10.307	2.590	
18:1 t....g	0.073	0.015	12	A	1		0.331	0.083	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027	0.005	12	A	1		0.124	0.031	
22:1 undifferentiated....g	0.001	0.000	12	AS	1		0.005	0.001	
22:1 c....g	0.001	0.000	12	A	1		0.005	0.001	
22:1 t....g	0.000	0.000	12	A	1		0.000	0.000	
24:1 c....g	0.006	0.002	12	A	1		0.026	0.007	
Fatty acids, total polyunsaturated....g	2.205		0	NC	4		10.003	2.514	
18:2 undifferentiated....g	1.932	0.337	12	AS	1		8.764	2.203	
18:2 n-6 c,c....g	1.894	0.329	12	A	1		8.593	2.160	
18:2 CLAs....g	0.013	0.003	12	A	1		0.059	0.015	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.025	0.005	12	A	1		0.112	0.028	
18:3 undifferentiated....g	0.108	0.019	12	AS	1		0.492	0.124	
18:3 n-3 c,c,c (ALA)....g	0.103	0.018	12	A	1		0.466	0.117	
18:3 n-6 c,c,c....g	0.006	0.001	12	A	1		0.026	0.007	
18:3i....g	0.000	0.000	12	A	1		0.000	0.000	
18:4....g	0.001	0.000	12	A	1		0.003	0.001	
20:2 n-6 c,c....g	0.014	0.002	12	A	1		0.063	0.016	
20:3 undifferentiated....g	0.010	0.001	12	AS	1		0.044	0.011	
20:3 n-3....g	0.001	0.000	12	A	1		0.005	0.001	
20:3 n-6....g	0.009	0.001	12	A	1		0.039	0.010	
20:4 undifferentiated....g	0.098	0.005	12	A	1		0.443	0.111	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006	0.001	12	A	1		0.028	0.007	
21:5....g									
22:4....g	0.018	0.001	12	A	1		0.082	0.021	
22:5 n-3 (DPA)....g	0.010	0.001	12	A	1		0.044	0.011	
22:6 n-3 (DHA)....g	0.008	0.000	12	A	1		0.034	0.009	
Fatty acids, total trans....g	0.103		0	NC	4		0.468	0.118	
Fatty acids, total trans-monoenoic....g	0.078		0	NC	4		0.356	0.089	
Fatty acids, total trans-polyenoic....g	0.025		0	NC	4		0.112	0.028	
Cholesterol....mg	69	3.090	12	A	1		313	79	
Phytosterols....mg									
Amino Acids:									

NDB No. 05305
Ground turkey, 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
Tryptophan g	0.223		0	A	1		1.014	0.255	
Threonine g	0.901		0	A	1		4.088	1.028	
Isoleucine g	0.880		0	A	1		3.991	1.003	
Leucine g	1.622		0	A	1		7.355	1.849	
Lysine g	1.757		0	A	1		7.971	2.003	
Methionine g	0.578		0	A	1		2.621	0.659	
Cystine g	0.208		0	A	1		0.942	0.237	
Phenylalanine g	0.765		0	A	1		3.472	0.873	
Tyrosine g	0.696		0	A	1		3.157	0.793	
Valine g	0.910		0	A	1		4.129	1.038	
Arginine g	1.426		0	A	1		6.469	1.626	
Histidine g	0.582		0	A	1		2.638	0.663	
Alanine g	1.223		0	A	1		5.547	1.394	
Aspartic acid g	1.897		0	A	1		8.605	2.163	
Glutamic acid g	3.144		0	A	1		14.262	3.584	
Glycine g	1.075		0	A	1		4.876	1.225	
Proline g	0.869		0	A	1		3.943	0.991	
Serine g	0.835		0	A	1		3.785	0.951	
Hydroxyproline g	0.163	0.037	3	A	1		0.741	0.186	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		58.57	247.35	237.71
Energy kcal	158		0	NC	4		134	567	545
Energy kJ	661		0		4		562	2373	2281
Protein (N x 6.25) g	23.40		2		1		19.89	84.01	80.73
Total lipid (fat) g	6.45		2		1		5.48	23.16	22.25
Ash g	1.25		2		1		1.06	4.49	4.31
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									
Starch g									
Minerals:									
Calcium, Ca mg	11		0		4		9	39	38
Iron, Fe mg	0.84		0		4		0.71	3.02	2.90
Magnesium, Mg mg	22		0		4		19	79	76
Phosphorus, P mg	153		0		4		130	549	528
Potassium, K mg	193		0		4		164	693	666
Sodium, Na mg	67		0		4		57	241	231
Zinc, Zn mg	1.13		0		4		0.96	4.06	3.90
Copper, Cu mg	0.043		0		4		0.037	0.154	0.148
Manganese, Mn mg	0.018		0		4		0.015	0.065	0.062
Selenium, Se µg	16.3		0	PIE	4		13.9	58.5	56.2
Vitamins:									
Vitamin C, total ascorbic acid mg	1.3		0		4		1.1	4.7	4.5
Thiamin mg	0.059		0		4		0.050	0.212	0.204
Riboflavin mg	0.102		0		4		0.087	0.366	0.352
Niacin mg	7.667		0		4		6.517	27.525	26.451
Pantothenic acid mg	0.879		0		4		0.747	3.156	3.033
Vitamin B-6 mg	0.380		0		4		0.323	1.364	1.311
Folate, total µg	5		0		4		4	18	17
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5		0		4		4	18	17
Folate, DFE µg	5		0	NC	4		4	18	17
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.34		0		4		0.29	1.22	1.17
Vitamin A, RAE µg	28		0		4		23	99	95
Retinol µg	28		0		4		23	99	95
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	92		0		4		78	330	317
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	1.770		0		4		1.505	6.354	6.107
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	0.010		0		4		0.009	0.036	0.035
13:0....g									
14:0....g	0.050		0		4		0.043	0.180	0.173
15:0....g									
16:0....g	1.300		0		4		1.105	4.667	4.485
17:0....g									
18:0....g	0.370		0		4		0.315	1.328	1.277
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.430		0		4		2.066	8.724	8.384
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.340		0		4		0.289	1.221	1.173
17:1....g									
18:1 undifferentiated....g	2.000		0		4		1.700	7.180	6.900
20:1....g	0.060		0		4		0.051	0.215	0.207
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.410		0		4		1.199	5.062	4.865
18:2 undifferentiated....g	1.190		0		4		1.012	4.272	4.106
18:3 undifferentiated....g	0.050		0		4		0.043	0.180	0.173
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	0.070		0		4		0.060	0.251	0.242
20:5 n-3 (EPA)....g	0.010		0		4		0.009	0.036	0.035
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		4		0.009	0.036	0.035
22:6 n-3 (DHA)....g	0.030		0		4		0.026	0.108	0.104
Fatty acids, total trans....g									
Cholesterol....mg	74		0		4		63	266	255
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.259		0		4		0.220	0.930	0.894
Threonine....g	0.963		0		4		0.819	3.457	3.322
Isoleucine....g	1.156		0		4		0.983	4.150	3.988
Leucine....g	1.693		0		4		1.439	6.078	5.841
Lysine....g	1.891		0		4		1.607	6.789	6.524
Methionine....g	0.618		0		4		0.525	2.219	2.132
Cystine....g	0.314		0		4		0.267	1.127	1.083
Phenylalanine....g	0.906		0		4		0.770	3.253	3.126
Tyrosine....g	0.748		0		4		0.636	2.685	2.581
Valine....g	1.132		0		4		0.962	4.064	3.905
Arginine....g	1.476		0		4		1.255	5.299	5.092
Histidine....g	0.681		0		4		0.579	2.445	2.349
Alanine....g	1.378		0		4		1.171	4.947	4.754
Aspartic acid....g	2.087		0		4		1.774	7.492	7.200
Glutamic acid....g	3.407		0		4		2.896	12.231	11.754
Glycine....g	1.572		0		4		1.336	5.643	5.423
Proline....g	1.162		0		4		0.988	4.172	4.009
Serine....g	0.829		0		4		0.705	2.976	2.860
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 359g: 1 unit (yield from 1 lb ready-to-cook guinea)

Measure 3 = 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 27 (2014)

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: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.44	0.442	10		1		63.27	204.71	196.52
Energy kcal	110		0	NC	4		94	303	290
Energy kJ	460		0		4		391	1266	1215
Protein (N x 6.25) g	20.64	0.362	10		1		17.54	56.76	54.49
Total lipid (fat) g	2.47	0.442	10		1		2.10	6.79	6.52
Ash g	1.25	0.035	9		1		1.06	3.44	3.30
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									
Starch g									
Minerals:									
Calcium, Ca mg	11		0		4		9	30	29
Iron, Fe mg	0.77		0		4		0.65	2.12	2.03
Magnesium, Mg mg	24		0		4		20	66	63
Phosphorus, P mg	169		0		4		144	465	446
Potassium, K mg	220		0		4		187	605	581
Sodium, Na mg	69		0		4		59	190	182
Zinc, Zn mg	1.20		0		4		1.02	3.30	3.17
Copper, Cu mg	0.044		0		4		0.037	0.121	0.116
Manganese, Mn mg	0.018		0		4		0.015	0.050	0.048
Selenium, Se µg	17.5		0	BFNN	4		14.9	48.1	46.2
Vitamins:									
Vitamin C, total ascorbic acid mg	1.7		0		4		1.4	4.7	4.5
Thiamin mg	0.067		0		4		0.057	0.184	0.177
Riboflavin mg	0.112		0		4		0.095	0.308	0.296
Niacin mg	8.782		0		4		7.465	24.151	23.184
Pantothenic acid mg	0.936		0		4		0.796	2.574	2.471
Vitamin B-6 mg	0.470		0		4		0.400	1.293	1.241
Folate, total µg	6		0		4		5	17	16
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		4		5	17	16
Folate, DFE µg	6		0	NC	4		5	17	16
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.37		0		4		0.31	1.02	0.98
Vitamin A, RAE µg	12		0		4		10	34	33
Retinol µg	12		0		4		10	34	33
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	41		0		4		35	113	108
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.640		0		4		0.544	1.760	1.690
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.010		0		4		0.009	0.028	0.026
13:0....g									
14:0....g	0.020		0		4		0.017	0.055	0.053
15:0....g									
16:0....g	0.420		0		4		0.357	1.155	1.109
17:0....g									
18:0....g	0.180		0		4		0.153	0.495	0.475
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.680		0		4		0.578	1.870	1.795
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.090		0		4		0.077	0.248	0.238
17:1....g									
18:1 undifferentiated....g	0.570		0		4		0.485	1.568	1.505
20:1....g	0.010		0		4		0.009	0.028	0.026
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.590		0		4		0.502	1.623	1.558
18:2 undifferentiated....g	0.400		0		4		0.340	1.100	1.056
18:3 undifferentiated....g	0.020		0		4		0.017	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		0.060	0.193	0.185
20:5 n-3 (EPA)....g	0.010		0		4		0.009	0.028	0.026
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		4		0.017	0.055	0.053
22:6 n-3 (DHA)....g	0.030		0		4		0.026	0.083	0.079
Fatty acids, total trans....g									
Cholesterol....mg	63		1		1		54	173	166
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.241		0		4		0.205	0.663	0.636
Threonine....g	0.872		0		4		0.741	2.398	2.302
Isoleucine....g	1.090		0		4		0.927	2.998	2.878
Leucine....g	1.549		0		4		1.317	4.260	4.089
Lysine....g	1.754		0		4		1.491	4.824	4.631
Methionine....g	0.571		0		4		0.485	1.570	1.507
Cystine....g	0.264		0		4		0.224	0.726	0.697
Phenylalanine....g	0.819		0		4		0.696	2.252	2.162
Tyrosine....g	0.697		0		4		0.592	1.917	1.840
Valine....g	1.024		0		4		0.870	2.816	2.703
Arginine....g	1.245		0		4		1.058	3.424	3.287
Histidine....g	0.641		0		4		0.545	1.763	1.692
Alanine....g	1.126		0		4		0.957	3.097	2.973
Aspartic acid....g	1.840		0		4		1.564	5.060	4.858
Glutamic acid....g	3.092		0		4		2.628	8.503	8.163
Glycine....g	1.014		0		4		0.862	2.789	2.677
Proline....g	0.849		0		4		0.722	2.335	2.241
Serine....g	0.710		0		4		0.604	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.

NDB No. 05152
Guinea hen, meat only, raw

Common Measures:

Measure 1 = 85g: 3 oz
Measure 2 = 275g: 1 unit (yield from 1 lb ready-to-cook guinea)
Measure 3 = 264g: .5 guinea

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

Food Group: 05 Poultry Products

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		64.54	21.53	
Energy kcal	117		0	NC	4		99	33	
Energy kJ	490		0	NC	4		416	139	
Protein (N x 6.25) g	21.81		3	A	1		18.54	6.18	
Total lipid (fat) g	2.65		3	A	1		2.25	0.75	
Ash g	0.61		0	BFSN	4		0.52	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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	6		3	A	1		5	2	
Iron, Fe mg	4.38		3	A	1		3.72	1.24	
Magnesium, Mg mg	22		0	BFNN	4		18	6	
Phosphorus, P mg	211		0	BFNN	4		179	60	
Potassium, K mg	308		0	BFNN	4		261	87	
Sodium, Na mg	75		3	A	1		64	21	
Zinc, Zn mg	3.71		0	BFNN	4		3.16	1.05	
Copper, Cu mg	0.136		0	BFNN	4		0.115	0.038	
Manganese, Mn mg	0.017		0	BFNN	4		0.015	0.005	
Selenium, Se µg	34.9		0	BFNN	4		29.7	9.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.196		0	BFPN	4		0.167	0.056	
Riboflavin mg	0.288		0	BFPN	4		0.245	0.082	
Niacin mg	4.722		0	BFPN	4		4.013	1.339	
Pantothenic acid mg	1.165		0	BFPN	4		0.990	0.330	
Vitamin B-6 mg	0.513		0	BFPN	4		0.436	0.145	
Folate, total µg	8		0	BFPN	4		7	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	2	
Folate, DFE µg	8		0	NC	4		7	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.97		0	BFPN	4		4.23	1.41	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.06	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.950		0	NC	4		0.808	0.269	
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	0.009	
15:0....g									
16:0....g	0.690		3	A	1		0.587	0.196	
17:0....g									
18:0....g	0.230		3	A	1		0.196	0.065	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.950		0	NC	4		0.808	0.269	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.220		3	A	1		0.187	0.062	
17:1....g									
18:1 undifferentiated....g	0.730		3	A	1		0.621	0.207	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.500		0	NC	4		0.425	0.142	
18:2 undifferentiated....g	0.330		3	A	1		0.281	0.094	
18:3 undifferentiated....g	0.030		3	A	1		0.026	0.009	
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	0.040	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	73		3	A	1		62	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.194		0	A	1		0.165	0.055	
Threonine....g	0.957		0	A	1		0.813	0.271	
Isoleucine....g	1.036		0	A	1		0.881	0.294	
Leucine....g	1.772		0	A	1		1.506	0.502	
Lysine....g	1.926		0	A	1		1.637	0.546	
Methionine....g	0.610		0	A	1		0.518	0.173	
Cystine....g	0.224		0	A	1		0.190	0.064	
Phenylalanine....g	0.900		0	A	1		0.765	0.255	
Tyrosine....g	0.709		0	A	1		0.603	0.201	
Valine....g	1.077		0	A	1		0.915	0.305	
Arginine....g	1.492		0	A	1		1.268	0.423	
Histidine....g	0.548		0	A	1		0.466	0.155	
Alanine....g	1.399		0	A	1		1.189	0.397	
Aspartic acid....g	2.040		0	A	1		1.734	0.578	
Glutamic acid....g	3.343		0	A	1		2.842	0.948	
Glycine....g	1.458		0	A	1		1.239	0.413	
Proline....g	1.137		0	A	1		0.966	0.322	
Serine....g	0.873		0	A	1		0.742	0.247	
Hydroxyproline....g	0.389		0	A	1		0.331	0.110	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4oz raw)

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 27 (2014)

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 µg	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 µg	14		1	A	1		13	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	14		1	A	1		13	12	
Folate, DFE µg	14		0	NC	4		13	12	
Choline, total mg	65.7		0	BFNN	4		61.1	55.9	
Betaine mg	9.1		0	BFNN	4		8.5	7.7	
Vitamin B-12 µg	5.74	0.613	6	A	1		5.33	4.87	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		1	A	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		1	A	1		0.22	0.20	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	0.1	
Vitamin D IU	4		0	BFFN	4		4	3	
Vitamin K (phylloquinone) µg	3.5		0	BFSN	4		3.2	3.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
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	Z	7		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									
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-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000	0.000	3	A	1		0.000	0.000	
18:3i....g									
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-6....g									
20:5 n-3 (EPA)....g	0.000		0	Z	7		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3 (DHA)....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	

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
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	BFPN	4		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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 patty

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 27 (2014)

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		77.46	309.14	
Energy kcal	165		0	NC	4		180	717	
Energy kJ	690		0	NC	4		752	2999	
Protein (N x 6.25) g	20.22	0.413	6	A	1		22.04	87.94	
Total lipid (fat) g	8.70	2.278	6	A	1		9.48	37.85	
Ash g	0.73	0.021	6	A	1		0.80	3.19	
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	7	0.503	6	A	1		7	29	
Iron, Fe mg	2.91	0.041	6	A	1		3.17	12.67	
Magnesium, Mg mg	20	0.173	6	A	1		22	89	
Phosphorus, P mg	199	1.308	6	A	1		217	867	
Potassium, K mg	291	6.737	6	A	1		317	1264	
Sodium, Na mg	72	1.730	6	A	1		78	313	
Zinc, Zn mg	3.51	0.267	6	A	1		3.82	15.25	
Copper, Cu mg	0.128	0.004	6	A	1		0.140	0.557	
Manganese, Mn mg	0.017	0.001	6	A	1		0.018	0.072	
Selenium, Se µg	33.0		2	A	1		36.0	143.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.182	0.010	6	A	1		0.198	0.790	
Riboflavin mg	0.267	0.019	6	A	1		0.291	1.160	
Niacin mg	4.377	0.197	6	A	1		4.771	19.039	
Pantothenic acid mg	1.080		1	A	1		1.177	4.698	
Vitamin B-6 mg	0.475	0.023	6	A	1		0.518	2.067	
Folate, total µg	7		1	A	1		8	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	NR	4		8	32	
Folate, DFE µg	7		0	NC	4		8	32	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.61	0.504	6	A	1		5.02	20.05	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		1	A	1		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		1	A	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.24		1	A	1		0.26	1.03	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	2.177		0	NC	4		2.373	9.470	
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	0.050		0	BFFN	4		0.054	0.216	
15:0....g									
16:0....g	1.648		0	BFFN	4		1.796	7.168	
17:0....g									
18:0....g	0.477		0	BFFN	4		0.520	2.076	
20:0....g	0.002		0	BFFN	4		0.002	0.009	
22:0....g	0.000		0	BFFN	4		0.000	0.000	
24:0....g									
Fatty acids, total monounsaturated....g	2.654		0	NC	4		2.893	11.544	
14:1....g	0.002		0	BFFN	4		0.002	0.007	
15:1....g	0.000		0	BFFN	4		0.000	0.000	
16:1 undifferentiated....g	0.421		0	BFFN	4		0.459	1.831	
17:1....g	0.006		0	BFFN	4		0.006	0.026	
18:1 undifferentiated....g	2.195		0	BFFN	4		2.393	9.550	
20:1....g	0.030		0	BFFN	4		0.033	0.130	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.910		0	NC	4		0.992	3.958	
18:2 undifferentiated....g	0.777		0	BFFN	4		0.847	3.382	
18:3 undifferentiated....g	0.056		0	BFFN	4		0.061	0.242	
18:3 n-3 c,c,c (ALA)....g									
18:3 n-6 c,c,c....g	0.000		0	BFFN	4		0.000	0.000	
18:3i....g									
18:4....g									
20:2 n-6 c,c....g	0.007		0	BFFN	4		0.007	0.029	
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	0.070		0	BFFN	4		0.076	0.305	
20:4 n-6....g									
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		0	BFYN	4		78	309	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.180		0	A	1		0.196	0.784	
Threonine....g	0.887		0	A	1		0.967	3.857	
Isoleucine....g	0.961		0	A	1		1.047	4.178	
Leucine....g	1.643		0	A	1		1.790	7.145	
Lysine....g	1.785		0	A	1		1.946	7.766	
Methionine....g	0.565		0	A	1		0.616	2.458	
Cystine....g	0.208		0	A	1		0.226	0.903	
Phenylalanine....g	0.834		0	A	1		0.910	3.630	
Tyrosine....g	0.657		0	A	1		0.717	2.860	
Valine....g	0.998		0	A	1		1.088	4.343	
Arginine....g	1.383		0	A	1		1.507	6.014	
Histidine....g	0.508		0	A	1		0.554	2.209	
Alanine....g	1.297		0	A	1		1.414	5.643	
Aspartic acid....g	1.891		0	A	1		2.061	8.225	
Glutamic acid....g	3.099		0	A	1		3.378	13.481	
Glycine....g	1.351		0	A	1		1.473	5.878	
Proline....g	1.054		0	A	1		1.149	4.585	

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
Serine....g	0.809		0	A	1		0.882	3.519	
Hydroxyproline....g	0.361		0	A	1		0.393	1.569	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 patty

Measure 2 = 435g: 4 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 27 (2014)

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 µg	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 µg	16		0	BFPN	4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0	BFPN	4		13		
Folate, DFE µg	16		0	NC	4		13		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.36		0	BFPN	4		5.41		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	BFSN	4		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.22		0	BFSN	4		0.18		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....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		

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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	21.54	
Energy kcal	111		0	NC	4		94	32	
Energy kJ	465		0	NC	4		395	132	
Protein (N x 6.25) g	22.39		3	A	1		19.03	6.35	
Total lipid (fat) g	1.72		3	A	1		1.46	0.49	
Ash g	0.61		0	BFSN	4		0.52	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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	5		3	A	1		4	1	
Iron, Fe mg	2.30		3	A	1		1.96	0.65	
Magnesium, Mg mg	22		0	BFNN	4		19	6	
Phosphorus, P mg	220		0	BFNN	4		187	62	
Potassium, K mg	320		0	BFNN	4		272	91	
Sodium, Na mg	72		3	A	1		61	20	
Zinc, Zn mg	3.87		0	BFNN	4		3.29	1.10	
Copper, Cu mg	0.141		0	BFNN	4		0.120	0.040	
Manganese, Mn mg	0.018		0	BFNN	4		0.015	0.005	
Selenium, Se µg	36.4		0	BFNN	4		30.9	10.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.201		0	BFPN	4		0.171	0.057	
Riboflavin mg	0.295		0	BFPN	4		0.251	0.084	
Niacin mg	4.847		0	BFPN	4		4.120	1.374	
Pantothenic acid mg	1.196		0	BFPN	4		1.017	0.339	
Vitamin B-6 mg	0.526		0	BFPN	4		0.447	0.149	
Folate, total µg	8		0	BFPN	4		7	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	2	
Folate, DFE µg	8		0	NC	4		7	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.10		0	BFPN	4		4.34	1.45	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.06	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.600		0	NC	4		0.510	0.170	
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	0.003	
15:0....g									
16:0....g	0.400		3	A	1		0.340	0.113	
17:0....g									
18:0....g	0.190		3	A	1		0.162	0.054	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.600		0	NC	4		0.510	0.170	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		3	A	1		0.102	0.034	
17:1....g									
18:1 undifferentiated....g	0.480		3	A	1		0.408	0.136	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.380		0	NC	4		0.323	0.108	
18:2 undifferentiated....g	0.220		3	A	1		0.187	0.062	
18:3 undifferentiated....g	0.020		3	A	1		0.017	0.006	
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	0.040	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	66		3	A	1		56	19	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0	A	1		0.170	0.057	
Threonine....g	0.982		0	A	1		0.835	0.278	
Isoleucine....g	1.064		0	A	1		0.904	0.302	
Leucine....g	1.819		0	A	1		1.546	0.516	
Lysine....g	1.977		0	A	1		1.681	0.561	
Methionine....g	0.626		0	A	1		0.532	0.177	
Cystine....g	0.230		0	A	1		0.195	0.065	
Phenylalanine....g	0.924		0	A	1		0.786	0.262	
Tyrosine....g	0.728		0	A	1		0.619	0.206	
Valine....g	1.106		0	A	1		0.940	0.313	
Arginine....g	1.531		0	A	1		1.302	0.434	
Histidine....g	0.562		0	A	1		0.478	0.159	
Alanine....g	1.437		0	A	1		1.221	0.407	
Aspartic acid....g	2.094		0	A	1		1.780	0.594	
Glutamic acid....g	3.432		0	A	1		2.917	0.973	
Glycine....g	1.497		0	A	1		1.272	0.424	
Proline....g	1.167		0	A	1		0.992	0.331	
Serine....g	0.896		0	A	1		0.761	0.254	
Hydroxyproline....g	0.400		0	A	1		0.340	0.113	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

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 27 (2014)

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 µg	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 µg	16		0	BFPN	4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0	BFPN	4		14		
Folate, DFE µg	16		0	NC	4		14		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.44		0	BFPN	4		5.48		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	BFSN	4		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.21		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....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		

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		63.04	21.02	
Energy kcal	127		0	NC	4		108	36	
Energy kJ	532		0	NC	4		452	151	
Protein (N x 6.25) g	23.69	0.886	9	A	1		20.14	6.72	
Total lipid (fat) g	2.87	0.106	9	A	1		2.44	0.81	
Ash g	1.22	0.055	6	A	1		1.03	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	5		3	A	1		4	1	
Iron, Fe mg	4.20		3	A	1		3.57	1.19	
Magnesium, Mg mg	23		0	BFNN	4		20	7	
Phosphorus, P mg	226		0	BFNN	4		192	64	
Potassium, K mg	330		0	BFNN	4		280	93	
Sodium, Na mg	76		3	A	1		65	22	
Zinc, Zn mg	3.98		0	BFNN	4		3.38	1.13	
Copper, Cu mg	0.145		0	BFNN	4		0.124	0.041	
Manganese, Mn mg	0.019		0	BFNN	4		0.016	0.005	
Selenium, Se µg	37.5		0	BFNN	4		31.8	10.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.213		0	BFPN	4		0.181	0.060	
Riboflavin mg	0.312		0	BFPN	4		0.266	0.089	
Niacin mg	5.129		0	BFPN	4		4.359	1.454	
Pantothenic acid mg	1.266		0	BFPN	4		1.076	0.359	
Vitamin B-6 mg	0.557		0	BFPN	4		0.473	0.158	
Folate, total µg	9		0	BFPN	4		7	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	2	
Folate, DFE µg	9		0	NC	4		7	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.40		0	BFPN	4		4.59	1.53	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	BFSN	4		0.18	0.06	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.923		0	NC	4		0.784	0.262	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001	0.001	6	A	1		0.001	0.000	
13:0....g									
14:0....g	0.030	0.000	9	A	1		0.025	0.008	
15:0....g	0.005	0.000	6	A	1		0.004	0.001	
16:0....g	0.712	0.045	9	A	1		0.605	0.202	
17:0....g	0.009	0.001	6	A	1		0.008	0.003	
18:0....g	0.162	0.051	9	A	1		0.138	0.046	
20:0....g									
22:0....g	0.004	0.004	6	A	1		0.003	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	1.179		0	NC	4		1.002	0.334	
14:1....g	0.005	0.001	6	A	1		0.004	0.001	
15:1....g									
16:1 undifferentiated....g	0.270	0.019	9	A	1		0.229	0.077	
17:1....g	0.010	0.001	6	A	1		0.008	0.003	
18:1 undifferentiated....g	0.884	0.007	9	A	1		0.752	0.251	
20:1....g	0.010	0.001	6	A	1		0.009	0.003	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.591		0	NC	4		0.502	0.168	
18:2 undifferentiated....g	0.461	0.026	9	A	1		0.392	0.131	
18:3 undifferentiated....g	0.052	0.011	9	A	1		0.044	0.015	
18:4....g									
20:2 n-6 c,c....g	0.002	0.002	6	A	1		0.001	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.065	0.047	9	A	1		0.056	0.019	
20:5 n-3 (EPA)....g	0.011	0.006	6	A	1		0.009	0.003	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	73	1.685	9	A	1		62	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.211		0	A	1		0.180	0.060	
Threonine....g	1.039		0	A	1		0.883	0.295	
Isoleucine....g	1.126		0	A	1		0.957	0.319	
Leucine....g	1.925		0	A	1		1.636	0.546	
Lysine....g	2.092		0	A	1		1.778	0.593	
Methionine....g	0.662		0	A	1		0.563	0.188	
Cystine....g	0.243		0	A	1		0.207	0.069	
Phenylalanine....g	0.978		0	A	1		0.831	0.277	
Tyrosine....g	0.770		0	A	1		0.655	0.218	
Valine....g	1.170		0	A	1		0.994	0.332	
Arginine....g	1.620		0	A	1		1.377	0.459	
Histidine....g	0.595		0	A	1		0.506	0.169	
Alanine....g	1.520		0	A	1		1.292	0.431	
Aspartic acid....g	2.216		0	A	1		1.883	0.628	
Glutamic acid....g	3.632		0	A	1		3.087	1.030	
Glycine....g	1.584		0	A	1		1.346	0.449	
Proline....g	1.235		0	A	1		1.050	0.350	
Serine....g	0.948		0	A	1		0.806	0.269	
Hydroxyproline....g	0.423		0	A	1		0.359	0.120	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

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 27 (2014)

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		64.25	21.43	
Energy kcal	115		0	NC	4		98	33	
Energy kJ	482		0	NC	4		410	137	
Protein (N x 6.25) g	22.86		3	A	1		19.43	6.48	
Total lipid (fat) g	1.96		3	A	1		1.67	0.56	
Ash g	0.62		0	BFSN	4		0.53	0.18	
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	5		3	A	1		4	1	
Iron, Fe mg	2.65		3	A	1		2.25	0.75	
Magnesium, Mg mg	23		0	BFNN	4		19	6	
Phosphorus, P mg	221		0	BFNN	4		188	63	
Potassium, K mg	322		0	BFNN	4		274	91	
Sodium, Na mg	90		3	A	1		77	26	
Zinc, Zn mg	3.89		0	BFNN	4		3.31	1.10	
Copper, Cu mg	0.142		0	BFNN	4		0.121	0.040	
Manganese, Mn mg	0.018		0	BFNN	4		0.016	0.005	
Selenium, Se µg	36.6		0	BFNN	4		31.1	10.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.205		0	BFPN	4		0.175	0.058	
Riboflavin mg	0.302		0	BFPN	4		0.256	0.085	
Niacin mg	4.949		0	BFPN	4		4.207	1.403	
Pantothenic acid mg	1.221		0	BFPN	4		1.038	0.346	
Vitamin B-6 mg	0.537		0	BFPN	4		0.457	0.152	
Folate, total µg	8		0	BFPN	4		7	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	2	
Folate, DFE µg	8		0	NC	4		7	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.21		0	BFPN	4		4.43	1.48	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.06	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.610		0	NC	4		0.519	0.173	
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	0.003	
15:0....g									
16:0....g	0.420		3	A	1		0.357	0.119	
17:0....g									
18:0....g	0.180		3	A	1		0.153	0.051	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.590		0	NC	4		0.502	0.167	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.120		3	A	1		0.102	0.034	
17:1....g									
18:1 undifferentiated....g	0.470		3	A	1		0.400	0.133	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.430		0	NC	4		0.366	0.122	
18:2 undifferentiated....g	0.260		3	A	1		0.221	0.074	
18:3 undifferentiated....g	0.010		3	A	1		0.009	0.003	
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	0.045	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	65		3	A	1		55	18	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0	A	1		0.173	0.058	
Threonine....g	1.003		0	A	1		0.852	0.284	
Isoleucine....g	1.086		0	A	1		0.923	0.308	
Leucine....g	1.857		0	A	1		1.579	0.527	
Lysine....g	2.019		0	A	1		1.716	0.572	
Methionine....g	0.639		0	A	1		0.543	0.181	
Cystine....g	0.235		0	A	1		0.200	0.067	
Phenylalanine....g	0.944		0	A	1		0.802	0.267	
Tyrosine....g	0.743		0	A	1		0.632	0.211	
Valine....g	1.129		0	A	1		0.960	0.320	
Arginine....g	1.563		0	A	1		1.329	0.443	
Histidine....g	0.574		0	A	1		0.488	0.163	
Alanine....g	1.467		0	A	1		1.247	0.416	
Aspartic acid....g	2.138		0	A	1		1.817	0.606	
Glutamic acid....g	3.504		0	A	1		2.979	0.993	
Glycine....g	1.528		0	A	1		1.299	0.433	
Proline....g	1.192		0	A	1		1.013	0.338	
Serine....g	0.915		0	A	1		0.777	0.259	
Hydroxyproline....g	0.408		0	A	1		0.347	0.116	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

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 27 (2014)

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 µg	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 µg	16		0	BFPN	4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0	BFPN	4		13		
Folate, DFE µg	16		0	NC	4		13		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.26		0	BFPN	4		5.32		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	BFSN	4		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.24		0	BFSN	4		0.20		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....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		

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		63.39	21.14	
Energy kcal	120		0	NC	4		102	34	
Energy kJ	501		0	NC	4		426	142	
Protein (N x 6.25) g	23.36	0.555	9	A	1		19.86	6.62	
Total lipid (fat) g	2.21	0.594	9	A	1		1.88	0.63	
Ash g	1.13	0.030	6	A	1		0.96	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	5		3	A	1		4	1	
Iron, Fe mg	3.69		3	A	1		3.14	1.05	
Magnesium, Mg mg	23		0	BFNN	4		20	7	
Phosphorus, P mg	229		0	BFNN	4		194	65	
Potassium, K mg	333		0	BFNN	4		283	94	
Sodium, Na mg	70		3	A	1		60	20	
Zinc, Zn mg	4.02		0	BFNN	4		3.42	1.14	
Copper, Cu mg	0.147		0	BFNN	4		0.125	0.042	
Manganese, Mn mg	0.019		0	BFNN	4		0.016	0.005	
Selenium, Se µg	37.9		0	BFNN	4		32.2	10.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.210		0	BFPN	4		0.178	0.060	
Riboflavin mg	0.308		0	BFPN	4		0.262	0.087	
Niacin mg	5.058		0	BFPN	4		4.299	1.434	
Pantothenic acid mg	1.248		0	BFPN	4		1.061	0.354	
Vitamin B-6 mg	0.549		0	BFPN	4		0.467	0.156	
Folate, total µg	8		0	BFPN	4		7	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	2	
Folate, DFE µg	8		0	NC	4		7	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.33		0	BFPN	4		4.53	1.51	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	BFSN	4		0.18	0.06	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.771		0	NC	4		0.655	0.219	
4:0....g									
6:0....g									
8:0....g									
10:0....g									
12:0....g	0.001	0.001	6	A	1		0.001	0.000	
13:0....g									
14:0....g	0.026	0.007	9	A	1		0.022	0.007	
15:0....g	0.006	0.001	6	A	1		0.005	0.002	
16:0....g	0.556	0.188	9	A	1		0.472	0.158	
17:0....g	0.002	0.002	6	A	1		0.001	0.000	
18:0....g	0.178	0.051	9	A	1		0.152	0.051	
20:0....g									
22:0....g	0.002	0.002	6	A	1		0.002	0.001	
24:0....g									
Fatty acids, total monounsaturated....g	0.874		0	NC	4		0.743	0.248	
14:1....g	0.004	0.001	6	A	1		0.003	0.001	
15:1....g									
16:1 undifferentiated....g	0.162	0.079	9	A	1		0.138	0.046	
17:1....g	0.001	0.001	6	A	1		0.001	0.000	
18:1 undifferentiated....g	0.697	0.154	9	A	1		0.593	0.198	
20:1....g	0.010	0.001	6	A	1		0.009	0.003	
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.462		0	NC	4		0.392	0.131	
18:2 undifferentiated....g	0.348	0.057	9	A	1		0.296	0.099	
18:3 undifferentiated....g	0.044	0.007	9	A	1		0.037	0.012	
18:4....g									
20:2 n-6 c,c....g	0.001	0.001	6	A	1		0.000	0.000	
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.060	0.045	9	A	1		0.051	0.017	
20:5 n-3 (EPA)....g	0.008	0.005	6	A	1		0.007	0.002	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g	0.001	0.001	6	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	79	1.889	9	A	1		67	22	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.208		0	A	1		0.177	0.059	
Threonine....g	1.025		0	A	1		0.871	0.291	
Isoleucine....g	1.110		0	A	1		0.944	0.315	
Leucine....g	1.898		0	A	1		1.613	0.538	
Lysine....g	2.063		0	A	1		1.754	0.585	
Methionine....g	0.653		0	A	1		0.555	0.185	
Cystine....g	0.240		0	A	1		0.204	0.068	
Phenylalanine....g	0.964		0	A	1		0.820	0.273	
Tyrosine....g	0.760		0	A	1		0.646	0.215	
Valine....g	1.154		0	A	1		0.981	0.327	
Arginine....g	1.598		0	A	1		1.358	0.453	
Histidine....g	0.587		0	A	1		0.499	0.166	
Alanine....g	1.499		0	A	1		1.274	0.425	
Aspartic acid....g	2.185		0	A	1		1.857	0.619	
Glutamic acid....g	3.581		0	A	1		3.044	1.015	
Glycine....g	1.562		0	A	1		1.327	0.443	
Proline....g	1.218		0	A	1		1.035	0.345	
Serine....g	0.935		0	A	1		0.795	0.265	
Hydroxyproline....g	0.417		0	A	1		0.354	0.118	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

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 27 (2014)

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 µg	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 µg	16		0	BFPN	4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	16		0	BFPN	4		13		
Folate, DFE µg	16		0	NC	4		13		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.32		0	BFPN	4		5.37		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	BFSN	4		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.20		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....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		

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		64.28	21.44	
Energy kcal	125		0	NC	4		106	35	
Energy kJ	524		0	NC	4		445	148	
Protein (N x 6.25) g	21.55		3	A	1		18.32	6.11	
Total lipid (fat) g	3.67		3	A	1		3.12	1.04	
Ash g	0.62		0	BFSN	4		0.53	0.18	
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	6		3	A	1		5	2	
Iron, Fe mg	3.86		3	A	1		3.28	1.09	
Magnesium, Mg mg	21		0	BFNN	4		18	6	
Phosphorus, P mg	204		0	BFNN	4		173	58	
Potassium, K mg	297		0	BFNN	4		253	84	
Sodium, Na mg	83		3	A	1		71	24	
Zinc, Zn mg	3.59		0	BFNN	4		3.05	1.02	
Copper, Cu mg	0.131		0	BFNN	4		0.111	0.037	
Manganese, Mn mg	0.017		0	BFNN	4		0.014	0.005	
Selenium, Se µg	33.8		0	BFNN	4		28.7	9.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.194		0	BFPN	4		0.165	0.055	
Riboflavin mg	0.284		0	BFPN	4		0.242	0.081	
Niacin mg	4.665		0	BFPN	4		3.966	1.323	
Pantothenic acid mg	1.151		0	BFPN	4		0.979	0.326	
Vitamin B-6 mg	0.507		0	BFPN	4		0.431	0.144	
Folate, total µg	8		0	BFPN	4		7	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	2	
Folate, DFE µg	8		0	NC	4		7	2	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.91		0	BFPN	4		4.18	1.39	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	BFSN	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	BFSN	4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.06	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	1.220		0	NC	4		1.037	0.346	
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	0.011	
15:0....g									
16:0....g	0.920		3	A	1		0.782	0.261	
17:0....g									
18:0....g	0.260		3	A	1		0.221	0.074	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.250		0	NC	4		1.063	0.354	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		3	A	1		0.281	0.094	
17:1....g									
18:1 undifferentiated....g	0.920		3	A	1		0.782	0.261	
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.610		0	NC	4		0.519	0.173	
18:2 undifferentiated....g	0.430		3	A	1		0.366	0.122	
18:3 undifferentiated....g	0.040		3	A	1		0.034	0.011	
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	0.040	
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	73		3	A	1		62	21	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.192		0	A	1		0.163	0.054	
Threonine....g	0.945		0	A	1		0.803	0.268	
Isoleucine....g	1.024		0	A	1		0.870	0.290	
Leucine....g	1.751		0	A	1		1.488	0.496	
Lysine....g	1.903		0	A	1		1.617	0.539	
Methionine....g	0.602		0	A	1		0.512	0.171	
Cystine....g	0.221		0	A	1		0.188	0.063	
Phenylalanine....g	0.889		0	A	1		0.756	0.252	
Tyrosine....g	0.701		0	A	1		0.596	0.199	
Valine....g	1.064		0	A	1		0.905	0.302	
Arginine....g	1.474		0	A	1		1.253	0.418	
Histidine....g	0.541		0	A	1		0.460	0.153	
Alanine....g	1.383		0	A	1		1.175	0.392	
Aspartic acid....g	2.016		0	A	1		1.713	0.571	
Glutamic acid....g	3.303		0	A	1		2.808	0.937	
Glycine....g	1.440		0	A	1		1.224	0.408	
Proline....g	1.123		0	A	1		0.955	0.319	
Serine....g	0.862		0	A	1		0.733	0.244	
Hydroxyproline....g	0.385		0	A	1		0.327	0.109	
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	

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

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 27 (2014)

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		64.33	21.46	342.83
Energy kcal	116		0	NC	4		98	33	523
Energy kJ	483		0	NC	4		411	137	2190
Protein (N x 6.25) g	21.99		3	A	1		18.69	6.23	99.61
Total lipid (fat) g	2.40		3	A	1		2.04	0.68	10.87
Ash g	0.62		0	BFSN	4		0.52	0.17	2.79
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	5		3	A	1		4	1	23
Iron, Fe mg	3.54		3	A	1		3.01	1.00	16.04
Magnesium, Mg mg	22		0	BFNN	4		19	6	100
Phosphorus, P mg	216		0	BFNN	4		184	61	978
Potassium, K mg	315		0	BFNN	4		268	89	1426
Sodium, Na mg	72		3	A	1		61	20	326
Zinc, Zn mg	3.80		0	BFNN	4		3.23	1.08	17.21
Copper, Cu mg	0.139		0	BFNN	4		0.118	0.039	0.628
Manganese, Mn mg	0.018		0	BFNN	4		0.015	0.005	0.081
Selenium, Se µg	35.8		0	BFNN	4		30.4	10.1	162.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.198		0	BFPN	4		0.168	0.056	0.895
Riboflavin mg	0.290		0	BFPN	4		0.247	0.082	1.314
Niacin mg	4.761		0	BFPN	4		4.046	1.350	21.565
Pantothenic acid mg	1.175		0	BFPN	4		0.999	0.333	5.322
Vitamin B-6 mg	0.517		0	BFPN	4		0.439	0.147	2.341
Folate, total µg	8		0	BFPN	4		7	2	36
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		7	2	36
Folate, DFE µg	8		0	NC	4		7	2	36
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.01		0	BFPN	4		4.26	1.42	22.71
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	BFSN	4		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	BFSN	4		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.06	0.90
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.810		0	NC	4		0.689	0.230	3.669
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	0.003	0.045
15:0....g									
16:0....g	0.550		3	A	1		0.468	0.156	2.492
17:0....g									
18:0....g	0.250		3	A	1		0.213	0.071	1.133
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.850		0	NC	4		0.723	0.241	3.851
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.170		3	A	1		0.145	0.048	0.770
17:1....g									
18:1 undifferentiated....g	0.680		3	A	1		0.578	0.193	3.080
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.520		0	NC	4		0.442	0.147	2.356
18:2 undifferentiated....g	0.330		3	A	1		0.281	0.094	1.495
18:3 undifferentiated....g	0.020		3	A	1		0.017	0.006	0.091
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.170		3	A	1		0.145	0.048	0.770
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	71		3	A	1		60	20	322
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.196		0	A	1		0.167	0.056	0.888
Threonine....g	0.965		0	A	1		0.820	0.273	4.369
Isoleucine....g	1.045		0	A	1		0.888	0.296	4.733
Leucine....g	1.787		0	A	1		1.519	0.507	8.093
Lysine....g	1.942		0	A	1		1.651	0.550	8.796
Methionine....g	0.615		0	A	1		0.522	0.174	2.784
Cystine....g	0.226		0	A	1		0.192	0.064	1.023
Phenylalanine....g	0.908		0	A	1		0.772	0.257	4.112
Tyrosine....g	0.715		0	A	1		0.608	0.203	3.240
Valine....g	1.086		0	A	1		0.923	0.308	4.919
Arginine....g	1.504		0	A	1		1.278	0.426	6.812
Histidine....g	0.552		0	A	1		0.470	0.157	2.502
Alanine....g	1.411		0	A	1		1.199	0.400	6.392
Aspartic acid....g	2.057		0	A	1		1.748	0.583	9.317
Glutamic acid....g	3.371		0	A	1		2.865	0.956	15.270
Glycine....g	1.470		0	A	1		1.249	0.417	6.659
Proline....g	1.146		0	A	1		0.974	0.325	5.193
Serine....g	0.880		0	A	1		0.748	0.249	3.986
Hydroxyproline....g	0.392		0	A	1		0.334	0.111	1.778
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.0g: 1 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 27 (2014)

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		63.33	339.72	21.12
Energy kcal	123		0	NC	4		105	561	35
Energy kJ	515		0	NC	4		437	2347	146
Protein (N x 6.25) g	22.07		3	A	1		18.76	100.64	6.26
Total lipid (fat) g	3.19		3	A	1		2.71	14.55	0.90
Ash g	0.73		0	BFZN	4		0.62	3.34	0.21
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	6		3	A	1		5	27	2
Iron, Fe mg	4.88		3	A	1		4.15	22.25	1.38
Magnesium, Mg mg	22		0	BFNN	4		19	102	6
Phosphorus, P mg	220		0	BFNN	4		187	1002	62
Potassium, K mg	320		0	BFNN	4		272	1461	91
Sodium, Na mg	86		3	A	1		73	392	24
Zinc, Zn mg	3.87		0	BFNN	4		3.29	17.63	1.10
Copper, Cu mg	0.141		0	BFNN	4		0.120	0.644	0.040
Manganese, Mn mg	0.018		0	BFNN	4		0.015	0.083	0.005
Selenium, Se µg	36.4		0	BFNN	4		30.9	165.9	10.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.198		0	BFPN	4		0.169	0.904	0.056
Riboflavin mg	0.291		0	BFPN	4		0.247	1.327	0.083
Niacin mg	4.778		0	BFPN	4		4.061	21.787	1.355
Pantothenic acid mg	1.179		0	BFPN	4		1.002	5.376	0.334
Vitamin B-6 mg	0.519		0	BFPN	4		0.441	2.365	0.147
Folate, total µg	8		0	BFPN	4		7	36	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		7	36	2
Folate, DFE µg	8		0	NC	4		7	36	2
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	5.03		0	BFPN	4		4.28	22.94	1.43
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	BFSN	4		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	BFSN	4		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.21		0	BFSN	4		0.18	0.95	0.06
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	1.170		0	NC	4		0.995	5.335	0.332
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	0.182	0.011
15:0....g									
16:0....g	0.810		3	A	1		0.689	3.694	0.230
17:0....g									
18:0....g	0.320		3	A	1		0.272	1.459	0.091
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.230		0	NC	4		1.046	5.609	0.349
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.240		3	A	1		0.204	1.094	0.068
17:1....g									
18:1 undifferentiated....g	0.990		3	A	1		0.842	4.514	0.281
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.750		0	NC	4		0.638	3.420	0.213
18:2 undifferentiated....g	0.480		3	A	1		0.408	2.189	0.136
18:3 undifferentiated....g	0.040		3	A	1		0.034	0.182	0.011
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.230		3	A	1		0.196	1.049	0.065
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	80		3	A	1		68	365	23
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.197		0	A	1		0.167	0.897	0.056
Threonine....g	0.968		0	A	1		0.823	4.414	0.274
Isoleucine....g	1.049		0	A	1		0.891	4.782	0.297
Leucine....g	1.793		0	A	1		1.524	8.177	0.508
Lysine....g	1.949		0	A	1		1.657	8.887	0.552
Methionine....g	0.617		0	A	1		0.524	2.813	0.175
Cystine....g	0.227		0	A	1		0.193	1.034	0.064
Phenylalanine....g	0.911		0	A	1		0.774	4.154	0.258
Tyrosine....g	0.718		0	A	1		0.610	3.273	0.203
Valine....g	1.090		0	A	1		0.926	4.970	0.309
Arginine....g	1.509		0	A	1		1.283	6.883	0.428
Histidine....g	0.554		0	A	1		0.471	2.528	0.157
Alanine....g	1.416		0	A	1		1.204	6.457	0.401
Aspartic acid....g	2.064		0	A	1		1.755	9.413	0.585
Glutamic acid....g	3.383		0	A	1		2.876	15.427	0.959
Glycine....g	1.475		0	A	1		1.254	6.727	0.418
Proline....g	1.151		0	A	1		0.978	5.247	0.326
Serine....g	0.883		0	A	1		0.751	4.027	0.250
Hydroxyproline....g	0.394		0	A	1		0.335	1.796	0.112
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

Measure 2 = 456.0g: 1 lb

Measure 3 = 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 27 (2014)

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 µg	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 µg	15		0	BFPN	4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0	BFPN	4		13		
Folate, DFE µg	15		0	NC	4		13		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.25		0	BFPN	4		5.31		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	BFSN	4		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.19		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....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		

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		64.70	21.58	344.82
Energy kcal	114		0	NC	4		97	32	517
Energy kJ	477		0	NC	4		406	135	2162
Protein (N x 6.25) g	21.85		3	A	1		18.57	6.19	98.98
Total lipid (fat) g	2.30		3	A	1		1.96	0.65	10.42
Ash g	0.61		0	BFSN	4		0.51	0.17	2.74
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	5		3	A	1		4	1	23
Iron, Fe mg	2.86		3	A	1		2.43	0.81	12.96
Magnesium, Mg mg	22		0	BFNN	4		18	6	98
Phosphorus, P mg	213		0	BFNN	4		181	60	963
Potassium, K mg	310		0	BFNN	4		263	88	1404
Sodium, Na mg	67		3	A	1		57	19	304
Zinc, Zn mg	3.74		0	BFNN	4		3.18	1.06	16.94
Copper, Cu mg	0.137		0	BFNN	4		0.116	0.039	0.618
Manganese, Mn mg	0.018		0	BFNN	4		0.015	0.005	0.080
Selenium, Se µg	35.2		0	BFNN	4		29.9	10.0	159.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.196		0	BFPN	4		0.167	0.056	0.889
Riboflavin mg	0.288		0	BFPN	4		0.245	0.082	1.306
Niacin mg	4.730		0	BFPN	4		4.021	1.341	21.428
Pantothenic acid mg	1.167		0	BFPN	4		0.992	0.331	5.288
Vitamin B-6 mg	0.514		0	BFPN	4		0.437	0.146	2.326
Folate, total µg	8		0	BFPN	4		7	2	36
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		7	2	36
Folate, DFE µg	8		0	NC	4		7	2	36
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.98		0	BFPN	4		4.23	1.41	22.56
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	BFSN	4		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	BFSN	4		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.06	0.89
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.860		0	NC	4		0.731	0.244	3.896
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	0.009	0.136
15:0....g									
16:0....g	0.640		3	A	1		0.544	0.181	2.899
17:0....g									
18:0....g	0.190		3	A	1		0.162	0.054	0.861
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.790		0	NC	4		0.672	0.224	3.579
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.210		3	A	1		0.179	0.060	0.951
17:1....g									
18:1 undifferentiated....g	0.580		3	A	1		0.493	0.164	2.627
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.450		0	NC	4		0.383	0.128	2.039
18:2 undifferentiated....g	0.290		3	A	1		0.247	0.082	1.314
18:3 undifferentiated....g	0.020		3	A	1		0.017	0.006	0.091
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	0.040	0.634
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	72		3	A	1		61	20	326
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.195		0	A	1		0.166	0.055	0.883
Threonine....g	0.958		0	A	1		0.815	0.272	4.342
Isoleucine....g	1.038		0	A	1		0.882	0.294	4.703
Leucine....g	1.775		0	A	1		1.509	0.503	8.042
Lysine....g	1.929		0	A	1		1.640	0.547	8.740
Methionine....g	0.611		0	A	1		0.519	0.173	2.767
Cystine....g	0.224		0	A	1		0.191	0.064	1.017
Phenylalanine....g	0.902		0	A	1		0.767	0.256	4.085
Tyrosine....g	0.711		0	A	1		0.604	0.201	3.219
Valine....g	1.079		0	A	1		0.917	0.306	4.888
Arginine....g	1.494		0	A	1		1.270	0.424	6.769
Histidine....g	0.549		0	A	1		0.467	0.156	2.486
Alanine....g	1.402		0	A	1		1.192	0.397	6.351
Aspartic acid....g	2.044		0	A	1		1.737	0.579	9.258
Glutamic acid....g	3.349		0	A	1		2.847	0.950	15.173
Glycine....g	1.461		0	A	1		1.241	0.414	6.616
Proline....g	1.139		0	A	1		0.968	0.323	5.160
Serine....g	0.874		0	A	1		0.743	0.248	3.960
Hydroxyproline....g	0.390		0	A	1		0.331	0.111	1.766
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.0g: 1 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 27 (2014)

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 µg	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 µg	15		0	BFPN	4		13		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	15		0	BFPN	4		13		
Folate, DFE µg	15		0	NC	4		13		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	6.17		0	BFPN	4		5.24		
Vitamin A, RAE µg	0		0	NC	4		0		
Retinol µg	0		0	BFSN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	BFSN	4		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.23		0	BFSN	4		0.20		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	3.4		0	BFSN	4		2.9		
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0	Z	7		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0	Z	7		0.000		
22:6 n-3 (DHA)....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		

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		64.05	21.36	341.34
Energy kcal	119		0	NC	4		101	34	540
Energy kJ	498		0	NC	4		424	141	2258
Protein (N x 6.25) g	21.67		3	A	1		18.42	6.14	98.17
Total lipid (fat) g	2.95		3	A	1		2.51	0.84	13.36
Ash g	0.73		0	BFZN	4		0.62	0.21	3.32
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	6		3	A	1		5	2	27
Iron, Fe mg	3.13		3	A	1		2.66	0.89	14.18
Magnesium, Mg mg	22		0	BFNN	4		19	6	99
Phosphorus, P mg	214		0	BFNN	4		182	61	968
Potassium, K mg	312		0	BFNN	4		265	88	1411
Sodium, Na mg	81		3	A	1		69	23	367
Zinc, Zn mg	3.76		0	BFNN	4		3.20	1.07	17.04
Copper, Cu mg	0.137		0	BFNN	4		0.117	0.039	0.622
Manganese, Mn mg	0.018		0	BFNN	4		0.015	0.005	0.080
Selenium, Se µg	35.4		0	BFNN	4		30.1	10.0	160.3
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.195		0	BFPN	4		0.166	0.055	0.882
Riboflavin mg	0.286		0	BFPN	4		0.243	0.081	1.295
Niacin mg	4.691		0	BFPN	4		3.988	1.330	21.252
Pantothenic acid mg	1.158		0	BFPN	4		0.984	0.328	5.244
Vitamin B-6 mg	0.509		0	BFPN	4		0.433	0.144	2.307
Folate, total µg	8		0	BFPN	4		7	2	35
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	BFPN	4		7	2	35
Folate, DFE µg	8		0	NC	4		7	2	35
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	4.94		0	BFPN	4		4.20	1.40	22.38
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	BFSN	4		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	BFSN	4		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.20		0	BFSN	4		0.17	0.06	0.92
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	1.200		0	NC	4		1.020	0.340	5.436
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		0.051	0.017	0.272
15:0....g									
16:0....g	0.930		3	A	1		0.791	0.264	4.213
17:0....g									
18:0....g	0.210		3	A	1		0.179	0.060	0.951
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.060		0	NC	4		0.901	0.301	4.802
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		3	A	1		0.281	0.094	1.495
17:1....g									
18:1 undifferentiated....g	0.730		3	A	1		0.621	0.207	3.307
20:1....g									
22:1 undifferentiated....g									
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.580		0	NC	4		0.493	0.164	2.627
18:2 undifferentiated....g	0.380		3	A	1		0.323	0.108	1.721
18:3 undifferentiated....g	0.050		3	A	1		0.043	0.014	0.227
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.150		3	A	1		0.128	0.043	0.680
20:5 n-3 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....g									
Fatty acids, total trans....g									
Cholesterol....mg	75		3	A	1		64	21	340
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.193		0	A	1		0.164	0.055	0.875
Threonine....g	0.951		0	A	1		0.808	0.269	4.306
Isoleucine....g	1.030		0	A	1		0.875	0.292	4.664
Leucine....g	1.761		0	A	1		1.497	0.499	7.976
Lysine....g	1.914		0	A	1		1.626	0.542	8.668
Methionine....g	0.606		0	A	1		0.515	0.172	2.744
Cystine....g	0.223		0	A	1		0.189	0.063	1.008
Phenylalanine....g	0.894		0	A	1		0.760	0.254	4.052
Tyrosine....g	0.705		0	A	1		0.599	0.200	3.192
Valine....g	1.070		0	A	1		0.910	0.303	4.848
Arginine....g	1.482		0	A	1		1.260	0.420	6.713
Histidine....g	0.544		0	A	1		0.463	0.154	2.466
Alanine....g	1.390		0	A	1		1.182	0.394	6.299
Aspartic acid....g	2.027		0	A	1		1.723	0.575	9.181
Glutamic acid....g	3.322		0	A	1		2.824	0.942	15.048
Glycine....g	1.448		0	A	1		1.231	0.411	6.562
Proline....g	1.130		0	A	1		0.960	0.320	5.118
Serine....g	0.867		0	A	1		0.737	0.246	3.928
Hydroxyproline....g	0.387		0	A	1		0.329	0.110	1.752
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (cooked from 4 oz raw)

Measure 2 = 28.35g: 1 oz

Measure 3 = 453.0g: 1 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 27 (2014)

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 µg	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 µg	60		0		4		8	17	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	60		0		4		8	17	
Folate, DFE µg	60		0	NC	4		8	17	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	9.40		2		1		1.22	2.66	
Vitamin A, RAE µg	1001		0		4		130	284	
Retinol µg	1001		0		4		130	284	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3333		0		4		433	945	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05282

Pate de foie gras, canned (goose liver pate), smoked

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 27 (2014)

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		61.54	122.36	131.77
Energy kcal	133		0	NC	4		113	225	242
Energy kJ	556		0		4		473	940	1013
Protein (N x 6.25) g	24.37	0.345	9		1		20.71	41.19	44.35
Total lipid (fat) g	3.25	0.595	9		1		2.76	5.49	5.92
Ash g	1.30	0.020	25		1		1.11	2.20	2.37
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									
Starch g									
Minerals:									
Calcium, Ca mg	3	0.570	25		1		3	5	5
Iron, Fe mg	0.79	0.033	14		1		0.67	1.34	1.44
Magnesium, Mg mg	21	1.047	24		1		18	35	38
Phosphorus, P mg	200	9.446	25		1		170	338	364
Potassium, K mg	242	15.073	25		1		206	409	440
Sodium, Na mg	33	1.418	25		1		28	56	60
Zinc, Zn mg	0.63	0.083	14		1		0.54	1.06	1.15
Copper, Cu mg	0.046	0.009	14		1		0.039	0.078	0.084
Manganese, Mn mg	0.015	0.001	7		1		0.013	0.025	0.027
Selenium, Se µg	16.7		0	BFNN	4		14.2	28.2	30.4
Vitamins:									
Vitamin C, total ascorbic acid mg	6.0		1		1		5.1	10.1	10.9
Thiamin mg	0.081	0.042	7		1		0.069	0.137	0.147
Riboflavin mg	0.119	0.039	7		1		0.101	0.201	0.217
Niacin mg	8.554	0.410	7		1		7.271	14.456	15.568
Pantothenic acid mg	0.960		1		1		0.816	1.622	1.747
Vitamin B-6 mg	0.740		1		1		0.629	1.251	1.347
Folate, total µg	4		0		4		3	7	7
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	4		0		4		3	7	7
Folate, DFE µg	4		0	NC	4		3	7	7
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.84		1		1		0.71	1.42	1.53
Vitamin A, RAE µg	44		0		1		38	75	80
Retinol µg	44		0		1		38	75	80
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	147		0		1		125	248	268
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	1.100		0		1		0.935	1.859	2.002
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.040		1		1		0.034	0.068	0.073
13:0....g									
14:0....g	0.030		1		1		0.026	0.051	0.055
15:0....g									
16:0....g	0.670		1		1		0.570	1.132	1.219
17:0....g									
18:0....g	0.320		1		1		0.272	0.541	0.582
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.040		0		1		0.884	1.758	1.893
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.180		1		1		0.153	0.304	0.328
17:1....g									
18:1 undifferentiated....g	0.860		1		1		0.731	1.453	1.565
20:1....g	0.000		1		1		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	0.550		0		1		0.468	0.930	1.001
18:2 undifferentiated....g	0.480		1		1		0.408	0.811	0.874
18:3 undifferentiated....g	0.070		1		1		0.060	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	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	58		0		4		49	98	106
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.339		0		1		0.288	0.573	0.617
Threonine....g	1.220		0		1		1.037	2.062	2.220
Isoleucine....g	1.369		0		1		1.164	2.314	2.492
Leucine....g	2.063		0		1		1.754	3.486	3.755
Lysine....g	2.230		0		1		1.896	3.769	4.059
Methionine....g	0.710		0		1		0.604	1.200	1.292
Cystine....g	0.320		0		1		0.272	0.541	0.582
Phenylalanine....g	0.951		0		1		0.808	1.607	1.731
Tyrosine....g	0.799		0		1		0.679	1.350	1.454
Valine....g	1.349		0		1		1.147	2.280	2.455
Arginine....g	1.482		0		1		1.260	2.505	2.697
Histidine....g	0.971		0		1		0.825	1.641	1.767
Alanine....g	1.470		0		1		1.250	2.484	2.675
Aspartic acid....g	2.363		0		1		2.009	3.993	4.301
Glutamic acid....g	3.603		0		1		3.063	6.089	6.557
Glycine....g	1.080		0		1		0.918	1.825	1.966
Proline....g	0.889		0		1		0.756	1.502	1.618
Serine....g	1.049		0		1		0.892	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.

NDB No. 05155

Pheasant, breast, meat only, raw

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 169g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 3 = 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 27 (2014)

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		0		4		75.88		
Energy kcal	239		0	NC	4		334		
Energy kJ	998		0	NC	4		1397		
Protein g	32.40		0		4		45.36		
Total lipid (fat) g	12.10		0		4		16.94		
Ash g	1.30		0	NC	4		1.82		
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	16		0		4		22		
Iron, Fe mg	1.43		0		4		2.00		
Magnesium, Mg mg	22		0		4		31		
Phosphorus, P mg	242		0		4		339		
Potassium, K mg	271		0		4		379		
Sodium, Na mg	43		0		4		60		
Zinc, Zn mg	1.37		0		4		1.92		
Copper, Cu mg	0.084		0		4		0.118		
Manganese, Mn mg									
Selenium, Se µg	20.7		0	BFYN	4		29.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3		0		4		3.2		
Thiamin mg	0.070		0		4		0.098		
Riboflavin mg	0.180		0		4		0.252		
Niacin mg	7.530		0		4		10.542		
Pantothenic acid mg									
Vitamin B-6 mg	0.750		0		4		1.050		
Folate, total µg	5		0		4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		0		4		7		
Folate, DFE µg	5		0	NC	4		7		
Choline, total mg	85.8		0	BFNN	4		120.1		
Betaine mg	11.9		0	BFNN	4		16.6		
Vitamin B-12 µg	0.72		0		4		1.01		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	57		0	NC	4		80		
Retinol µg	57		0	NR	4		80		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	190		0		4		266		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.27		0	NR	4		0.37		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.2		
Vitamin D IU	7		0	BFFN	4		10		
Vitamin K (phylloquinone) µg	4.9		0	BFSN	4		6.8		
Dihydrophylloquinone µg	0.0		0	NR	4		0.0		
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	3.908		0	NC	4		5.471		
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	0.065		0		4		0.091		
13:0....g									
14:0....g	0.117		0		4		0.164		
15:0....g									
16:0....g	2.879		0		4		4.031		
17:0....g									
18:0....g	0.847		0		4		1.186		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	5.627		0		4		7.878		
14:1....g									
15:1....g									
16:1 undifferentiated....g	1.055		0		4		1.477		
17:1....g									
18:1 undifferentiated....g	4.012		0		4		5.617		
20:1....g	0.013		0		4		0.018		
22:1 undifferentiated....g	0.000		0		4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.185		0	NC	4		1.659		
18:2 undifferentiated....g	1.055		0		4		1.477		
18:3 undifferentiated....g	0.130		0		4		0.182		
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	0.000		0		4		0.000		
20:5 n-3 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....g	0.000		0		4		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	89		0		4		125		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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 µg	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 µg	10		0		4		10	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		4		10	11	
Folate, DFE µg	10		0	NC	4		10	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.84		0		1		0.83	0.90	
Vitamin A, RAE µg	59		0		1		58	63	
Retinol µg	59		0		1		58	63	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	195		0		1		193	209	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....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.

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

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 27 (2014)

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		57.60	251.43	271.08
Energy kcal	181		0	NC	4		154	672	724
Energy kJ	757		0		4		644	2810	3029
Protein (N x 6.25) g	22.70		0		1		19.30	84.22	90.80
Total lipid (fat) g	9.29		0		1		7.90	34.47	37.16
Ash g	1.27		0		1		1.08	4.71	5.08
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									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		1		10	45	48
Iron, Fe mg	1.15		0		1		0.98	4.27	4.60
Magnesium, Mg mg	20		0		1		17	74	80
Phosphorus, P mg	214		0		1		182	794	856
Potassium, K mg	243		0		1		207	902	972
Sodium, Na mg	40		0		1		34	148	160
Zinc, Zn mg	0.96		0		1		0.82	3.56	3.84
Copper, Cu mg	0.065		0		1		0.055	0.241	0.260
Manganese, Mn mg	0.017		0		1		0.014	0.063	0.068
Selenium, Se µg	15.7		0	PIE	4		13.3	58.2	62.8
Vitamins:									
Vitamin C, total ascorbic acid mg	5.3		0		1		4.5	19.7	21.2
Thiamin mg	0.072		0		1		0.061	0.267	0.288
Riboflavin mg	0.143		0		1		0.122	0.531	0.572
Niacin mg	6.426		0		1		5.462	23.840	25.704
Pantothenic acid mg	0.928		0		1		0.789	3.443	3.712
Vitamin B-6 mg	0.660		0		1		0.561	2.449	2.640
Folate, total µg	6		0		4		5	22	24
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		4		5	22	24
Folate, DFE µg	6		0	NC	4		5	22	24
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.77		0		1		0.65	2.86	3.08
Vitamin A, RAE µg	53		0		1		45	197	213
Retinol µg	53		0		1		45	197	213
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	177		0		1		150	657	708
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	2.700		0		1		2.295	10.017	10.800
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		4		0.000	0.000	0.000
12:0....g	0.050		0		1		0.043	0.186	0.200
13:0....g									
14:0....g	0.090		0		1		0.077	0.334	0.360
15:0....g									
16:0....g	2.210		0		1		1.879	8.199	8.840
17:0....g									
18:0....g	0.650		0		1		0.553	2.412	2.600
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.320		0		1		3.672	16.027	17.280
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.810		0		1		0.689	3.005	3.240
17:1....g									
18:1 undifferentiated....g	3.080		0		1		2.618	11.427	12.320
20:1....g	0.010		0		1		0.009	0.037	0.040
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	0.000
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.180		0		1		1.003	4.378	4.720
18:2 undifferentiated....g	0.810		0		1		0.689	3.005	3.240
18:3 undifferentiated....g	0.100		0		1		0.085	0.371	0.400
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		4		0.000	0.000	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	71		0		4		60	263	284
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.304		0		1		0.258	1.128	1.216
Threonine....g	1.108		0		1		0.942	4.111	4.432
Isoleucine....g	1.228		0		1		1.044	4.556	4.912
Leucine....g	1.870		0		1		1.590	6.938	7.480
Lysine....g	2.015		0		1		1.713	7.476	8.060
Methionine....g	0.643		0		1		0.547	2.386	2.572
Cystine....g	0.305		0		1		0.259	1.132	1.220
Phenylalanine....g	0.876		0		1		0.745	3.250	3.504
Tyrosine....g	0.724		0		1		0.615	2.686	2.896
Valine....g	1.230		0		1		1.046	4.563	4.920
Arginine....g	1.412		0		1		1.200	5.239	5.648
Histidine....g	0.864		0		1		0.734	3.205	3.456
Alanine....g	1.410		0		1		1.199	5.231	5.640
Aspartic acid....g	2.186		0		1		1.858	8.110	8.744
Glutamic acid....g	3.309		0		1		2.813	12.276	13.236
Glycine....g	1.231		0		1		1.046	4.567	4.924
Proline....g	0.939		0		1		0.798	3.484	3.756
Serine....g	0.972		0		1		0.826	3.606	3.888
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg									
Theobromine....mg									

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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 371g: 1 unit (yield from 1 lb ready-to-eat pheasant)

Measure 3 = 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 27 (2014)

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		61.85	237.23	256.15
Energy kcal	133		0	NC	4		113	434	468
Energy kJ	556		0		4		473	1814	1959
Protein (N x 6.25) g	23.57		0		1		20.03	76.84	82.97
Total lipid (fat) g	3.64		0		1		3.09	11.87	12.81
Ash g	1.35		0		1		1.15	4.40	4.75
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									
Starch g									
Minerals:									
Calcium, Ca mg	13		0		1		11	42	46
Iron, Fe mg	1.15		0		1		0.98	3.75	4.05
Magnesium, Mg mg	20		0		1		17	65	70
Phosphorus, P mg	230		0		1		196	750	810
Potassium, K mg	262		0		1		223	854	922
Sodium, Na mg	37		0		1		31	121	130
Zinc, Zn mg	0.97		0		1		0.82	3.16	3.41
Copper, Cu mg	0.069		0		1		0.059	0.225	0.243
Manganese, Mn mg	0.016		0		1		0.014	0.052	0.056
Selenium, Se µg	16.2		0	BFNN	4		13.8	52.8	57.0
Vitamins:									
Vitamin C, total ascorbic acid mg	6.0		0		1		5.1	19.6	21.1
Thiamin mg	0.077		0		1		0.065	0.251	0.271
Riboflavin mg	0.153		0		1		0.130	0.499	0.539
Niacin mg	6.759		0		1		5.745	22.034	23.792
Pantothenic acid mg	0.960		0		1		0.816	3.130	3.379
Vitamin B-6 mg	0.740		0		1		0.629	2.412	2.605
Folate, total µg	6		0		4		5	20	21
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		4		5	20	21
Folate, DFE µg	6		0	NC	4		5	20	21
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.84		0		1		0.71	2.74	2.96
Vitamin A, RAE µg	50		0		1		42	162	174
Retinol µg	50		0		1		42	162	174
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	165		0		1		140	538	581
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	1.240		0		1		1.054	4.042	4.365
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.050		0		1		0.043	0.163	0.176
13:0....g									
14:0....g	0.030		0		1		0.026	0.098	0.106
15:0....g									
16:0....g	0.750		0		1		0.638	2.445	2.640
17:0....g									
18:0....g	0.360		0		1		0.306	1.174	1.267
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.170		0		1		0.995	3.814	4.118
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.200		0		1		0.170	0.652	0.704
17:1....g									
18:1 undifferentiated....g	0.960		0		1		0.816	3.130	3.379
20:1....g	0.000		0		1		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	0.620		0		1		0.527	2.021	2.182
18:2 undifferentiated....g	0.540		0		1		0.459	1.760	1.901
18:3 undifferentiated....g	0.080		0		1		0.068	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	0.000
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	66		0		4		56	215	232
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.328		0		1		0.279	1.069	1.155
Threonine....g	1.180		0		1		1.003	3.847	4.154
Isoleucine....g	1.324		0		1		1.125	4.316	4.660
Leucine....g	1.995		0		1		1.696	6.504	7.022
Lysine....g	2.157		0		1		1.833	7.032	7.593
Methionine....g	0.686		0		1		0.583	2.236	2.415
Cystine....g	0.309		0		1		0.263	1.007	1.088
Phenylalanine....g	0.920		0		1		0.782	2.999	3.238
Tyrosine....g	0.773		0		1		0.657	2.520	2.721
Valine....g	1.305		0		1		1.109	4.254	4.594
Arginine....g	1.433		0		1		1.218	4.672	5.044
Histidine....g	0.939		0		1		0.798	3.061	3.305
Alanine....g	1.422		0		1		1.209	4.636	5.005
Aspartic acid....g	2.285		0		1		1.942	7.449	8.043
Glutamic acid....g	3.484		0		1		2.961	11.358	12.264
Glycine....g	1.044		0		1		0.887	3.403	3.675
Proline....g	0.860		0		1		0.731	2.804	3.027
Serine....g	1.014		0		1		0.862	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.

NDB No. 05154
Pheasant, raw, meat only

Common Measures:

Measure 1 = 85g: 3 oz
Measure 2 = 326g: 1 unit (yield from 1 lb ready-to-eat pheasant)
Measure 3 = 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 27 (2014)

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 µg	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 µg	6		0		4		14		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6		0		4		14		
Folate, DFE µg	6		0	NC	4		14		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.25		0		4		0.57		
Vitamin A, RAE µg	74		0		4		167		
Retinol µg	74		0		4		167		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	245		0		4		556		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.020		3		1		0.045		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		3		1		0.000		
22:6 n-3 (DHA)....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.

NDB No. 05301

Poultry, mechanically deboned, from backs and necks with skin, raw

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 27 (2014)

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 µg	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 µg	9		0		4		20		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0		4		20		
Folate, DFE µg	9		0	NC	4		20		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.35		0		4		0.79		
Vitamin A, RAE µg	32		0		4		73		
Retinol µg	32		0		4		73		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	107		0		4		243		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....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.

NDB No. 05302

Poultry, mechanically deboned, from backs and necks without skin, raw

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 27 (2014)

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 µg	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 µg	5		0		4		11		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	5		0		4		11		
Folate, DFE µg	5		0	NC	4		11		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.27		0		4		0.61		
Vitamin A, RAE µg	45		0		4		102		
Retinol µg	45		0		4		102		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	149		0		4		338		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 05303

Poultry, mechanically deboned, from mature hens, raw

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 27 (2014)

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		60.92	149.07	40.14
Energy kcal	123		0	NC	4		105	256	69
Energy kJ	515		0		4		437	1070	288
Protein (N x 6.25) g	22.59	0.139	37		1		19.20	46.99	12.65
Total lipid (fat) g	2.99	0.158	52		1		2.54	6.22	1.67
Ash g	1.27	0.013	37		1		1.08	2.64	0.71
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									
Starch g									
Minerals:									
Calcium, Ca mg	10	0.420	3		1		9	21	6
Iron, Fe mg	2.31	0.158	3		1		1.96	4.80	1.29
Magnesium, Mg mg	28		0		4		24	58	16
Phosphorus, P mg	228	9.133	3		1		194	474	128
Potassium, K mg	260	33.822	4		1		221	541	146
Sodium, Na mg	55	6.749	4		1		47	114	31
Zinc, Zn mg	2.70	0.066	3		1		2.30	5.62	1.51
Copper, Cu mg	0.433	0.069	3		1		0.368	0.901	0.242
Manganese, Mn mg	0.018		0		4		0.015	0.037	0.010
Selenium, Se µg	18.8		0	BFNN	4		16.0	39.1	10.5
Vitamins:									
Vitamin C, total ascorbic acid mg	5.1	1.046	3		1		4.3	10.6	2.9
Thiamin mg	0.240	0.078	3		1		0.204	0.499	0.134
Riboflavin mg	0.243	0.053	3		1		0.207	0.505	0.136
Niacin mg	8.200	1.193	3		1		6.970	17.056	4.592
Pantothenic acid mg	0.787	0.026	3		1		0.669	1.637	0.441
Vitamin B-6 mg	0.530	0.038	3		1		0.451	1.102	0.297
Folate, total µg	4		0		4		3	8	2
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	4		0		4		3	8	2
Folate, DFE µg	4		0	NC	4		3	8	2
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.47	0.027	3		1		0.40	0.98	0.26
Vitamin A, RAE µg	11	5.626	3		1		9	23	6
Retinol µg	11	5.626	3		1		9	23	6
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	37	18.735	3		1		31	77	21
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.870		0		1		0.740	1.810	0.487
4:0....g									
6:0....g									
8:0....g									
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.020	0.005	3		1		0.017	0.042	0.011
13:0....g									
14:0....g	0.020	0.003	19		1		0.017	0.042	0.011
15:0....g									
16:0....g	0.520	0.052	19		1		0.442	1.082	0.291
17:0....g									
18:0....g	0.300	0.033	19		1		0.255	0.624	0.168
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.840		0		1		0.714	1.747	0.470
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.160	0.016	19		1		0.136	0.333	0.090
17:1....g									
18:1 undifferentiated....g	0.670	0.067	19		1		0.570	1.394	0.375
20:1....g	0.000	0.000	16		1		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	0.770		0		1		0.655	1.602	0.431
18:2 undifferentiated....g	0.620	0.069	19		1		0.527	1.290	0.347
18:3 undifferentiated....g	0.020	0.005	19		1		0.017	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		0.068	0.166	0.045
20:5 n-3 (EPA)....g	0.010	0.006	9		1		0.009	0.021	0.006
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020	0.008	16		1		0.017	0.042	0.011
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	58		0		4		49	121	32
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.354		0		1		0.301	0.736	0.198
Threonine....g	1.131		0		1		0.961	2.352	0.633
Isoleucine....g	1.233		0		1		1.048	2.565	0.690
Leucine....g	1.938		0		1		1.647	4.031	1.085
Lysine....g	1.977		0		1		1.680	4.112	1.107
Methionine....g	0.716		0		1		0.609	1.489	0.401
Cystine....g	0.394		0		1		0.335	0.820	0.221
Phenylalanine....g	0.980		0		1		0.833	2.038	0.549
Tyrosine....g	1.048		0		1		0.891	2.180	0.587
Valine....g	1.225		0		1		1.041	2.548	0.686
Arginine....g	1.432		0		1		1.217	2.979	0.802
Histidine....g	0.857		0		1		0.728	1.783	0.480
Alanine....g	1.392		0		1		1.183	2.895	0.780
Aspartic acid....g	1.883		0		1		1.601	3.917	1.054
Glutamic acid....g	2.928		0		1		2.489	6.090	1.640
Glycine....g	1.497		0		1		1.272	3.114	0.838
Proline....g	0.828		0		1		0.704	1.722	0.464
Serine....g	1.103		0		1		0.938	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.

NDB No. 05159
Quail, breast, meat only, raw

Common Measures:

Measure 1 = 85g: 3 oz
Measure 2 = 208g: 1 unit (yield from 1 lb ready-to cook quail)
Measure 3 = 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 27 (2014)

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		0		4		17.01	271.80	
Energy kcal	227		0	NC	4		64	1030	
Energy kJ	951		0	NC	4		270	4308	
Protein g	25.10		0		4		7.12	113.70	
Total lipid (fat) g	14.10		0		4		4.00	63.87	
Ash g	0.80		0	NC	4		0.23	3.62	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	15		0		4		4	68	
Iron, Fe mg	4.43		0		4		1.26	20.07	
Magnesium, Mg mg	22		0		4		6	100	
Phosphorus, P mg	279		0		4		79	1264	
Potassium, K mg	216		0		4		61	978	
Sodium, Na mg	52		0		4		15	236	
Zinc, Zn mg	3.10		0		4		0.88	14.04	
Copper, Cu mg	0.592		0		4		0.168	2.682	
Manganese, Mn mg									
Selenium, Se µg	21.8		0	BFYN	4		6.2	98.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	2.3		0		4		0.7	10.4	
Thiamin mg	0.220		0		4		0.062	0.997	
Riboflavin mg	0.300		0		4		0.085	1.359	
Niacin mg	7.920		0		4		2.245	35.878	
Pantothenic acid mg									
Vitamin B-6 mg	0.620		0		4		0.176	2.809	
Folate, total µg	6		0		4		2	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		4		2	27	
Folate, DFE µg	6		0	NC	4		2	27	
Choline, total mg	65.9		0	BFNN	4		18.7	298.7	
Betaine mg	9.1		0	BFNN	4		2.6	41.3	
Vitamin B-12 µg	0.36		0		4		0.10	1.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	70		0	NC	4		20	317	
Retinol µg	70		0	NR	4		20	317	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	234		0		4		66	1060	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.70		0	NR	4		0.20	3.17	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		0.1	0.9	
Vitamin D IU	8		0	BFFN	4		2	36	
Vitamin K (phylloquinone) µg	4.2		0	BFSN	4		1.2	19.2	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	3.955		0		4		1.121	17.916	
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	0.047		0		4		0.013	0.213	
13:0....g									
14:0....g	0.117		0		4		0.033	0.530	
15:0....g									
16:0....g	2.563		0		4		0.727	11.610	
17:0....g									
18:0....g	1.030		0		4		0.292	4.666	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.891		0		4		1.387	22.156	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.725		0		4		0.206	3.284	
17:1....g									
18:1 undifferentiated....g	4.119		0		4		1.168	18.659	
20:1....g	0.012		0		4		0.003	0.054	
22:1 undifferentiated....g	0.000		0		4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	3.487		0		4		0.989	15.796	
18:2 undifferentiated....g	2.691		0		4		0.763	12.190	
18:3 undifferentiated....g	0.492		0		4		0.139	2.229	
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	0.164		0		4		0.046	0.743	
20:5 n-3 (EPA)....g	0.012		0		4		0.003	0.054	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.035		0		4		0.010	0.159	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	86		0		4		24	390	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	8	0.224	5		1		9	32	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8	0.224	5		1		9	32	
Folate, DFE µg	8		0	NC	4		9	32	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.43		0		4		0.47	1.74	
Vitamin A, RAE µg	73	1.791	5		1		80	296	
Retinol µg	73	1.791	5		1		80	296	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	243	5.963	5		1		265	984	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05157
Quail, 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 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									
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 (EPA)....g	0.010		0		1		0.011	0.041	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.033	0.122	
22:6 n-3 (DHA)....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									

NDB No. 05157
Quail, 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 27 (2014)

NDB No. 05158
Quail, meat only, raw

Refuse: 24% 10% 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	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 µg	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 µg	7		0		4		6	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		4		6	24	
Folate, DFE µg	7		0	NC	4		6	24	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.47		0		4		0.43	1.61	
Vitamin A, RAE µg	17		0		1		16	59	
Retinol µg	17		0		1		16	59	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	57		0		1		52	195	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.009	0.034	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.018	0.068	
22:6 n-3 (DHA)....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.

NDB No. 05158
Quail, meat only, raw

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 27 (2014)

NDB No. 05363

Ruffed Grouse, breast meat, skinless, raw

Bonasa umbellus

Ruffed grouse

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	72.93		2	A	1		82.41	159.72	457.27
Energy kcal	112		0	NC	4		126	245	700
Energy kJ	467		0	NC	4		528	1023	2928
Protein g	25.94		2	A	1		29.31	56.80	162.63
Total lipid (fat) g	0.88		2	A	1		0.99	1.93	5.52
Ash g	1.07		2	A	1		1.21	2.34	6.71
Carbohydrate, by difference g	0.00		0	NC	4		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	5		2	A	1		6	11	33
Iron, Fe mg	0.58		2	A	1		0.66	1.28	3.66
Magnesium, Mg mg	32		2	A	1		36	70	200
Phosphorus, P mg	229		2	A	1		259	502	1436
Potassium, K mg	311		2	A	1		351	680	1947
Sodium, Na mg	50		2	A	1		57	110	316
Zinc, Zn mg	0.51		2	A	1		0.57	1.11	3.18
Copper, Cu mg	0.058		2	A	1		0.065	0.126	0.362
Manganese, Mn mg	0.016		2	A	1		0.018	0.035	0.101
Selenium, Se µg									
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.042		2	A	1		0.048	0.093	0.266
Riboflavin mg	0.280		2	A	1		0.316	0.613	1.755
Niacin mg	11.600		2	A	1		13.108	25.404	72.732
Pantothenic acid mg									
Vitamin B-6 mg	1.275		2	A	1		1.441	2.792	7.994
Folate, total µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.90		2	A	1		3.28	6.35	18.18
Vitamin A, RAE µg	5		0	AS	1		6	11	31
Vitamin A, IU IU	16		0	AS	1		19	36	103
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.73		2	A	1		0.83	1.60	4.59
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocopherol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.00		2	A	1		0.00	0.00	0.00
Tocotrienol, delta mg	0.00		2	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.130		0	NC	4		0.147	0.284	0.814
4:0 g	0.000		2	A	1		0.000	0.000	0.000
6:0 g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 05363
Ruffed Grouse, breast meat, skinless, 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
8:0 g	0.000		2	A	1		0.000	0.000	0.000
10:0 g	0.000		2	A	1		0.000	0.000	0.000
12:0 g	0.000		2	A	1		0.000	0.000	0.000
13:0 g									
14:0 g	0.002		2	A	1		0.002	0.003	0.009
15:0 g	0.001		2	A	1		0.001	0.001	0.003
16:0 g	0.068		2	A	1		0.077	0.150	0.429
17:0 g	0.002		2	A	1		0.002	0.003	0.009
18:0 g	0.056		2	A	1		0.063	0.123	0.351
20:0 g	0.001		2	A	1		0.001	0.001	0.003
22:0 g	0.002		2	A	1		0.002	0.003	0.009
24:0 g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated g	0.042		0	NC	4		0.047	0.092	0.263
14:1 g	0.000		2	A	1		0.000	0.000	0.000
15:1 g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated g	0.002		0	AS	1		0.002	0.003	0.009
16:1 c g	0.002		2	A	1		0.002	0.003	0.009
16:1 t g	0.000		2	A	1		0.000	0.000	0.000
17:1 g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated g	0.040		0	AS	1		0.046	0.089	0.254
18:1 c g	0.040		2	A	1		0.046	0.089	0.254
18:1 t g	0.000		2	A	1		0.000	0.000	0.000
18:1-11 t (18:1t n-7) g									
20:1 g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated g	0.000		0	AS	1		0.000	0.000	0.000
22:1 c g	0.000		2	A	1		0.000	0.000	0.000
22:1 t g	0.000		2	A	1		0.000	0.000	0.000
24:1 c g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated g	0.132		0	NC	4		0.149	0.288	0.825
18:2 undifferentiated g	0.071		0	AS	1		0.081	0.156	0.448
18:2 n-6 c,c g	0.071		2	A	1		0.081	0.156	0.448
18:2 CLAs g	0.000		2	A	1		0.000	0.000	0.000
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.000		2	A	1		0.000	0.000	0.000
18:3 undifferentiated g	0.008		0	AS	1		0.009	0.018	0.050
18:3 n-3 c,c,c (ALA) g	0.008		2	A	1		0.009	0.018	0.050
18:3 n-6 c,c,c g	0.000		2	A	1		0.000	0.000	0.000
18:3i g	0.000		2	A	1		0.000	0.000	0.000
18:4 g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c g	0.001		2	A	1		0.001	0.001	0.003
20:3 undifferentiated g	0.001		0	AS	1		0.001	0.001	0.003
20:3 n-3 g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-6 g	0.001		2	A	1		0.001	0.001	0.003
20:4 undifferentiated g	0.030		2	A	1		0.034	0.065	0.187
20:4 n-6 g									
20:5 n-3 (EPA) g	0.003		2	A	1		0.003	0.007	0.019
21:5 g									
22:4 g	0.001		2	A	1		0.001	0.001	0.003
22:5 n-3 (DPA) g	0.008		2	A	1		0.010	0.019	0.053
22:6 n-3 (DHA) g	0.009		2	A	1		0.011	0.021	0.059
Fatty acids, total trans g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol mg	40		2	A	1		45	88	251
Phytosterols mg									
Others:									
Alcohol, ethyl g	0.0		0	Z	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

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

NDB No. 05363
Ruffed Grouse, breast meat, skinless, 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

food, or similar food.

Common Measures:

Measure 1 = 113g: 4 oz

Measure 2 = 219g: 1 breast

Measure 3 = 627g: 1 bird

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	4		0		4		4	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		4		4	6	
Folate, DFE µg	4		0	NC	4		4	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.47		0		4		0.47	0.71	
Vitamin A, RAE µg	17		0		4		17	26	
Retinol µg	17		0		4		17	26	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	57		0		4		58	86	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		1		1		0.010	0.015	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.060		1		1		0.061	0.091	
22:6 n-3 (DHA)....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.

NDB No. 05162

Squab, (pigeon), light meat without skin, raw

Common Measures:

Measure 1 = 101g: 1 breast, bone removed

Measure 2 = 151g: 1 unit (yield from 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 27 (2014)

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		48.11	168.10	112.63
Energy kcal	294		0	NC	4		250	873	585
Energy kJ	1230		0		4		1046	3653	2448
Protein (N x 6.25) g	18.47	0.233	3		1		15.70	54.86	36.76
Total lipid (fat) g	23.80	1.102	3		1		20.23	70.69	47.36
Ash g	1.40	0.100	3		1		1.19	4.16	2.79
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									
Starch g									
Minerals:									
Calcium, Ca mg	12		0		4		10	36	24
Iron, Fe mg	3.54		0		4		3.01	10.51	7.04
Magnesium, Mg mg	22		0		4		19	65	44
Phosphorus, P mg	248		0		4		211	737	494
Potassium, K mg	199		0		4		169	591	396
Sodium, Na mg	54		0		4		46	160	107
Zinc, Zn mg	2.20		0		4		1.87	6.53	4.38
Copper, Cu mg	0.437		0		4		0.371	1.298	0.870
Manganese, Mn mg	0.019		0		4		0.016	0.056	0.038
Selenium, Se µg	13.3		0	PIE	4		11.3	39.5	26.5
Vitamins:									
Vitamin C, total ascorbic acid mg	5.2		0		4		4.4	15.4	10.3
Thiamin mg	0.212		0		4		0.180	0.630	0.422
Riboflavin mg	0.224		0		4		0.190	0.665	0.446
Niacin mg	6.046		0		4		5.139	17.957	12.032
Pantothenic acid mg	0.760		0		4		0.646	2.257	1.512
Vitamin B-6 mg	0.410		0		4		0.349	1.218	0.816
Folate, total µg	6		0		4		5	18	12
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		4		5	18	12
Folate, DFE µg	6		0	NC	4		5	18	12
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.40		0		4		0.34	1.19	0.80
Vitamin A, RAE µg	73		0		4		62	217	145
Retinol µg	73		0		4		62	217	145
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	243		0		4		207	722	484
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	8.430		0		1		7.166	25.037	16.776
4:0....g									
6:0....g									
8:0....g									
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	0.030		0		1		0.026	0.089	0.060
15:0....g									
16:0....g	4.790		0		1		4.072	14.226	9.532
17:0....g									
18:0....g	2.690		0		1		2.287	7.989	5.353
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	9.720		0		1		8.262	28.868	19.343
14:1....g									
15:1....g									
16:1 undifferentiated....g	3.470		0		1		2.950	10.306	6.905
17:1....g									
18:1 undifferentiated....g	6.260		0		1		5.321	18.592	12.457
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	3.070		0		1		2.610	9.118	6.109
18:2 undifferentiated....g	2.670		0		1		2.270	7.930	5.313
18:3 undifferentiated....g	0.000		0		4		0.000	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		0.136	0.475	0.318
20:5 n-3 (EPA)....g	0.010		0		1		0.009	0.030	0.020
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.070		0		1		0.060	0.208	0.139
22:6 n-3 (DHA)....g	0.020		0		1		0.017	0.059	0.040
Fatty acids, total trans....g									
Cholesterol....mg	95		0		4		81	282	189
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.268		0		4		0.228	0.796	0.533
Threonine....g	0.884		0		4		0.751	2.625	1.759
Isoleucine....g	0.943		0		4		0.802	2.801	1.877
Leucine....g	1.506		0		4		1.280	4.473	2.997
Lysine....g	1.537		0		4		1.306	4.565	3.059
Methionine....g	0.552		0		4		0.469	1.639	1.098
Cystine....g	0.320		0		4		0.272	0.950	0.637
Phenylalanine....g	0.773		0		4		0.657	2.296	1.538
Tyrosine....g	0.789		0		4		0.671	2.343	1.570
Valine....g	0.967		0		4		0.822	2.872	1.924
Arginine....g	1.210		0		4		1.029	3.594	2.408
Histidine....g	0.647		0		4		0.550	1.922	1.288
Alanine....g	1.194		0		4		1.015	3.546	2.376
Aspartic acid....g	1.557		0		4		1.323	4.624	3.098
Glutamic acid....g	2.378		0		4		2.021	7.063	4.732
Glycine....g	1.491		0		4		1.267	4.428	2.967
Proline....g	0.839		0		4		0.713	2.492	1.670
Serine....g	0.878		0		4		0.746	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.

NDB No. 05160
Squab, (pigeon), meat and skin, raw

Common Measures:

Measure 1 = 85g: 3 oz
Measure 2 = 297g: 1 unit (yield from 1 lb ready-to-cook squab)
Measure 3 = 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 27 (2014)

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 µg	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 µg	7		0		4		18	12	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		4		18	12	
Folate, DFE µg	7		0	NC	4		18	12	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.47		0		4		1.18	0.79	
Vitamin A, RAE µg	28		0		4		71	47	
Retinol µg	28		0		4		71	47	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	94		0		4		236	158	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.010		0		1		0.025	0.017	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.090		0		1		0.226	0.151	
22:6 n-3 (DHA)....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.

NDB No. 05161
Squab, (pigeon), meat only, raw

Common Measures:

Measure 1 = 251g: 1 unit (yield from 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 27 (2014)

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		72.31	120.80	
Energy kcal	67		0	NC	4		57	95	
Energy kJ	280		0		4		238	398	
Protein (N x 6.25) g	5.88	0.188	4		1		5.00	8.35	
Total lipid (fat) g	2.63	0.682	4		1		2.24	3.73	
Ash g	1.81	0.125	4		1		1.54	2.57	
Carbohydrate, by difference g	4.61		0	NC	4		3.92	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		12	20	
Iron, Fe mg	0.93	0.097	4		1		0.79	1.32	
Magnesium, Mg mg	8	0.614	4		1		7	11	
Phosphorus, P mg	81	7.503	4		1		69	115	
Potassium, K mg	61		0		4		52	87	
Sodium, Na mg	554	54.648	4		1		471	787	
Zinc, Zn mg	0.70	0.054	4		1		0.60	0.99	
Copper, Cu mg	0.022		0		4		0.019	0.031	
Manganese, Mn mg	0.005		0		4		0.004	0.007	
Selenium, Se µg	19.2		0	PAK	1		16.3	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		0.020	0.034	
Riboflavin mg	0.127	0.012	4		1		0.108	0.180	
Niacin mg	1.799	0.122	4		1		1.529	2.555	
Pantothenic acid mg	0.213		0		4		0.181	0.302	
Vitamin B-6 mg	0.100	0.002	4		1		0.085	0.142	
Folate, total µg	4		0		4		3	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		4		3	6	
Folate, DFE µg	4		0	NC	4		3	6	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.24		0		4		0.20	0.34	
Vitamin A, RAE µg	13	3.858	4		1		11	18	
Retinol µg	13	3.858	4		1		11	18	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	42	12.846	4		1		36	60	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.850		0		1		0.723	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		0.026	0.043	
15:0....g									
16:0....g	0.540	0.143	4		1		0.459	0.767	
17:0....g									
18:0....g	0.270	0.080	4		1		0.230	0.383	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.970		0		1		0.825	1.377	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.110	0.030	4		1		0.094	0.156	
17:1....g									
18:1 undifferentiated....g	0.860	0.229	4		1		0.731	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		0.400	0.667	
18:2 undifferentiated....g	0.440	0.121	4		1		0.374	0.625	
18:3 undifferentiated....g	0.030	0.012	4		1		0.026	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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	18		0		4		15	26	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.067		0		4		0.057	0.095	
Threonine....g	0.262		0		4		0.223	0.372	
Isoleucine....g	0.306		0		4		0.260	0.435	
Leucine....g	0.469		0		4		0.399	0.666	
Lysine....g	0.554		0		4		0.471	0.787	
Methionine....g	0.170		0		4		0.145	0.241	
Cystine....g	0.061		0		4		0.052	0.087	
Phenylalanine....g	0.233		0		4		0.198	0.331	
Tyrosine....g	0.232		0		4		0.197	0.329	
Valine....g	0.312		0		4		0.265	0.443	
Arginine....g	0.410		0		4		0.349	0.582	
Histidine....g	0.183		0		4		0.156	0.260	
Alanine....g	0.364		0		4		0.309	0.517	
Aspartic acid....g	0.571		0		4		0.485	0.811	
Glutamic acid....g	0.960		0		4		0.816	1.363	
Glycine....g	0.292		0		4		0.248	0.415	
Proline....g	0.245		0		4		0.208	0.348	
Serine....g	0.262		0		4		0.223	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.

NDB No. 05286
Turkey and gravy, frozen

Common Measures:

Measure 1 = 85g: 3 oz

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 27 (2014)

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		60.27	612.66	
Energy kcal	126		0	NC	4		107	1089	
Energy kJ	527		0		4		448	4555	
Protein (N x 6.25) g	22.16	0.670	18		1		18.84	191.46	
Total lipid (fat) g	3.46	0.370	18		1		2.94	29.89	
Ash g	2.06	0.117	5		1		1.75	17.80	
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									
Starch g									
Minerals:									
Calcium, Ca mg	9	0.774	16		1		8	78	
Iron, Fe mg	0.66	0.069	19		1		0.56	5.70	
Magnesium, Mg mg	21	1.749	5		1		18	181	
Phosphorus, P mg	214	11.968	5		1		182	1849	
Potassium, K mg	248	14.347	17		1		211	2143	
Sodium, Na mg	397	33.514	19		1		337	3430	
Zinc, Zn mg	1.53	0.118	5		1		1.30	13.22	
Copper, Cu mg	0.041	0.005	5		1		0.035	0.354	
Manganese, Mn mg	0.015		0		4		0.013	0.130	
Selenium, Se µg	25.7		0	BFNN	4		21.8	222.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.053	0.003	17		1		0.045	0.458	
Riboflavin mg	0.133	0.006	17		1		0.113	1.149	
Niacin mg	9.067	1.020	3		1		7.707	78.339	
Pantothenic acid mg	0.489		0		4		0.416	4.225	
Vitamin B-6 mg	0.320		2		1		0.272	2.765	
Folate, total µg	5		0		4		4	43	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		4	43	
Folate, DFE µg	5		0	NC	4		4	43	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.32		2		1		0.27	2.76	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.980		0		1		0.833	8.467	
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		0.009	0.086	
13:0....g									
14:0....g	0.020		0		1		0.017	0.173	
15:0....g									
16:0....g	0.590		0		1		0.502	5.098	
17:0....g									
18:0....g	0.240		0		1		0.204	2.074	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.140		0		1		0.969	9.850	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.190		0		1		0.162	1.642	
17:1....g									
18:1 undifferentiated....g	0.920		0		1		0.782	7.949	
20:1....g	0.010		0		1		0.009	0.086	
22:1 undifferentiated....g	0.010		0		1		0.009	0.086	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.840		0		1		0.714	7.258	
18:2 undifferentiated....g	0.680		0		1		0.578	5.875	
18:3 undifferentiated....g	0.040		0		1		0.034	0.346	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.080		0		1		0.068	0.691	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.086	
22:6 n-3 (DHA)....g	0.010		0		1		0.009	0.086	
Fatty acids, total trans....g									
Cholesterol....mg	42	1.312	13		1		36	363	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.246		0		1		0.209	2.125	
Threonine....g	0.967		0		1		0.822	8.355	
Isoleucine....g	1.116		0		1		0.949	9.642	
Leucine....g	1.725		0		1		1.466	14.904	
Lysine....g	2.022		0		1		1.719	17.470	
Methionine....g	0.623		0		1		0.530	5.383	
Cystine....g	0.245		0		1		0.208	2.117	
Phenylalanine....g	0.867		0		1		0.737	7.491	
Tyrosine....g	0.845		0		1		0.718	7.301	
Valine....g	1.155		0		1		0.982	9.979	
Arginine....g	1.554		0		1		1.321	13.427	
Histidine....g	0.668		0		1		0.568	5.772	
Alanine....g	1.401		0		1		1.191	12.105	
Aspartic acid....g	2.130		0		1		1.811	18.403	
Glutamic acid....g	3.542		0		1		3.011	30.603	
Glycine....g	1.287		0		1		1.094	11.120	
Proline....g	1.007		0		1		0.856	8.700	
Serine....g	0.976		0		1		0.830	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.

NDB No. 05293

Turkey breast, pre-basted, meat and skin, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

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 27 (2014)

NDB No. 05187
Turkey from whole, dark meat, meat only, raw

Refuse: 48% Bone and connective tissue 38%, skin and separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.01	0.778	4	A	1		64.61		
Energy kcal	108		0	NC	4		92		
Energy kJ	451		0	NC	4		383		
Protein g	21.28	1.044	4	A	1		18.09		
Total lipid (fat) g	2.50	0.166	4	A	1		2.13		
Ash g	1.03	0.037	4	A	1		0.88		
Carbohydrate, by difference g	0.10		0	NR	4		0.09		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.10		2	A	1		0.09		
Sucrose g	0.10		2	A	1		0.09		
Glucose (dextrose) g	0.00		2	A	1		0.00		
Fructose g	0.00		2	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	0.05		1	A	1		0.04		
Minerals:									
Calcium, Ca mg	11	0.765	4	A	1		9		
Iron, Fe mg	1.04	0.124	4	A	1		0.88		
Magnesium, Mg mg	25	0.803	4	A	1		21		
Phosphorus, P mg	176	15.330	4	A	1		150		
Potassium, K mg	226	5.658	10	A	1		192		
Sodium, Na mg	124	10.383	4	A	1		105		
Zinc, Zn mg	2.59	0.073	4	A	1		2.20		
Copper, Cu mg	0.092	0.016	4	A	1		0.078		
Manganese, Mn mg	0.014	0.001	4	A	1		0.012		
Selenium, Se µg	22.4	1.621	6	A	1		19.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.062	0.004	8	A	1		0.053		
Riboflavin mg	0.255	0.007	8	A	1		0.217		
Niacin mg	5.696	0.129	8	A	1		4.842		
Pantothenic acid mg	0.935		2	A	1		0.795		
Vitamin B-6 mg	0.440	0.013	8	A	1		0.374		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	69.6		0	BFPN	4		59.2		
Betaine mg									
Vitamin B-12 µg	2.05		2	A	1		1.74		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	13		0	AS	1		11		
Retinol µg	13		1	A	1		11		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	43		0	AS	1		37		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12	0.032	3	A	1		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma mg	0.03	0.010	3	A	1		0.03		
Tocopherol, delta mg	0.01	0.007	3	A	1		0.01		
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		

NDB No. 05187
Turkey from whole, 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
Tocotrienol, gamma....mg	0.01	0.012	3	A	1		0.01		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.3		1	AS	1		0.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		1	A	1		0.3		
Vitamin D....IU	13		1	A	1		11		
Vitamin K (phylloquinone)....µg	0.0		0	BFFN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.683		0	BFFN	4		0.580		
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	0.002		0	BFFN	4		0.002		
12:0....g	0.010		0	BFFN	4		0.009		
13:0....g									
14:0....g	0.024		0	BFFN	4		0.020		
15:0....g									
16:0....g	0.438		0	BFFN	4		0.373		
17:0....g									
18:0....g	0.190		0	BFFN	4		0.161		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.756		0	BFFN	4		0.643		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.069		0	BFFN	4		0.059		
17:1....g									
18:1 undifferentiated....g	0.669		0	BFFN	4		0.569		
20:1....g	0.010		0	BFFN	4		0.009		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.613		0	BFFN	4		0.521		
18:2 undifferentiated....g	0.524		0	BFFN	4		0.445		
18:3 undifferentiated....g	0.028		0	BFFN	4		0.023		
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	0.036		0	BFFN	4		0.031		
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003		0	BFFN	4		0.003		
22:6 n-3 (DHA)....g	0.002		0	BFFN	4		0.002		
Fatty acids, total trans....g									
Cholesterol....mg	79	8.511	4	A	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	A	1		0.193		
Threonine....g	0.773		0	A	1		0.657		
Isoleucine....g	0.610		0	A	1		0.519		
Leucine....g	1.475		0	A	1		1.254		
Lysine....g	1.756		0	A	1		1.493		
Methionine....g	0.556		0	A	1		0.473		
Cystine....g	0.201		0	A	1		0.171		
Phenylalanine....g	0.686		0	A	1		0.583		
Tyrosine....g	0.632		0	A	1		0.537		
Valine....g	0.680		0	A	1		0.578		
Arginine....g	1.205		0	A	1		1.024		
Histidine....g	0.577		0	A	1		0.490		
Alanine....g	1.151		0	A	1		0.978		

NDB No. 05187
Turkey from whole, 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
Aspartic acid....g	1.702		0	A	1		1.447		
Glutamic acid....g	2.886		0	A	1		2.453		
Glycine....g	0.908		0	A	1		0.772		
Proline....g	1.150		0	A	1		0.977		
Serine....g	0.843		0	A	1		0.717		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05703

Turkey from whole, enhanced, light meat, meat and skin, cooked, roasted

Refuse: 18% Bone and connective tissue 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.09		0	PAK	1		57.02	303.90	
Energy kcal	157		0	PIK	4		133	710	
Energy kJ	656		0	PIK	4		558	2972	
Protein g	26.52		0	PAK	1		22.54	120.14	
Total lipid (fat) g	5.64		0	PAK	1		4.79	25.53	
Ash g	1.43		0	PAK	1		1.22	6.49	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	14		0	PAK	1		12	62	
Iron, Fe mg	0.60		0	PAK	1		0.51	2.73	
Magnesium, Mg mg	30		0	PAK	1		25	134	
Phosphorus, P mg	254		0	PAK	1		216	1150	
Potassium, K mg	250		0	PAK	1		212	1132	
Sodium, Na mg	237		0	PAK	1		202	1075	
Zinc, Zn mg	1.50		0	PAK	1		1.28	6.81	
Copper, Cu mg	0.062		0	PAK	1		0.053	0.283	
Manganese, Mn mg	0.013		0	PAK	1		0.011	0.057	
Selenium, Se µg	29.3		0	PAK	1		24.9	132.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.036		0	PAK	1		0.031	0.165	
Riboflavin mg	0.211		0	PAK	1		0.179	0.955	
Niacin mg	11.336		0	PAK	1		9.636	51.352	
Pantothenic acid mg	0.902		0	PAK	1		0.767	4.085	
Vitamin B-6 mg	0.659		0	PAK	1		0.560	2.985	
Folate, total µg	8		0	PIK	4		7	38	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PIK	4		7	38	
Folate, DFE µg	8		0	NC	4		7	38	
Choline, total mg	70.2		0	PAK	1		59.7	318.0	
Betaine mg	3.0		0	PAK	1		2.5	13.6	
Vitamin B-12 µg	1.69		0	PIK	4		1.44	7.67	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	10		0	PAK	1		9	47	
Retinol µg	10		0	PAK	1		9	47	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	35		0	PAK	1		29	157	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		0	PAK	1		0.06	0.33	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.03		0	PAK	1		0.03	0.13	
Tocopherol, delta mg	0.01		0	PAK	1		0.01	0.03	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.04		0	PAK	1		0.03	0.17	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.4		0	PAK	1		0.3	1.6	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		0	PAK	1		0.3	1.6	
Vitamin D IU	14		0	PAK	1		12	65	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	

NDB No. 05703

Turkey from whole, enhanced, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.593		0	PIK	4		1.354	7.215	
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	0.005		0	PAK	1		0.004	0.022	
12:0....g	0.017		0	PAK	1		0.015	0.078	
13:0....g									
14:0....g	0.056		0	PAK	1		0.047	0.252	
15:0....g	0.010		0	PAK	1		0.008	0.043	
16:0....g	1.070		0	PAK	1		0.910	4.847	
17:0....g	0.015		0	PAK	1		0.013	0.068	
18:0....g	0.412		0	PAK	1		0.350	1.866	
20:0....g	0.005		0	PAK	1		0.005	0.024	
22:0....g	0.003		0	PAK	1		0.002	0.012	
24:0....g	0.001		0	PAK	1		0.001	0.003	
Fatty acids, total monounsaturated....g	1.971		0	PIK	4		1.675	8.927	
14:1....g	0.008		0	PAK	1		0.007	0.035	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.190		0	PAK	1		0.162	0.863	
16:1 c....g	0.187		0	PAK	1		0.159	0.848	
16:1 t....g	0.003		0	PAK	1		0.003	0.015	
17:1....g	0.010		0	PAK	1		0.008	0.044	
18:1 undifferentiated....g	1.736		0	PAK	1		1.475	7.862	
18:1 c....g	1.679		0	PAK	1		1.427	7.606	
18:1 t....g	0.057		0	PAK	1		0.048	0.257	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026		0	PAK	1		0.022	0.119	
22:1 undifferentiated....g	0.001		0	PAK	1		0.000	0.003	
22:1 c....g	0.001		0	PAK	1		0.000	0.003	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.000		0	PAK	1		0.000	0.002	
Fatty acids, total polyunsaturated....g	1.585		0	PIK	4		1.347	7.181	
18:2 undifferentiated....g	1.397		0	PAK	1		1.188	6.330	
18:2 n-6 c,c....g	1.374		0	PAK	1		1.168	6.225	
18:2 CLAs....g	0.008		0	PAK	1		0.007	0.037	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015		0	PAK	1		0.013	0.067	
18:3 undifferentiated....g	0.081		0	PAK	1		0.069	0.369	
18:3 n-3 c,c,c (ALA)....g	0.079		0	PAK	1		0.067	0.359	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.002	0.010	
18:3i....g									
18:4....g	0.000		0	PAK	1		0.000	0.002	
20:2 n-6 c,c....g	0.011		0	PAK	1		0.009	0.050	
20:3 undifferentiated....g	0.009		0	PAK	1		0.007	0.040	
20:3 n-3....g	0.000		0	PAK	1		0.000	0.002	
20:3 n-6....g	0.008		0	PAK	1		0.007	0.037	
20:4 undifferentiated....g	0.057		0	PAK	1		0.049	0.260	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.004	0.022	
21:5....g									
22:4....g	0.013		0	PAK	1		0.011	0.058	
22:5 n-3 (DPA)....g	0.006		0	PAK	1		0.005	0.029	
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.004	0.021	
Fatty acids, total trans....g	0.075		0	PIK	4		0.064	0.339	
Fatty acids, total trans-monoenoic....g	0.060		0	PIK	4		0.051	0.272	
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.013	0.067	
Cholesterol....mg	76		0	PAK	1		65	345	
Phytosterols....mg									
Amino Acids:									

NDB No. 05703

Turkey from whole, enhanced, 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
Tryptophan g	0.271		0	PAK	1		0.230	1.227	
Threonine g	0.935		0	PAK	1		0.795	4.236	
Isoleucine g	0.741		0	PAK	1		0.630	3.356	
Leucine g	1.792		0	PAK	1		1.523	8.117	
Lysine g	2.125		0	PAK	1		1.807	9.628	
Methionine g	0.674		0	PAK	1		0.573	3.053	
Cystine g	0.246		0	PAK	1		0.209	1.116	
Phenylalanine g	0.840		0	PAK	1		0.714	3.807	
Tyrosine g	0.763		0	PAK	1		0.648	3.455	
Valine g	0.839		0	PAK	1		0.713	3.800	
Arginine g	1.514		0	PAK	1		1.287	6.859	
Histidine g	0.698		0	PAK	1		0.593	3.160	
Alanine g	1.462		0	PAK	1		1.243	6.623	
Aspartic acid g	2.080		0	PAK	1		1.768	9.423	
Glutamic acid g	3.524		0	PAK	1		2.996	15.964	
Glycine g	1.311		0	PAK	1		1.114	5.938	
Proline g	1.513		0	PAK	1		1.286	6.853	
Serine g	1.036		0	PAK	1		0.881	4.694	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Measure 2 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05702
Turkey from whole, enhanced, light meat, meat and skin, raw

Refuse: 18% Bone and connective tissue 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.09		0	PAK	1		61.28	326.57	
Energy kcal	147		0	NC	4		125	666	
Energy kJ	615		0	NC	4		523	2786	
Protein g	20.02		0	PAK	1		17.02	90.70	
Total lipid (fat) g	7.42		0	PAK	1		6.31	33.62	
Ash g	1.31		0	PAK	1		1.11	5.91	
Carbohydrate, by difference g	0.14		0	NR	4		0.12	0.63	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.06		0	PAK	1		0.05	0.26	
Sucrose g	0.06		0	PAK	1		0.05	0.26	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.09		0	PAK	1		0.07	0.39	
Minerals:									
Calcium, Ca mg	14		0	PAK	1		12	62	
Iron, Fe mg	0.54		0	PAK	1		0.46	2.45	
Magnesium, Mg mg	22		0	PAK	1		19	101	
Phosphorus, P mg	214		0	PAK	1		182	968	
Potassium, K mg	220		0	PAK	1		187	995	
Sodium, Na mg	195		0	PAK	1		165	881	
Zinc, Zn mg	1.22		0	PAK	1		1.03	5.52	
Copper, Cu mg	0.051		0	PAK	1		0.043	0.230	
Manganese, Mn mg	0.007		0	PAK	1		0.006	0.031	
Selenium, Se µg	20.6		0	PAK	1		17.5	93.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.030		0	PAK	1		0.026	0.137	
Riboflavin mg	0.137		0	PAK	1		0.116	0.619	
Niacin mg	8.832		0	PAK	1		7.507	40.009	
Pantothenic acid mg	0.729		0	PAK	1		0.620	3.303	
Vitamin B-6 mg	0.675		0	PAK	1		0.573	3.056	
Folate, total µg	6		0	PIK	4		5	29	
Folic acid µg									
Folate, food µg	6		0	PIK	4		5	29	
Folate, DFE µg									
Choline, total mg	46.1		0	PAK	1		39.1	208.6	
Betaine mg	2.4		0	PAK	1		2.0	10.9	
Vitamin B-12 µg	0.67		0	PAK	1		0.57	3.05	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	19		0	NC	4		16	87	
Retinol µg	19		0	PAK	1		16	87	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	64		0	PAK	1		54	289	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		0	PAK	1		0.06	0.31	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma mg	0.01		0	PAK	1		0.01	0.05	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05702

Turkey from whole, enhanced, 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.03	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.2	1.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PAK	1		0.2	1.3	
Vitamin D....IU	11		0	PAK	1		10	51	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.350		0	NR	4		1.148	6.116	
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	0.002	
10:0....g	0.004		0	PAK	1		0.003	0.018	
12:0....g	0.018		0	PAK	1		0.015	0.081	
13:0....g									
14:0....g	0.048		0	PAK	1		0.041	0.219	
15:0....g	0.008		0	PAK	1		0.007	0.036	
16:0....g	0.921		0	PAK	1		0.782	4.170	
17:0....g	0.013		0	PAK	1		0.011	0.059	
18:0....g	0.329		0	PAK	1		0.280	1.491	
20:0....g	0.005		0	PAK	1		0.004	0.023	
22:0....g	0.003		0	PAK	1		0.003	0.013	
24:0....g	0.001		0	PAK	1		0.000	0.003	
Fatty acids, total monounsaturated....g	3.200		0	NR	4		2.720	14.496	
14:1....g	0.014		0	PAK	1		0.012	0.062	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.311		0	PAK	1		0.264	1.408	
16:1 c....g	0.304		0	PAK	1		0.259	1.379	
16:1 t....g	0.005		0	PAK	1		0.005	0.025	
17:1....g	0.014		0	PAK	1		0.012	0.062	
18:1 undifferentiated....g	2.817		0	PAK	1		2.395	12.763	
18:1 c....g	2.722		0	PAK	1		2.313	12.328	
18:1 t....g	0.096		0	PAK	1		0.082	0.435	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.042		0	PAK	1		0.036	0.190	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.004	
22:1 c....g	0.001		0	PAK	1		0.001	0.004	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.003		0	PAK	1		0.002	0.012	
Fatty acids, total polyunsaturated....g	2.600		0	NR	4		2.210	11.778	
18:2 undifferentiated....g	2.350		0	PAK	1		1.998	10.646	
18:2 n-6 c,c....g	2.302		0	PAK	1		1.957	10.430	
18:2 CLAs....g	0.017		0	PAK	1		0.015	0.078	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.031		0	PAK	1		0.026	0.138	
18:3 undifferentiated....g	0.145		0	PAK	1		0.123	0.657	
18:3 n-3 c,c,c (ALA)....g	0.141		0	PAK	1		0.119	0.637	
18:3 n-6 c,c,c....g	0.004		0	PAK	1		0.004	0.020	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.004	
20:2 n-6 c,c....g	0.016		0	PAK	1		0.013	0.072	
20:3 undifferentiated....g	0.014		0	PAK	1		0.012	0.065	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.005	
20:3 n-6....g	0.013		0	PAK	1		0.011	0.059	
20:4 undifferentiated....g	0.060		0	PAK	1		0.051	0.271	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	PAK	1		0.002	0.012	
21:5....g									
22:4....g	0.015		0	PAK	1		0.013	0.070	
22:5 n-3 (DPA)....g	0.007		0	PAK	1		0.006	0.030	

NDB No. 05702

Turkey from whole, enhanced, 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
22:6 n-3 (DHA) g	0.005		0	PAK	1		0.004	0.021	
Fatty acids, total trans g	0.102		0	PIK	4		0.087	0.463	
Fatty acids, total trans-monoenoic g	0.079		0	PIK	4		0.067	0.357	
Fatty acids, total trans-polyenoic g	0.023		0	PIK	4		0.020	0.106	
Cholesterol mg	60		0	PAK	1		51	273	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.202		0	PAK	1		0.172	0.915	
Threonine g	0.700		0	PAK	1		0.595	3.169	
Isoleucine g	0.555		0	PAK	1		0.472	2.514	
Leucine g	1.342		0	PAK	1		1.141	6.081	
Lysine g	1.591		0	PAK	1		1.352	7.205	
Methionine g	0.505		0	PAK	1		0.429	2.286	
Cystine g	0.185		0	PAK	1		0.157	0.839	
Phenylalanine g	0.631		0	PAK	1		0.537	2.859	
Tyrosine g	0.570		0	PAK	1		0.485	2.583	
Valine g	0.631		0	PAK	1		0.537	2.860	
Arginine g	1.146		0	PAK	1		0.974	5.192	
Histidine g	0.522		0	PAK	1		0.444	2.364	
Alanine g	1.110		0	PAK	1		0.944	5.029	
Aspartic acid g	1.561		0	PAK	1		1.327	7.073	
Glutamic acid g	2.645		0	PAK	1		2.248	11.980	
Glycine g	1.030		0	PAK	1		0.875	4.665	
Proline g	1.160		0	PAK	1		0.986	5.255	
Serine g	0.779		0	PAK	1		0.662	3.530	
Hydroxyproline g	0.238		0	PAK	1		0.202	1.077	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05697

Turkey from whole, enhanced, light meat, meat only, cooked, roasted

Refuse: 25% Bone and connective tissue 18%, Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.18	0.527	6	A	1		59.65		
Energy kcal	127		0	NC	4		108		
Energy kJ	530		0	NC	4		451		
Protein g	26.97	0.585	6	A	1		22.92		
Total lipid (fat) g	2.08	0.208	6	A	1		1.77		
Ash g	1.44	0.088	6	A	1		1.22		
Carbohydrate, by difference g	0.00		0	NC	4		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	13	0.456	6	A	1		11		
Iron, Fe mg	0.55	0.025	6	A	1		0.47		
Magnesium, Mg mg	30	1.367	6	A	1		25		
Phosphorus, P mg	255	7.149	6	A	1		217		
Potassium, K mg	249	3.094	10	A	1		211		
Sodium, Na mg	238	24.753	6	A	1		202		
Zinc, Zn mg	1.49	0.062	6	A	1		1.27		
Copper, Cu mg	0.062	0.002	6	A	1		0.053		
Manganese, Mn mg	0.011	0.001	10	A	1		0.010		
Selenium, Se µg	30.2	2.091	6	A	1		25.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.038	0.006	6	A	1		0.032		
Riboflavin mg	0.208	0.014	6	A	1		0.177		
Niacin mg	11.750	0.237	8	A	1		9.987		
Pantothenic acid mg	0.900		2	A	1		0.765		
Vitamin B-6 mg	0.697	0.034	6	A	1		0.592		
Folate, total µg	9		0	BFPN	4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0	BFPN	4		7		
Folate, DFE µg	9		0	NC	4		7		
Choline, total mg	69.8		0	AS	1		59.3		
Betaine mg	2.9		1	A	1		2.5		
Vitamin B-12 µg	1.70		0	BFPN	4		1.45		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	AS	1		3		
Retinol µg	3		1	A	1		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	11		0	AS	1		10		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.06	0.006	3	A	1		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma mg	0.03	0.003	3	A	1		0.02		
Tocopherol, delta mg	0.01	0.008	3	A	1		0.01		
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma mg	0.03	0.004	3	A	1		0.03		
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2		
Vitamin D IU	10		1	A	1		9		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05697

Turkey from whole, enhanced, light 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.593		0	NC	4		0.504		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.004	0.001	6	A	1		0.004		
12:0....g	0.005	0.002	6	A	1		0.004		
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.015		
15:0....g	0.004	0.000	6	A	1		0.003		
16:0....g	0.372	0.020	6	A	1		0.316		
17:0....g	0.005	0.001	6	A	1		0.005		
18:0....g	0.181	0.009	6	A	1		0.154		
20:0....g	0.002	0.000	6	A	1		0.002		
22:0....g	0.001	0.000	6	A	1		0.001		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	0.626		0	NC	4		0.532		
14:1....g	0.002	0.001	6	A	1		0.002		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.056	0.007	6	AS	1		0.047		
16:1 c....g	0.055	0.007	6	A	1		0.047		
16:1 t....g	0.001	0.000	6	A	1		0.001		
17:1....g	0.004	0.001	6	A	1		0.004		
18:1 undifferentiated....g	0.556	0.035	6	AS	1		0.473		
18:1 c....g	0.536	0.033	6	A	1		0.456		
18:1 t....g	0.020	0.003	6	A	1		0.017		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	A	1		0.007		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449		
18:2 undifferentiated....g	0.431	0.029	6	AS	1		0.366		
18:2 n-6 c,c....g	0.426	0.028	6	A	1		0.362		
18:2 CLAs....g	0.001	0.000	6	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	6	A	1		0.003		
18:3 undifferentiated....g	0.020	0.003	6	AS	1		0.017		
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	6	A	1		0.017		
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005		
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.004		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.005	0.000	6	A	1		0.004		
20:4 undifferentiated....g	0.044	0.001	6	A	1		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004		
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.009		
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004		
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003		
Fatty acids, total trans....g	0.024		0	NC	4		0.021		
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018		
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003		
Cholesterol....mg	69	2.280	11	A	1		59		
Phytosterols....mg									
Amino Acids:									

NDB No. 05697

Turkey from whole, enhanced, light 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
Tryptophan....g	0.287		0	A	1		0.244		
Threonine....g	0.979		0	A	1		0.833		
Isoleucine....g	0.773		0	A	1		0.657		
Leucine....g	1.869		0	A	1		1.589		
Lysine....g	2.225		0	A	1		1.891		
Methionine....g	0.705		0	A	1		0.599		
Cystine....g	0.254		0	A	1		0.216		
Phenylalanine....g	0.869		0	A	1		0.739		
Tyrosine....g	0.801		0	A	1		0.681		
Valine....g	0.862		0	A	1		0.733		
Arginine....g	1.527		0	A	1		1.298		
Histidine....g	0.731		0	A	1		0.621		
Alanine....g	1.458		0	A	1		1.239		
Aspartic acid....g	2.156		0	A	1		1.833		
Glutamic acid....g	3.657		0	A	1		3.108		
Glycine....g	1.151		0	A	1		0.978		
Proline....g	1.457		0	A	1		1.238		
Serine....g	1.068		0	A	1		0.908		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05696
Turkey from whole, enhanced, light meat, meat only, raw

Refuse: 31% Bone and connective tissue 18%, Skin and separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.42	0.498	6	A	1		64.96		
Energy kcal	101		0	NC	4		86		
Energy kJ	423		0	NC	4		360		
Protein g	21.54	0.601	6	A	1		18.31		
Total lipid (fat) g	1.66	0.149	6	A	1		1.42		
Ash g	1.42	0.112	6	A	1		1.21		
Carbohydrate, by difference g	0.00		0	NC	4		0.00		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.05		2	A	1		0.04		
Sucrose g	0.05		2	A	1		0.04		
Glucose (dextrose) g	0.00		2	A	1		0.00		
Fructose g	0.00		2	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	0.09		1	A	1		0.08		
Minerals:									
Calcium, Ca mg	14	0.534	6	A	1		12		
Iron, Fe mg	0.54	0.036	6	A	1		0.46		
Magnesium, Mg mg	25	0.944	6	A	1		21		
Phosphorus, P mg	236	6.966	6	A	1		201		
Potassium, K mg	242	5.157	10	A	1		206		
Sodium, Na mg	206	25.963	6	A	1		175		
Zinc, Zn mg	1.30	0.046	10	A	1		1.10		
Copper, Cu mg	0.052	0.002	6	A	1		0.044		
Manganese, Mn mg	0.007	0.000	6	A	1		0.006		
Selenium, Se µg	22.7	1.943	6	A	1		19.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.033	0.005	6	A	1		0.028		
Riboflavin mg	0.145	0.012	6	A	1		0.123		
Niacin mg	9.924	0.222	8	A	1		8.435		
Pantothenic acid mg	0.775		2	A	1		0.659		
Vitamin B-6 mg	0.775	0.021	6	A	1		0.659		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg									
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg									
Choline, total mg	48.3		0	AS	1		41.0		
Betaine mg	2.5		1	A	1		2.1		
Vitamin B-12 µg	0.63	0.147	3	A	1		0.54		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	AS	1		5		
Retinol µg	6		1	A	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	20		0	AS	1		17		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.06	0.012	3	A	1		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma mg	0.01	0.011	3	A	1		0.01		
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		

NDB No. 05696

Turkey from whole, enhanced, 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
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		1	AS	1		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		1	A	1		0.1		
Vitamin D....IU	5		1	A	1		4		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.289		0	NC	4		0.245		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.004	0.000	6	A	1		0.003		
12:0....g	0.003	0.000	6	A	1		0.003		
13:0....g									
14:0....g	0.004	0.002	6	A	1		0.004		
15:0....g	0.002	0.000	6	A	1		0.002		
16:0....g	0.177	0.022	6	A	1		0.150		
17:0....g	0.003	0.000	6	A	1		0.002		
18:0....g	0.093	0.008	6	A	1		0.079		
20:0....g	0.002	0.000	6	A	1		0.001		
22:0....g	0.002	0.001	6	A	1		0.002		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	0.264		0	NC	4		0.225		
14:1....g	0.001	0.000	6	A	1		0.001		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.023	0.006	6	AS	1		0.019		
16:1 c....g	0.023	0.006	6	A	1		0.019		
16:1 t....g	0.000	0.000	6	A	1		0.000		
17:1....g	0.001	0.000	6	A	1		0.001		
18:1 undifferentiated....g	0.235	0.035	6	AS	1		0.200		
18:1 c....g	0.226	0.034	6	A	1		0.192		
18:1 t....g	0.010	0.001	6	A	1		0.008		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.001	6	A	1		0.003		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.001	6	A	1		0.001		
Fatty acids, total polyunsaturated....g	0.258		0	NC	4		0.219		
18:2 undifferentiated....g	0.200	0.022	6	AS	1		0.170		
18:2 n-6 c,c....g	0.196	0.022	6	A	1		0.167		
18:2 CLAs....g	0.000	0.000	6	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.000	6	A	1		0.003		
18:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008		
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	A	1		0.008		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.002		
20:3 undifferentiated....g	0.005	0.001	6	AS	1		0.004		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.005	0.001	6	A	1		0.004		
20:4 undifferentiated....g	0.028	0.003	6	A	1		0.024		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g	0.009	0.001	6	A	1		0.007		
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.002		

NDB No. 05696

Turkey from whole, enhanced, 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
22:6 n-3 (DHA) g	0.002	0.000	6	A	1		0.002		
Fatty acids, total trans g	0.013		0	NC	4		0.011		
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.008		
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003		
Cholesterol mg	54	1.592	11	A	1		46		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.229		0	A	1		0.195		
Threonine g	0.782		0	A	1		0.665		
Isoleucine g	0.617		0	A	1		0.525		
Leucine g	1.493		0	A	1		1.269		
Lysine g	1.777		0	A	1		1.511		
Methionine g	0.563		0	A	1		0.479		
Cystine g	0.203		0	A	1		0.173		
Phenylalanine g	0.694		0	A	1		0.590		
Tyrosine g	0.640		0	A	1		0.544		
Valine g	0.688		0	A	1		0.585		
Arginine g	1.219		0	A	1		1.036		
Histidine g	0.584		0	A	1		0.496		
Alanine g	1.164		0	A	1		0.990		
Aspartic acid g	1.722		0	A	1		1.464		
Glutamic acid g	2.921		0	A	1		2.483		
Glycine g	0.919		0	A	1		0.781		
Proline g	1.163		0	A	1		0.989		
Serine g	0.853		0	A	1		0.725		
Hydroxyproline g	0.110		2	A	1		0.093		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05182
Turkey from whole, light meat, meat and skin, cooked, roasted

Refuse: 20% Bone and connective tissue 20%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	64.79		0	PAK	1		55.07		
Energy kcal	177		0	PIK	4		150		
Energy kJ	739		0	PIK	4		628		
Protein (N x 6.25) g	29.55		0	PAK	1		25.12		
Total lipid (fat) g	5.57		0	PAK	1		4.74		
Ash g	1.22		0	PAK	1		1.04		
Carbohydrate, by difference g	0.05		0	PIK	4		0.05		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	11		0	PAK	1		9		
Iron, Fe mg	0.80		0	PAK	1		0.68		
Magnesium, Mg mg	32		0	PAK	1		27		
Phosphorus, P mg	230		0	PAK	1		196		
Potassium, K mg	248		0	PAK	1		211		
Sodium, Na mg	101		0	PAK	1		86		
Zinc, Zn mg	1.76		0	PAK	1		1.49		
Copper, Cu mg	0.068		0	PAK	1		0.058		
Manganese, Mn mg	0.012		0	PAK	1		0.010		
Selenium, Se µg	29.3		0	PAK	1		24.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.035		0	PAK	1		0.030		
Riboflavin mg	0.213		0	PAK	1		0.181		
Niacin mg	11.608		0	PAK	1		9.867		
Pantothenic acid mg	0.902		0	PAK	1		0.767		
Vitamin B-6 mg	0.767		0	PAK	1		0.652		
Folate, total µg	9		0	PIK	4		8		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	9		0	PIK	4		8		
Folate, DFE µg	9		0	NC	4		8		
Choline, total mg	82.5		0	PIK	4		70.2		
Betaine mg	5.9		0	PIK	4		5.0		
Vitamin B-12 µg	0.50		0	PIK	4		0.42		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	10		0	PAK	1		9		
Retinol µg	10		0	PAK	1		9		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	35		0	PAK	1		30		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.07		0	PAK	1		0.06		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma mg	0.03		0	PAK	1		0.03		
Tocopherol, delta mg	0.01		0	PAK	1		0.01		
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma mg	0.04		0	PAK	1		0.03		
Tocotrienol, delta mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3) µg	0.4		0	PAK	1		0.3		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		0	PAK	1		0.3		
Vitamin D IU	14		0	PAK	1		12		
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0		

NDB No. 05182

Turkey from whole, 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.603		0	PIK	4		1.362		
4:0....g	0.000		0	PAK	1		0.000		
6:0....g	0.000		0	PAK	1		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.005		0	PAK	1		0.004		
12:0....g	0.017		0	PAK	1		0.015		
13:0....g									
14:0....g	0.056		0	PAK	1		0.048		
15:0....g	0.010		0	PAK	1		0.008		
16:0....g	1.077		0	PAK	1		0.915		
17:0....g	0.015		0	PAK	1		0.013		
18:0....g	0.414		0	PAK	1		0.352		
20:0....g	0.005		0	PAK	1		0.005		
22:0....g	0.003		0	PAK	1		0.002		
24:0....g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	1.984		0	PIK	4		1.686		
14:1....g	0.008		0	PAK	1		0.007		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.192		0	PAK	1		0.163		
16:1 c....g	0.188		0	PAK	1		0.160		
16:1 t....g	0.003		0	PAK	1		0.003		
17:1....g	0.010		0	PAK	1		0.008		
18:1 undifferentiated....g	1.747		0	PAK	1		1.485		
18:1 c....g	1.690		0	PAK	1		1.437		
18:1 t....g	0.057		0	PAK	1		0.048		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.027		0	PAK	1		0.023		
22:1 undifferentiated....g	0.001		0	PAK	1		0.000		
22:1 c....g	0.001		0	PAK	1		0.000		
22:1 t....g	0.000		0	PAK	1		0.000		
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	1.596		0	PIK	4		1.356		
18:2 undifferentiated....g	1.407		0	PAK	1		1.196		
18:2 n-6 c,c....g	1.384		0	PAK	1		1.176		
18:2 CLAs....g	0.008		0	PAK	1		0.007		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015		0	PAK	1		0.013		
18:3 undifferentiated....g	0.082		0	PAK	1		0.070		
18:3 n-3 c,c,c (ALA)....g	0.080		0	PAK	1		0.068		
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.002		
18:3i....g									
18:4....g	0.000		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.011		0	PAK	1		0.009		
20:3 undifferentiated....g	0.009		0	PAK	1		0.007		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.008		0	PAK	1		0.007		
20:4 undifferentiated....g	0.058		0	PAK	1		0.049		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.004		
21:5....g									
22:4....g	0.013		0	PAK	1		0.011		
22:5 n-3 (DPA)....g	0.006		0	PAK	1		0.005		
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.004		
Fatty acids, total trans....g	0.075		0	PIK	4		0.064		
Fatty acids, total trans-monoenoic....g	0.060		0	PIK	4		0.051		
Fatty acids, total trans-polyenoic....g	0.015		0	PIK	4		0.013		
Cholesterol....mg	89		0	PAK	1		75		
Phytosterols....mg									
Amino Acids:									

NDB No. 05182

Turkey from whole, 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
Tryptophan....g	0.302		0	PAK	1		0.257		
Threonine....g	1.043		0	PAK	1		0.886		
Isoleucine....g	0.826		0	PAK	1		0.702		
Leucine....g	1.998		0	PAK	1		1.698		
Lysine....g	2.370		0	PAK	1		2.014		
Methionine....g	0.751		0	PAK	1		0.639		
Cystine....g	0.275		0	PAK	1		0.233		
Phenylalanine....g	0.937		0	PAK	1		0.796		
Tyrosine....g	0.850		0	PAK	1		0.723		
Valine....g	0.935		0	PAK	1		0.795		
Arginine....g	1.687		0	PAK	1		1.434		
Histidine....g	0.778		0	PAK	1		0.661		
Alanine....g	1.629		0	PAK	1		1.384		
Aspartic acid....g	2.319		0	PAK	1		1.971		
Glutamic acid....g	3.929		0	PAK	1		3.339		
Glycine....g	1.457		0	PAK	1		1.238		
Proline....g	1.684		0	PAK	1		1.431		
Serine....g	1.155		0	PAK	1		0.982		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05181
Turkey from whole, light meat, meat and skin, raw

Refuse:32% Bone and Conncetive tissue 32%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		60.08	320.17	
Energy kcal	161		0	PIK	4		137	729	
Energy kJ	673		0	PIK	4		572	3048	
Protein (N x 6.25) g	21.96		0	PAK	1		18.67	99.49	
Total lipid (fat) g	7.43		0	PAK	1		6.32	33.67	
Ash g	0.96		0	PAK	1		0.81	4.33	
Carbohydrate, by difference g	0.13		0	NR	4		0.11	0.59	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.06		0	NR	4		0.05	0.27	
Sucrose g	0.06		0	PAK	1		0.05	0.26	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.09		0	PAK	1		0.07	0.39	
Minerals:									
Calcium, Ca mg	11		0	PAK	1		10	51	
Iron, Fe mg	0.75		0	PAK	1		0.63	3.38	
Magnesium, Mg mg	25		0	PAK	1		21	114	
Phosphorus, P mg	188		0	PAK	1		160	852	
Potassium, K mg	223		0	PAK	1		190	1011	
Sodium, Na mg	105		0	PAK	1		89	475	
Zinc, Zn mg	1.25		0	PAK	1		1.06	5.65	
Copper, Cu mg	0.067		0	PAK	1		0.057	0.306	
Manganese, Mn mg	0.011		0	PAK	1		0.009	0.049	
Selenium, Se µg	20.7		0	PAK	1		17.6	93.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.038		0	PAK	1		0.033	0.173	
Riboflavin mg	0.139		0	PAK	1		0.118	0.631	
Niacin mg	8.968		0	PAK	1		7.623	40.624	
Pantothenic acid mg	0.730		0	PAK	1		0.621	3.309	
Vitamin B-6 mg	0.711		0	PAK	1		0.604	3.219	
Folate, total µg	7		0	PIK	4		6	31	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PIK	4		6	31	
Folate, DFE µg	7		0	NC	4		6	31	
Choline, total mg	50.4		0	PIK	4		42.9	228.4	
Betaine mg									
Vitamin B-12 µg	0.67		0	PAK	1		0.57	3.05	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	19		0	PAK	1		16	85	
Retinol µg	19		0	PAK	1		16	85	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	62		0	PAK	1		53	283	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		0	PAK	1		0.06	0.31	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma mg	0.01		0	PAK	1		0.01	0.05	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05181
Turkey from whole, 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.03	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.2	1.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PAK	1		0.2	1.3	
Vitamin D....IU	11		0	PAK	1		9	50	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.899		0	PIK	4		1.614	8.604	
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	0.001		0	PAK	1		0.001	0.003	
10:0....g	0.006		0	PAK	1		0.005	0.026	
12:0....g	0.025		0	PAK	1		0.021	0.113	
13:0....g									
14:0....g	0.068		0	PAK	1		0.058	0.308	
15:0....g	0.011		0	PAK	1		0.010	0.051	
16:0....g	1.294		0	PAK	1		1.100	5.864	
17:0....g	0.018		0	PAK	1		0.016	0.084	
18:0....g	0.464		0	PAK	1		0.394	2.100	
20:0....g	0.007		0	PAK	1		0.006	0.032	
22:0....g	0.004		0	PAK	1		0.004	0.019	
24:0....g	0.001		0	PAK	1		0.001	0.004	
Fatty acids, total monounsaturated....g	2.431		0	PIK	4		2.066	11.013	
14:1....g	0.011		0	PAK	1		0.009	0.048	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.236		0	PAK	1		0.201	1.069	
16:1 c....g	0.232		0	PAK	1		0.197	1.051	
16:1 t....g	0.004		0	PAK	1		0.004	0.019	
17:1....g	0.011		0	PAK	1		0.009	0.048	
18:1 undifferentiated....g	2.140		0	PAK	1		1.819	9.693	
18:1 c....g	2.067		0	PAK	1		1.757	9.364	
18:1 t....g	0.073		0	PAK	1		0.062	0.329	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.032		0	PAK	1		0.027	0.145	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.004	
22:1 c....g	0.001		0	PAK	1		0.001	0.004	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.001		0	PAK	1		0.001	0.007	
Fatty acids, total polyunsaturated....g	1.952		0	PIK	4		1.659	8.840	
18:2 undifferentiated....g	1.752		0	PAK	1		1.489	7.938	
18:2 n-6 c,c....g	1.717		0	PAK	1		1.459	7.777	
18:2 CLAs....g	0.013		0	PAK	1		0.011	0.058	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.023		0	PAK	1		0.019	0.103	
18:3 undifferentiated....g	0.108		0	PAK	1		0.092	0.489	
18:3 n-3 c,c,c (ALA)....g	0.105		0	PAK	1		0.089	0.474	
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.003	0.015	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.003	
20:2 n-6 c,c....g	0.012		0	PAK	1		0.010	0.054	
20:3 undifferentiated....g	0.011		0	PAK	1		0.009	0.049	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.004	
20:3 n-6....g	0.010		0	PAK	1		0.008	0.045	
20:4 undifferentiated....g	0.045		0	PAK	1		0.039	0.205	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	PAK	1		0.002	0.009	
21:5....g									
22:4....g	0.012		0	PAK	1		0.010	0.053	
22:5 n-3 (DPA)....g	0.005		0	PAK	1		0.004	0.022	

NDB No. 05181
Turkey from whole, 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
22:6 n-3 (DHA) g	0.003		0	PAK	1		0.003	0.016	
Fatty acids, total trans g	0.100		0	PIK	4		0.085	0.451	
Fatty acids, total trans-monoenoic g	0.077		0	PIK	4		0.065	0.348	
Fatty acids, total trans-polyenoic g	0.023		0	PIK	4		0.019	0.103	
Cholesterol mg	67		0	PAK	1		57	305	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.222		0	PAK	1		0.189	1.007	
Threonine g	0.769		0	PAK	1		0.654	3.486	
Isoleucine g	0.610		0	PAK	1		0.519	2.764	
Leucine g	1.476		0	PAK	1		1.255	6.686	
Lysine g	1.749		0	PAK	1		1.487	7.924	
Methionine g	0.555		0	PAK	1		0.472	2.513	
Cystine g	0.203		0	PAK	1		0.173	0.921	
Phenylalanine g	0.693		0	PAK	1		0.589	3.141	
Tyrosine g	0.627		0	PAK	1		0.533	2.842	
Valine g	0.693		0	PAK	1		0.589	3.140	
Arginine g	1.256		0	PAK	1		1.068	5.691	
Histidine g	0.574		0	PAK	1		0.488	2.601	
Alanine g	1.216		0	PAK	1		1.033	5.507	
Aspartic acid g	1.716		0	PAK	1		1.458	7.772	
Glutamic acid g	2.906		0	PAK	1		2.470	13.165	
Glycine g	1.116		0	PAK	1		0.949	5.058	
Proline g	1.267		0	PAK	1		1.077	5.738	
Serine g	0.856		0	PAK	1		0.727	3.877	
Hydroxyproline g	0.234		0	PAK	1		0.199	1.059	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 453.0g: 1 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 27 (2014)

NDB No. 05185
Turkey from whole, light meat, raw

Refuse: 29% Bone and connective tissue 20%, skin and separable fat 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	74.89	0.341	4	A	1		63.66		
Energy kcal	114		0	NC	4		97		
Energy kJ	479		0	NC	4		407		
Protein (N x 6.25) g	23.66	0.349	4	A	1		20.11		
Total lipid (fat) g	1.48	0.064	4	A	1		1.26		
Ash g	1.04	0.015	4	A	1		0.88		
Carbohydrate, by difference g	0.14		0	NR	4		0.12		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.05		2	A	1		0.04		
Sucrose g	0.05		2	A	1		0.04		
Glucose (dextrose) g	0.00		2	A	1		0.00		
Fructose g	0.00		2	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	0.09		1	A	1		0.08		
Minerals:									
Calcium, Ca mg	11	0.571	4	A	1		9		
Iron, Fe mg	0.73	0.056	4	A	1		0.62		
Magnesium, Mg mg	28	1.392	4	A	1		24		
Phosphorus, P mg	201	6.559	4	A	1		171		
Potassium, K mg	242	5.157	10	A	1		206		
Sodium, Na mg	113	6.188	4	A	1		96		
Zinc, Zn mg	1.28	0.109	4	A	1		1.08		
Copper, Cu mg	0.070	0.003	4	A	1		0.060		
Manganese, Mn mg	0.011	0.000	4	A	1		0.009		
Selenium, Se µg	22.7	1.943	6	A	1		19.3		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.042		2	A	1		0.035		
Riboflavin mg	0.145		2	A	1		0.123		
Niacin mg	9.924	0.222	8	A	1		8.435		
Pantothenic acid mg	0.775		2	A	1		0.659		
Vitamin B-6 mg	0.813		2	A	1		0.691		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	53.0		0	BFPN	4		45.1		
Betaine mg	2.7		0	BFPN	4		2.3		
Vitamin B-12 µg	0.63	0.147	3	A	1		0.54		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	6		0	AS	1		5		
Retinol µg	6		1	A	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	20		0	AS	1		17		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.06	0.012	3	A	1		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma mg	0.01	0.011	3	A	1		0.01		
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		

NDB No. 05185
Turkey from whole, 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
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.1		1	AS	1		0.1		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		1	A	1		0.1		
Vitamin D....IU	5		1	A	1		4		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.289		0	NC	4		0.245		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.004	0.000	6	A	1		0.003		
12:0....g	0.003	0.000	6	A	1		0.003		
13:0....g									
14:0....g	0.004	0.002	6	A	1		0.004		
15:0....g	0.002	0.000	6	A	1		0.002		
16:0....g	0.177	0.022	6	A	1		0.150		
17:0....g	0.003	0.000	6	A	1		0.002		
18:0....g	0.093	0.008	6	A	1		0.079		
20:0....g	0.002	0.000	6	A	1		0.001		
22:0....g	0.002	0.001	6	A	1		0.002		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	0.264		0	NC	4		0.225		
14:1....g	0.001	0.000	6	A	1		0.001		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.023	0.006	6	AS	1		0.019		
16:1 c....g	0.023	0.006	6	A	1		0.019		
16:1 t....g	0.000	0.000	6	A	1		0.000		
17:1....g	0.001	0.000	6	A	1		0.001		
18:1 undifferentiated....g	0.235	0.035	6	AS	1		0.200		
18:1 c....g	0.226	0.034	6	A	1		0.192		
18:1 t....g	0.010	0.001	6	A	1		0.008		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.001	6	A	1		0.003		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.001	0.001	6	A	1		0.001		
Fatty acids, total polyunsaturated....g	0.258		0	NC	4		0.219		
18:2 undifferentiated....g	0.200	0.022	6	AS	1		0.170		
18:2 n-6 c,c....g	0.196	0.022	6	A	1		0.167		
18:2 CLAs....g	0.000	0.000	6	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.000	6	A	1		0.003		
18:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008		
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	A	1		0.008		
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.002		
20:3 undifferentiated....g	0.005	0.001	6	AS	1		0.004		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.005	0.001	6	A	1		0.004		
20:4 undifferentiated....g	0.028	0.003	6	A	1		0.024		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000		
21:5....g									
22:4....g	0.009	0.001	6	A	1		0.007		
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.002		

NDB No. 05185
Turkey from whole, 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
22:6 n-3 (DHA) g	0.002	0.000	6	A	1		0.002		
Fatty acids, total trans g	0.013		0	NC	4		0.011		
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.008		
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003		
Cholesterol mg	57	1.118	4	A	1		48		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.252		0	A	1		0.214		
Threonine g	0.859		0	A	1		0.731		
Isoleucine g	0.678		0	A	1		0.577		
Leucine g	1.640		0	A	1		1.394		
Lysine g	1.952		0	A	1		1.660		
Methionine g	0.619		0	A	1		0.526		
Cystine g	0.223		0	A	1		0.190		
Phenylalanine g	0.763		0	A	1		0.648		
Tyrosine g	0.703		0	A	1		0.597		
Valine g	0.756		0	A	1		0.643		
Arginine g	1.340		0	A	1		1.139		
Histidine g	0.641		0	A	1		0.545		
Alanine g	1.279		0	A	1		1.087		
Aspartic acid g	1.892		0	A	1		1.608		
Glutamic acid g	3.209		0	A	1		2.727		
Glycine g	1.010		0	A	1		0.858		
Proline g	1.278		0	A	1		1.086		
Serine g	0.937		0	A	1		0.797		
Hydroxyproline g	0.110		1	A	1		0.093		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05180
Turkey from whole, neck, meat only, cooked, simmered

Refuse: 53% Bone and connective tissue 53%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.47	0.635	3	A	1		59.05		
Energy kcal	162		0	NC	4		138		
Energy kJ	679		0	NC	4		577		
Protein (N x 6.25) g	22.48	0.252	3	A	1		19.11		
Total lipid (fat) g	7.36	0.598	3	A	1		6.25		
Ash g	1.12	0.164	3	A	1		0.95		
Carbohydrate, by difference g	0.00		0	NC	4		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	58	12.565	3	A	1		49		
Iron, Fe mg	1.18	0.120	3	A	1		1.00		
Magnesium, Mg mg	18	0.834	3	A	1		16		
Phosphorus, P mg	182	8.337	3	A	1		155		
Potassium, K mg	114	3.276	3	A	1		97		
Sodium, Na mg	246	16.613	3	A	1		209		
Zinc, Zn mg	4.03	0.160	3	A	1		3.43		
Copper, Cu mg	0.158	0.012	3	A	1		0.135		
Manganese, Mn mg	0.053	0.001	3	A	1		0.045		
Selenium, Se µg	36.2		0	BFYN	4		30.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.048		0	BFPN	4		0.041		
Riboflavin mg	0.288		0	BFPN	4		0.245		
Niacin mg	5.880		0	BFPN	4		4.998		
Pantothenic acid mg	0.874		0	BFPN	4		0.743		
Vitamin B-6 mg	0.375		0	BFPN	4		0.319		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	77.7		0	BFPN	4		66.1		
Betaine mg									
Vitamin B-12 µg	1.42		0	BFPN	4		1.21		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	0		0	NR	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.64		0	NR	4		0.54		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3		
Vitamin D IU	12		0	BFFN	4		11		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone µg	0.0		0	Z	7		0.0		
Menaquinone-4 µg									

NDB No. 05180

Turkey from whole, 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
Lipids:									
Fatty acids, total saturated....g	2.216		0	BFFN	4		1.883		
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	0.008		0	BFFN	4		0.006		
12:0....g	0.025		0	BFFN	4		0.021		
13:0....g									
14:0....g	0.075		0	BFFN	4		0.064		
15:0....g									
16:0....g	1.444		0	BFFN	4		1.227		
17:0....g									
18:0....g	0.619		0	BFFN	4		0.526		
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.527		0	BFFN	4		2.148		
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.229		0	BFFN	4		0.195		
17:1....g									
18:1 undifferentiated....g	2.246		0	BFFN	4		1.909		
20:1....g	0.032		0	BFFN	4		0.027		
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000		
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.038		0	BFFN	4		1.732		
18:2 undifferentiated....g	1.760		0	BFFN	4		1.496		
18:3 undifferentiated....g	0.092		0	BFFN	4		0.078		
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	0.107		0	BFFN	4		0.091		
20:5 n-3 (EPA)....g	0.015		0	BFFN	4		0.012		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.009		0	BFFN	4		0.008		
22:6 n-3 (DHA)....g	0.006		0	BFFN	4		0.005		
Fatty acids, total trans....g									
Cholesterol....mg	128		0	BFFN	4		109		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.239		0	A	1		0.204		
Threonine....g	0.816		0	A	1		0.694		
Isoleucine....g	0.644		0	A	1		0.548		
Leucine....g	1.558		0	A	1		1.324		
Lysine....g	1.855		0	A	1		1.577		
Methionine....g	0.588		0	A	1		0.500		
Cystine....g	0.212		0	A	1		0.180		
Phenylalanine....g	0.725		0	A	1		0.616		
Tyrosine....g	0.668		0	A	1		0.567		
Valine....g	0.719		0	A	1		0.611		
Arginine....g	1.273		0	A	1		1.082		
Histidine....g	0.609		0	A	1		0.518		
Alanine....g	1.215		0	A	1		1.033		
Aspartic acid....g	1.797		0	A	1		1.528		
Glutamic acid....g	3.048		0	A	1		2.591		
Glycine....g	0.959		0	A	1		0.815		
Proline....g	1.214		0	A	1		1.032		
Serine....g	0.891		0	A	1		0.757		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		
Caffeine....mg	0		0	Z	7		0		

NDB No. 05180

Turkey from whole, 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
Theobromine.....mg	0		0	Z	7		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05179
Turkey from whole, neck, meat only, raw

Refuse: 60% Bone and connective tissue 60%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.92	0.734	3	A	1		21.52	343.94	
Energy kcal	125		0	NC	4		35	566	
Energy kJ	523		0	NC	4		148	2369	
Protein (N x 6.25) g	16.51	0.138	3	A	1		4.68	74.80	
Total lipid (fat) g	6.04	0.453	3	A	1		1.71	27.36	
Ash g	1.12	0.057	3	A	1		0.32	5.07	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24	0.302	3	A	1		7	110	
Iron, Fe mg	1.01	0.069	3	A	1		0.29	4.56	
Magnesium, Mg mg	15	0.462	3	A	1		4	70	
Phosphorus, P mg	160	6.254	3	A	1		45	724	
Potassium, K mg	133	5.092	3	A	1		38	600	
Sodium, Na mg	233	19.156	3	A	1		66	1056	
Zinc, Zn mg	3.39	0.066	3	A	1		0.96	15.34	
Copper, Cu mg	0.142	0.012	3	A	1		0.040	0.644	
Manganese, Mn mg	0.056	0.002	3	A	1		0.016	0.253	
Selenium, Se µg	28.6		0	BFNN	4		8.1	129.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.051		0	BFPN	4		0.015	0.233	
Riboflavin mg	0.211		0	BFPN	4		0.060	0.958	
Niacin mg	4.924		0	BFPN	4		1.396	22.305	
Pantothenic acid mg	0.801		0	BFPN	4		0.227	3.630	
Vitamin B-6 mg	0.364		0	BFPN	4		0.103	1.649	
Folate, total µg	5		0	BFPN	4		1	24	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0	BFPN	4		1	24	
Folate, DFE µg	5		0	NC	4		1	24	
Choline, total mg	54.0		0	BFPN	4		15.3	244.7	
Betaine mg									
Vitamin B-12 µg	1.76		0	BFPN	4		0.50	7.96	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	13		0	NC	4		4	58	
Retinol µg	13		0	BFSN	4		4	58	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	43		0	NC	4		12	194	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12		0	BFSN	4		0.03	0.54	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.1	1.5	
Vitamin D IU	13		0	BFSN	4		4	60	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05179
Turkey from whole, 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
Lipids:									
Fatty acids, total saturated....g	1.647		0	BFFN	4		0.467	7.459	
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	0.005		0	BFFN	4		0.001	0.021	
12:0....g	0.025		0	BFFN	4		0.007	0.112	
13:0....g									
14:0....g	0.058		0	BFFN	4		0.016	0.261	
15:0....g									
16:0....g	1.057		0	BFFN	4		0.300	4.788	
17:0....g									
18:0....g	0.458		0	BFFN	4		0.130	2.075	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.824		0	BFFN	4		0.517	8.261	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.166		0	BFFN	4		0.047	0.753	
17:1....g									
18:1 undifferentiated....g	1.614		0	BFFN	4		0.457	7.309	
20:1....g	0.024		0	BFFN	4		0.007	0.109	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.478		0	BFFN	4		0.419	6.696	
18:2 undifferentiated....g	1.263		0	BFFN	4		0.358	5.721	
18:3 undifferentiated....g	0.066		0	BFFN	4		0.019	0.301	
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	0.088		0	BFFN	4		0.025	0.398	
20:5 n-3 (EPA)....g	0.002		0	BFFN	4		0.001	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.008		0	BFFN	4		0.002	0.035	
22:6 n-3 (DHA)....g	0.005		0	BFFN	4		0.002	0.024	
Fatty acids, total trans....g									
Cholesterol....mg	115		0	BFFN	4		33	522	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.176		0	A	1		0.050	0.797	
Threonine....g	0.600		0	A	1		0.170	2.717	
Isoleucine....g	0.473		0	A	1		0.134	2.144	
Leucine....g	1.144		0	A	1		0.324	5.184	
Lysine....g	1.363		0	A	1		0.386	6.172	
Methionine....g	0.432		0	A	1		0.122	1.956	
Cystine....g	0.156		0	A	1		0.044	0.706	
Phenylalanine....g	0.532		0	A	1		0.151	2.412	
Tyrosine....g	0.490		0	A	1		0.139	2.222	
Valine....g	0.528		0	A	1		0.150	2.391	
Arginine....g	0.935		0	A	1		0.265	4.235	
Histidine....g	0.448		0	A	1		0.127	2.028	
Alanine....g	0.893		0	A	1		0.253	4.044	
Aspartic acid....g	1.320		0	A	1		0.374	5.981	
Glutamic acid....g	2.239		0	A	1		0.635	10.144	
Glycine....g	0.705		0	A	1		0.200	3.191	
Proline....g	0.892		0	A	1		0.253	4.041	
Serine....g	0.654		0	A	1		0.185	2.963	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 05179
Turkey from whole, 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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 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 27 (2014)

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		0		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	PIK	4		0.1	0.2	0.3
Sugars, total g	0.32		0	PIK	4		0.09	0.14	0.21
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	PAK	1		0.40	0.60	0.92
Copper, Cu mg	0.093		0	PIK	4		0.026	0.039	0.059
Manganese, Mn mg	0.077		0		4		0.022	0.032	0.049
Selenium, Se µg	22.1		0	PIK	4		6.2	9.3	14.2
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		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	0.197		0	PIK	4		0.055	0.083	0.126
Folate, total µg	41		0	PIK	4		11	17	26
Folic acid µg	29		0	PIK	4		8	12	18
Folate, food µg	12		0	PIK	4		3	5	8
Folate, DFE µg	61		0	NC	4		17	26	39
Choline, total mg	54.8		0	PIE	4		15.3	23.0	35.1
Betaine mg	25.6		0	PIE	4		7.2	10.7	16.4
Vitamin B-12 µg	0.23		0	PIK	4		0.06	0.09	0.14
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	10		0	PIK	4		3	4	6
Retinol µg	9		0	PIK	4		3	4	6
Carotene, beta µg	2		0	PIK	4		1	1	1
Carotene, alpha µg	1		0	PIK	4		0	0	1
Cryptoxanthin, beta µg	1		0	PIK	4		0	0	1
Vitamin A, IU IU	36		0	PIK	4		10	15	23
Lycopene µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.93		0	PIK	4		0.26	0.39	0.59
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	PIE	4		0.0	0.0	0.1
Vitamin D IU	4		0	PIE	4		1	2	3
Vitamin K (phylloquinone) µg	1.8		0	PIE	4		0.5	0.8	1.2
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

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
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									
22:0....g									
24:0....g									
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 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3 (DHA)....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans....g									
Cholesterol....mg	75		0	PIK	4		21	32	48
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

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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		59.84	798.34	
Energy kcal	120		0	NC	4		102	1361	
Energy kJ	502		0		4		427	5694	
Protein (N x 6.25) g	17.60	0.258	6		1		14.96	199.58	
Total lipid (fat) g	2.20	0.258	6		1		1.87	24.95	
Ash g	3.40	0.129	6		1		2.89	38.56	
Carbohydrate, by difference g	6.40		0	NC	4		5.44	72.58	
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		1	11	
Iron, Fe mg	2.10	0.097	6		1		1.79	23.81	
Magnesium, Mg mg	20		0		4		17	227	
Phosphorus, P mg	158		0		4		134	1792	
Potassium, K mg	360	4.832	6		1		306	4082	
Sodium, Na mg	678	77.630	18		1		576	7689	
Zinc, Zn mg	1.91		0		4		1.62	21.66	
Copper, Cu mg	0.088		0		4		0.075	0.998	
Manganese, Mn mg	0.017		0		4		0.014	0.193	
Selenium, Se µg	26.5		0	PIE	4		22.5	300.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.040	0.003	6		1		0.034	0.454	
Riboflavin mg	0.120	0.005	6		1		0.102	1.361	
Niacin mg	4.400	0.129	6		1		3.740	49.896	
Pantothenic acid mg	0.733		0		4		0.623	8.312	
Vitamin B-6 mg	0.380		0		4		0.323	4.309	
Folate, total µg	7		0		4		6	79	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		4		6	79	
Folate, DFE µg	7		0	NC	4		6	79	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.35		0		4		0.30	3.97	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	0.730		0		4		0.621	8.278	
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		0.009	0.113	
13:0....g									
14:0....g	0.010		0		4		0.009	0.113	
15:0....g									
16:0....g	0.370		0		4		0.315	4.196	
17:0....g									
18:0....g									
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.470		0		4		0.400	5.330	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.070		0		4		0.060	0.794	
17:1....g									
18:1 undifferentiated....g	0.380		0		4		0.323	4.309	
20:1....g	0.010		0		4		0.009	0.113	
22:1 undifferentiated....g	0.010		0		4		0.009	0.113	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.640		0		4		0.544	7.258	
18:2 undifferentiated....g	0.490		0		4		0.417	5.557	
18:3 undifferentiated....g	0.020		0		4		0.017	0.227	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.090		0		4		0.077	1.021	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		4		0.009	0.113	
22:6 n-3 (DHA)....g	0.020		0		4		0.017	0.227	
Fatty acids, total trans....g									
Cholesterol....mg	53		0		4		45	601	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0		4		0.170	2.268	
Threonine....g	0.782		0		4		0.665	8.868	
Isoleucine....g	0.915		0		4		0.778	10.376	
Leucine....g	1.402		0		4		1.192	15.899	
Lysine....g	1.657		0		4		1.408	18.790	
Methionine....g	0.509		0		4		0.433	5.772	
Cystine....g	0.183		0		4		0.156	2.075	
Phenylalanine....g	0.698		0		4		0.593	7.915	
Tyrosine....g	0.695		0		4		0.591	7.881	
Valine....g	0.934		0		4		0.794	10.592	
Arginine....g	1.227		0		4		1.043	13.914	
Histidine....g	0.549		0		4		0.467	6.226	
Alanine....g	1.089		0		4		0.926	12.349	
Aspartic acid....g	1.708		0		4		1.452	19.369	
Glutamic acid....g	2.870		0		4		2.440	32.546	
Glycine....g	0.872		0		4		0.741	9.888	
Proline....g	0.731		0		4		0.621	8.290	
Serine....g	0.782		0		4		0.665	8.868	
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.

NDB No. 05295

Turkey roast, boneless, frozen, seasoned, light and dark meat, raw

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 1134g: 1 box (net weight, 2.5 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 27 (2014)

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		0		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 µg	36.5		0	PIE	4		49.3	285.4	71.5
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	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 µg	5		0		4		7	39	10
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	5		0		4		7	39	10
Folate, DFE µg	5		0	NC	4		7	39	10
Choline, total mg	64.2		0	BFNN	4		86.7	502.1	125.8
Betaine mg	7.2		0	BFNN	4		9.7	56.3	14.1
Vitamin B-12 µg	1.52		2		1		2.05	11.89	2.98
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	Z	7		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0		4		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.38		0	NR	4		0.52	3.00	0.75
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	BFZN	4		0.3	1.6	0.4
Vitamin D IU	8		0	NR	4		11	63	16
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05296

Turkey roast, boneless, frozen, seasoned, light and dark meat, 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
Lipids:									
Fatty acids, total saturated....g	1.900		0		4		2.565	14.858	3.724
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.040		0		4		0.054	0.313	0.078
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05296

Turkey roast, boneless, frozen, seasoned, light and dark meat, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	29		0	RA	4		19		
Folic acid µg	20		0	NC	4		13		
Folate, food µg	9		0		4		6		
Folate, DFE µg	43		0	NC	4		28		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.23		0		4		0.15		
Vitamin A, RAE µg	12		0		4		8		
Retinol µg	12		0		4		8		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	40		0		4		26		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....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.

NDB No. 05300
Turkey sticks, breaded, battered, fried

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 27 (2014)

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		60.01	221.68	
Energy kcal	157		0	NC	4		133	493	
Energy kJ	657		0		4		558	2063	
Protein (N x 6.25) g	18.80	1.087	7		1		15.98	59.03	
Total lipid (fat) g	8.54	0.996	7		1		7.26	26.82	
Ash g	2.06		0		1		1.75	6.47	
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	8	1.720	7		1		7	25	
Iron, Fe mg	1.51	0.069	7		1		1.28	4.74	
Magnesium, Mg mg	17		1		1		14	53	
Phosphorus, P mg	171		1		1		145	537	
Potassium, K mg	241	12.253	7		1		205	757	
Sodium, Na mg	437	51.562	7		1		371	1372	
Zinc, Zn mg	4.12		1		1		3.50	12.94	
Copper, Cu mg	0.139		1		1		0.118	0.436	
Manganese, Mn mg	0.015		0		4		0.013	0.047	
Selenium, Se µg	27.9		0	BFNN	4		23.7	87.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.083	0.004	6		1		0.071	0.261	
Riboflavin mg	0.255	0.018	6		1		0.217	0.801	
Niacin mg	2.409		0		4		2.048	7.564	
Pantothenic acid mg	0.812		0		4		0.690	2.550	
Vitamin B-6 mg	0.230		0		4		0.196	0.722	
Folate, total µg	6		0		4		5	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		4		5	19	
Folate, DFE µg	6		0	NC	4		5	19	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.24		0		4		0.20	0.75	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 saturated....g	2.650		0		1		2.253	8.321	
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		0.009	0.031	
13:0....g									
14:0....g	0.060		0		1		0.051	0.188	
15:0....g									
16:0....g	1.550		0		1		1.318	4.867	
17:0....g									
18:0....g	0.710		0		1		0.604	2.229	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.530		0		1		2.151	7.944	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.400		0		1		0.340	1.256	
17:1....g									
18:1 undifferentiated....g	2.060		0		1		1.751	6.468	
20:1....g	0.020		0		1		0.017	0.063	
22:1 undifferentiated....g	0.010		0		1		0.009	0.031	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.350		0		1		1.998	7.379	
18:2 undifferentiated....g	1.970		0		1		1.675	6.186	
18:3 undifferentiated....g	0.100		0		1		0.085	0.314	
18:4....g									
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.210		0		1		0.179	0.659	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.026	0.094	
22:6 n-3 (DHA)....g	0.040		0		1		0.034	0.126	
Fatty acids, total trans....g									
Cholesterol....mg	62	5.653	6		1		53	195	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.210		0		1		0.179	0.659	
Threonine....g	0.824		0		1		0.700	2.587	
Isoleucine....g	0.954		0		1		0.811	2.996	
Leucine....g	1.471		0		1		1.250	4.619	
Lysine....g	1.727		0		1		1.468	5.423	
Methionine....g	0.532		0		1		0.452	1.670	
Cystine....g	0.205		0		1		0.174	0.644	
Phenylalanine....g	0.737		0		1		0.626	2.314	
Tyrosine....g	0.722		0		1		0.614	2.267	
Valine....g	0.984		0		1		0.836	3.090	
Arginine....g	1.317		0		1		1.119	4.135	
Histidine....g	0.571		0		1		0.485	1.793	
Alanine....g	1.183		0		1		1.006	3.715	
Aspartic acid....g	1.811		0		1		1.539	5.687	
Glutamic acid....g	3.019		0		1		2.566	9.480	
Glycine....g	1.057		0		1		0.898	3.319	
Proline....g	0.838		0		1		0.712	2.631	
Serine....g	0.830		0		1		0.706	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.

NDB No. 05294

Turkey thigh, pre-basted, meat and skin, cooked, roasted

Common Measures:

Measure 1 = 85g: 3 oz

Measure 2 = 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 27 (2014)

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	244		0	NC	4		341	639	83
Energy kJ	1020		0	NC	4		1428	2673	347
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	0.16		0	NC	4		0.22	0.42	0.05
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 µg	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 µg	8		0		1		11	21	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0		1		11	21	3
Folate, DFE µg	8		0	NC	4		11	21	3
Choline, total mg	67.6		0	BFNN	4		94.7	177.2	23.0
Betaine mg	5.7		0	BFNN	4		8.0	15.0	1.9
Vitamin B-12 µg	0.34		0		1		0.48	0.89	0.12
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	NR	4		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0		1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.59		0	NR	4		0.82	1.54	0.20
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	BFFN	4		0.0	0.1	0.0
Vitamin D IU	1		0	BFFN	4		2	4	0
Vitamin K (phylloquinone) µg	4.5		0	BFSN	4		6.2	11.7	1.5
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05190

Turkey, all classes, 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
Lipids:									
Fatty acids, total saturated....g	4.180		0		1		5.852	10.952	1.421
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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									
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	Z	7		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 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.042	0.079	0.010
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05190

Turkey, all classes, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	6		0		1		7	52	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		7	52	
Folate, DFE µg	6		0	NC	4		7	52	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.36		0		1		0.40	3.11	
Vitamin A, RAE µg	0		0		1		0	0	
Retinol µg	0		0		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.034	0.259	
22:6 n-3 (DHA)....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.

NDB No. 05192

Turkey, all classes, breast, meat and skin, cooked, roasted

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 27 (2014)

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 µg	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 µg	7		0		1		10	79	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		10	79	
Folate, DFE µg	7		0	NC	4		10	79	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.42		0		1		0.61	4.75	
Vitamin A, RAE µg	2		0		1		3	20	
Retinol µg	2		0		1		3	20	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	6		0		1		9	68	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.015	0.113	
22:6 n-3 (DHA)....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.

NDB No. 05191

Turkey, all classes, breast, meat and skin, raw

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 27 (2014)

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		0		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 µg	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 µg	9		0		1		6	49	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		1		6	49	
Folate, DFE µg	9		0	NC	4		6	49	
Choline, total mg	70.8		0	BFNN	4		50.3	386.8	
Betaine mg	6.0		0	BFNN	4		4.3	32.7	
Vitamin B-12 µg	0.36		0		1		0.26	1.97	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.62		0	NR	4		0.44	3.38	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.1	0.5	
Vitamin D IU	4		0	BFFN	4		3	21	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05194

Turkey, all classes, 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
Lipids:									
Fatty acids, total saturated....g	3.060		0		1		2.173	16.708	
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		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									
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	Z	7		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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		1		0.021	0.164	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 05194

Turkey, all classes, 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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	10		0		1		11	82	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0		1		11	82	
Folate, DFE µg	10		0	NC	4		11	82	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.39		0		1		0.41	3.18	
Vitamin A, RAE µg	1		0		1		1	7	
Retinol µg	1		0		1		1	7	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	3		0		1		3	24	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.021	0.163	
22:6 n-3 (DHA)....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.

NDB No. 05193

Turkey, all classes, leg, meat and skin, raw

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 27 (2014)

NDB No. 05186
Turkey, all classes, light meat, cooked, roasted

Refuse: 27% Bone and connective tissue 20%, Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.88	0.949	4	A	1		57.70		
Energy kcal	147		0	NC	4		125		
Energy kJ	617		0	NC	4		524		
Protein (N x 6.25) g	30.13	0.956	4	A	1		25.61		
Total lipid (fat) g	2.08	0.063	4	A	1		1.77		
Ash g	1.22	0.064	4	A	1		1.03		
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	9	0.545	4	A	1		8		
Iron, Fe mg	0.71	0.005	4	A	1		0.60		
Magnesium, Mg mg	32	1.032	4	A	1		27		
Phosphorus, P mg	230	6.546	4	A	1		195		
Potassium, K mg	249	3.094	10	A	1		211		
Sodium, Na mg	99	8.289	4	A	1		84		
Zinc, Zn mg	1.72	0.030	4	A	1		1.46		
Copper, Cu mg	0.063	0.001	4	A	1		0.054		
Manganese, Mn mg	0.011	0.001	10	A	1		0.010		
Selenium, Se µg	30.2	2.091	6	A	1		25.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.035		2	A	1		0.030		
Riboflavin mg	0.205		2	A	1		0.174		
Niacin mg	11.750	0.237	8	A	1		9.987		
Pantothenic acid mg	0.900		2	A	1		0.765		
Vitamin B-6 mg	0.807		2	A	1		0.686		
Folate, total µg	10		0	BFPN	4		8		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	10		0	BFPN	4		8		
Folate, DFE µg	10		0	NC	4		8		
Choline, total mg	83.4		0	BFNN	4		70.9		
Betaine mg	6.1		0	BFNN	4		5.2		
Vitamin B-12 µg	0.37		0		1		0.31		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	3		0	AS	1		3		
Retinol µg	3		1	A	1		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	11		0	AS	1		10		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.06	0.006	3	A	1		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma mg	0.03	0.003	3	A	1		0.02		
Tocopherol, delta mg	0.01	0.008	3	A	1		0.01		
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma mg	0.03	0.004	3	A	1		0.03		
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2		
Vitamin D IU	10		1	A	1		9		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05186
Turkey, all classes, light meat, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.593		0	NC	4		0.504		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.004	0.001	6	A	1		0.004		
12:0....g	0.005	0.002	6	A	1		0.004		
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.015		
15:0....g	0.004	0.000	6	A	1		0.003		
16:0....g	0.372	0.020	6	A	1		0.316		
17:0....g	0.005	0.001	6	A	1		0.005		
18:0....g	0.181	0.009	6	A	1		0.154		
20:0....g	0.002	0.000	6	A	1		0.002		
22:0....g	0.001	0.000	6	A	1		0.001		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	0.626		0	NC	4		0.532		
14:1....g	0.002	0.001	6	A	1		0.002		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.056	0.007	6	AS	1		0.047		
16:1 c....g	0.055	0.007	6	A	1		0.047		
16:1 t....g	0.001	0.000	6	A	1		0.001		
17:1....g	0.004	0.001	6	A	1		0.004		
18:1 undifferentiated....g	0.556	0.035	6	AS	1		0.473		
18:1 c....g	0.536	0.033	6	A	1		0.456		
18:1 t....g	0.020	0.003	6	A	1		0.017		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	A	1		0.007		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449		
18:2 undifferentiated....g	0.431	0.029	6	AS	1		0.366		
18:2 n-6 c,c....g	0.426	0.028	6	A	1		0.362		
18:2 CLAs....g	0.001	0.000	6	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	6	A	1		0.003		
18:3 undifferentiated....g	0.020	0.003	6	AS	1		0.017		
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	6	A	1		0.017		
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.000		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005		
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.004		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.005	0.000	6	A	1		0.004		
20:4 undifferentiated....g	0.044	0.001	6	A	1		0.037		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004		
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.009		
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004		
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003		
Fatty acids, total trans....g	0.024		0	NC	4		0.021		
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018		
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003		
Cholesterol....mg	80	2.872	4	A	1		68		
Phytosterols....mg									
Amino Acids:									

NDB No. 05186
Turkey, all classes, light meat, 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
Tryptophan....g	0.321		0	A	1		0.273		
Threonine....g	1.094		0	A	1		0.930		
Isoleucine....g	0.864		0	A	1		0.734		
Leucine....g	2.088		0	A	1		1.775		
Lysine....g	2.486		0	A	1		2.113		
Methionine....g	0.788		0	A	1		0.670		
Cystine....g	0.284		0	A	1		0.242		
Phenylalanine....g	0.972		0	A	1		0.826		
Tyrosine....g	0.895		0	A	1		0.761		
Valine....g	0.963		0	A	1		0.819		
Arginine....g	1.706		0	A	1		1.450		
Histidine....g	0.817		0	A	1		0.694		
Alanine....g	1.629		0	A	1		1.385		
Aspartic acid....g	2.409		0	A	1		2.048		
Glutamic acid....g	4.086		0	A	1		3.473		
Glycine....g	1.286		0	A	1		1.093		
Proline....g	1.628		0	A	1		1.384		
Serine....g	1.194		0	A	1		1.015		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		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 µg	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 µg	6		0		1		1	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		1		1	11	
Folate, DFE µg	6		0	NC	4		1	11	
Choline, total mg	68.6		0	BFNN	4		16.5	127.6	
Betaine mg	5.8		0	BFNN	4		1.4	10.8	
Vitamin B-12 µg	0.34		0		1		0.08	0.63	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	NR	4		0.04	0.31	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.0	0.2	
Vitamin D IU	4		0	BFFN	4		1	7	
Vitamin K (phylloquinone) µg	0.0		0	BFZN	4		0.0	0.0	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05196

Turkey, all classes, 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
Lipids:									
Fatty acids, total saturated....g	3.390		0		1		0.814	6.305	
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		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									
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	Z	7		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 (EPA)....g	0.000		0		1		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.005	0.037	
22:6 n-3 (DHA)....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	Z	7		0.0	0.0	
Caffeine....mg	0		0	Z	7		0	0	

NDB No. 05196

Turkey, all classes, 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
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	7		0		1		2	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		1		2	18	
Folate, DFE µg	7		0	NC	4		2	18	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.39		0		1		0.13	1.00	
Vitamin A, RAE µg	3		0		1		1	8	
Retinol µg	3		0		1		1	8	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	11		0		1		4	28	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.003	0.026	
22:6 n-3 (DHA)....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.

NDB No. 05195

Turkey, all classes, wing, meat and skin, raw

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 27 (2014)

NDB No. 05744
Turkey, back, from whole bird, enhanced, meat and skin, raw

Refuse: 47% Bone and connective tissue 47%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.93		0	PAK	1		56.89	833.23	
Energy kcal	206		0	NC	4		175	2570	
Energy kJ	864		0	NC	4		734	10757	
Protein g	16.86		0	PAK	1		14.33	209.87	
Total lipid (fat) g	15.41		0	PAK	1		13.10	191.83	
Ash g	1.02		0	PAK	1		0.86	12.65	
Carbohydrate, by difference g	0.15		0	NR	4		0.13	1.87	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.10		0	PAK	1		0.09	1.25	
Sucrose g	0.10		0	PAK	1		0.09	1.25	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.05		0	PAK	1		0.05	0.67	
Minerals:									
Calcium, Ca mg	14		0	PAK	1		12	177	
Iron, Fe mg	0.78		0	PAK	1		0.67	9.75	
Magnesium, Mg mg	17		0	PAK	1		14	208	
Phosphorus, P mg	159		0	PAK	1		135	1982	
Potassium, K mg	185		0	PAK	1		157	2306	
Sodium, Na mg	157		0	PAK	1		133	1955	
Zinc, Zn mg	2.04		0	PAK	1		1.73	25.36	
Copper, Cu mg	0.085		0	PAK	1		0.072	1.060	
Manganese, Mn mg	0.009		0	PAK	1		0.008	0.115	
Selenium, Se µg	18.1		0	PAK	1		15.4	225.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.045		0	PAK	1		0.038	0.557	
Riboflavin mg	0.194		0	PAK	1		0.165	2.418	
Niacin mg	4.887		0	PAK	1		4.154	60.841	
Pantothenic acid mg	0.783		0	PAK	1		0.666	9.748	
Vitamin B-6 mg	0.333		0	PAK	1		0.283	4.149	
Folate, total µg	5		0	PIK	4		5	66	
Folic acid µg									
Folate, food µg	5		0	PIK	4		5	66	
Folate, DFE µg									
Choline, total mg	53.3		0	PAK	1		45.3	663.4	
Betaine mg	5.3		0	PAK	1		4.5	66.4	
Vitamin B-12 µg	1.65		0	PAK	1		1.40	20.49	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	38		0	NC	4		32	472	
Retinol µg	38		0	PAK	1		32	472	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	126		0	NC	4		107	1573	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		0	PAK	1		0.09	1.34	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.03	
Tocopherol, gamma mg	0.03		0	PAK	1		0.02	0.34	
Tocopherol, delta mg	0.01		0	PAK	1		0.01	0.10	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.05	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05744

Turkey, back, from whole bird, enhanced, 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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.02	0.27	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.6		0	PAK	1		0.5	7.6	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.6		0	PAK	1		0.5	7.6	
Vitamin D....IU	24		0	PAK	1		21	304	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.730		0	NR	4		2.321	33.989	
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	0.001		0	PAK	1		0.001	0.011	
10:0....g	0.005		0	PAK	1		0.004	0.065	
12:0....g	0.037		0	PAK	1		0.032	0.464	
13:0....g									
14:0....g	0.104		0	PAK	1		0.089	1.298	
15:0....g	0.016		0	PAK	1		0.013	0.195	
16:0....g	1.865		0	PAK	1		1.585	23.223	
17:0....g	0.027		0	PAK	1		0.023	0.334	
18:0....g	0.657		0	PAK	1		0.558	8.177	
20:0....g	0.010		0	PAK	1		0.009	0.125	
22:0....g	0.006		0	PAK	1		0.005	0.069	
24:0....g	0.002		0	PAK	1		0.002	0.027	
Fatty acids, total monounsaturated....g	7.110		0	NR	4		6.044	88.520	
14:1....g	0.030		0	PAK	1		0.026	0.378	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.691		0	AS	1		0.588	8.608	
16:1 c....g	0.677		0	PAK	1		0.576	8.435	
16:1 t....g	0.014		0	PAK	1		0.012	0.173	
17:1....g	0.030		0	PAK	1		0.026	0.378	
18:1 undifferentiated....g	6.260		0	AS	1		5.321	77.931	
18:1 c....g	6.049		0	PAK	1		5.142	75.314	
18:1 t....g	0.210		0	PAK	1		0.179	2.617	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.095		0	PAK	1		0.081	1.182	
22:1 undifferentiated....g	0.003		0	AS	1		0.002	0.032	
22:1 c....g	0.003		0	PAK	1		0.002	0.032	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.004		0	PAK	1		0.003	0.047	
Fatty acids, total polyunsaturated....g	5.570		0	NR	4		4.735	69.347	
18:2 undifferentiated....g	5.068		0	AS	1		4.307	63.091	
18:2 n-6 c,c....g	4.966		0	PAK	1		4.221	61.821	
18:2 CLAs....g	0.039		0	PAK	1		0.033	0.484	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.063		0	PAK	1		0.054	0.785	
18:3 undifferentiated....g	0.314		0	AS	1		0.266	3.903	
18:3 n-3 c,c,c (ALA)....g	0.303		0	PAK	1		0.258	3.774	
18:3 n-6 c,c,c....g	0.010		0	PAK	1		0.009	0.129	
18:3i....g									
18:4....g	0.002		0	PAK	1		0.001	0.021	
20:2 n-6 c,c....g	0.032		0	PAK	1		0.027	0.396	
20:3 undifferentiated....g	0.025		0	AS	1		0.022	0.316	
20:3 n-3....g	0.002		0	PAK	1		0.002	0.030	
20:3 n-6....g	0.023		0	PAK	1		0.020	0.286	
20:4 undifferentiated....g	0.110		0	PAK	1		0.094	1.372	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		0	PAK	1		0.006	0.082	
21:5....g									
22:4....g	0.024		0	PAK	1		0.021	0.303	
22:5 n-3 (DPA)....g	0.012		0	PAK	1		0.010	0.152	

NDB No. 05744

Turkey, back, from whole bird, enhanced, 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
22:6 n-3 (DHA) g	0.007		0	PAK	1		0.006	0.086	
Fatty acids, total trans g	0.227		0	NC	4		0.193	2.822	
Fatty acids, total trans-monoenoic g	0.177		0	NC	4		0.150	2.201	
Fatty acids, total trans-polyenoic g	0.050		0	NC	4		0.042	0.621	
Cholesterol mg	84		0	PAK	1		71	1044	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.156		0	PAK	1		0.132	1.938	
Threonine g	0.554		0	PAK	1		0.471	6.899	
Isoleucine g	0.443		0	PAK	1		0.377	5.520	
Leucine g	1.073		0	PAK	1		0.912	13.361	
Lysine g	1.261		0	PAK	1		1.072	15.701	
Methionine g	0.401		0	PAK	1		0.341	4.990	
Cystine g	0.151		0	PAK	1		0.128	1.880	
Phenylalanine g	0.513		0	PAK	1		0.436	6.390	
Tyrosine g	0.449		0	PAK	1		0.382	5.593	
Valine g	0.520		0	PAK	1		0.442	6.480	
Arginine g	0.981		0	PAK	1		0.834	12.210	
Histidine g	0.413		0	PAK	1		0.351	5.142	
Alanine g	0.970		0	PAK	1		0.824	12.074	
Aspartic acid g	1.264		0	PAK	1		1.075	15.742	
Glutamic acid g	2.137		0	PAK	1		1.816	26.606	
Glycine g	1.089		0	PAK	1		0.926	13.559	
Proline g	1.076		0	PAK	1		0.915	13.395	
Serine g	0.638		0	PAK	1		0.543	7.947	
Hydroxyproline g	0.406		0	PAK	1		0.345	5.049	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1245g: 1 back

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05745
Turkey, back, from whole bird, enhanced, meat and skin, roasted

Refuse: 49% Bone and connective tissue 49%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		52.79	589.36	
Energy kcal	205		0	NC	4		175	1950	
Energy kJ	860		0	NC	4		731	8161	
Protein g	25.80		0	PAK	1		21.93	244.84	
Total lipid (fat) g	11.36		0	PAK	1		9.66	107.84	
Ash g	1.42		0	PAK	1		1.21	13.50	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	15		0	PAK	1		13	147	
Iron, Fe mg	0.68		0	PAK	1		0.58	6.48	
Magnesium, Mg mg	29		0	PAK	1		25	279	
Phosphorus, P mg	252		0	PAK	1		214	2393	
Potassium, K mg	252		0	PAK	1		214	2391	
Sodium, Na mg	237		0	PAK	1		201	2247	
Zinc, Zn mg	1.52		0	PAK	1		1.29	14.43	
Copper, Cu mg	0.063		0	PAK	1		0.054	0.601	
Manganese, Mn mg	0.015		0	PAK	1		0.012	0.139	
Selenium, Se µg	28.0		0	PAK	1		23.8	265.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.034		0	PAK	1		0.029	0.326	
Riboflavin mg	0.215		0	PAK	1		0.183	2.038	
Niacin mg	10.669		0	PAK	1		9.068	101.245	
Pantothenic acid mg	0.905		0	PAK	1		0.769	8.587	
Vitamin B-6 mg	0.598		0	PAK	1		0.508	5.675	
Folate, total µg	6		0	PIK	4		5	60	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PIK	4		5	60	
Folate, DFE µg	6		0	NC	4		5	60	
Choline, total mg	70.8		0	PAK	1		60.2	671.8	
Betaine mg	3.1		0	PAK	1		2.7	29.7	
Vitamin B-12 µg	1.68		0	PIK	4		1.42	15.90	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	22		0	PAK	1		18	206	
Retinol µg	22		0	PAK	1		18	206	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	72		0	PAK	1		61	685	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		0	PAK	1		0.07	0.81	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.04		0	PAK	1		0.03	0.34	
Tocopherol, delta mg	0.01		0	PAK	1		0.01	0.06	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.05		0	PAK	1		0.04	0.44	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.5		0	PAK	1		0.4	5.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.5		0	PAK	1		0.4	5.0	
Vitamin D IU	21		0	PAK	1		18	199	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	

NDB No. 05745

Turkey, back, from whole bird, enhanced, meat and skin, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.205		0	PIK	4		2.724	30.417	
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	0.006		0	PAK	1		0.005	0.056	
12:0....g	0.037		0	PAK	1		0.032	0.354	
13:0....g									
14:0....g	0.116		0	PAK	1		0.099	1.105	
15:0....g	0.018		0	PAK	1		0.016	0.175	
16:0....g	2.195		0	PAK	1		1.866	20.833	
17:0....g	0.030		0	PAK	1		0.026	0.289	
18:0....g	0.784		0	PAK	1		0.666	7.438	
20:0....g	0.011		0	PAK	1		0.009	0.105	
22:0....g	0.005		0	PAK	1		0.004	0.047	
24:0....g	0.002		0	PAK	1		0.001	0.015	
Fatty acids, total monounsaturated....g	4.138		0	PIK	4		3.517	39.271	
14:1....g	0.017		0	PAK	1		0.014	0.162	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.408		0	PAK	1		0.347	3.871	
16:1 c....g	0.400		0	PAK	1		0.340	3.800	
16:1 t....g	0.007		0	PAK	1		0.006	0.070	
17:1....g	0.018		0	PAK	1		0.016	0.174	
18:1 undifferentiated....g	3.637		0	PAK	1		3.091	34.515	
18:1 c....g	3.521		0	PAK	1		2.993	33.416	
18:1 t....g	0.116		0	PAK	1		0.098	1.099	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.055		0	PAK	1		0.047	0.526	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.014	
22:1 c....g	0.001		0	PAK	1		0.001	0.014	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.001		0	PAK	1		0.001	0.010	
Fatty acids, total polyunsaturated....g	3.289		0	PIK	4		2.796	31.214	
18:2 undifferentiated....g	2.956		0	PAK	1		2.512	28.050	
18:2 n-6 c,c....g	2.903		0	PAK	1		2.468	27.551	
18:2 CLAs....g	0.019		0	PAK	1		0.017	0.185	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.033		0	PAK	1		0.028	0.314	
18:3 undifferentiated....g	0.180		0	PAK	1		0.153	1.707	
18:3 n-3 c,c,c (ALA)....g	0.175		0	PAK	1		0.148	1.658	
18:3 n-6 c,c,c....g	0.005		0	PAK	1		0.004	0.049	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.010	
20:2 n-6 c,c....g	0.019		0	PAK	1		0.016	0.183	
20:3 undifferentiated....g	0.015		0	PAK	1		0.013	0.146	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.012	
20:3 n-6....g	0.014		0	PAK	1		0.012	0.135	
20:4 undifferentiated....g	0.080		0	PAK	1		0.068	0.755	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.006		0	PAK	1		0.005	0.054	
21:5....g									
22:4....g	0.017		0	PAK	1		0.015	0.163	
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.008	0.086	
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.005	0.052	
Fatty acids, total trans....g	0.156		0	PIK	4		0.133	1.484	
Fatty acids, total trans-monoenoic....g	0.123		0	PIK	4		0.105	1.170	
Fatty acids, total trans-polyenoic....g	0.033		0	PIK	4		0.028	0.314	
Cholesterol....mg	87		0	PAK	1		74	828	
Phytosterols....mg									
Amino Acids:									

NDB No. 05745

Turkey, back, from whole bird, enhanced, meat and skin, 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
Tryptophan....g	0.182		0	PAK	1		0.155	1.731	
Threonine....g	0.652		0	PAK	1		0.554	6.183	
Isoleucine....g	0.522		0	PAK	1		0.444	4.952	
Leucine....g	1.263		0	PAK	1		1.074	11.989	
Lysine....g	1.483		0	PAK	1		1.261	14.075	
Methionine....g	0.472		0	PAK	1		0.401	4.475	
Cystine....g	0.178		0	PAK	1		0.151	1.691	
Phenylalanine....g	0.606		0	PAK	1		0.515	5.746	
Tyrosine....g	0.528		0	PAK	1		0.449	5.009	
Valine....g	0.615		0	PAK	1		0.523	5.836	
Arginine....g	1.164		0	PAK	1		0.989	11.045	
Histidine....g	0.486		0	PAK	1		0.413	4.609	
Alanine....g	1.154		0	PAK	1		0.981	10.947	
Aspartic acid....g	1.491		0	PAK	1		1.267	14.148	
Glutamic acid....g	2.519		0	PAK	1		2.141	23.906	
Glycine....g	1.321		0	PAK	1		1.123	12.532	
Proline....g	1.288		0	PAK	1		1.095	12.224	
Serine....g	0.754		0	PAK	1		0.641	7.152	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 949g: 1 back

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05719
Turkey, back, from whole bird, enhanced, meat only, raw

Refuse: 63% Bone and connective tissue 47%, Skin and separable fat 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	75.86	0.594	6	A	1		64.48	944.40	
Energy kcal	114		0	NC	4		97	1421	
Energy kJ	478		0	NC	4		406	5951	
Protein g	19.27	0.393	6	A	1		16.38	239.87	
Total lipid (fat) g	4.12	0.383	6	A	1		3.50	51.31	
Ash g	1.19	0.081	6	A	1		1.01	14.76	
Carbohydrate, by difference g	0.15		0	NR	4		0.13	1.87	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.10		2	A	1		0.09	1.25	
Sucrose g	0.10		2	A	1		0.09	1.25	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.05		1	A	1		0.04	0.62	
Minerals:									
Calcium, Ca mg	15	0.246	6	A	1		13	184	
Iron, Fe mg	0.90	0.028	6	A	1		0.76	11.17	
Magnesium, Mg mg	21	1.276	6	A	1		18	261	
Phosphorus, P mg	191	3.822	6	A	1		162	2376	
Potassium, K mg	226	5.658	10	A	1		192	2819	
Sodium, Na mg	167	20.486	6	A	1		142	2080	
Zinc, Zn mg	2.68	0.070	10	A	1		2.28	33.36	
Copper, Cu mg	0.106	0.009	6	A	1		0.090	1.320	
Manganese, Mn mg	0.010	0.000	6	A	1		0.009	0.126	
Selenium, Se µg	22.4	1.621	6	A	1		19.0	278.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060	0.003	6	A	1		0.051	0.746	
Riboflavin mg	0.247	0.004	6	A	1		0.210	3.071	
Niacin mg	5.745	0.162	6	A	1		4.883	71.525	
Pantothenic acid mg	0.935		2	A	1		0.795	11.640	
Vitamin B-6 mg	0.425	0.007	6	A	1		0.361	5.287	
Folate, total µg	6		0	BFPN	4		5	76	
Folic acid µg									
Folate, food µg	6		0	BFPN	4		5	76	
Folate, DFE µg									
Choline, total mg	63.0		0	AS	1		53.6	784.6	
Betaine mg	7.0		1	A	1		6.0	87.5	
Vitamin B-12 µg	2.05	0.025	4	A	1		1.74	25.52	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	13		0	AS	1		11	161	
Retinol µg	13		1	A	1		11	161	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	43		0	AS	1		37	535	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12	0.032	3	A	1		0.10	1.48	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.010	3	A	1		0.03	0.43	
Tocopherol, delta mg	0.01	0.007	3	A	1		0.01	0.09	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 05719

Turkey, back, from whole bird, enhanced, 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
Tocotrienol, gamma....mg	0.01	0.008	6	A	1		0.01	0.15	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		1	AS	1		0.3	4.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		1	A	1		0.3	4.1	
Vitamin D....IU	13		1	A	1		11	166	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.124		0	NC	4		0.955	13.989	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.003	0.001	6	A	1		0.003	0.039	
12:0....g	0.017	0.005	6	A	1		0.014	0.211	
13:0....g									
14:0....g	0.039	0.007	6	A	1		0.033	0.489	
15:0....g	0.006	0.001	6	A	1		0.005	0.079	
16:0....g	0.721	0.107	6	A	1		0.613	8.980	
17:0....g	0.011	0.001	6	A	1		0.009	0.138	
18:0....g	0.313	0.035	6	A	1		0.266	3.892	
20:0....g	0.005	0.000	6	A	1		0.004	0.061	
22:0....g	0.005	0.001	6	A	1		0.005	0.066	
24:0....g	0.003	0.000	6	A	1		0.002	0.033	
Fatty acids, total monounsaturated....g	1.244		0	NC	4		1.058	15.493	
14:1....g	0.005	0.001	6	A	1		0.004	0.062	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.113	0.025	6	AS	1		0.096	1.412	
16:1 c....g	0.110	0.025	6	A	1		0.094	1.375	
16:1 t....g	0.003	0.001	6	A	1		0.003	0.037	
17:1....g	0.005	0.001	6	A	1		0.004	0.062	
18:1 undifferentiated....g	1.101	0.168	6	AS	1		0.936	13.708	
18:1 c....g	1.062	0.165	6	A	1		0.903	13.224	
18:1 t....g	0.039	0.005	6	A	1		0.033	0.485	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.002	6	A	1		0.014	0.205	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.004	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.004	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.003	0.002	6	A	1		0.003	0.039	
Fatty acids, total polyunsaturated....g	1.009		0	NC	4		0.857	12.557	
18:2 undifferentiated....g	0.862	0.103	6	AS	1		0.733	10.730	
18:2 n-6 c,c....g	0.847	0.101	6	A	1		0.720	10.542	
18:2 CLAs....g	0.005	0.001	6	A	1		0.004	0.060	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010	0.001	6	A	1		0.009	0.128	
18:3 undifferentiated....g	0.045	0.005	6	AS	1		0.039	0.564	
18:3 n-3 c,c,c (ALA)....g	0.044	0.005	6	A	1		0.037	0.546	
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.001	0.019	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.000	6	A	1		0.006	0.091	
20:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008	0.114	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.009	0.001	6	A	1		0.008	0.114	
20:4 undifferentiated....g	0.060	0.004	6	A	1		0.051	0.746	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	A	1		0.001	0.021	
21:5....g									
22:4....g	0.014	0.001	6	A	1		0.012	0.180	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.005	0.066	

NDB No. 05719

Turkey, back, from whole bird, enhanced, 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
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.003	0.045	
Fatty acids, total trans g	0.052		0	NC	4		0.044	0.650	
Fatty acids, total trans-monoenoic g	0.042		0	NC	4		0.036	0.522	
Fatty acids, total trans-polyenoic g	0.010		0	NC	4		0.009	0.128	
Cholesterol mg	79	2.409	11	A	1		67	978	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.205		0	A	1		0.174	2.555	
Threonine g	0.700		0	A	1		0.595	8.712	
Isoleucine g	0.552		0	A	1		0.469	6.876	
Leucine g	1.335		0	A	1		1.135	16.623	
Lysine g	1.590		0	A	1		1.351	19.792	
Methionine g	0.504		0	A	1		0.428	6.271	
Cystine g	0.182		0	A	1		0.155	2.263	
Phenylalanine g	0.621		0	A	1		0.528	7.733	
Tyrosine g	0.572		0	A	1		0.486	7.124	
Valine g	0.616		0	A	1		0.523	7.667	
Arginine g	1.091		0	A	1		0.927	13.580	
Histidine g	0.522		0	A	1		0.444	6.503	
Alanine g	1.041		0	A	1		0.885	12.967	
Aspartic acid g	1.540		0	A	1		1.309	19.179	
Glutamic acid g	2.613		0	A	1		2.221	32.528	
Glycine g	0.822		0	A	1		0.699	10.234	
Proline g	1.041		0	A	1		0.885	12.957	
Serine g	0.763		0	A	1		0.649	9.503	
Hydroxyproline g	0.150		1	A	1		0.128	1.868	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1245g: 1 back

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05720
Turkey, back, from whole bird, enhanced, meat only, roasted

Refuse: 61% Bone and connective tissue 49%, skin and separable fat 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	70.18	0.527	6	A	1		59.65	665.97	
Energy kcal	127		0	NC	4		108	1202	
Energy kJ	530		0	NC	4		451	5030	
Protein g	26.97	0.585	6	A	1		22.92	255.93	
Total lipid (fat) g	2.08	0.208	6	A	1		1.77	19.79	
Ash g	1.44	0.088	6	A	1		1.22	13.66	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.456	6	A	1		11	119	
Iron, Fe mg	0.55	0.025	6	A	1		0.47	5.26	
Magnesium, Mg mg	30	1.367	6	A	1		25	283	
Phosphorus, P mg	255	7.149	6	A	1		217	2419	
Potassium, K mg	249	3.094	10	A	1		211	2358	
Sodium, Na mg	238	24.753	6	A	1		202	2257	
Zinc, Zn mg	1.49	0.062	6	A	1		1.27	14.17	
Copper, Cu mg	0.062	0.002	6	A	1		0.053	0.587	
Manganese, Mn mg	0.011	0.001	10	A	1		0.010	0.108	
Selenium, Se µg	30.2	2.091	6	A	1		25.7	286.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.038	0.006	6	A	1		0.032	0.357	
Riboflavin mg	0.208	0.014	6	A	1		0.177	1.977	
Niacin mg	11.750	0.237	8	A	1		9.987	111.507	
Pantothenic acid mg	0.900		2	A	1		0.765	8.541	
Vitamin B-6 mg	0.697	0.034	6	A	1		0.592	6.612	
Folate, total µg	6		0	BFPN	4		5	58	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	BFPN	4		5	58	
Folate, DFE µg	6		0	NC	4		5	58	
Choline, total mg	69.8		0	AS	1		59.3	662.5	
Betaine mg	2.9		1	A	1		2.5	27.6	
Vitamin B-12 µg	1.70		0	BFPN	4		1.45	16.18	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	AS	1		3	32	
Retinol µg	3		1	A	1		3	32	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	AS	1		10	108	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.006	3	A	1		0.05	0.61	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.003	3	A	1		0.02	0.24	
Tocopherol, delta mg	0.01	0.008	3	A	1		0.01	0.08	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.03	0.004	3	A	1		0.03	0.32	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	2.5	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	2.5	
Vitamin D IU	10		1	A	1		9	99	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05720

Turkey, back, from whole bird, enhanced, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.593		0	NC	4		0.504	5.626	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.001	6	A	1		0.004	0.041	
12:0....g	0.005	0.002	6	A	1		0.004	0.046	
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.015	0.171	
15:0....g	0.004	0.000	6	A	1		0.003	0.038	
16:0....g	0.372	0.020	6	A	1		0.316	3.533	
17:0....g	0.005	0.001	6	A	1		0.005	0.050	
18:0....g	0.181	0.009	6	A	1		0.154	1.719	
20:0....g	0.002	0.000	6	A	1		0.002	0.017	
22:0....g	0.001	0.000	6	A	1		0.001	0.011	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.626		0	NC	4		0.532	5.945	
14:1....g	0.002	0.001	6	A	1		0.002	0.017	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.056	0.007	6	AS	1		0.047	0.528	
16:1 c....g	0.055	0.007	6	A	1		0.047	0.520	
16:1 t....g	0.001	0.000	6	A	1		0.001	0.008	
17:1....g	0.004	0.001	6	A	1		0.004	0.041	
18:1 undifferentiated....g	0.556	0.035	6	AS	1		0.473	5.280	
18:1 c....g	0.536	0.033	6	A	1		0.456	5.091	
18:1 t....g	0.020	0.003	6	A	1		0.017	0.189	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	A	1		0.007	0.079	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449	5.014	
18:2 undifferentiated....g	0.431	0.029	6	AS	1		0.366	4.088	
18:2 n-6 c,c....g	0.426	0.028	6	A	1		0.362	4.042	
18:2 CLAs....g	0.001	0.000	6	A	1		0.001	0.013	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	6	A	1		0.003	0.033	
18:3 undifferentiated....g	0.020	0.003	6	AS	1		0.017	0.194	
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	6	A	1		0.017	0.189	
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.000	0.005	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005	0.055	
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.004	0.044	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.000	6	A	1		0.004	0.044	
20:4 undifferentiated....g	0.044	0.001	6	A	1		0.037	0.414	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.041	
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.009	0.096	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004	0.044	
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003	0.038	
Fatty acids, total trans....g	0.024		0	NC	4		0.021	0.230	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018	0.197	
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003	0.033	
Cholesterol....mg	69	2.280	11	A	1		59	657	
Phytosterols....mg									
Amino Acids:									

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Turkey, back, from whole bird, enhanced, meat only, 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
Tryptophan g	0.205		0	A	1		0.174	1.948	
Threonine g	0.700		0	A	1		0.595	6.641	
Isoleucine g	0.552		0	A	1		0.469	5.241	
Leucine g	1.335		0	A	1		1.135	12.671	
Lysine g	1.590		0	A	1		1.351	15.087	
Methionine g	0.504		0	A	1		0.428	4.780	
Cystine g	0.182		0	A	1		0.155	1.725	
Phenylalanine g	0.621		0	A	1		0.528	5.895	
Tyrosine g	0.572		0	A	1		0.486	5.430	
Valine g	0.616		0	A	1		0.523	5.844	
Arginine g	1.091		0	A	1		0.927	10.351	
Histidine g	0.522		0	A	1		0.444	4.957	
Alanine g	1.041		0	A	1		0.885	9.884	
Aspartic acid g	1.540		0	A	1		1.309	14.619	
Glutamic acid g	2.613		0	A	1		2.221	24.794	
Glycine g	0.822		0	A	1		0.699	7.801	
Proline g	1.041		0	A	1		0.885	9.877	
Serine g	0.763		0	A	1		0.649	7.243	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 949g: 1 back

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05215
Turkey, back, from whole bird, non-enhanced, meat only, raw

Refuse: 62% Bone and connective tissue 50%, skin and separable fat 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	76.01	0.778	4	A	1		64.61	854.33	
Energy kcal	113		0	NC	4		96	1276	
Energy kJ	475		0	NC	4		404	5339	
Protein (N x 6.25) g	21.28	1.044	4	A	1		18.09	239.24	
Total lipid (fat) g	2.50	0.166	4	A	1		2.13	28.16	
Ash g	1.03	0.037	4	A	1		0.88	11.61	
Carbohydrate, by difference g	0.15		0	NR	4		0.13	1.69	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.10		2	A	1		0.09	1.12	
Sucrose g	0.10		2	A	1		0.09	1.12	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.05		1	A	1		0.04	0.56	
Minerals:									
Calcium, Ca mg	11	0.765	4	A	1		9	123	
Iron, Fe mg	1.04	0.124	4	A	1		0.88	11.66	
Magnesium, Mg mg	25	0.803	4	A	1		21	279	
Phosphorus, P mg	176	15.330	4	A	1		150	1979	
Potassium, K mg	226	5.658	10	A	1		192	2545	
Sodium, Na mg	124	10.383	4	A	1		105	1393	
Zinc, Zn mg	2.59	0.073	4	A	1		2.20	29.11	
Copper, Cu mg	0.092	0.016	4	A	1		0.078	1.030	
Manganese, Mn mg	0.014	0.001	4	A	1		0.012	0.160	
Selenium, Se µg	22.4	1.621	6	A	1		19.0	251.6	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.062	0.004	8	A	1		0.053	0.700	
Riboflavin mg	0.255	0.007	8	A	1		0.217	2.866	
Niacin mg	5.696	0.129	8	A	1		4.842	64.026	
Pantothenic acid mg	0.935		2	A	1		0.795	10.509	
Vitamin B-6 mg	0.440	0.013	8	A	1		0.374	4.942	
Folate, total µg									
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	2.05		2	A	1		1.74	23.04	
Vitamin A, RAE µg	13		0	AS	1		11	145	
Retinol µg	13		1	A	1		11	145	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	43		0	AS	1		37	483	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12	0.032	3	A	1		0.10	1.34	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.010	3	A	1		0.03	0.39	
Tocopherol, delta mg	0.01	0.007	3	A	1		0.01	0.08	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.01	0.012	3	A	1		0.01	0.13	

NDB No. 05215

Turkey, back, from whole bird, non-enhanced, 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
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.3	3.7	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.3	3.7	
Vitamin D IU	13		1	A	1		11	149	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g									
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									
12:0 g									
13:0 g									
14:0 g									
15:0 g									
16:0 g									
17:0 g									
18:0 g									
20:0 g									
22:0 g									
24:0 g									
Fatty acids, total monounsaturated g									
Fatty acids, total polyunsaturated g									
18:2 undifferentiated g									
18:3 undifferentiated g									
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									
20:5 n-3 (EPA) g									
21:5 g									
22:4 g									
22:5 n-3 (DPA) g									
22:6 n-3 (DHA) g									
Fatty acids, total trans g									
Cholesterol mg	79	8.511	4	A	1		67	889	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.227		0	A	1		0.193	2.548	
Threonine g	0.773		0	A	1		0.657	8.689	
Isoleucine g	0.610		0	A	1		0.519	6.858	
Leucine g	1.475		0	A	1		1.254	16.579	
Lysine g	1.756		0	A	1		1.493	19.740	
Methionine g	0.556		0	A	1		0.473	6.254	
Cystine g	0.201		0	A	1		0.171	2.257	
Phenylalanine g	0.686		0	A	1		0.583	7.713	
Tyrosine g	0.632		0	A	1		0.537	7.105	
Valine g	0.680		0	A	1		0.578	7.647	
Arginine g	1.205		0	A	1		1.024	13.544	
Histidine g	0.577		0	A	1		0.490	6.486	
Alanine g	1.151		0	A	1		0.978	12.932	
Aspartic acid g	1.702		0	A	1		1.447	19.128	
Glutamic acid g	2.886		0	A	1		2.453	32.442	
Glycine g	0.908		0	A	1		0.772	10.207	
Proline g	1.150		0	A	1		0.977	12.923	
Serine g	0.843		0	A	1		0.717	9.477	
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	Z	7		0.0	0.0	

NDB No. 05215

Turkey, back, from whole bird, non-enhanced, 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
Caffeine....mg	0		0	Z	7		0	0	
Theobromine....mg	0		0	Z	7		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1124g: 1 back

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05216
Turkey, back, from whole bird, non-enhanced, meat only, roasted

Refuse: 42% Bone and connective tissue 54%, Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.23	1.646	4	A	1		55.44	594.23	
Energy kcal	173		0	NC	4		147	1574	
Energy kJ	723		0	NC	4		615	6587	
Protein (N x 6.25) g	27.71	1.576	4	A	1		23.56	252.48	
Total lipid (fat) g	6.04	0.370	4	A	1		5.13	55.02	
Ash g	1.12	0.042	4	A	1		0.96	10.24	
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	17	1.130	4	A	1		14	153	
Iron, Fe mg	1.43	0.126	4	A	1		1.22	13.02	
Magnesium, Mg mg	27	0.413	4	A	1		23	242	
Phosphorus, P mg	212	9.512	4	A	1		180	1933	
Potassium, K mg	227	5.468	10	A	1		193	2064	
Sodium, Na mg	104	13.134	4	A	1		88	944	
Zinc, Zn mg	3.51	0.084	4	A	1		2.99	32.00	
Copper, Cu mg	0.127	0.018	4	A	1		0.108	1.154	
Manganese, Mn mg	0.016	0.000	4	A	1		0.014	0.150	
Selenium, Se µg	31.4	1.738	6	A	1		26.7	286.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		2	A	1		0.051	0.551	
Riboflavin mg	0.375		2	A	1		0.319	3.416	
Niacin mg	6.685		2	A	1		5.682	60.899	
Pantothenic acid mg	1.015		2	A	1		0.863	9.247	
Vitamin B-6 mg	0.438	0.008	10	A	1		0.372	3.987	
Folate, total µg	9		0	BFPN	4		7	80	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	80	
Folate, DFE µg	9		0	NC	4		7	80	
Choline, total mg	95.8		0	BFPN	4		81.5	873.0	
Betaine mg	6.5		0	BFPN	4		5.6	59.7	
Vitamin B-12 µg	1.65		2	A	1		1.40	15.03	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	AS	1		5	50	
Retinol µg	5		1	A	1		5	50	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	18		0	AS	1		15	166	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07	0.002	3	A	1		0.06	0.59	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.04	0.004	3	A	1		0.03	0.37	
Tocopherol, delta mg	0.03	0.003	3	A	1		0.03	0.28	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.05	0.003	3	A	1		0.05	0.49	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	2.3	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	2.3	
Vitamin D IU	10		1	A	1		9	92	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05216

Turkey, back, from whole bird, non-enhanced, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.807		0	NC	4		1.536	16.461	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.006	0.001	6	A	1		0.005	0.056	
12:0....g	0.021	0.005	6	A	1		0.018	0.188	
13:0....g									
14:0....g	0.061	0.006	6	A	1		0.052	0.560	
15:0....g	0.011	0.001	6	A	1		0.009	0.097	
16:0....g	1.178	0.040	6	A	1		1.001	10.728	
17:0....g	0.017	0.002	6	A	1		0.015	0.158	
18:0....g	0.505	0.015	6	A	1		0.429	4.600	
20:0....g	0.006	0.000	6	A	1		0.005	0.053	
22:0....g	0.003	0.001	6	A	1		0.002	0.023	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.061		0	NC	4		1.752	18.772	
14:1....g	0.008	0.001	6	A	1		0.007	0.074	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.187	0.019	6	AS	1		0.159	1.701	
16:1 c....g	0.182	0.018	6	A	1		0.155	1.662	
16:1 t....g	0.004	0.000	6	A	1		0.004	0.039	
17:1....g	0.008	0.001	6	A	1		0.007	0.073	
18:1 undifferentiated....g	1.832	0.051	6	AS	1		1.557	16.686	
18:1 c....g	1.771	0.047	6	A	1		1.505	16.134	
18:1 t....g	0.061	0.008	6	A	1		0.052	0.552	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026	0.001	6	A	1		0.022	0.237	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.002	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.002	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.662		0	NC	4		1.413	15.143	
18:2 undifferentiated....g	1.436	0.080	6	AS	1		1.220	13.078	
18:2 n-6 c,c....g	1.411	0.079	6	A	1		1.199	12.855	
18:2 CLAs....g	0.010	0.002	6	A	1		0.008	0.089	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.001	6	A	1		0.012	0.133	
18:3 undifferentiated....g	0.075	0.007	6	AS	1		0.064	0.684	
18:3 n-3 c,c,c (ALA)....g	0.072	0.007	6	A	1		0.061	0.659	
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.002	0.026	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.012	0.001	6	A	1		0.010	0.112	
20:3 undifferentiated....g	0.009	0.000	6	AS	1		0.008	0.084	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.009	0.000	6	A	1		0.008	0.084	
20:4 undifferentiated....g	0.087	0.002	6	A	1		0.074	0.792	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.002	6	A	1		0.010	0.109	
21:5....g									
22:4....g	0.017	0.001	6	A	1		0.014	0.152	
22:5 n-3 (DPA)....g	0.008	0.000	6	A	1		0.007	0.070	
22:6 n-3 (DHA)....g	0.005	0.001	6	A	1		0.004	0.047	
Fatty acids, total trans....g	0.080		0	NC	4		0.068	0.724	
Fatty acids, total trans-monoenoic....g	0.065		0	NC	4		0.055	0.592	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.012	0.133	
Cholesterol....mg	128	12.093	4	A	1		109	1168	
Phytosterols....mg									
Amino Acids:									

NDB No. 05216

Turkey, back, from whole bird, non-enhanced, meat only, 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
Tryptophan....g	0.295		0	A	1		0.251	2.689	
Threonine....g	1.007		0	A	1		0.856	9.170	
Isoleucine....g	0.794		0	A	1		0.675	7.238	
Leucine....g	1.921		0	A	1		1.633	17.497	
Lysine....g	2.287		0	A	1		1.944	20.833	
Methionine....g	0.725		0	A	1		0.616	6.600	
Cystine....g	0.262		0	A	1		0.222	2.382	
Phenylalanine....g	0.893		0	A	1		0.759	8.140	
Tyrosine....g	0.823		0	A	1		0.700	7.498	
Valine....g	0.886		0	A	1		0.753	8.070	
Arginine....g	1.569		0	A	1		1.334	14.294	
Histidine....g	0.751		0	A	1		0.639	6.845	
Alanine....g	1.498		0	A	1		1.273	13.648	
Aspartic acid....g	2.216		0	A	1		1.884	20.187	
Glutamic acid....g	3.758		0	A	1		3.195	34.238	
Glycine....g	1.182		0	A	1		1.005	10.772	
Proline....g	1.497		0	A	1		1.273	13.638	
Serine....g	1.098		0	A	1		0.933	10.002	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 911g: 1 back

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05721
Turkey, breast, from whole bird, enhanced, meat only, raw

Refuse: 22% Bone and connective tissue 10%, Skin and separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.42	0.498	6	A	1		64.96	1612.44	346.18
Energy kcal	101		0	NC	4		86	2134	458
Energy kJ	423		0	NC	4		360	8925	1916
Protein (N x 6.25) g	21.54	0.601	6	A	1		18.31	454.45	97.57
Total lipid (fat) g	1.66	0.149	6	A	1		1.42	35.13	7.54
Ash g	1.42	0.112	6	A	1		1.21	30.07	6.45
Carbohydrate, by difference g	0.14		0	NR	4		0.12	2.95	0.63
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	0.0
Sugars, total g	0.05		2	A	1		0.04	1.06	0.23
Sucrose g	0.05		2	A	1		0.04	1.06	0.23
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	0.00
Fructose g	0.00		2	A	1		0.00	0.00	0.00
Lactose g	0.00		2	A	1		0.00	0.00	0.00
Maltose g	0.00		2	A	1		0.00	0.00	0.00
Galactose g	0.00		2	A	1		0.00	0.00	0.00
Starch g	0.09		1	A	1		0.08	1.90	0.41
Minerals:									
Calcium, Ca mg	14	0.534	6	A	1		12	292	63
Iron, Fe mg	0.54	0.036	6	A	1		0.46	11.30	2.43
Magnesium, Mg mg	25	0.944	6	A	1		21	528	113
Phosphorus, P mg	236	6.966	6	A	1		201	4979	1069
Potassium, K mg	242	5.157	10	A	1		206	5101	1095
Sodium, Na mg	206	25.963	6	A	1		175	4339	932
Zinc, Zn mg	1.30	0.046	10	A	1		1.10	27.34	5.87
Copper, Cu mg	0.052	0.002	6	A	1		0.044	1.092	0.234
Manganese, Mn mg	0.007	0.000	6	A	1		0.006	0.144	0.031
Selenium, Se µg	22.7	1.943	6	A	1		19.3	478.6	102.8
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.033	0.005	6	A	1		0.028	0.698	0.150
Riboflavin mg	0.145	0.012	6	A	1		0.123	3.058	0.657
Niacin mg	9.924	0.222	8	A	1		8.435	209.390	44.954
Pantothenic acid mg	0.775		2	A	1		0.659	16.351	3.511
Vitamin B-6 mg	0.775	0.021	6	A	1		0.659	16.362	3.513
Folate, total µg	7		0	BFPN	4		6	143	31
Folic acid µg									
Folate, food µg	7		0	BFPN	4		6	143	31
Folate, DFE µg									
Choline, total mg	48.3		0	AS	1		41.0	1018.1	218.6
Betaine mg	2.5		1	A	1		2.1	51.9	11.2
Vitamin B-12 µg	0.63	0.147	3	A	1		0.54	13.36	2.87
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	6		0	AS	1		5	129	28
Retinol µg	6		1	A	1		5	129	28
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	20		0	AS	1		17	431	93
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.06	0.012	3	A	1		0.06	1.37	0.29
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.01	0.011	3	A	1		0.01	0.24	0.05
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	0.00

NDB No. 05721

Turkey, breast, from whole bird, enhanced, 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
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D (D2 + D3)....µg	0.1		1	AS	1		0.1	2.4	0.5
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		1	A	1		0.1	2.4	0.5
Vitamin D....IU	5		1	A	1		4	98	21
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	0.0
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.289		0	NC	4		0.245	6.092	1.308
4:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0....g	0.004	0.000	6	A	1		0.003	0.074	0.016
12:0....g	0.003	0.000	6	A	1		0.003	0.072	0.015
13:0....g									
14:0....g	0.004	0.002	6	A	1		0.004	0.089	0.019
15:0....g	0.002	0.000	6	A	1		0.002	0.042	0.009
16:0....g	0.177	0.022	6	A	1		0.150	3.730	0.801
17:0....g	0.003	0.000	6	A	1		0.002	0.055	0.012
18:0....g	0.093	0.008	6	A	1		0.079	1.955	0.420
20:0....g	0.002	0.000	6	A	1		0.001	0.032	0.007
22:0....g	0.002	0.001	6	A	1		0.002	0.044	0.009
24:0....g	0.000	0.000	6	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated....g	0.264		0	NC	4		0.225	5.578	1.198
14:1....g	0.001	0.000	6	A	1		0.001	0.019	0.004
15:1....g	0.000	0.000	6	A	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.023	0.006	6	AS	1		0.019	0.481	0.103
16:1 c....g	0.023	0.006	6	A	1		0.019	0.481	0.103
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
17:1....g	0.001	0.000	6	A	1		0.001	0.021	0.005
18:1 undifferentiated....g	0.235	0.035	6	AS	1		0.200	4.965	1.066
18:1 c....g	0.226	0.034	6	A	1		0.192	4.762	1.022
18:1 t....g	0.010	0.001	6	A	1		0.008	0.202	0.043
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.001	6	A	1		0.003	0.065	0.014
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	0.000
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	0.000
24:1 c....g	0.001	0.001	6	A	1		0.001	0.028	0.006
Fatty acids, total polyunsaturated....g	0.258		0	NC	4		0.219	5.440	1.168
18:2 undifferentiated....g	0.200	0.022	6	AS	1		0.170	4.212	0.904
18:2 n-6 c,c....g	0.196	0.022	6	A	1		0.167	4.137	0.888
18:2 CLAs....g	0.000	0.000	6	A	1		0.000	0.002	0.000
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.000	6	A	1		0.003	0.073	0.016
18:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008	0.191	0.041
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	A	1		0.008	0.191	0.041
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	0.000
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.002	0.062	0.013
20:3 undifferentiated....g	0.005	0.001	6	AS	1		0.004	0.107	0.023
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	0.000
20:3 n-6....g	0.005	0.001	6	A	1		0.004	0.107	0.023
20:4 undifferentiated....g	0.028	0.003	6	A	1		0.024	0.584	0.125
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	0.000
21:5....g									
22:4....g	0.009	0.001	6	A	1		0.007	0.181	0.039
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.002	0.053	0.011

NDB No. 05721

Turkey, breast, from whole bird, enhanced, 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
22:6 n-3 (DHA) g	0.002	0.000	6	A	1		0.002	0.051	0.011
Fatty acids, total trans g	0.013		0	NC	4		0.011	0.276	0.059
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.008	0.202	0.043
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003	0.073	0.016
Cholesterol mg	54	1.592	11	A	1		46	1133	243
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.229		0	A	1		0.195	4.841	1.039
Threonine g	0.782		0	A	1		0.665	16.506	3.544
Isoleucine g	0.617		0	A	1		0.525	13.027	2.797
Leucine g	1.493		0	A	1		1.269	31.493	6.761
Lysine g	1.777		0	A	1		1.511	37.497	8.050
Methionine g	0.563		0	A	1		0.479	11.880	2.551
Cystine g	0.203		0	A	1		0.173	4.288	0.921
Phenylalanine g	0.694		0	A	1		0.590	14.651	3.145
Tyrosine g	0.640		0	A	1		0.544	13.496	2.898
Valine g	0.688		0	A	1		0.585	14.526	3.119
Arginine g	1.219		0	A	1		1.036	25.728	5.524
Histidine g	0.584		0	A	1		0.496	12.320	2.645
Alanine g	1.164		0	A	1		0.990	24.566	5.274
Aspartic acid g	1.722		0	A	1		1.464	36.335	7.801
Glutamic acid g	2.921		0	A	1		2.483	61.625	13.230
Glycine g	0.919		0	A	1		0.781	19.388	4.163
Proline g	1.163		0	A	1		0.989	24.548	5.270
Serine g	0.853		0	A	1		0.725	18.003	3.865
Hydroxyproline g	0.110		2	A	1		0.093	2.319	0.498
Others:									
Alcohol, ethyl g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 2110g: 1 breast

Measure 3 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

NDB No. 05718
Turkey, breast, from whole bird, enhanced, meat only, roasted

Refuse: 16% Bone and connective tissue 10%, skin and separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.18	0.527	6	A	1		59.65	1160.71	
Energy kcal	127		0	NC	4		108	2095	
Energy kJ	530		0	NC	4		451	8766	
Protein g	26.97	0.585	6	A	1		22.92	446.05	
Total lipid (fat) g	2.08	0.208	6	A	1		1.77	34.49	
Ash g	1.44	0.088	6	A	1		1.22	23.81	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.456	6	A	1		11	208	
Iron, Fe mg	0.55	0.025	6	A	1		0.47	9.17	
Magnesium, Mg mg	30	1.367	6	A	1		25	493	
Phosphorus, P mg	255	7.149	6	A	1		217	4215	
Potassium, K mg	249	3.094	10	A	1		211	4110	
Sodium, Na mg	238	24.753	6	A	1		202	3933	
Zinc, Zn mg	1.49	0.062	6	A	1		1.27	24.69	
Copper, Cu mg	0.062	0.002	6	A	1		0.053	1.023	
Manganese, Mn mg	0.011	0.001	10	A	1		0.010	0.189	
Selenium, Se µg	30.2	2.091	6	A	1		25.7	499.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.038	0.006	6	A	1		0.032	0.622	
Riboflavin mg	0.208	0.014	6	A	1		0.177	3.445	
Niacin mg	11.750	0.237	8	A	1		9.987	194.344	
Pantothenic acid mg	0.900		2	A	1		0.765	14.886	
Vitamin B-6 mg	0.697	0.034	6	A	1		0.592	11.524	
Folate, total µg	7		0	BFPN	4		6	112	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		6	112	
Folate, DFE µg	7		0	NC	4		6	112	
Choline, total mg	69.8		0	AS	1		59.3	1154.7	
Betaine mg	2.9		1	A	1		2.5	48.1	
Vitamin B-12 µg	0.79		0	BFPN	4		0.67	13.12	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	AS	1		3	57	
Retinol µg	3		1	A	1		3	57	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	AS	1		10	188	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.006	3	A	1		0.05	1.07	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.003	3	A	1		0.02	0.42	
Tocopherol, delta mg	0.01	0.008	3	A	1		0.01	0.13	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.03	0.004	3	A	1		0.03	0.55	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	4.3	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	4.3	
Vitamin D IU	10		1	A	1		9	172	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05718

Turkey, breast, from whole bird, enhanced, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.593		0	NC	4		0.504	9.805	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.001	6	A	1		0.004	0.071	
12:0....g	0.005	0.002	6	A	1		0.004	0.080	
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.015	0.297	
15:0....g	0.004	0.000	6	A	1		0.003	0.066	
16:0....g	0.372	0.020	6	A	1		0.316	6.157	
17:0....g	0.005	0.001	6	A	1		0.005	0.088	
18:0....g	0.181	0.009	6	A	1		0.154	2.996	
20:0....g	0.002	0.000	6	A	1		0.002	0.030	
22:0....g	0.001	0.000	6	A	1		0.001	0.019	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.626		0	NC	4		0.532	10.362	
14:1....g	0.002	0.001	6	A	1		0.002	0.030	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.056	0.007	6	AS	1		0.047	0.920	
16:1 c....g	0.055	0.007	6	A	1		0.047	0.906	
16:1 t....g	0.001	0.000	6	A	1		0.001	0.014	
17:1....g	0.004	0.001	6	A	1		0.004	0.071	
18:1 undifferentiated....g	0.556	0.035	6	AS	1		0.473	9.203	
18:1 c....g	0.536	0.033	6	A	1		0.456	8.873	
18:1 t....g	0.020	0.003	6	A	1		0.017	0.330	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	A	1		0.007	0.137	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449	8.738	
18:2 undifferentiated....g	0.431	0.029	6	AS	1		0.366	7.125	
18:2 n-6 c,c....g	0.426	0.028	6	A	1		0.362	7.045	
18:2 CLAs....g	0.001	0.000	6	A	1		0.001	0.022	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	6	A	1		0.003	0.058	
18:3 undifferentiated....g	0.020	0.003	6	AS	1		0.017	0.339	
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	6	A	1		0.017	0.330	
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.000	0.008	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005	0.096	
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.004	0.076	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.000	6	A	1		0.004	0.076	
20:4 undifferentiated....g	0.044	0.001	6	A	1		0.037	0.722	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.072	
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.009	0.167	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004	0.077	
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003	0.066	
Fatty acids, total trans....g	0.024		0	NC	4		0.021	0.401	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018	0.344	
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003	0.058	
Cholesterol....mg	69	2.280	11	A	1		59	1145	
Phytosterols....mg									
Amino Acids:									

NDB No. 05718

Turkey, breast, from whole bird, enhanced, meat only, 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
Tryptophan....g	0.229		0	A	1		0.195	3.795	
Threonine....g	0.782		0	A	1		0.665	12.939	
Isoleucine....g	0.617		0	A	1		0.525	10.212	
Leucine....g	1.493		0	A	1		1.269	24.687	
Lysine....g	1.777		0	A	1		1.511	29.393	
Methionine....g	0.563		0	A	1		0.479	9.313	
Cystine....g	0.203		0	A	1		0.173	3.361	
Phenylalanine....g	0.694		0	A	1		0.590	11.485	
Tyrosine....g	0.640		0	A	1		0.544	10.580	
Valine....g	0.688		0	A	1		0.585	11.386	
Arginine....g	1.219		0	A	1		1.036	20.168	
Histidine....g	0.584		0	A	1		0.496	9.657	
Alanine....g	1.164		0	A	1		0.990	19.257	
Aspartic acid....g	1.722		0	A	1		1.464	28.482	
Glutamic acid....g	2.921		0	A	1		2.483	48.307	
Glycine....g	0.919		0	A	1		0.781	15.198	
Proline....g	1.163		0	A	1		0.989	19.243	
Serine....g	0.853		0	A	1		0.725	14.112	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1654g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05219
Turkey, breast, from whole bird, non-enhanced, meat only, raw

Refuse: 22% Bone and connective tissue 12%, Skin and separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.89	0.341	4	A	1		63.66	1324.79	
Energy kcal	114		0	NC	4		97	2024	
Energy kJ	479		0	NC	4		407	8474	
Protein (N x 6.25) g	23.66	0.349	4	A	1		20.11	418.58	
Total lipid (fat) g	1.48	0.064	4	A	1		1.26	26.27	
Ash g	1.04	0.015	4	A	1		0.88	18.37	
Carbohydrate, by difference g	0.14		0	NR	4		0.12	2.48	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.05		2	A	1		0.04	0.88	
Sucrose g	0.05		2	A	1		0.04	0.88	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.09		1	A	1		0.08	1.59	
Minerals:									
Calcium, Ca mg	11	0.571	4	A	1		9	192	
Iron, Fe mg	0.73	0.056	4	A	1		0.62	12.88	
Magnesium, Mg mg	28	1.392	4	A	1		24	493	
Phosphorus, P mg	201	6.559	4	A	1		171	3555	
Potassium, K mg	242	5.157	10	A	1		206	4277	
Sodium, Na mg	113	6.188	4	A	1		96	1997	
Zinc, Zn mg	1.28	0.109	4	A	1		1.08	22.57	
Copper, Cu mg	0.070	0.003	4	A	1		0.060	1.241	
Manganese, Mn mg	0.011	0.000	4	A	1		0.009	0.190	
Selenium, Se µg	22.7	1.943	6	A	1		19.3	401.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.042		2	A	1		0.035	0.734	
Riboflavin mg	0.145		2	A	1		0.123	2.563	
Niacin mg	9.924	0.222	8	A	1		8.435	175.550	
Pantothenic acid mg	0.775		2	A	1		0.659	13.709	
Vitamin B-6 mg	0.813		2	A	1		0.691	14.389	
Folate, total µg	7		0	BFPN	4		6	132	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		6	132	
Folate, DFE µg	7		0	NC	4		6	132	
Choline, total mg	61.3		0	BFPN	4		52.1	1083.6	
Betaine mg	2.5		0	BFPN	4		2.2	45.1	
Vitamin B-12 µg	0.63	0.147	3	A	1		0.54	11.20	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	AS	1		5	109	
Retinol µg	6		1	A	1		5	109	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	20		0	AS	1		17	362	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.012	3	A	1		0.06	1.15	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.01	0.011	3	A	1		0.01	0.20	
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 05219

Turkey, breast, from whole bird, non-enhanced, 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
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.1		1	AS	1		0.1	2.1	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		1	A	1		0.1	2.1	
Vitamin D....IU	5		1	A	1		4	82	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.289		0	NC	4		0.245	5.108	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.000	6	A	1		0.003	0.062	
12:0....g	0.003	0.000	6	A	1		0.003	0.060	
13:0....g									
14:0....g	0.004	0.002	6	A	1		0.004	0.075	
15:0....g	0.002	0.000	6	A	1		0.002	0.035	
16:0....g	0.177	0.022	6	A	1		0.150	3.127	
17:0....g	0.003	0.000	6	A	1		0.002	0.046	
18:0....g	0.093	0.008	6	A	1		0.079	1.639	
20:0....g	0.002	0.000	6	A	1		0.001	0.027	
22:0....g	0.002	0.001	6	A	1		0.002	0.037	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.264		0	NC	4		0.225	4.677	
14:1....g	0.001	0.000	6	A	1		0.001	0.016	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.023	0.006	6	AS	1		0.019	0.403	
16:1 c....g	0.023	0.006	6	A	1		0.019	0.403	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.001	0.000	6	A	1		0.001	0.018	
18:1 undifferentiated....g	0.235	0.035	6	AS	1		0.200	4.162	
18:1 c....g	0.226	0.034	6	A	1		0.192	3.993	
18:1 t....g	0.010	0.001	6	A	1		0.008	0.170	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.001	6	A	1		0.003	0.054	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	6	A	1		0.001	0.023	
Fatty acids, total polyunsaturated....g	0.258		0	NC	4		0.219	4.561	
18:2 undifferentiated....g	0.200	0.022	6	AS	1		0.170	3.532	
18:2 n-6 c,c....g	0.196	0.022	6	A	1		0.167	3.468	
18:2 CLAs....g	0.000	0.000	6	A	1		0.000	0.001	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.000	6	A	1		0.003	0.062	
18:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008	0.160	
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	A	1		0.008	0.160	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.002	0.052	
20:3 undifferentiated....g	0.005	0.001	6	AS	1		0.004	0.090	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.001	6	A	1		0.004	0.090	
20:4 undifferentiated....g	0.028	0.003	6	A	1		0.024	0.490	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.009	0.001	6	A	1		0.007	0.151	
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.002	0.044	

NDB No. 05219

Turkey, breast, from whole bird, non-enhanced, 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
22:6 n-3 (DHA) g	0.002	0.000	6	A	1		0.002	0.043	
Fatty acids, total trans g	0.013		0	NC	4		0.011	0.231	
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.008	0.170	
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003	0.062	
Cholesterol mg	57	1.118	4	A	1		48	1007	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.252		0	A	1		0.214	4.459	
Threonine g	0.859		0	A	1		0.731	15.203	
Isoleucine g	0.678		0	A	1		0.577	11.999	
Leucine g	1.640		0	A	1		1.394	29.008	
Lysine g	1.952		0	A	1		1.660	34.538	
Methionine g	0.619		0	A	1		0.526	10.943	
Cystine g	0.223		0	A	1		0.190	3.950	
Phenylalanine g	0.763		0	A	1		0.648	13.495	
Tyrosine g	0.703		0	A	1		0.597	12.431	
Valine g	0.756		0	A	1		0.643	13.379	
Arginine g	1.340		0	A	1		1.139	23.697	
Histidine g	0.641		0	A	1		0.545	11.348	
Alanine g	1.279		0	A	1		1.087	22.627	
Aspartic acid g	1.892		0	A	1		1.608	33.468	
Glutamic acid g	3.209		0	A	1		2.727	56.762	
Glycine g	1.010		0	A	1		0.858	17.858	
Proline g	1.278		0	A	1		1.086	22.611	
Serine g	0.937		0	A	1		0.797	16.582	
Hydroxyproline g	0.110		1	A	1		0.093	1.944	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1769g: 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 27 (2014)

NDB No. 05220
Turkey, breast, from whole bird, non-enhanced, meat only, roasted

Refuse: 19% Bone and connective tissue 13%, Skin and separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.88	0.949	4	A	1		57.70	959.21	
Energy kcal	147		0	NC	4		125	2083	
Energy kJ	617		0	NC	4		524	8718	
Protein (N x 6.25) g	30.13	0.956	4	A	1		25.61	425.80	
Total lipid (fat) g	2.08	0.063	4	A	1		1.77	29.36	
Ash g	1.22	0.064	4	A	1		1.03	17.18	
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	9	0.545	4	A	1		8	133	
Iron, Fe mg	0.71	0.005	4	A	1		0.60	10.06	
Magnesium, Mg mg	32	1.032	4	A	1		27	446	
Phosphorus, P mg	230	6.546	4	A	1		195	3247	
Potassium, K mg	249	3.094	10	A	1		211	3511	
Sodium, Na mg	99	8.289	4	A	1		84	1404	
Zinc, Zn mg	1.72	0.030	4	A	1		1.46	24.25	
Copper, Cu mg	0.063	0.001	4	A	1		0.054	0.895	
Manganese, Mn mg	0.011	0.001	10	A	1		0.010	0.161	
Selenium, Se µg	30.2	2.091	6	A	1		25.7	426.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.035		2	A	1		0.030	0.501	
Riboflavin mg	0.205		2	A	1		0.174	2.896	
Niacin mg	11.750	0.237	8	A	1		9.987	166.027	
Pantothenic acid mg	0.900		2	A	1		0.765	12.717	
Vitamin B-6 mg	0.807		2	A	1		0.686	11.409	
Folate, total µg	9		0	BFPN	4		7	120	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	120	
Folate, DFE µg	9		0	NC	4		7	120	
Choline, total mg	84.4		0	BFNN	4		71.7	1192.6	
Betaine mg	6.1		0	BFNN	4		5.2	86.8	
Vitamin B-12 µg	0.39		0		1		0.33	5.51	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	AS	1		3	48	
Retinol µg	3		1	A	1		3	48	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	AS	1		10	161	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.006	3	A	1		0.05	0.91	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.003	3	A	1		0.02	0.36	
Tocopherol, delta mg	0.01	0.008	3	A	1		0.01	0.11	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.03	0.004	3	A	1		0.03	0.47	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	3.7	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	3.7	
Vitamin D IU	10		1	A	1		9	147	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05220
Turkey, breast, from whole bird, non-enhanced, meat only, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.593		0	NC	4		0.504	8.376	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.001	6	A	1		0.004	0.061	
12:0....g	0.005	0.002	6	A	1		0.004	0.068	
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.015	0.254	
15:0....g	0.004	0.000	6	A	1		0.003	0.056	
16:0....g	0.372	0.020	6	A	1		0.316	5.260	
17:0....g	0.005	0.001	6	A	1		0.005	0.075	
18:0....g	0.181	0.009	6	A	1		0.154	2.559	
20:0....g	0.002	0.000	6	A	1		0.002	0.026	
22:0....g	0.001	0.000	6	A	1		0.001	0.016	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.626		0	NC	4		0.532	8.852	
14:1....g	0.002	0.001	6	A	1		0.002	0.026	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.056	0.007	6	AS	1		0.047	0.786	
16:1 c....g	0.055	0.007	6	A	1		0.047	0.774	
16:1 t....g	0.001	0.000	6	A	1		0.001	0.012	
17:1....g	0.004	0.001	6	A	1		0.004	0.061	
18:1 undifferentiated....g	0.556	0.035	6	AS	1		0.473	7.862	
18:1 c....g	0.536	0.033	6	A	1		0.456	7.580	
18:1 t....g	0.020	0.003	6	A	1		0.017	0.282	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	A	1		0.007	0.117	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449	7.465	
18:2 undifferentiated....g	0.431	0.029	6	AS	1		0.366	6.086	
18:2 n-6 c,c....g	0.426	0.028	6	A	1		0.362	6.018	
18:2 CLAs....g	0.001	0.000	6	A	1		0.001	0.019	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	6	A	1		0.003	0.049	
18:3 undifferentiated....g	0.020	0.003	6	AS	1		0.017	0.289	
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	6	A	1		0.017	0.282	
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.000	0.007	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005	0.082	
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.004	0.065	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.000	6	A	1		0.004	0.065	
20:4 undifferentiated....g	0.044	0.001	6	A	1		0.037	0.617	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.061	
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.009	0.142	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004	0.065	
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003	0.056	
Fatty acids, total trans....g	0.024		0	NC	4		0.021	0.343	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018	0.294	
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003	0.049	
Cholesterol....mg	80	2.872	4	A	1		68	1125	
Phytosterols....mg									
Amino Acids:									

NDB No. 05220

Turkey, breast, from whole bird, non-enhanced, meat only, 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
Tryptophan....g	0.287		0	A	1		0.244	4.059	
Threonine....g	0.979		0	A	1		0.833	13.840	
Isoleucine....g	0.773		0	A	1		0.657	10.924	
Leucine....g	1.869		0	A	1		1.589	26.407	
Lysine....g	2.225		0	A	1		1.891	31.442	
Methionine....g	0.705		0	A	1		0.599	9.962	
Cystine....g	0.254		0	A	1		0.216	3.596	
Phenylalanine....g	0.869		0	A	1		0.739	12.285	
Tyrosine....g	0.801		0	A	1		0.681	11.317	
Valine....g	0.862		0	A	1		0.733	12.180	
Arginine....g	1.527		0	A	1		1.298	21.573	
Histidine....g	0.731		0	A	1		0.621	10.330	
Alanine....g	1.458		0	A	1		1.239	20.599	
Aspartic acid....g	2.156		0	A	1		1.833	30.467	
Glutamic acid....g	3.657		0	A	1		3.108	51.673	
Glycine....g	1.151		0	A	1		0.978	16.257	
Proline....g	1.457		0	A	1		1.238	20.584	
Serine....g	1.068		0	A	1		0.908	15.096	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1413g: 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 27 (2014)

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	169		0	NC	4		228	240	211
Energy kJ	706		0	NC	4		953	1003	883
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	1.47		0	NC	4		1.98	2.09	1.84
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	518		0	LC	8		699	736	648
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 µg	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 µg	6		0		4		8	9	8
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	6		0		4		8	9	8
Folate, DFE µg	6		0	NC	4		8	9	8
Choline, total mg	74.0		0	BFNN	4		100.0	105.1	92.5
Betaine mg	5.4		0	BFNN	4		7.3	7.6	6.7
Vitamin B-12 µg	0.28		0		4		0.38	0.40	0.35
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	NR	4		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0		4		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.27		0	PIK	4		0.37	0.39	0.34
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	BFFN	4		0.4	0.4	0.3
Vitamin D IU	11		0	NR	4		15	16	14
Vitamin K (phylloquinone) µg	0.7		0	PIK	4		0.9	1.0	0.9
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05284
Turkey, 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
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									
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 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.027	0.028	0.025
22:6 n-3 (DHA)....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

NDB No. 05284
Turkey, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05694
Turkey, dark meat from whole, enhanced, meat only, raw

Refuse: 47% Bone and connective tissue 34%, Skin and separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.86	0.594	6	A	1		64.48		
Energy kcal	114		0	NC	4		97		
Energy kJ	478		0	NC	4		406		
Protein g	19.27	0.393	6	A	1		16.38		
Total lipid (fat) g	4.12	0.383	6	A	1		3.50		
Ash g	1.19	0.081	6	A	1		1.01		
Carbohydrate, by difference g	0.10		0	NR	4		0.09		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.10		2	A	1		0.09		
Sucrose g	0.10		2	A	1		0.09		
Glucose (dextrose) g	0.00		2	A	1		0.00		
Fructose g	0.00		2	A	1		0.00		
Lactose g	0.00		2	A	1		0.00		
Maltose g	0.00		2	A	1		0.00		
Galactose g	0.00		2	A	1		0.00		
Starch g	0.05		1	A	1		0.04		
Minerals:									
Calcium, Ca mg	15	0.246	6	A	1		13		
Iron, Fe mg	0.90	0.028	6	A	1		0.76		
Magnesium, Mg mg	21	1.276	6	A	1		18		
Phosphorus, P mg	191	3.822	6	A	1		162		
Potassium, K mg	226	5.658	10	A	1		192		
Sodium, Na mg	167	20.486	6	A	1		142		
Zinc, Zn mg	2.68	0.070	10	A	1		2.28		
Copper, Cu mg	0.106	0.009	6	A	1		0.090		
Manganese, Mn mg	0.010	0.000	6	A	1		0.009		
Selenium, Se µg	22.4	1.621	6	A	1		19.0		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.060	0.003	6	A	1		0.051		
Riboflavin mg	0.247	0.004	6	A	1		0.210		
Niacin mg	5.745	0.162	6	A	1		4.883		
Pantothenic acid mg	0.935		2	A	1		0.795		
Vitamin B-6 mg	0.425	0.007	6	A	1		0.361		
Folate, total µg	6		0	BFPN	4		5		
Folic acid µg									
Folate, food µg	6		0	BFPN	4		5		
Folate, DFE µg									
Choline, total mg	63.0		0	AS	1		53.6		
Betaine mg	7.0		1	A	1		6.0		
Vitamin B-12 µg	2.05	0.025	4	A	1		1.74		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	13		0	AS	1		11		
Retinol µg	13		1	A	1		11		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	43		0	AS	1		37		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.12	0.032	3	A	1		0.10		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma mg	0.03	0.010	3	A	1		0.03		
Tocopherol, delta mg	0.01	0.007	3	A	1		0.01		
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		

NDB No. 05694

Turkey, dark meat from whole, enhanced, 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
Tocotrienol, gamma....mg	0.01	0.008	6	A	1		0.01		
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3)....µg	0.3		1	AS	1		0.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		1	A	1		0.3		
Vitamin D....IU	13		1	A	1		11		
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.124		0	NC	4		0.955		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.003	0.001	6	A	1		0.003		
12:0....g	0.017	0.005	6	A	1		0.014		
13:0....g									
14:0....g	0.039	0.007	6	A	1		0.033		
15:0....g	0.006	0.001	6	A	1		0.005		
16:0....g	0.721	0.107	6	A	1		0.613		
17:0....g	0.011	0.001	6	A	1		0.009		
18:0....g	0.313	0.035	6	A	1		0.266		
20:0....g	0.005	0.000	6	A	1		0.004		
22:0....g	0.005	0.001	6	A	1		0.005		
24:0....g	0.003	0.000	6	A	1		0.002		
Fatty acids, total monounsaturated....g	1.244		0	NC	4		1.058		
14:1....g	0.005	0.001	6	A	1		0.004		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.113	0.025	6	AS	1		0.096		
16:1 c....g	0.110	0.025	6	A	1		0.094		
16:1 t....g	0.003	0.001	6	A	1		0.003		
17:1....g	0.005	0.001	6	A	1		0.004		
18:1 undifferentiated....g	1.101	0.168	6	AS	1		0.936		
18:1 c....g	1.062	0.165	6	A	1		0.903		
18:1 t....g	0.039	0.005	6	A	1		0.033		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.002	6	A	1		0.014		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.003	0.002	6	A	1		0.003		
Fatty acids, total polyunsaturated....g	1.009		0	NC	4		0.857		
18:2 undifferentiated....g	0.862	0.103	6	AS	1		0.733		
18:2 n-6 c,c....g	0.847	0.101	6	A	1		0.720		
18:2 CLAs....g	0.005	0.001	6	A	1		0.004		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010	0.001	6	A	1		0.009		
18:3 undifferentiated....g	0.045	0.005	6	AS	1		0.039		
18:3 n-3 c,c,c (ALA)....g	0.044	0.005	6	A	1		0.037		
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.001		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.007	0.000	6	A	1		0.006		
20:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.009	0.001	6	A	1		0.008		
20:4 undifferentiated....g	0.060	0.004	6	A	1		0.051		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	A	1		0.001		
21:5....g									
22:4....g	0.014	0.001	6	A	1		0.012		
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.005		

NDB No. 05694

Turkey, dark meat from whole, enhanced, 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
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003		
Fatty acids, total trans....g	0.052		0	NC	4		0.044		
Fatty acids, total trans-monoenoic....g	0.042		0	NC	4		0.036		
Fatty acids, total trans-polyenoic....g	0.010		0	NC	4		0.009		
Cholesterol....mg	79	2.409	11	A	1		67		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.205		0	A	1		0.174		
Threonine....g	0.700		0	A	1		0.595		
Isoleucine....g	0.552		0	A	1		0.469		
Leucine....g	1.335		0	A	1		1.135		
Lysine....g	1.590		0	A	1		1.351		
Methionine....g	0.504		0	A	1		0.428		
Cystine....g	0.182		0	A	1		0.155		
Phenylalanine....g	0.621		0	A	1		0.528		
Tyrosine....g	0.572		0	A	1		0.486		
Valine....g	0.616		0	A	1		0.523		
Arginine....g	1.091		0	A	1		0.927		
Histidine....g	0.522		0	A	1		0.444		
Alanine....g	1.041		0	A	1		0.885		
Aspartic acid....g	1.540		0	A	1		1.309		
Glutamic acid....g	2.613		0	A	1		2.221		
Glycine....g	0.822		0	A	1		0.699		
Proline....g	1.041		0	A	1		0.885		
Serine....g	0.763		0	A	1		0.649		
Hydroxyproline....g	0.150		1	A	1		0.128		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05184
Turkey, dark meat from whole, meat and skin, cooked, roasted

Refuse: 38% Bone and connective tissue 38%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	61.66		0	PAK	1		52.41		
Energy kcal	206		0	PIK	4		176		
Energy kJ	864		0	PIK	4		734		
Protein (N x 6.25) g	27.27		0	PAK	1		23.18		
Total lipid (fat) g	9.95		0	PAK	1		8.46		
Ash g	1.14		0	PAK	1		0.97		
Carbohydrate, by difference g	0.07		0	PIK	4		0.06		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	PAK	1		15		
Iron, Fe mg	1.45		0	PAK	1		1.24		
Magnesium, Mg mg	27		0	PAK	1		23		
Phosphorus, P mg	215		0	PAK	1		182		
Potassium, K mg	228		0	PAK	1		194		
Sodium, Na mg	105		0	PAK	1		89		
Zinc, Zn mg	3.35		0	PAK	1		2.85		
Copper, Cu mg	0.125		0	PAK	1		0.106		
Manganese, Mn mg	0.017		0	PAK	1		0.014		
Selenium, Se µg	30.2		0	PAK	1		25.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.057		0	PAK	1		0.048		
Riboflavin mg	0.365		0	PAK	1		0.310		
Niacin mg	7.103		0	PAK	1		6.037		
Pantothenic acid mg	1.004		0	PAK	1		0.853		
Vitamin B-6 mg	0.430		0	PAK	1		0.366		
Folate, total µg	9		0	PIK	4		7		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	9		0	PIK	4		7		
Folate, DFE µg	9		0	NC	4		7		
Choline, total mg	93.2		0	PIK	4		79.3		
Betaine mg	0.5		0	PAK	1		0.4		
Vitamin B-12 µg	1.66		0	PIK	4		1.41		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	14		0	PAK	1		12		
Retinol µg	14		0	PAK	1		12		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	47		0	PAK	1		40		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.08		0	PAK	1		0.06		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma mg	0.04		0	PAK	1		0.04		
Tocopherol, delta mg	0.03		0	PAK	1		0.02		
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma mg	0.06		0	PAK	1		0.05		
Tocotrienol, delta mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3) µg	0.4		0	PAK	1		0.3		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		0	PAK	1		0.3		
Vitamin D IU	15		0	PAK	1		13		
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0		

NDB No. 05184

Turkey, dark meat from whole, 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.930		0	PIK	4		2.491		
4:0....g	0.000		0	PAK	1		0.000		
6:0....g	0.000		0	PAK	1		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.007		0	PAK	1		0.006		
12:0....g	0.034		0	PAK	1		0.029		
13:0....g									
14:0....g	0.104		0	PAK	1		0.088		
15:0....g	0.017		0	PAK	1		0.014		
16:0....g	1.966		0	PAK	1		1.671		
17:0....g	0.028		0	PAK	1		0.024		
18:0....g	0.759		0	PAK	1		0.645		
20:0....g	0.010		0	PAK	1		0.008		
22:0....g	0.004		0	PAK	1		0.004		
24:0....g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	3.594		0	PIK	4		3.055		
14:1....g	0.015		0	PAK	1		0.013		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.342		0	PAK	1		0.291		
16:1 c....g	0.335		0	PAK	1		0.285		
16:1 t....g	0.007		0	PAK	1		0.006		
17:1....g	0.014		0	PAK	1		0.012		
18:1 undifferentiated....g	3.175		0	PAK	1		2.698		
18:1 c....g	3.072		0	PAK	1		2.611		
18:1 t....g	0.102		0	PAK	1		0.087		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.047		0	PAK	1		0.040		
22:1 undifferentiated....g	0.001		0	PAK	1		0.001		
22:1 c....g	0.001		0	PAK	1		0.001		
22:1 t....g	0.000		0	PAK	1		0.000		
24:1 c....g	0.001		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	2.867		0	PIK	4		2.437		
18:2 undifferentiated....g	2.541		0	PAK	1		2.160		
18:2 n-6 c,c....g	2.496		0	PAK	1		2.121		
18:2 CLAs....g	0.018		0	PAK	1		0.015		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.028		0	PAK	1		0.023		
18:3 undifferentiated....g	0.146		0	PAK	1		0.124		
18:3 n-3 c,c,c (ALA)....g	0.141		0	PAK	1		0.120		
18:3 n-6 c,c,c....g	0.005		0	PAK	1		0.004		
18:3i....g									
18:4....g	0.001		0	PAK	1		0.000		
20:2 n-6 c,c....g	0.018		0	PAK	1		0.015		
20:3 undifferentiated....g	0.014		0	PAK	1		0.012		
20:3 n-3....g	0.001		0	PAK	1		0.000		
20:3 n-6....g	0.013		0	PAK	1		0.011		
20:4 undifferentiated....g	0.099		0	PAK	1		0.084		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012		0	PAK	1		0.010		
21:5....g									
22:4....g	0.019		0	PAK	1		0.016		
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.008		
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.005		
Fatty acids, total trans....g	0.137		0	PIK	4		0.116		
Fatty acids, total trans-monoenoic....g	0.109		0	PIK	4		0.093		
Fatty acids, total trans-polyenoic....g	0.028		0	PIK	4		0.023		
Cholesterol....mg	134		0	PAK	1		114		
Phytosterols....mg									
Amino Acids:									

NDB No. 05184

Turkey, dark meat from whole, 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
Tryptophan....g	0.275		0	PAK	1		0.233		
Threonine....g	0.952		0	PAK	1		0.809		
Isoleucine....g	0.755		0	PAK	1		0.642		
Leucine....g	1.827		0	PAK	1		1.553		
Lysine....g	2.164		0	PAK	1		1.839		
Methionine....g	0.686		0	PAK	1		0.583		
Cystine....g	0.252		0	PAK	1		0.214		
Phenylalanine....g	0.859		0	PAK	1		0.730		
Tyrosine....g	0.776		0	PAK	1		0.659		
Valine....g	0.859		0	PAK	1		0.731		
Arginine....g	1.561		0	PAK	1		1.327		
Histidine....g	0.710		0	PAK	1		0.604		
Alanine....g	1.513		0	PAK	1		1.286		
Aspartic acid....g	2.125		0	PAK	1		1.806		
Glutamic acid....g	3.599		0	PAK	1		3.059		
Glycine....g	1.409		0	PAK	1		1.198		
Proline....g	1.583		0	PAK	1		1.345		
Serine....g	1.061		0	PAK	1		0.902		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05183
Turkey, dark meat, meat and skin, raw

Refuse: 38% Bone and connective tissue 38%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.10		0	PAK	1		20.16	322.10	
Energy kcal	161		0	PIK	4		46	728	
Energy kJ	673		0	PIK	4		191	3047	
Protein (N x 6.25) g	19.81		0	PAK	1		5.62	89.73	
Total lipid (fat) g	8.97		0	PAK	1		2.54	40.64	
Ash g	0.94		0	PAK	1		0.27	4.26	
Carbohydrate, by difference g	0.13		0	NR	4		0.04	0.59	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.10		0	NR	4		0.03	0.45	
Sucrose g	0.10		0	PAK	1		0.03	0.45	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.05		0	PAK	1		0.01	0.23	
Minerals:									
Calcium, Ca mg	11		0	PAK	1		3	51	
Iron, Fe mg	1.00		0	PAK	1		0.28	4.55	
Magnesium, Mg mg	22		0	PAK	1		6	102	
Phosphorus, P mg	166		0	PAK	1		47	752	
Potassium, K mg	208		0	PAK	1		59	944	
Sodium, Na mg	113		0	PAK	1		32	512	
Zinc, Zn mg	2.32		0	PAK	1		0.66	10.53	
Copper, Cu mg	0.085		0	PAK	1		0.024	0.384	
Manganese, Mn mg	0.014		0	PAK	1		0.004	0.063	
Selenium, Se µg	20.2		0	PAK	1		5.7	91.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.055		0	PAK	1		0.016	0.249	
Riboflavin mg	0.229		0	PAK	1		0.065	1.038	
Niacin mg	5.378		0	PAK	1		1.525	24.363	
Pantothenic acid mg	0.857		0	PAK	1		0.243	3.881	
Vitamin B-6 mg	0.391		0	PAK	1		0.111	1.772	
Folate, total µg	6		0	PIK	4		2	28	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	6		0	PIK	4		2	28	
Folate, DFE µg	6		0	NC	4		2	28	
Choline, total mg	63.8		0	PIK	4		18.1	288.9	
Betaine mg									
Vitamin B-12 µg	1.84		0	PAK	1		0.52	8.35	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	26		0	PAK	1		7	117	
Retinol µg	26		0	PAK	1		7	117	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	86		0	PAK	1		24	389	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		0	PAK	1		0.03	0.51	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma mg	0.03		0	PAK	1		0.01	0.14	
Tocopherol, delta mg	0.01		0	PAK	1		0.00	0.03	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05183
Turkey, 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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.00	0.08	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.1	2.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PAK	1		0.1	2.2	
Vitamin D....IU	19		0	PAK	1		5	86	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.413		0	PIK	4		0.684	10.932	
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	0.001		0	PIK	4		0.000	0.003	
10:0....g	0.005		0	PIK	4		0.001	0.022	
12:0....g	0.033		0	PIK	4		0.009	0.150	
13:0....g									
14:0....g	0.092		0	PIK	4		0.026	0.415	
15:0....g	0.011		0	PAK	1		0.003	0.048	
16:0....g	1.641		0	PIK	4		0.465	7.435	
17:0....g	0.018		0	PAK	1		0.005	0.082	
18:0....g	0.587		0	PIK	4		0.167	2.661	
20:0....g	0.007		0	PAK	1		0.002	0.030	
22:0....g	0.003		0	PAK	1		0.001	0.012	
24:0....g	0.001		0	PAK	1		0.000	0.004	
Fatty acids, total monounsaturated....g	3.091		0	PIK	4		0.876	14.002	
14:1....g	0.011		0	PAK	1		0.003	0.049	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.299		0	PIK	4		0.085	1.355	
16:1 c....g	0.238		0	PAK	1		0.067	1.077	
16:1 t....g	0.005		0	PAK	1		0.001	0.021	
17:1....g	0.011		0	PAK	1		0.003	0.049	
18:1 undifferentiated....g	2.721		0	PIK	4		0.771	12.326	
18:1 c....g	2.098		0	PAK	1		0.595	9.505	
18:1 t....g	0.072		0	PAK	1		0.020	0.327	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041		0	PIK	4		0.012	0.186	
22:1 undifferentiated....g	0.001		0	PIK	4		0.000	0.005	
22:1 c....g	0.001		0	PAK	1		0.000	0.004	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.000		0	PAK	1		0.000	0.002	
Fatty acids, total polyunsaturated....g	2.443		0	PIK	4		0.693	11.067	
18:2 undifferentiated....g	2.202		0	PIK	4		0.624	9.974	
18:2 n-6 c,c....g	1.735		0	PAK	1		0.492	7.858	
18:2 CLAs....g	0.014		0	PAK	1		0.004	0.064	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022		0	PAK	1		0.006	0.101	
18:3 undifferentiated....g	0.135		0	PIK	4		0.038	0.611	
18:3 n-3 c,c,c (ALA)....g	0.109		0	PAK	1		0.031	0.492	
18:3 n-6 c,c,c....g	0.004		0	PAK	1		0.001	0.017	
18:3i....g									
18:4....g	0.001		0	PIK	4		0.000	0.003	
20:2 n-6 c,c....g	0.010		0	PAK	1		0.003	0.047	
20:3 undifferentiated....g	0.007		0	PAK	1		0.002	0.033	
20:3 n-3....g	0.001		0	PAK	1		0.000	0.004	
20:3 n-6....g	0.006		0	PAK	1		0.002	0.028	
20:4 undifferentiated....g	0.055		0	PIK	4		0.015	0.247	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	PIK	4		0.001	0.013	
21:5....g									
22:4....g	0.005		0	PAK	1		0.001	0.023	
22:5 n-3 (DPA)....g	0.006		0	PIK	4		0.002	0.026	

NDB No. 05183
Turkey, 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
22:6 n-3 (DHA) g	0.003		0	PIK	4		0.001	0.015	
Fatty acids, total trans g	0.099		0	PIK	4		0.028	0.448	
Fatty acids, total trans-monoenoic g	0.077		0	PIK	4		0.022	0.348	
Fatty acids, total trans-polyenoic g	0.022		0	PIK	4		0.006	0.101	
Cholesterol mg	87		0	PAK	1		25	393	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.198		0	PAK	1		0.056	0.897	
Threonine g	0.688		0	PAK	1		0.195	3.116	
Isoleucine g	0.546		0	PAK	1		0.155	2.474	
Leucine g	1.321		0	PAK	1		0.375	5.985	
Lysine g	1.564		0	PAK	1		0.443	7.085	
Methionine g	0.496		0	PAK	1		0.141	2.248	
Cystine g	0.183		0	PAK	1		0.052	0.827	
Phenylalanine g	0.622		0	PAK	1		0.176	2.819	
Tyrosine g	0.560		0	PAK	1		0.159	2.538	
Valine g	0.623		0	PAK	1		0.177	2.823	
Arginine g	1.136		0	PAK	1		0.322	5.145	
Histidine g	0.513		0	PAK	1		0.145	2.325	
Alanine g	1.102		0	PAK	1		0.313	4.994	
Aspartic acid g	1.539		0	PAK	1		0.436	6.969	
Glutamic acid g	2.605		0	PAK	1		0.739	11.802	
Glycine g	1.046		0	PAK	1		0.296	4.737	
Proline g	1.160		0	PAK	1		0.329	5.253	
Serine g	0.769		0	PAK	1		0.218	3.482	
Hydroxyproline g	0.158		0	PAK	1		0.045	0.716	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 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 27 (2014)

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 µg	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 µg	5		0		4		1	11	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	5		0		4		1	11	
Folate, DFE µg	5		0	NC	4		1	11	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.24		0		4		0.07	0.54	
Vitamin A, RAE µg	0		0		4		0	0	
Retinol µg	0		0		4		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		1		0.006	0.045	
22:6 n-3 (DHA)....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.

NDB No. 05285

Turkey, diced, light and dark meat, seasoned

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 27 (2014)

NDB No. 05724
Turkey, drumstick, from whole bird, enhanced, meat only, raw

Refuse: 38% Bone and connective tissue 30%, Skin and 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	75.86	0.594	6	A	1		64.48	272.32	
Energy kcal	114		0	NC	4		97	410	
Energy kJ	478		0	NC	4		406	1716	
Protein g	19.27	0.393	6	A	1		16.38	69.17	
Total lipid (fat) g	4.12	0.383	6	A	1		3.50	14.80	
Ash g	1.19	0.081	6	A	1		1.01	4.26	
Carbohydrate, by difference g	0.15		0	NR	4		0.13	0.54	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.10		2	A	1		0.09	0.36	
Sucrose g	0.10		2	A	1		0.09	0.36	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.05		1	A	1		0.04	0.18	
Minerals:									
Calcium, Ca mg	15	0.246	6	A	1		13	53	
Iron, Fe mg	0.90	0.028	6	A	1		0.76	3.22	
Magnesium, Mg mg	21	1.276	6	A	1		18	75	
Phosphorus, P mg	191	3.822	6	A	1		162	685	
Potassium, K mg	226	5.658	10	A	1		192	813	
Sodium, Na mg	167	20.486	6	A	1		142	600	
Zinc, Zn mg	2.68	0.070	10	A	1		2.28	9.62	
Copper, Cu mg	0.106	0.009	6	A	1		0.090	0.381	
Manganese, Mn mg	0.010	0.000	6	A	1		0.009	0.036	
Selenium, Se µg	22.4	1.621	6	A	1		19.0	80.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060	0.003	6	A	1		0.051	0.215	
Riboflavin mg	0.247	0.004	6	A	1		0.210	0.885	
Niacin mg	5.745	0.162	6	A	1		4.883	20.624	
Pantothenic acid mg	0.935		2	A	1		0.795	3.356	
Vitamin B-6 mg	0.425	0.007	6	A	1		0.361	1.524	
Folate, total µg	6		0	BFPN	4		5	22	
Folic acid µg									
Folate, food µg	6		0	BFPN	4		5	22	
Folate, DFE µg									
Choline, total mg	63.0		0	AS	1		53.6	226.2	
Betaine mg	7.0		1	A	1		6.0	25.2	
Vitamin B-12 µg	2.05	0.025	4	A	1		1.74	7.36	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	13		0	AS	1		11	46	
Retinol µg	13		1	A	1		11	46	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	43		0	AS	1		37	154	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12	0.032	3	A	1		0.10	0.43	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.010	3	A	1		0.03	0.12	
Tocopherol, delta mg	0.01	0.007	3	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 05724

Turkey, drumstick, from whole bird, enhanced, 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
Tocotrienol, gamma....mg	0.01	0.008	6	A	1		0.01	0.04	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		1	AS	1		0.3	1.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		1	A	1		0.3	1.2	
Vitamin D....IU	13		1	A	1		11	48	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.124		0	NC	4		0.955	4.034	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.003	0.001	6	A	1		0.003	0.011	
12:0....g	0.017	0.005	6	A	1		0.014	0.061	
13:0....g									
14:0....g	0.039	0.007	6	A	1		0.033	0.141	
15:0....g	0.006	0.001	6	A	1		0.005	0.023	
16:0....g	0.721	0.107	6	A	1		0.613	2.589	
17:0....g	0.011	0.001	6	A	1		0.009	0.040	
18:0....g	0.313	0.035	6	A	1		0.266	1.122	
20:0....g	0.005	0.000	6	A	1		0.004	0.018	
22:0....g	0.005	0.001	6	A	1		0.005	0.019	
24:0....g	0.003	0.000	6	A	1		0.002	0.010	
Fatty acids, total monounsaturated....g	1.244		0	NC	4		1.058	4.467	
14:1....g	0.005	0.001	6	A	1		0.004	0.018	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.113	0.025	6	AS	1		0.096	0.407	
16:1 c....g	0.110	0.025	6	A	1		0.094	0.397	
16:1 t....g	0.003	0.001	6	A	1		0.003	0.011	
17:1....g	0.005	0.001	6	A	1		0.004	0.018	
18:1 undifferentiated....g	1.101	0.168	6	AS	1		0.936	3.953	
18:1 c....g	1.062	0.165	6	A	1		0.903	3.813	
18:1 t....g	0.039	0.005	6	A	1		0.033	0.140	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.002	6	A	1		0.014	0.059	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.001	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.001	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.003	0.002	6	A	1		0.003	0.011	
Fatty acids, total polyunsaturated....g	1.009		0	NC	4		0.857	3.621	
18:2 undifferentiated....g	0.862	0.103	6	AS	1		0.733	3.094	
18:2 n-6 c,c....g	0.847	0.101	6	A	1		0.720	3.040	
18:2 CLAs....g	0.005	0.001	6	A	1		0.004	0.017	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010	0.001	6	A	1		0.009	0.037	
18:3 undifferentiated....g	0.045	0.005	6	AS	1		0.039	0.163	
18:3 n-3 c,c,c (ALA)....g	0.044	0.005	6	A	1		0.037	0.157	
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.001	0.005	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.000	6	A	1		0.006	0.026	
20:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008	0.033	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.009	0.001	6	A	1		0.008	0.033	
20:4 undifferentiated....g	0.060	0.004	6	A	1		0.051	0.215	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	A	1		0.001	0.006	
21:5....g									
22:4....g	0.014	0.001	6	A	1		0.012	0.052	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.005	0.019	

NDB No. 05724

Turkey, drumstick, from whole bird, enhanced, 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
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.003	0.013	
Fatty acids, total trans g	0.052		0	NC	4		0.044	0.188	
Fatty acids, total trans-monoenoic g	0.042		0	NC	4		0.036	0.151	
Fatty acids, total trans-polyenoic g	0.010		0	NC	4		0.009	0.037	
Cholesterol mg	79	2.409	11	A	1		67	282	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.205		0	A	1		0.174	0.737	
Threonine g	0.700		0	A	1		0.595	2.512	
Isoleucine g	0.552		0	A	1		0.469	1.983	
Leucine g	1.335		0	A	1		1.135	4.793	
Lysine g	1.590		0	A	1		1.351	5.707	
Methionine g	0.504		0	A	1		0.428	1.808	
Cystine g	0.182		0	A	1		0.155	0.653	
Phenylalanine g	0.621		0	A	1		0.528	2.230	
Tyrosine g	0.572		0	A	1		0.486	2.054	
Valine g	0.616		0	A	1		0.523	2.211	
Arginine g	1.091		0	A	1		0.927	3.916	
Histidine g	0.522		0	A	1		0.444	1.875	
Alanine g	1.041		0	A	1		0.885	3.739	
Aspartic acid g	1.540		0	A	1		1.309	5.530	
Glutamic acid g	2.613		0	A	1		2.221	9.380	
Glycine g	0.822		0	A	1		0.699	2.951	
Proline g	1.041		0	A	1		0.885	3.736	
Serine g	0.763		0	A	1		0.649	2.740	
Hydroxyproline g	0.150		1	A	1		0.128	0.539	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 359g: 1 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05725
Turkey, drumstick, from whole bird, enhanced, meat only, roasted

Refuse: 40% Bone and connective tissue 34%, Skin and separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.85	0.287	6	A	1		56.82	145.07	
Energy kcal	158		0	NC	4		135	344	
Energy kJ	663		0	NC	4		564	1439	
Protein g	26.10	0.327	6	A	1		22.19	56.64	
Total lipid (fat) g	6.00	0.267	6	A	1		5.10	13.02	
Ash g	1.24	0.064	6	A	1		1.05	2.69	
Carbohydrate, by difference g	0.00		0	NC	4		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	1.210	6	A	1		14	35	
Iron, Fe mg	1.07	0.020	6	A	1		0.91	2.33	
Magnesium, Mg mg	24	1.383	6	A	1		20	52	
Phosphorus, P mg	208	4.866	6	A	1		177	451	
Potassium, K mg	227	5.468	10	A	1		193	492	
Sodium, Na mg	201	19.379	6	A	1		171	436	
Zinc, Zn mg	3.40	0.058	6	A	1		2.89	7.38	
Copper, Cu mg	0.128	0.008	6	A	1		0.109	0.277	
Manganese, Mn mg	0.017	0.001	6	A	1		0.014	0.037	
Selenium, Se µg	31.4	1.738	6	A	1		26.7	68.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056	0.005	6	A	1		0.048	0.122	
Riboflavin mg	0.335	0.021	6	A	1		0.285	0.727	
Niacin mg	6.827	0.285	6	A	1		5.803	14.816	
Pantothenic acid mg	1.015		2	A	1		0.863	2.203	
Vitamin B-6 mg	0.435	0.010	8	A	1		0.370	0.944	
Folate, total µg	8		0	BFPN	4		7	18	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	18	
Folate, DFE µg	8		0	NC	4		7	18	
Choline, total mg	90.3		0	AS	1		76.7	195.9	
Betaine mg	6.2		1	A	1		5.2	13.4	
Vitamin B-12 µg	1.65		2	A	1		1.40	3.58	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	AS	1		5	12	
Retinol µg	5		1	A	1		5	12	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	18		0	AS	1		15	40	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07	0.002	3	A	1		0.06	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.04	0.004	3	A	1		0.03	0.09	
Tocopherol, delta mg	0.03	0.003	3	A	1		0.03	0.07	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.05	0.003	3	A	1		0.05	0.12	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	0.5	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	0.5	
Vitamin D IU	10		1	A	1		9	22	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05725

Turkey, drumstick, from whole bird, enhanced, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.807		0	NC	4		1.536	3.921	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.006	0.001	6	A	1		0.005	0.013	
12:0....g	0.021	0.005	6	A	1		0.018	0.045	
13:0....g									
14:0....g	0.061	0.006	6	A	1		0.052	0.133	
15:0....g	0.011	0.001	6	A	1		0.009	0.023	
16:0....g	1.178	0.040	6	A	1		1.001	2.555	
17:0....g	0.017	0.002	6	A	1		0.015	0.038	
18:0....g	0.505	0.015	6	A	1		0.429	1.096	
20:0....g	0.006	0.000	6	A	1		0.005	0.013	
22:0....g	0.003	0.001	6	A	1		0.002	0.005	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.061		0	NC	4		1.752	4.472	
14:1....g	0.008	0.001	6	A	1		0.007	0.018	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.187	0.019	6	AS	1		0.159	0.405	
16:1 c....g	0.182	0.018	6	A	1		0.155	0.396	
16:1 t....g	0.004	0.000	6	A	1		0.004	0.009	
17:1....g	0.008	0.001	6	A	1		0.007	0.017	
18:1 undifferentiated....g	1.832	0.051	6	AS	1		1.557	3.975	
18:1 c....g	1.771	0.047	6	A	1		1.505	3.843	
18:1 t....g	0.061	0.008	6	A	1		0.052	0.132	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026	0.001	6	A	1		0.022	0.056	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.662		0	NC	4		1.413	3.607	
18:2 undifferentiated....g	1.436	0.080	6	AS	1		1.220	3.115	
18:2 n-6 c,c....g	1.411	0.079	6	A	1		1.199	3.062	
18:2 CLAs....g	0.010	0.002	6	A	1		0.008	0.021	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.001	6	A	1		0.012	0.032	
18:3 undifferentiated....g	0.075	0.007	6	AS	1		0.064	0.163	
18:3 n-3 c,c,c (ALA)....g	0.072	0.007	6	A	1		0.061	0.157	
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.002	0.006	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.012	0.001	6	A	1		0.010	0.027	
20:3 undifferentiated....g	0.009	0.000	6	AS	1		0.008	0.020	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.009	0.000	6	A	1		0.008	0.020	
20:4 undifferentiated....g	0.087	0.002	6	A	1		0.074	0.189	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.002	6	A	1		0.010	0.026	
21:5....g									
22:4....g	0.017	0.001	6	A	1		0.014	0.036	
22:5 n-3 (DPA)....g	0.008	0.000	6	A	1		0.007	0.017	
22:6 n-3 (DHA)....g	0.005	0.001	6	A	1		0.004	0.011	
Fatty acids, total trans....g	0.080		0	NC	4		0.068	0.173	
Fatty acids, total trans-monoenoic....g	0.065		0	NC	4		0.055	0.141	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.012	0.032	
Cholesterol....mg	105	2.663	11	A	1		89	227	
Phytosterols....mg									
Amino Acids:									

NDB No. 05725

Turkey, drumstick, from whole bird, enhanced, meat only, 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
Tryptophan....g	0.278		0	A	1		0.236	0.603	
Threonine....g	0.948		0	A	1		0.806	2.057	
Isoleucine....g	0.748		0	A	1		0.636	1.624	
Leucine....g	1.809		0	A	1		1.538	3.925	
Lysine....g	2.154		0	A	1		1.831	4.674	
Methionine....g	0.682		0	A	1		0.580	1.481	
Cystine....g	0.246		0	A	1		0.209	0.534	
Phenylalanine....g	0.842		0	A	1		0.715	1.826	
Tyrosine....g	0.775		0	A	1		0.659	1.682	
Valine....g	0.834		0	A	1		0.709	1.811	
Arginine....g	1.478		0	A	1		1.256	3.207	
Histidine....g	0.708		0	A	1		0.601	1.536	
Alanine....g	1.411		0	A	1		1.199	3.062	
Aspartic acid....g	2.087		0	A	1		1.774	4.529	
Glutamic acid....g	3.540		0	A	1		3.009	7.681	
Glycine....g	1.114		0	A	1		0.947	2.417	
Proline....g	1.410		0	A	1		1.199	3.060	
Serine....g	1.034		0	A	1		0.879	2.244	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 217g: 1 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05738
Turkey, drumstick, from whole bird, meat only, raw

Refuse: 44% Bone and connective tissue 38%, Skin and separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.89	0.341	4	A	1		63.66	252.38	
Energy kcal	108		0	NC	4		92	364	
Energy kJ	452		0	NC	4		384	1523	
Protein g	23.66	0.349	4	A	1		20.11	79.74	
Total lipid (fat) g	1.48	0.064	4	A	1		1.26	5.00	
Ash g	1.04	0.015	4	A	1		0.88	3.50	
Carbohydrate, by difference g	0.14		0	NR	4		0.12	0.47	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.05		2	A	1		0.04	0.17	
Sucrose g	0.05		2	A	1		0.04	0.17	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.09		1	A	1		0.08	0.30	
Minerals:									
Calcium, Ca mg	11	0.571	4	A	1		9	37	
Iron, Fe mg	0.73	0.056	4	A	1		0.62	2.45	
Magnesium, Mg mg	28	1.392	4	A	1		24	94	
Phosphorus, P mg	201	6.559	4	A	1		171	677	
Potassium, K mg	242	5.157	10	A	1		206	815	
Sodium, Na mg	113	6.188	4	A	1		96	380	
Zinc, Zn mg	1.28	0.109	4	A	1		1.08	4.30	
Copper, Cu mg	0.070	0.003	4	A	1		0.060	0.236	
Manganese, Mn mg	0.011	0.000	4	A	1		0.009	0.036	
Selenium, Se µg	22.7	1.943	6	A	1		19.3	76.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.042		2	A	1		0.035	0.140	
Riboflavin mg	0.145		2	A	1		0.123	0.488	
Niacin mg	9.924	0.222	8	A	1		8.435	33.443	
Pantothenic acid mg	0.775		2	A	1		0.659	2.612	
Vitamin B-6 mg	0.813		2	A	1		0.691	2.741	
Folate, total µg	7		0	BFPN	4		6	25	
Folic acid µg									
Folate, food µg	7		0	BFPN	4		6	25	
Folate, DFE µg									
Choline, total mg	65.5		0	BFPN	4		55.7	220.8	
Betaine mg									
Vitamin B-12 µg	0.63	0.147	3	A	1		0.54	2.13	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	AS	1		5	21	
Retinol µg	6		1	A	1		5	21	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	20		0	AS	1		17	69	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.012	3	A	1		0.06	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.01	0.011	3	A	1		0.01	0.04	
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 05738
Turkey, drumstick, from whole bird, 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
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.1		1	AS	1		0.1	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		1	A	1		0.1	0.4	
Vitamin D....IU	5		1	A	1		4	16	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.289		0	NC	4		0.245	0.973	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.000	6	A	1		0.003	0.012	
12:0....g	0.003	0.000	6	A	1		0.003	0.011	
13:0....g									
14:0....g	0.004	0.002	6	A	1		0.004	0.014	
15:0....g	0.002	0.000	6	A	1		0.002	0.007	
16:0....g	0.177	0.022	6	A	1		0.150	0.596	
17:0....g	0.003	0.000	6	A	1		0.002	0.009	
18:0....g	0.093	0.008	6	A	1		0.079	0.312	
20:0....g	0.002	0.000	6	A	1		0.001	0.005	
22:0....g	0.002	0.001	6	A	1		0.002	0.007	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.264		0	NC	4		0.225	0.891	
14:1....g	0.001	0.000	6	A	1		0.001	0.003	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.023	0.006	6	AS	1		0.019	0.077	
16:1 c....g	0.023	0.006	6	A	1		0.019	0.077	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.001	0.000	6	A	1		0.001	0.003	
18:1 undifferentiated....g	0.235	0.035	6	AS	1		0.200	0.793	
18:1 c....g	0.226	0.034	6	A	1		0.192	0.761	
18:1 t....g	0.010	0.001	6	A	1		0.008	0.032	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.001	6	A	1		0.003	0.010	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	6	A	1		0.001	0.004	
Fatty acids, total polyunsaturated....g	0.258		0	NC	4		0.219	0.869	
18:2 undifferentiated....g	0.200	0.022	6	AS	1		0.170	0.673	
18:2 n-6 c,c....g	0.196	0.022	6	A	1		0.167	0.661	
18:2 CLAs....g	0.000	0.000	6	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.000	6	A	1		0.003	0.012	
18:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008	0.030	
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	A	1		0.008	0.030	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.002	0.010	
20:3 undifferentiated....g	0.005	0.001	6	AS	1		0.004	0.017	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.001	6	A	1		0.004	0.017	
20:4 undifferentiated....g	0.028	0.003	6	A	1		0.024	0.093	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.009	0.001	6	A	1		0.007	0.029	
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.002	0.008	

NDB No. 05738

Turkey, drumstick, from whole bird, 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
22:6 n-3 (DHA) g	0.002	0.000	6	A	1		0.002	0.008	
Fatty acids, total trans g	0.013		0	NC	4		0.011	0.044	
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.008	0.032	
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003	0.012	
Cholesterol mg	57	1.118	4	A	1		48	192	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.252		0	A	1		0.214	0.849	
Threonine g	0.859		0	A	1		0.731	2.896	
Isoleucine g	0.678		0	A	1		0.577	2.286	
Leucine g	1.640		0	A	1		1.394	5.526	
Lysine g	1.952		0	A	1		1.660	6.580	
Methionine g	0.619		0	A	1		0.526	2.085	
Cystine g	0.223		0	A	1		0.190	0.752	
Phenylalanine g	0.763		0	A	1		0.648	2.571	
Tyrosine g	0.703		0	A	1		0.597	2.368	
Valine g	0.756		0	A	1		0.643	2.549	
Arginine g	1.340		0	A	1		1.139	4.514	
Histidine g	0.641		0	A	1		0.545	2.162	
Alanine g	1.279		0	A	1		1.087	4.311	
Aspartic acid g	1.892		0	A	1		1.608	6.376	
Glutamic acid g	3.209		0	A	1		2.727	10.813	
Glycine g	1.010		0	A	1		0.858	3.402	
Proline g	1.278		0	A	1		1.086	4.307	
Serine g	0.937		0	A	1		0.797	3.159	
Hydroxyproline g	0.110		1	A	1		0.093	0.370	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 337g: 1 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05739
Turkey, drumstick, from whole bird, meat only, roasted

Refuse: 42% Bone and connective tissue 37%, Skin and separable fat 5%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.88	0.949	4	A	1		57.70	139.84	
Energy kcal	139		0	NC	4		118	287	
Energy kJ	583		0	NC	4		496	1201	
Protein g	30.13	0.956	4	A	1		25.61	62.08	
Total lipid (fat) g	2.08	0.063	4	A	1		1.77	4.28	
Ash g	1.22	0.064	4	A	1		1.03	2.50	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.545	4	A	1		8	19	
Iron, Fe mg	0.71	0.005	4	A	1		0.60	1.47	
Magnesium, Mg mg	32	1.032	4	A	1		27	65	
Phosphorus, P mg	230	6.546	4	A	1		195	473	
Potassium, K mg	249	3.094	10	A	1		211	512	
Sodium, Na mg	99	8.289	4	A	1		84	205	
Zinc, Zn mg	1.72	0.030	4	A	1		1.46	3.54	
Copper, Cu mg	0.063	0.001	4	A	1		0.054	0.130	
Manganese, Mn mg	0.011	0.001	10	A	1		0.010	0.023	
Selenium, Se µg	30.2	2.091	6	A	1		25.7	62.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.035		2	A	1		0.030	0.073	
Riboflavin mg	0.205		2	A	1		0.174	0.422	
Niacin mg	11.750	0.237	8	A	1		9.987	24.205	
Pantothenic acid mg	0.900		2	A	1		0.765	1.854	
Vitamin B-6 mg	0.807		2	A	1		0.686	1.663	
Folate, total µg	10		0	BFPN	4		8	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		8	20	
Folate, DFE µg	10		0	NC	4		8	20	
Choline, total mg	104.2		0	BFPN	4		88.6	214.6	
Betaine mg	7.1		0	BFPN	4		6.1	14.7	
Vitamin B-12 µg	1.90		0	BFPN	4		1.62	3.92	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	AS	1		3	7	
Retinol µg	3		1	A	1		3	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	AS	1		10	23	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.006	3	A	1		0.05	0.13	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.003	3	A	1		0.02	0.05	
Tocopherol, delta mg	0.01	0.008	3	A	1		0.01	0.02	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.03	0.004	3	A	1		0.03	0.07	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	0.5	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	0.5	
Vitamin D IU	10		1	A	1		9	21	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05739

Turkey, drumstick, from whole bird, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.593		0	NC	4		0.504	1.221	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.001	6	A	1		0.004	0.009	
12:0....g	0.005	0.002	6	A	1		0.004	0.010	
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.015	0.037	
15:0....g	0.004	0.000	6	A	1		0.003	0.008	
16:0....g	0.372	0.020	6	A	1		0.316	0.767	
17:0....g	0.005	0.001	6	A	1		0.005	0.011	
18:0....g	0.181	0.009	6	A	1		0.154	0.373	
20:0....g	0.002	0.000	6	A	1		0.002	0.004	
22:0....g	0.001	0.000	6	A	1		0.001	0.002	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.626		0	NC	4		0.532	1.291	
14:1....g	0.002	0.001	6	A	1		0.002	0.004	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.056	0.007	6	AS	1		0.047	0.115	
16:1 c....g	0.055	0.007	6	A	1		0.047	0.113	
16:1 t....g	0.001	0.000	6	A	1		0.001	0.002	
17:1....g	0.004	0.001	6	A	1		0.004	0.009	
18:1 undifferentiated....g	0.556	0.035	6	AS	1		0.473	1.146	
18:1 c....g	0.536	0.033	6	A	1		0.456	1.105	
18:1 t....g	0.020	0.003	6	A	1		0.017	0.041	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	A	1		0.007	0.017	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449	1.088	
18:2 undifferentiated....g	0.431	0.029	6	AS	1		0.366	0.887	
18:2 n-6 c,c....g	0.426	0.028	6	A	1		0.362	0.877	
18:2 CLAs....g	0.001	0.000	6	A	1		0.001	0.003	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	6	A	1		0.003	0.007	
18:3 undifferentiated....g	0.020	0.003	6	AS	1		0.017	0.042	
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	6	A	1		0.017	0.041	
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.000	0.001	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005	0.012	
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.004	0.010	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.000	6	A	1		0.004	0.010	
20:4 undifferentiated....g	0.044	0.001	6	A	1		0.037	0.090	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.009	
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.009	0.021	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004	0.010	
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003	0.008	
Fatty acids, total trans....g	0.024		0	NC	4		0.021	0.050	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018	0.043	
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003	0.007	
Cholesterol....mg	80	2.872	4	A	1		68	164	
Phytosterols....mg									
Amino Acids:									

NDB No. 05739

Turkey, drumstick, from whole bird, meat only, 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
Tryptophan g	0.321		0	A	1		0.273	0.661	
Threonine g	1.094		0	A	1		0.930	2.255	
Isoleucine g	0.864		0	A	1		0.734	1.780	
Leucine g	2.088		0	A	1		1.775	4.302	
Lysine g	2.486		0	A	1		2.113	5.122	
Methionine g	0.788		0	A	1		0.670	1.623	
Cystine g	0.284		0	A	1		0.242	0.586	
Phenylalanine g	0.972		0	A	1		0.826	2.001	
Tyrosine g	0.895		0	A	1		0.761	1.844	
Valine g	0.963		0	A	1		0.819	1.984	
Arginine g	1.706		0	A	1		1.450	3.514	
Histidine g	0.817		0	A	1		0.694	1.683	
Alanine g	1.629		0	A	1		1.385	3.356	
Aspartic acid g	2.409		0	A	1		2.048	4.963	
Glutamic acid g	4.086		0	A	1		3.473	8.418	
Glycine g	1.286		0	A	1		1.093	2.648	
Proline g	1.628		0	A	1		1.384	3.353	
Serine g	1.194		0	A	1		1.015	2.459	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 206g: 1 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		4		12.85	10.40	
Energy kcal	208		0		4		44	35	
Energy kJ	870		0		4		183	148	
Protein g	27.90		0		4		5.86	4.74	
Total lipid (fat) g	9.80		0		4		2.06	1.67	
Ash g	1.10		0	NC	4		0.23	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	32		0		4		7	5	
Iron, Fe mg	2.30		0		4		0.48	0.39	
Magnesium, Mg mg	23		0		4		5	4	
Phosphorus, P mg	199		0		4		42	34	
Potassium, K mg	280		0		4		59	48	
Sodium, Na mg	996		0		4		209	169	
Zinc, Zn mg	4.27		0		4		0.90	0.73	
Copper, Cu mg	0.154		0		4		0.032	0.026	
Manganese, Mn mg									
Selenium, Se µg	38.3		0	BFNN	4		8.0	6.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0		4		0.013	0.010	
Riboflavin mg	0.240		0		4		0.050	0.041	
Niacin mg	3.560		0		4		0.748	0.605	
Pantothenic acid mg									
Vitamin B-6 mg	0.330		0		4		0.069	0.056	
Folate, total µg	9		0		4		2	2	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0		4		2	2	
Folate, DFE µg	9		0	NC	4		2	2	
Choline, total mg	70.9		0	BFNN	4		14.9	12.0	
Betaine mg	6.0		0	BFNN	4		1.3	1.0	
Vitamin B-12 µg	0.36		0		4		0.08	0.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.62		0	NR	4		0.13	0.11	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D IU	5		0	BFFN	4		1	1	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 43367

Turkey, drumstick, 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
Lipids:									
Fatty acids, total saturated....g	3.054		0		4		0.641	0.519	
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		4		0.002	0.002	
13:0....g									
14:0....g	0.070		0		4		0.015	0.012	
15:0....g									
16:0....g	1.767		0		4		0.371	0.300	
17:0....g									
18:0....g	0.818		0		4		0.172	0.139	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.864		0		4		0.601	0.487	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.459		0		4		0.096	0.078	
17:1....g									
18:1 undifferentiated....g	2.335		0		4		0.490	0.397	
20:1....g	0.030		0		4		0.006	0.005	
22:1 undifferentiated....g	0.020		0		4		0.004	0.003	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.715		0		4		0.570	0.462	
18:2 undifferentiated....g	2.266		0		4		0.476	0.385	
18:3 undifferentiated....g	0.110		0		4		0.023	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	0.240		0		4		0.050	0.041	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		4		0.006	0.005	
22:6 n-3 (DHA)....g	0.050		0		4		0.011	0.009	
Fatty acids, total trans....g									
Cholesterol....mg	85		0		4		18	14	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 oz with bone, cooked (yield after bone removed)

Measure 2 = 17g: 1 cubic inch, boneless

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05701

Turkey, enhanced, dark meat from whole, meat and skin, cooked, roasted

Refuse: 37% Bone and Connective tissue 37%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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		0	PAK	1		53.26		
Energy kcal	199		0	NC	4		170		
Energy kJ	835		0	NC	4		710		
Protein g	25.55		0	PAK	1		21.72		
Total lipid (fat) g	10.81		0	PAK	1		9.19		
Ash g	1.26		0	PAK	1		1.07		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	17		0	PAK	1		15		
Iron, Fe mg	1.08		0	PAK	1		0.91		
Magnesium, Mg mg	25		0	PAK	1		21		
Phosphorus, P mg	213		0	PAK	1		181		
Potassium, K mg	232		0	PAK	1		197		
Sodium, Na mg	206		0	PAK	1		175		
Zinc, Zn mg	3.15		0	PAK	1		2.68		
Copper, Cu mg	0.119		0	PAK	1		0.102		
Manganese, Mn mg	0.018		0	PAK	1		0.015		
Selenium, Se µg	30.0		0	PAK	1		25.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.052		0	PAK	1		0.044		
Riboflavin mg	0.321		0	PAK	1		0.273		
Niacin mg	6.893		0	PAK	1		5.859		
Pantothenic acid mg	1.002		0	PAK	1		0.851		
Vitamin B-6 mg	0.415		0	PAK	1		0.353		
Folate, total µg	8		0	PIK	4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	PIK	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	88.0		0	PAK	1		74.8		
Betaine mg	5.8		0	PAK	1		5.0		
Vitamin B-12 µg	1.64		0	PIK	4		1.39		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	16		0	PAK	1		13		
Retinol µg	16		0	PAK	1		13		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	52		0	PAK	1		45		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.08		0	PAK	1		0.07		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.00		0	PAK	1		0.00		
Tocopherol, gamma mg	0.04		0	PAK	1		0.04		
Tocopherol, delta mg	0.03		0	PAK	1		0.02		
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma mg	0.06		0	PAK	1		0.05		
Tocotrienol, delta mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3) µg	0.4		0	PAK	1		0.3		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		0	PAK	1		0.3		
Vitamin D IU	16		0	PAK	1		14		
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0		

NDB No. 05701

Turkey, enhanced, dark meat from whole, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.145		0	PIK	4		2.673		
4:0....g	0.000		0	PAK	1		0.000		
6:0....g	0.000		0	PAK	1		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.007		0	PAK	1		0.006		
12:0....g	0.037		0	PAK	1		0.032		
13:0....g									
14:0....g	0.112		0	PAK	1		0.095		
15:0....g	0.018		0	PAK	1		0.015		
16:0....g	2.117		0	PAK	1		1.800		
17:0....g	0.030		0	PAK	1		0.026		
18:0....g	0.807		0	PAK	1		0.686		
20:0....g	0.011		0	PAK	1		0.009		
22:0....g	0.005		0	PAK	1		0.004		
24:0....g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	3.887		0	PIK	4		3.304		
14:1....g	0.016		0	PAK	1		0.014		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.372		0	PAK	1		0.316		
16:1 c....g	0.364		0	PAK	1		0.309		
16:1 t....g	0.008		0	PAK	1		0.006		
17:1....g	0.016		0	PAK	1		0.013		
18:1 undifferentiated....g	3.431		0	PAK	1		2.916		
18:1 c....g	3.321		0	PAK	1		2.823		
18:1 t....g	0.110		0	PAK	1		0.094		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.051		0	PAK	1		0.043		
22:1 undifferentiated....g	0.001		0	PAK	1		0.001		
22:1 c....g	0.001		0	PAK	1		0.001		
22:1 t....g	0.000		0	PAK	1		0.000		
24:1 c....g	0.001		0	PAK	1		0.001		
Fatty acids, total polyunsaturated....g	3.097		0	PIK	4		2.633		
18:2 undifferentiated....g	2.752		0	PAK	1		2.339		
18:2 n-6 c,c....g	2.703		0	PAK	1		2.298		
18:2 CLAs....g	0.019		0	PAK	1		0.016		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.030		0	PAK	1		0.026		
18:3 undifferentiated....g	0.160		0	PAK	1		0.136		
18:3 n-3 c,c,c (ALA)....g	0.154		0	PAK	1		0.131		
18:3 n-6 c,c,c....g	0.005		0	PAK	1		0.004		
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001		
20:2 n-6 c,c....g	0.019		0	PAK	1		0.016		
20:3 undifferentiated....g	0.015		0	PAK	1		0.013		
20:3 n-3....g	0.001		0	PAK	1		0.001		
20:3 n-6....g	0.014		0	PAK	1		0.012		
20:4 undifferentiated....g	0.102		0	PAK	1		0.086		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012		0	PAK	1		0.010		
21:5....g									
22:4....g	0.020		0	PAK	1		0.017		
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.008		
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.005		
Fatty acids, total trans....g	0.148		0	PIK	4		0.126		
Fatty acids, total trans-monoenoic....g	0.118		0	PIK	4		0.100		
Fatty acids, total trans-polyenoic....g	0.030		0	PIK	4		0.026		
Cholesterol....mg	110		0	PAK	1		93		
Phytosterols....mg									
Amino Acids:									

NDB No. 05701

Turkey, enhanced, dark meat from whole, 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
Tryptophan....g	0.255		0	PAK	1		0.216		
Threonine....g	0.885		0	PAK	1		0.753		
Isoleucine....g	0.703		0	PAK	1		0.598		
Leucine....g	1.701		0	PAK	1		1.446		
Lysine....g	2.013		0	PAK	1		1.711		
Methionine....g	0.639		0	PAK	1		0.543		
Cystine....g	0.235		0	PAK	1		0.200		
Phenylalanine....g	0.802		0	PAK	1		0.681		
Tyrosine....g	0.721		0	PAK	1		0.613		
Valine....g	0.803		0	PAK	1		0.683		
Arginine....g	1.466		0	PAK	1		1.246		
Histidine....g	0.660		0	PAK	1		0.561		
Alanine....g	1.424		0	PAK	1		1.210		
Aspartic acid....g	1.982		0	PAK	1		1.685		
Glutamic acid....g	3.356		0	PAK	1		2.852		
Glycine....g	1.361		0	PAK	1		1.157		
Proline....g	1.501		0	PAK	1		1.276		
Serine....g	0.991		0	PAK	1		0.842		
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0		
Caffeine....mg	0		0	PIK	4		0		
Theobromine....mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05700
Turkey, enhanced, dark meat from whole, meat and skin, raw

Refuse: 34% Bone and connective tissue 34%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.55		0	PAK	1		59.97	319.60	
Energy kcal	169		0	NC	4		144	765	
Energy kJ	707		0	NC	4		601	3203	
Protein g	17.84		0	PAK	1		15.16	80.80	
Total lipid (fat) g	10.83		0	PAK	1		9.20	49.04	
Ash g	1.08		0	PAK	1		0.92	4.91	
Carbohydrate, by difference g	0.15		0	NR	4		0.13	0.68	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.10		0	PAK	1		0.09	0.45	
Sucrose g	0.10		0	PAK	1		0.09	0.45	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.05		0	PAK	1		0.04	0.24	
Minerals:									
Calcium, Ca mg	14		0	PAK	1		12	65	
Iron, Fe mg	0.83		0	PAK	1		0.71	3.76	
Magnesium, Mg mg	18		0	PAK	1		16	83	
Phosphorus, P mg	172		0	PAK	1		146	779	
Potassium, K mg	202		0	PAK	1		172	915	
Sodium, Na mg	161		0	PAK	1		137	730	
Zinc, Zn mg	2.30		0	PAK	1		1.95	10.41	
Copper, Cu mg	0.094		0	PAK	1		0.080	0.424	
Manganese, Mn mg	0.010		0	PAK	1		0.008	0.043	
Selenium, Se µg	19.9		0	PAK	1		16.9	89.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.051		0	PAK	1		0.043	0.231	
Riboflavin mg	0.216		0	PAK	1		0.183	0.976	
Niacin mg	5.235		0	PAK	1		4.450	23.715	
Pantothenic acid mg	0.845		0	PAK	1		0.718	3.826	
Vitamin B-6 mg	0.370		0	PAK	1		0.315	1.678	
Folate, total µg	6		0	PIK	4		5	26	
Folic acid µg									
Folate, food µg	6		0	PIK	4		5	26	
Folate, DFE µg									
Choline, total mg	57.2		0	PAK	1		48.7	259.3	
Betaine mg	6.0		0	PAK	1		5.1	27.3	
Vitamin B-12 µg	1.81		0	PAK	1		1.54	8.20	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	28		0	PAK	1		24	126	
Retinol µg	28		0	PAK	1		24	126	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	93		0	PAK	1		79	419	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		0	PAK	1		0.10	0.51	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma mg	0.03		0	PAK	1		0.03	0.14	
Tocopherol, delta mg	0.01		0	PAK	1		0.01	0.03	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05700

Turkey, enhanced, dark meat from whole, 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
Tocotrienol, gamma....mg	0.02		0	PAK	1		0.02	0.08	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.5		0	PAK	1		0.4	2.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PAK	1		0.4	2.3	
Vitamin D....IU	20		0	PAK	1		17	90	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.600		0	NR	4		2.210	11.778	
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	0.001		0	PAK	1		0.001	0.003	
10:0....g	0.005		0	PAK	1		0.005	0.024	
12:0....g	0.036		0	PAK	1		0.031	0.163	
13:0....g									
14:0....g	0.098		0	PAK	1		0.083	0.444	
15:0....g	0.015		0	PAK	1		0.013	0.067	
16:0....g	1.760		0	PAK	1		1.496	7.974	
17:0....g	0.026		0	PAK	1		0.022	0.116	
18:0....g	0.640		0	PAK	1		0.544	2.900	
20:0....g	0.010		0	PAK	1		0.008	0.045	
22:0....g	0.006		0	PAK	1		0.005	0.029	
24:0....g	0.003		0	PAK	1		0.002	0.012	
Fatty acids, total monounsaturated....g	4.400		0	NR	4		3.740	19.932	
14:1....g	0.020		0	PAK	1		0.017	0.091	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.424		0	PAK	1		0.360	1.921	
16:1 c....g	0.416		0	PAK	1		0.354	1.884	
16:1 t....g	0.009		0	PAK	1		0.008	0.041	
17:1....g	0.019		0	PAK	1		0.016	0.086	
18:1 undifferentiated....g	3.878		0	PAK	1		3.296	17.566	
18:1 c....g	3.748		0	PAK	1		3.186	16.977	
18:1 t....g	0.131		0	PAK	1		0.111	0.593	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.059		0	PAK	1		0.050	0.267	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.005	
22:1 c....g	0.001		0	PAK	1		0.001	0.005	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.004		0	PAK	1		0.003	0.018	
Fatty acids, total polyunsaturated....g	3.810		0	NR	4		3.239	17.259	
18:2 undifferentiated....g	3.441		0	PAK	1		2.925	15.589	
18:2 n-6 c,c....g	3.373		0	PAK	1		2.867	15.280	
18:2 CLAs....g	0.025		0	PAK	1		0.022	0.115	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.043		0	PAK	1		0.036	0.193	
18:3 undifferentiated....g	0.209		0	PAK	1		0.177	0.946	
18:3 n-3 c,c,c (ALA)....g	0.202		0	PAK	1		0.172	0.915	
18:3 n-6 c,c,c....g	0.007		0	PAK	1		0.006	0.031	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.005	
20:2 n-6 c,c....g	0.023		0	PAK	1		0.019	0.102	
20:3 undifferentiated....g	0.020		0	PAK	1		0.017	0.089	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.006	
20:3 n-6....g	0.018		0	PAK	1		0.016	0.083	
20:4 undifferentiated....g	0.096		0	PAK	1		0.082	0.435	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.004	0.021	
21:5....g									
22:4....g	0.022		0	PAK	1		0.019	0.099	
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.008	0.045	

NDB No. 05700

Turkey, enhanced, dark meat from whole, 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
22:6 n-3 (DHA) g	0.006		0	PAK	1		0.005	0.027	
Fatty acids, total trans g	0.156		0	PIK	4		0.132	0.706	
Fatty acids, total trans-monoenoic g	0.122		0	PIK	4		0.104	0.553	
Fatty acids, total trans-polyenoic g	0.034		0	PIK	4		0.029	0.153	
Cholesterol mg	82		0	PAK	1		69	370	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.176		0	PAK	1		0.149	0.796	
Threonine g	0.613		0	PAK	1		0.521	2.778	
Isoleucine g	0.488		0	PAK	1		0.414	2.209	
Leucine g	1.180		0	PAK	1		1.003	5.343	
Lysine g	1.395		0	PAK	1		1.185	6.317	
Methionine g	0.443		0	PAK	1		0.376	2.005	
Cystine g	0.164		0	PAK	1		0.139	0.741	
Phenylalanine g	0.557		0	PAK	1		0.474	2.524	
Tyrosine g	0.499		0	PAK	1		0.424	2.261	
Valine g	0.559		0	PAK	1		0.475	2.533	
Arginine g	1.025		0	PAK	1		0.872	4.645	
Histidine g	0.457		0	PAK	1		0.389	2.072	
Alanine g	0.999		0	PAK	1		0.849	4.525	
Aspartic acid g	1.377		0	PAK	1		1.170	6.236	
Glutamic acid g	2.330		0	PAK	1		1.981	10.555	
Glycine g	0.981		0	PAK	1		0.834	4.442	
Proline g	1.062		0	PAK	1		0.902	4.809	
Serine g	0.689		0	PAK	1		0.586	3.121	
Hydroxyproline g	0.302		0	PAK	1		0.257	1.367	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05695
Turkey, enhanced, dark meat, meat only, cooked, roasted

Refuse: 45% Bone and connective tissue 36%, Skin and separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.85	0.287	6	A	1		56.82		
Energy kcal	158		0	NC	4		135		
Energy kJ	663		0	NC	4		564		
Protein g	26.10	0.327	6	A	1		22.19		
Total lipid (fat) g	6.00	0.267	6	A	1		5.10		
Ash g	1.24	0.064	6	A	1		1.05		
Carbohydrate, by difference g	0.00		0	NC	4		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	16	1.210	6	A	1		14		
Iron, Fe mg	1.07	0.020	6	A	1		0.91		
Magnesium, Mg mg	24	1.383	6	A	1		20		
Phosphorus, P mg	208	4.866	6	A	1		177		
Potassium, K mg	227	5.468	10	A	1		193		
Sodium, Na mg	201	19.379	6	A	1		171		
Zinc, Zn mg	3.40	0.058	6	A	1		2.89		
Copper, Cu mg	0.128	0.008	6	A	1		0.109		
Manganese, Mn mg	0.017	0.001	6	A	1		0.014		
Selenium, Se µg	31.4	1.738	6	A	1		26.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.056	0.005	6	A	1		0.048		
Riboflavin mg	0.335	0.021	6	A	1		0.285		
Niacin mg	6.827	0.285	6	A	1		5.803		
Pantothenic acid mg	1.015		2	A	1		0.863		
Vitamin B-6 mg	0.435	0.010	8	A	1		0.370		
Folate, total µg	8		0	BFPN	4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPN	4		7		
Folate, DFE µg	8		0	NC	4		7		
Choline, total mg	90.3		0	AS	1		76.7		
Betaine mg	6.2		1	A	1		5.2		
Vitamin B-12 µg	1.65		2	A	1		1.40		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	5		0	AS	1		5		
Retinol µg	5		1	A	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	18		0	AS	1		15		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.07	0.002	3	A	1		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma mg	0.04	0.004	3	A	1		0.03		
Tocopherol, delta mg	0.03	0.003	3	A	1		0.03		
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma mg	0.05	0.003	3	A	1		0.05		
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2		
Vitamin D IU	10		1	A	1		9		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05695

Turkey, enhanced, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.807		0	NC	4		1.536		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.006	0.001	6	A	1		0.005		
12:0....g	0.021	0.005	6	A	1		0.018		
13:0....g									
14:0....g	0.061	0.006	6	A	1		0.052		
15:0....g	0.011	0.001	6	A	1		0.009		
16:0....g	1.178	0.040	6	A	1		1.001		
17:0....g	0.017	0.002	6	A	1		0.015		
18:0....g	0.505	0.015	6	A	1		0.429		
20:0....g	0.006	0.000	6	A	1		0.005		
22:0....g	0.003	0.001	6	A	1		0.002		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	2.061		0	NC	4		1.752		
14:1....g	0.008	0.001	6	A	1		0.007		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.187	0.019	6	AS	1		0.159		
16:1 c....g	0.182	0.018	6	A	1		0.155		
16:1 t....g	0.004	0.000	6	A	1		0.004		
17:1....g	0.008	0.001	6	A	1		0.007		
18:1 undifferentiated....g	1.832	0.051	6	AS	1		1.557		
18:1 c....g	1.771	0.047	6	A	1		1.505		
18:1 t....g	0.061	0.008	6	A	1		0.052		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026	0.001	6	A	1		0.022		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.662		0	NC	4		1.413		
18:2 undifferentiated....g	1.436	0.080	6	AS	1		1.220		
18:2 n-6 c,c....g	1.411	0.079	6	A	1		1.199		
18:2 CLAs....g	0.010	0.002	6	A	1		0.008		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.001	6	A	1		0.012		
18:3 undifferentiated....g	0.075	0.007	6	AS	1		0.064		
18:3 n-3 c,c,c (ALA)....g	0.072	0.007	6	A	1		0.061		
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.002		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.012	0.001	6	A	1		0.010		
20:3 undifferentiated....g	0.009	0.000	6	AS	1		0.008		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.009	0.000	6	A	1		0.008		
20:4 undifferentiated....g	0.087	0.002	6	A	1		0.074		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.002	6	A	1		0.010		
21:5....g									
22:4....g	0.017	0.001	6	A	1		0.014		
22:5 n-3 (DPA)....g	0.008	0.000	6	A	1		0.007		
22:6 n-3 (DHA)....g	0.005	0.001	6	A	1		0.004		
Fatty acids, total trans....g	0.080		0	NC	4		0.068		
Fatty acids, total trans-monoenoic....g	0.065		0	NC	4		0.055		
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.012		
Cholesterol....mg	105	2.663	11	A	1		89		
Phytosterols....mg									
Amino Acids:									

NDB No. 05695

Turkey, enhanced, 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
Tryptophan....g	0.278		0	A	1		0.236		
Threonine....g	0.948		0	A	1		0.806		
Isoleucine....g	0.748		0	A	1		0.636		
Leucine....g	1.809		0	A	1		1.538		
Lysine....g	2.154		0	A	1		1.831		
Methionine....g	0.682		0	A	1		0.580		
Cystine....g	0.246		0	A	1		0.209		
Phenylalanine....g	0.842		0	A	1		0.715		
Tyrosine....g	0.775		0	A	1		0.659		
Valine....g	0.834		0	A	1		0.709		
Arginine....g	1.478		0	A	1		1.256		
Histidine....g	0.708		0	A	1		0.601		
Alanine....g	1.411		0	A	1		1.199		
Aspartic acid....g	2.087		0	A	1		1.774		
Glutamic acid....g	3.540		0	A	1		3.009		
Glycine....g	1.114		0	A	1		0.947		
Proline....g	1.410		0	A	1		1.199		
Serine....g	1.034		0	A	1		0.879		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05698
Turkey, enhanced, skin from whole (light and dark), 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	50.00		2	A	1		14.17		
Energy kcal	381		0	NC	4		108		
Energy kJ	1595		0	NC	4		452		
Protein g	12.29		2	A	1		3.48		
Total lipid (fat) g	36.80		2	A	1		10.43		
Ash g	0.69		2	A	1		0.20		
Carbohydrate, by difference g	0.21		0	NC	4		0.06		
Fiber, total dietary g	0.0		0	Z	7		0.0		
Sugars, total g	0.10		1	A	1		0.03		
Sucrose g	0.10		1	A	1		0.03		
Glucose (dextrose) g	0.00		1	A	1		0.00		
Fructose g	0.00		1	A	1		0.00		
Lactose g	0.00		1	A	1		0.00		
Maltose g	0.00		1	A	1		0.00		
Galactose g	0.00		1	A	1		0.00		
Starch g	0.06		1	A	1		0.02		
Minerals:									
Calcium, Ca mg	13	0.461	4	A	1		4		
Iron, Fe mg	0.57		2	A	1		0.16		
Magnesium, Mg mg	9		2	A	1		2		
Phosphorus, P mg	99		2	A	1		28		
Potassium, K mg	107		2	A	1		30		
Sodium, Na mg	138		2	A	1		39		
Zinc, Zn mg	0.82		2	A	1		0.23		
Copper, Cu mg	0.046		2	A	1		0.013		
Manganese, Mn mg	0.008		2	A	1		0.002		
Selenium, Se µg	10.1		2	A	1		2.8		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.016		2	A	1		0.005		
Riboflavin mg	0.095		2	A	1		0.027		
Niacin mg	3.260		2	A	1		0.924		
Pantothenic acid mg	0.495		2	A	1		0.140		
Vitamin B-6 mg	0.160		2	A	1		0.045		
Folate, total µg	4		0	BFPN	4		1		
Folic acid µg									
Folate, food µg	4		0	BFPN	4		1		
Folate, DFE µg									
Choline, total mg	34.8		0	AS	1		9.9		
Betaine mg	2.1		1	A	1		0.6		
Vitamin B-12 µg	0.88		1	A	1		0.25		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	85		0	AS	1		24		
Retinol µg	85		2	A	1		24		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	284		0	AS	1		81		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.09		2	A	1		0.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.01		2	A	1		0.00		
Tocopherol, gamma mg	0.01		2	A	1		0.00		
Tocopherol, delta mg	0.01		2	A	1		0.00		
Tocotrienol, alpha mg	0.01		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		

NDB No. 05698

Turkey, enhanced, skin from whole (light and dark), 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
Tocotrienol, gamma....mg	0.04		2	A	1		0.01		
Tocotrienol, delta....mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3)....µg	1.1		0	AS	1		0.3		
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		1	A	1		0.3		
Vitamin D....IU	46		1	A	1		13		
Vitamin K (phylloquinone)....µg	0.0		0	BFPN	4		0.0		
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.430		0	NC	4		2.957		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.004		2	A	1		0.001		
10:0....g	0.018		2	A	1		0.005		
12:0....g	0.139		2	A	1		0.040		
13:0....g									
14:0....g	0.405		2	A	1		0.115		
15:0....g	0.060		2	A	1		0.017		
16:0....g	7.214		2	A	1		2.045		
17:0....g	0.102		2	A	1		0.029		
18:0....g	2.429		2	A	1		0.689		
20:0....g	0.037		2	A	1		0.010		
22:0....g	0.016		2	A	1		0.004		
24:0....g	0.005		2	A	1		0.001		
Fatty acids, total monounsaturated....g	13.908		0	NC	4		3.943		
14:1....g	0.061		2	A	1		0.017		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	1.365		0	AS	1		0.387		
16:1 c....g	1.340		2	A	1		0.380		
16:1 t....g	0.026		2	A	1		0.007		
17:1....g	0.061		2	A	1		0.017		
18:1 undifferentiated....g	12.227		0	AS	1		3.466		
18:1 c....g	11.820		2	A	1		3.351		
18:1 t....g	0.407		2	A	1		0.115		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.185		2	A	1		0.052		
22:1 undifferentiated....g	0.005		0	AS	1		0.002		
22:1 c....g	0.005		2	A	1		0.002		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.002		2	A	1		0.001		
Fatty acids, total polyunsaturated....g	10.860		0	NR	4		3.079		
18:2 undifferentiated....g	9.976		0	AS	1		2.828		
18:2 n-6 c,c....g	9.771		2	A	1		2.770		
18:2 CLAs....g	0.080		2	A	1		0.023		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.125		2	A	1		0.035		
18:3 undifferentiated....g	0.632		0	AS	1		0.179		
18:3 n-3 c,c,c (ALA)....g	0.611		2	A	1		0.173		
18:3 n-6 c,c,c....g	0.021		2	A	1		0.006		
18:3i....g									
18:4....g	0.004		2	A	1		0.001		
20:2 n-6 c,c....g	0.059		2	A	1		0.017		
20:3 undifferentiated....g	0.041		0	AS	1		0.012		
20:3 n-3....g	0.005		2	A	1		0.002		
20:3 n-6....g	0.035		2	A	1		0.010		
20:4 undifferentiated....g	0.139		2	A	1		0.039		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012		2	A	1		0.003		
21:5....g									
22:4....g	0.028		2	A	1		0.008		
22:5 n-3 (DPA)....g	0.018		2	A	1		0.005		

NDB No. 05698

Turkey, enhanced, skin from whole (light and dark), 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
22:6 n-3 (DHA) g	0.009		2	A	1		0.003		
Fatty acids, total trans g	0.557		0	NC	4		0.158		
Fatty acids, total trans-monoenoic g	0.432		0	NC	4		0.123		
Fatty acids, total trans-polyenoic g	0.125		0	NC	4		0.035		
Cholesterol mg	94		2	A	1		27		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.062		0	A	1		0.017		
Threonine g	0.278		0	A	1		0.079		
Isoleucine g	0.237		0	A	1		0.067		
Leucine g	0.576		0	A	1		0.163		
Lysine g	0.638		0	A	1		0.181		
Methionine g	0.206		0	A	1		0.058		
Cystine g	0.093		0	A	1		0.026		
Phenylalanine g	0.309		0	A	1		0.088		
Tyrosine g	0.216		0	A	1		0.061		
Valine g	0.340		0	A	1		0.096		
Arginine g	0.772		0	A	1		0.219		
Histidine g	0.206		0	A	1		0.058		
Alanine g	0.834		0	A	1		0.236		
Aspartic acid g	0.741		0	A	1		0.210		
Glutamic acid g	1.235		0	A	1		0.350		
Glycine g	1.595		0	A	1		0.452		
Proline g	1.143		0	A	1		0.324		
Serine g	0.401		0	A	1		0.114		
Hydroxyproline g	0.890		1	A	1		0.252		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05699
Turkey, enhanced, skin from whole, (light and dark), 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	36.92		2	A	1		31.38		
Energy kcal	451		0	NC	4		384		
Energy kJ	1889		0	NC	4		1606		
Protein g	22.15		2	A	1		18.83		
Total lipid (fat) g	40.31		2	A	1		34.26		
Ash g	1.37		2	A	1		1.16		
Carbohydrate, by difference g	0.00		0	NC	4		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	25	2.625	4	A	1		21		
Iron, Fe mg	1.08		2	A	1		0.92		
Magnesium, Mg mg	28		2	A	1		24		
Phosphorus, P mg	244		2	A	1		207		
Potassium, K mg	263		2	A	1		223		
Sodium, Na mg	234		2	A	1		199		
Zinc, Zn mg	1.61		2	A	1		1.37		
Copper, Cu mg	0.068		2	A	1		0.058		
Manganese, Mn mg	0.025		2	A	1		0.021		
Selenium, Se µg	21.1		2	A	1		17.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.024		2	A	1		0.020		
Riboflavin mg	0.235		2	A	1		0.200		
Niacin mg	7.295		2	A	1		6.201		
Pantothenic acid mg	0.920		2	A	1		0.782		
Vitamin B-6 mg	0.290		2	A	1		0.247		
Folate, total µg	7		0	BFPN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0	BFPN	4		6		
Folate, DFE µg	7		0	NC	4		6		
Choline, total mg	73.8		0	AS	1		62.8		
Betaine mg	3.8		1	A	1		3.3		
Vitamin B-12 µg	1.59		0	BFPN	4		1.35		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	79		0	AS	1		67		
Retinol µg	79		2	A	1		67		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	262		0	AS	1		223		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.15		2	A	1		0.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.07		2	A	1		0.06		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.08		2	A	1		0.07		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	1.4		1	AS	1		1.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	1.4		1	A	1		1.1		
Vitamin D IU	54		1	A	1		46		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05699

Turkey, enhanced, skin from whole, (light and dark), 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.356		0	NC	4		9.652		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.011		2	A	1		0.009		
12:0....g	0.138		2	A	1		0.118		
13:0....g									
14:0....g	0.423		2	A	1		0.360		
15:0....g	0.064		2	A	1		0.054		
16:0....g	7.883		2	A	1		6.701		
17:0....g	0.109		2	A	1		0.093		
18:0....g	2.664		2	A	1		2.264		
20:0....g	0.040		2	A	1		0.034		
22:0....g	0.017		2	A	1		0.014		
24:0....g	0.006		2	A	1		0.005		
Fatty acids, total monounsaturated....g	15.094		0	NC	4		12.830		
14:1....g	0.064		2	A	1		0.055		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	1.507		0	AS	1		1.281		
16:1 c....g	1.479		2	A	1		1.257		
16:1 t....g	0.028		2	A	1		0.024		
17:1....g	0.062		2	A	1		0.053		
18:1 undifferentiated....g	13.248		0	AS	1		11.261		
18:1 c....g	12.833		2	A	1		10.908		
18:1 t....g	0.415		2	A	1		0.353		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.202		2	A	1		0.172		
22:1 undifferentiated....g	0.006		0	AS	1		0.005		
22:1 c....g	0.006		2	A	1		0.005		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.004		2	A	1		0.004		
Fatty acids, total polyunsaturated....g	11.903		0	NC	4		10.117		
18:2 undifferentiated....g	10.833		0	AS	1		9.208		
18:2 n-6 c,c....g	10.632		2	A	1		9.037		
18:2 CLAs....g	0.076		2	A	1		0.065		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.125		2	A	1		0.107		
18:3 undifferentiated....g	0.677		0	AS	1		0.576		
18:3 n-3 c,c,c (ALA)....g	0.657		2	A	1		0.559		
18:3 n-6 c,c,c....g	0.020		2	A	1		0.017		
18:3i....g									
18:4....g	0.004		2	A	1		0.004		
20:2 n-6 c,c....g	0.062		2	A	1		0.052		
20:3 undifferentiated....g	0.049		0	AS	1		0.042		
20:3 n-3....g	0.005		2	A	1		0.004		
20:3 n-6....g	0.044		2	A	1		0.037		
20:4 undifferentiated....g	0.191		2	A	1		0.163		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010		2	A	1		0.008		
21:5....g									
22:4....g	0.039		2	A	1		0.034		
22:5 n-3 (DPA)....g	0.023		2	A	1		0.020		
22:6 n-3 (DHA)....g	0.010		2	A	1		0.009		
Fatty acids, total trans....g	0.568		0	NC	4		0.483		
Fatty acids, total trans-monoenoic....g	0.443		0	NC	4		0.377		
Fatty acids, total trans-polyenoic....g	0.125		0	NC	4		0.107		
Cholesterol....mg	144		2	A	1		122		
Phytosterols....mg									
Amino Acids:									

NDB No. 05699

Turkey, enhanced, skin from whole, (light and dark), 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
Tryptophan....g	0.111		0	A	1		0.094		
Threonine....g	0.501		0	A	1		0.426		
Isoleucine....g	0.427		0	A	1		0.363		
Leucine....g	1.039		0	A	1		0.883		
Lysine....g	1.151		0	A	1		0.978		
Methionine....g	0.371		0	A	1		0.315		
Cystine....g	0.167		0	A	1		0.142		
Phenylalanine....g	0.557		0	A	1		0.473		
Tyrosine....g	0.390		0	A	1		0.331		
Valine....g	0.612		0	A	1		0.521		
Arginine....g	1.392		0	A	1		1.183		
Histidine....g	0.371		0	A	1		0.315		
Alanine....g	1.503		0	A	1		1.278		
Aspartic acid....g	1.336		0	A	1		1.136		
Glutamic acid....g	2.227		0	A	1		1.893		
Glycine....g	2.876		0	A	1		2.445		
Proline....g	2.060		0	A	1		1.751		
Serine....g	0.724		0	A	1		0.615		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05188
Turkey, from whole, dark meat, cooked, roasted

Refuse: 46% Bone and connective tissue 39% Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.23	1.646	4	A	1		55.44		
Energy kcal	173		0	NC	4		147		
Energy kJ	723		0	NC	4		615		
Protein (N x 6.25) g	27.71	1.576	4	A	1		23.56		
Total lipid (fat) g	6.04	0.370	4	A	1		5.13		
Ash g	1.12	0.042	4	A	1		0.96		
Carbohydrate, by difference g	0.00		0	NC	4		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	1.130	4	A	1		14		
Iron, Fe mg	1.43	0.126	4	A	1		1.22		
Magnesium, Mg mg	27	0.413	4	A	1		23		
Phosphorus, P mg	212	9.512	4	A	1		180		
Potassium, K mg	227	5.468	10	A	1		193		
Sodium, Na mg	104	13.134	4	A	1		88		
Zinc, Zn mg	3.51	0.084	4	A	1		2.99		
Copper, Cu mg	0.127	0.018	4	A	1		0.108		
Manganese, Mn mg	0.016	0.000	4	A	1		0.014		
Selenium, Se µg	31.4	1.738	6	A	1		26.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.060		2	A	1		0.051		
Riboflavin mg	0.375		2	A	1		0.319		
Niacin mg	6.685		2	A	1		5.682		
Pantothenic acid mg	1.015		2	A	1		0.863		
Vitamin B-6 mg	0.438	0.008	10	A	1		0.372		
Folate, total µg	9		0	BFPN	4		7		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	9		0	BFPN	4		7		
Folate, DFE µg	9		0	NC	4		7		
Choline, total mg	95.8		0	BFPN	4		81.5		
Betaine mg									
Vitamin B-12 µg	1.65		2	A	1		1.40		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	5		0	AS	1		5		
Retinol µg	5		1	A	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	18		0	AS	1		15		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.07	0.002	3	A	1		0.06		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00		
Tocopherol, gamma mg	0.04	0.004	3	A	1		0.03		
Tocopherol, delta mg	0.03	0.003	3	A	1		0.03		
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00		
Tocotrienol, gamma mg	0.05	0.003	3	A	1		0.05		
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00		
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2		
Vitamin D IU	10		1	A	1		9		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05188
Turkey, from whole, dark meat, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0		
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.807		0	NC	4		1.536		
4:0....g	0.000	0.000	6	A	1		0.000		
6:0....g	0.000	0.000	6	A	1		0.000		
8:0....g	0.000	0.000	6	A	1		0.000		
10:0....g	0.006	0.001	6	A	1		0.005		
12:0....g	0.021	0.005	6	A	1		0.018		
13:0....g									
14:0....g	0.061	0.006	6	A	1		0.052		
15:0....g	0.011	0.001	6	A	1		0.009		
16:0....g	1.178	0.040	6	A	1		1.001		
17:0....g	0.017	0.002	6	A	1		0.015		
18:0....g	0.505	0.015	6	A	1		0.429		
20:0....g	0.006	0.000	6	A	1		0.005		
22:0....g	0.003	0.001	6	A	1		0.002		
24:0....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total monounsaturated....g	2.061		0	NC	4		1.752		
14:1....g	0.008	0.001	6	A	1		0.007		
15:1....g	0.000	0.000	6	A	1		0.000		
16:1 undifferentiated....g	0.187	0.019	6	AS	1		0.159		
16:1 c....g	0.182	0.018	6	A	1		0.155		
16:1 t....g	0.004	0.000	6	A	1		0.004		
17:1....g	0.008	0.001	6	A	1		0.007		
18:1 undifferentiated....g	1.832	0.051	6	AS	1		1.557		
18:1 c....g	1.771	0.047	6	A	1		1.505		
18:1 t....g	0.061	0.008	6	A	1		0.052		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026	0.001	6	A	1		0.022		
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000		
22:1 c....g	0.000	0.000	6	A	1		0.000		
22:1 t....g	0.000	0.000	6	A	1		0.000		
24:1 c....g	0.000	0.000	6	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.662		0	NC	4		1.413		
18:2 undifferentiated....g	1.436	0.080	6	AS	1		1.220		
18:2 n-6 c,c....g	1.411	0.079	6	A	1		1.199		
18:2 CLAs....g	0.010	0.002	6	A	1		0.008		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.001	6	A	1		0.012		
18:3 undifferentiated....g	0.075	0.007	6	AS	1		0.064		
18:3 n-3 c,c,c (ALA)....g	0.072	0.007	6	A	1		0.061		
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.002		
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000		
20:2 n-6 c,c....g	0.012	0.001	6	A	1		0.010		
20:3 undifferentiated....g	0.009	0.000	6	AS	1		0.008		
20:3 n-3....g	0.000	0.000	6	A	1		0.000		
20:3 n-6....g	0.009	0.000	6	A	1		0.008		
20:4 undifferentiated....g	0.087	0.002	6	A	1		0.074		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.002	6	A	1		0.010		
21:5....g									
22:4....g	0.017	0.001	6	A	1		0.014		
22:5 n-3 (DPA)....g	0.008	0.000	6	A	1		0.007		
22:6 n-3 (DHA)....g	0.005	0.001	6	A	1		0.004		
Fatty acids, total trans....g	0.080		0	NC	4		0.068		
Fatty acids, total trans-monoenoic....g	0.065		0	NC	4		0.055		
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.012		
Cholesterol....mg	128	12.093	4	A	1		109		
Phytosterols....mg									
Amino Acids:									

NDB No. 05188

Turkey, from whole, dark meat, 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
Tryptophan....g	0.295		0	A	1		0.251		
Threonine....g	1.007		0	A	1		0.856		
Isoleucine....g	0.794		0	A	1		0.675		
Leucine....g	1.921		0	A	1		1.633		
Lysine....g	2.287		0	A	1		1.944		
Methionine....g	0.725		0	A	1		0.616		
Cystine....g	0.262		0	A	1		0.222		
Phenylalanine....g	0.893		0	A	1		0.759		
Tyrosine....g	0.823		0	A	1		0.700		
Valine....g	0.886		0	A	1		0.753		
Arginine....g	1.569		0	A	1		1.334		
Histidine....g	0.751		0	A	1		0.639		
Alanine....g	1.498		0	A	1		1.273		
Aspartic acid....g	2.216		0	A	1		1.884		
Glutamic acid....g	3.758		0	A	1		3.195		
Glycine....g	1.182		0	A	1		1.005		
Proline....g	1.497		0	A	1		1.273		
Serine....g	1.098		0	A	1		0.933		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05200
Turkey, fryer-roasters, 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	65.76	0.262	6		1		55.90	531.34	150.59
Energy kcal	172		0	NC	4		146	1390	394
Energy kJ	720		0		4		612	5815	1648
Protein (N x 6.25) g	28.26	0.329	6		1		24.02	228.34	64.72
Total lipid (fat) g	5.72	0.302	6		1		4.86	46.22	13.10
Ash g	0.99	0.013	6		1		0.84	8.00	2.27
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	22	1.163	6		1		19	178	50
Iron, Fe mg	1.95	0.175	6		1		1.66	15.76	4.47
Magnesium, Mg mg	25	0.147	6		1		21	202	57
Phosphorus, P mg	198	3.208	6		1		168	1600	453
Potassium, K mg	250	1.760	6		1		213	2020	573
Sodium, Na mg	66	2.561	6		1		56	533	151
Zinc, Zn mg	2.89		2		1		2.46	23.35	6.62
Copper, Cu mg	0.146		2		1		0.124	1.180	0.334
Manganese, Mn mg	0.024		2		1		0.020	0.194	0.055
Selenium, Se µg	33.8		0	BFYN	4		28.7	273.1	77.4
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.043	0.003	6		1		0.037	0.347	0.098
Riboflavin mg	0.183	0.010	6		1		0.156	1.479	0.419
Niacin mg	4.922	0.096	6		1		4.184	39.770	11.271
Pantothenic acid mg	0.903		0		1		0.768	7.296	2.068
Vitamin B-6 mg	0.420		0		1		0.357	3.394	0.962
Folate, total µg	7		0		1		6	57	16
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		1		6	57	16
Folate, DFE µg	7		0	NC	4		6	57	16
Choline, total mg	69.7		0	BFNN	4		59.2	563.1	159.6
Betaine mg	5.9		0	BFNN	4		5.0	47.7	13.5
Vitamin B-12 µg	0.37		0		1		0.31	2.99	0.85
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	NC	4		0	0	0
Retinol µg	0		0	NR	4		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		2		1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.35		0	NR	4		0.30	2.86	0.81
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	BFFN	4		0.0	0.1	0.0
Vitamin D IU	1		0	BFFN	4		1	5	2
Vitamin K (phylloquinone) µg	0.8		0	BFSN	4		0.7	6.3	1.8
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

NDB No. 05200

Turkey, fryer-roasters, 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
Lipids:									
Fatty acids, total saturated....g	1.650		0		1		1.403	13.332	3.779
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		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		0.009	0.081	0.023
13:0....g									
14:0....g	0.040		0		1		0.034	0.323	0.092
15:0....g									
16:0....g	1.040		0		1		0.884	8.403	2.382
17:0....g									
18:0....g	0.400		0		1		0.340	3.232	0.916
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.960		0		1		1.666	15.837	4.488
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.330		0		1		0.281	2.666	0.756
17:1....g									
18:1 undifferentiated....g	1.590		0		1		1.352	12.847	3.641
20:1....g	0.010		0		1		0.009	0.081	0.023
22:1 undifferentiated....g	0.010		0		1		0.009	0.081	0.023
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.450		0		1		1.233	11.716	3.321
18:2 undifferentiated....g	1.230		0		1		1.046	9.938	2.817
18:3 undifferentiated....g	0.070		0		1		0.060	0.566	0.160
18:4....g	0.000		0	Z	7		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		0.085	0.808	0.229
20:5 n-3 (EPA)....g	0.000		0		1		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.010		0		1		0.009	0.081	0.023
22:6 n-3 (DHA)....g	0.020		0		1		0.017	0.162	0.046
Fatty acids, total trans....g									
Cholesterol....mg	105	5.847	6		1		89	848	240
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.311		0		1		0.264	2.513	0.712
Threonine....g	1.230		0		1		1.046	9.938	2.817
Isoleucine....g	1.408		0		1		1.197	11.377	3.224
Leucine....g	2.186		0		1		1.858	17.663	5.006
Lysine....g	2.555		0		1		2.172	20.644	5.851
Methionine....g	0.790		0		1		0.672	6.383	1.809
Cystine....g	0.313		0		1		0.266	2.529	0.717
Phenylalanine....g	1.103		0		1		0.938	8.912	2.526
Tyrosine....g	1.064		0		1		0.904	8.597	2.437
Valine....g	1.467		0		1		1.247	11.853	3.359
Arginine....g	1.995		0		1		1.696	16.120	4.569
Histidine....g	0.844		0		1		0.717	6.820	1.933
Alanine....g	1.810		0		1		1.539	14.625	4.145
Aspartic acid....g	2.721		0		1		2.313	21.986	6.231
Glutamic acid....g	4.491		0		1		3.817	36.287	10.284
Glycine....g	1.746		0		1		1.484	14.108	3.998
Proline....g	1.337		0		1		1.136	10.803	3.062
Serine....g	1.245		0		1		1.058	10.060	2.851
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine....mg	0		0	Z	7		0	0	0

NDB No. 05200
Turkey, fryer-roasters, 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
Theobromine.....mg	0		0	Z	7		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 808g: .5 turkey, bone removed

Measure 3 = 229g: 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 27 (2014)

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	69.22	0.879	4	A	1		31.15		
Energy kcal	155		0	NC	4		70		
Energy kJ	648		0	NC	4		292		
Protein (N x 6.25) g	26.45	0.302	4	A	1		11.90		
Total lipid (fat) g	4.64	0.555	4	A	1		2.09		
Ash g	0.86	0.023	4	A	1		0.39		
Carbohydrate, by difference g	0.00		0	NC	4		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	0.311	4	A	1		8		
Iron, Fe mg	3.68	0.097	4	A	1		1.66		
Magnesium, Mg mg	21	0.388	4	A	1		10		
Phosphorus, P mg	187	4.115	4	A	1		84		
Potassium, K mg	193	5.066	4	A	1		87		
Sodium, Na mg	127	5.251	4	A	1		57		
Zinc, Zn mg	3.92	0.012	4	A	1		1.76		
Copper, Cu mg	0.274	0.022	4	A	1		0.123		
Manganese, Mn mg	0.098	0.007	4	A	1		0.044		
Selenium, Se µg	44.1		2	A	1		19.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.3		1	A	1		2.8		
Thiamin mg	0.057	0.008	3	A	1		0.026		
Riboflavin mg	0.357	0.007	3	A	1		0.160		
Niacin mg	6.450	0.190	3	A	1		2.902		
Pantothenic acid mg	0.525		1	A	1		0.236		
Vitamin B-6 mg	0.175	0.005	3	A	1		0.079		
Folate, total µg	13		1	A	1		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	13		1	A	1		6		
Folate, DFE µg	13		0	NC	4		6		
Choline, total mg	82.2		0	AS	1		37.0		
Betaine mg	1.8		1	A	1		0.8		
Vitamin B-12 µg	3.91		2	A	1		1.76		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	11		0	AS	1		5		
Retinol µg	11		1	A	1		5		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	37		0	AS	1		16		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.11		1	A	1		0.05		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.07		1	A	1		0.03		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.00		1	A	1		0.00		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.02		1	A	1		0.01		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0		

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.059		0	NC	4		0.477		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.008		2	A	1		0.003		
12:0....g	0.020		2	A	1		0.009		
13:0....g									
14:0....g	0.033		2	A	1		0.015		
15:0....g	0.006		2	A	1		0.003		
16:0....g	0.657		2	A	1		0.296		
17:0....g	0.010		2	A	1		0.004		
18:0....g	0.317		2	A	1		0.143		
20:0....g	0.004		2	A	1		0.002		
22:0....g	0.003		2	A	1		0.001		
24:0....g	0.001		2	A	1		0.000		
Fatty acids, total monounsaturated....g	1.598		0	NC	4		0.719		
14:1....g	0.002		2	A	1		0.001		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.056		0	AS	1		0.025		
16:1 c....g	0.055		2	A	1		0.025		
16:1 t....g	0.002		2	A	1		0.001		
17:1....g	0.002		2	A	1		0.001		
18:1 undifferentiated....g	0.734		0	AS	1		0.330		
18:1 c....g	0.713		2	A	1		0.321		
18:1 t....g	0.021		2	A	1		0.009		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		2	A	1		0.005		
22:1 undifferentiated....g	0.003		0	AS	1		0.001		
22:1 c....g	0.003		2	A	1		0.001		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.359		0	NC	4		0.611		
18:2 undifferentiated....g	0.559		0	AS	1		0.251		
18:2 n-6 c,c....g	0.555		2	A	1		0.250		
18:2 CLAs....g	0.000		2	A	1		0.000		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		2	A	1		0.002		
18:3 undifferentiated....g	0.023		0	AS	1		0.011		
18:3 n-3 c,c,c (ALA)....g	0.023		2	A	1		0.011		
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000		
18:3i....g									
18:4....g	0.000		2	A	1		0.000		
20:2 n-6 c,c....g	0.011		2	A	1		0.005		
20:3 undifferentiated....g	0.007		0	AS	1		0.003		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.007		2	A	1		0.003		
20:4 undifferentiated....g	0.115		2	A	1		0.052		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		2	A	1		0.002		
21:5....g									
22:4....g	0.032		2	A	1		0.014		
22:5 n-3 (DPA)....g	0.011		2	A	1		0.005		
22:6 n-3 (DHA)....g	0.008		2	A	1		0.004		
Fatty acids, total trans....g	0.026		0	NC	4		0.012		
Fatty acids, total trans-monoenoic....g	0.022		0	NC	4		0.010		
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.002		
Cholesterol....mg	452	16.853	4	A	1		203		
Phytosterols....mg									
Amino Acids:									

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
Tryptophan g	0.237		0	A	1		0.106		
Threonine g	0.785		0	A	1		0.353		
Isoleucine g	0.617		0	A	1		0.278		
Leucine g	1.558		0	A	1		0.701		
Lysine g	1.639		0	A	1		0.737		
Methionine g	0.548		0	A	1		0.247		
Cystine g	0.252		0	A	1		0.114		
Phenylalanine g	0.799		0	A	1		0.360		
Tyrosine g	0.687		0	A	1		0.309		
Valine g	0.764		0	A	1		0.344		
Arginine g	1.269		0	A	1		0.571		
Histidine g	0.474		0	A	1		0.213		
Alanine g	1.195		0	A	1		0.538		
Aspartic acid g	1.690		0	A	1		0.761		
Glutamic acid g	2.834		0	A	1		1.275		
Glycine g	1.173		0	A	1		0.528		
Proline g	1.317		0	A	1		0.593		
Serine g	0.931		0	A	1		0.419		
Hydroxyproline g									
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		

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

Common Measures:

Measure 1 = 45g: 1 gizzard 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 27 (2014)

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	77.47	0.296	4	A	1		48.81		
Energy kcal	111		0	NC	4		70		
Energy kJ	463		0	NC	4		292		
Protein (N x 6.25) g	18.80	0.184	5	A	1		11.85		
Total lipid (fat) g	3.37	0.453	4	A	1		2.12		
Ash g	0.93	0.033	4	A	1		0.59		
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	16	0.509	4	A	1		10		
Iron, Fe mg	2.78	0.231	4	A	1		1.75		
Magnesium, Mg mg	19	0.516	4	A	1		12		
Phosphorus, P mg	164	1.992	4	A	1		103		
Potassium, K mg	185	3.843	4	A	1		117		
Sodium, Na mg	147	9.749	4	A	1		93		
Zinc, Zn mg	3.03	0.094	4	A	1		1.91		
Copper, Cu mg	0.220	0.033	4	A	1		0.139		
Manganese, Mn mg	0.085	0.006	4	A	1		0.054		
Selenium, Se µg	28.8		2	A	1		18.1		
Vitamins:									
Vitamin C, total ascorbic acid mg	6.2		1	A	1		3.9		
Thiamin mg	0.061	0.004	3	A	1		0.038		
Riboflavin mg	0.327	0.013	3	A	1		0.206		
Niacin mg	6.233	0.084	3	A	1		3.927		
Pantothenic acid mg	0.914		1	A	1		0.576		
Vitamin B-6 mg	0.198	0.013	3	A	1		0.125		
Folate, total µg	6		1	A	1		4		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	6		1	A	1		4		
Folate, DFE µg	6		0	NC	4		4		
Choline, total mg	89.7		0	AS	1		56.5		
Betaine mg	1.9		1	A	1		1.2		
Vitamin B-12 µg	3.61		2	A	1		2.27		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	46		0	AS	1		29		
Retinol µg	46		1	A	1		29		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	154		0	AS	1		97		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.22		1	A	1		0.14		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.15		1	A	1		0.09		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.02		1	A	1		0.01		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.5		1	AS	1		0.3		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.5		1	A	1		0.3		
Vitamin D IU	19		1	A	1		12		
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0		
Dihydrophylloquinone µg									

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
Menaquinone-4 µg									
Lipids:									
Fatty acids, total saturated g	0.929		0	NC	4		0.585		
4:0 g	0.000		2	A	1		0.000		
6:0 g	0.000		2	A	1		0.000		
8:0 g	0.000		2	A	1		0.000		
10:0 g	0.004		2	A	1		0.003		
12:0 g	0.006		2	A	1		0.003		
13:0 g									
14:0 g	0.021		2	A	1		0.013		
15:0 g	0.004		2	A	1		0.002		
16:0 g	0.579		2	A	1		0.365		
17:0 g	0.008		2	A	1		0.005		
18:0 g	0.284		2	A	1		0.179		
20:0 g	0.005		2	A	1		0.003		
22:0 g	0.009		2	A	1		0.006		
24:0 g	0.008		2	A	1		0.005		
Fatty acids, total monounsaturated g	0.795		0	NC	4		0.501		
14:1 g	0.003		2	A	1		0.002		
15:1 g	0.000		2	A	1		0.000		
16:1 undifferentiated g	0.058		0	AS	1		0.037		
16:1 c g	0.057		2	A	1		0.036		
16:1 t g	0.001		2	A	1		0.001		
17:1 g	0.003		2	A	1		0.002		
18:1 undifferentiated g	0.720		0	AS	1		0.454		
18:1 c g	0.697		2	A	1		0.439		
18:1 t g	0.023		2	A	1		0.015		
18:1-11 t (18:1t n-7) g									
20:1 g	0.011		2	A	1		0.007		
22:1 undifferentiated g	0.001		0	AS	1		0.001		
22:1 c g	0.001		2	A	1		0.001		
22:1 t g	0.000		2	A	1		0.000		
24:1 c g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated g	0.708		0	NC	4		0.446		
18:2 undifferentiated g	0.530		0	AS	1		0.334		
18:2 n-6 c,c g	0.523		2	A	1		0.329		
18:2 CLAs g	0.001		2	A	1		0.000		
18:2 t,t g									
18:2 i g									
18:2 t not further defined g	0.006		2	A	1		0.004		
18:3 undifferentiated g	0.023		0	AS	1		0.014		
18:3 n-3 c,c,c (ALA) g	0.023		2	A	1		0.014		
18:3 n-6 c,c,c g	0.001		2	A	1		0.000		
18:3i g									
18:4 g	0.000		2	A	1		0.000		
20:2 n-6 c,c g	0.008		2	A	1		0.005		
20:3 undifferentiated g	0.007		0	AS	1		0.004		
20:3 n-3 g	0.000		2	A	1		0.000		
20:3 n-6 g	0.007		2	A	1		0.004		
20:4 undifferentiated g	0.096		2	A	1		0.061		
20:4 n-6 g									
20:5 n-3 (EPA) g	0.000		2	A	1		0.000		
21:5 g									
22:4 g	0.028		2	A	1		0.018		
22:5 n-3 (DPA) g	0.009		2	A	1		0.006		
22:6 n-3 (DHA) g	0.007		2	A	1		0.004		
Fatty acids, total trans g	0.031		0	NC	4		0.019		
Fatty acids, total trans-monoenoic g	0.024		0	NC	4		0.015		
Fatty acids, total trans-polyenoic g	0.006		0	NC	4		0.004		
Cholesterol mg	271	13.806	4	A	1		171		
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.208		0	A	1		0.131		

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
Threonine g	0.692		0	A	1		0.436		
Isoleucine g	0.544		0	A	1		0.343		
Leucine g	1.373		0	A	1		0.865		
Lysine g	1.444		0	A	1		0.910		
Methionine g	0.483		0	A	1		0.304		
Cystine g	0.222		0	A	1		0.140		
Phenylalanine g	0.704		0	A	1		0.444		
Tyrosine g	0.605		0	A	1		0.381		
Valine g	0.674		0	A	1		0.424		
Arginine g	1.118		0	A	1		0.704		
Histidine g	0.418		0	A	1		0.263		
Alanine g	1.053		0	A	1		0.663		
Aspartic acid g	1.489		0	A	1		0.938		
Glutamic acid g	2.497		0	A	1		1.573		
Glycine g	1.034		0	A	1		0.651		
Proline g	1.161		0	A	1		0.731		
Serine g	0.821		0	A	1		0.517		
Hydroxyproline g	0.580		1	A	1		0.365		
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		

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

Common Measures:

Measure 1 = 63g: 1 raw 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 27 (2014)

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	67.15	0.544	4	A	1		13.43		
Energy kcal	174		0	NC	4		35		
Energy kJ	728		0	NC	4		146		
Protein (N x 6.25) g	24.88	0.110	4	A	1		4.98		
Total lipid (fat) g	7.52	0.619	4	A	1		1.50		
Ash g	1.21	0.058	4	A	1		0.24		
Carbohydrate, by difference g	0.00		0	NC	4		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	21	0.527	4	A	1		4		
Iron, Fe mg	6.96	0.350	4	A	1		1.39		
Magnesium, Mg mg	28	0.142	4	A	1		6		
Phosphorus, P mg	241	14.732	4	A	1		48		
Potassium, K mg	203	4.541	4	A	1		41		
Sodium, Na mg	140	6.979	4	A	1		28		
Zinc, Zn mg	4.60	0.016	4	A	1		0.92		
Copper, Cu mg	0.825	0.028	4	A	1		0.165		
Manganese, Mn mg	0.121	0.008	4	A	1		0.024		
Selenium, Se µg	56.8		2	A	1		11.4		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.236		1	A	1		0.047		
Riboflavin mg	1.540		1	A	1		0.308		
Niacin mg	7.760		1	A	1		1.552		
Pantothenic acid mg									
Vitamin B-6 mg	0.608		1	A	1		0.122		
Folate, total µg	8		1	A	1		2		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		1	A	1		2		
Folate, DFE µg	8		0	NC	4		2		
Choline, total mg	172.5		0	AS	1		34.5		
Betaine mg	3.1		1	A	1		0.6		
Vitamin B-12 µg	13.90		2	A	1		2.78		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	16		0	AS	1		3		
Retinol µg	16		1	A	1		3		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	54		0	AS	1		11		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.13		1	A	1		0.03		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.16		1	A	1		0.03		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.00		1	A	1		0.00		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.08		1	A	1		0.02		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	Z	7		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	Z	7		0.0		
Vitamin D IU	0		0	Z	7		0		
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0		

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.898		0	NC	4		0.380		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.004		2	A	1		0.001		
12:0....g	0.054		2	A	1		0.011		
13:0....g									
14:0....g	0.064		2	A	1		0.013		
15:0....g	0.009		2	A	1		0.002		
16:0....g	1.117		2	A	1		0.223		
17:0....g	0.016		2	A	1		0.003		
18:0....g	0.625		2	A	1		0.125		
20:0....g	0.007		2	A	1		0.001		
22:0....g	0.003		2	A	1		0.001		
24:0....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated....g	1.668		0	NC	4		0.334		
14:1....g	0.005		2	A	1		0.001		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.112		0	AS	1		0.022		
16:1 c....g	0.109		2	A	1		0.022		
16:1 t....g	0.003		2	A	1		0.001		
17:1....g	0.011		2	A	1		0.002		
18:1 undifferentiated....g	1.519		0	AS	1		0.304		
18:1 c....g	1.476		2	A	1		0.295		
18:1 t....g	0.043		2	A	1		0.009		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.021		2	A	1		0.004		
22:1 undifferentiated....g	0.000		0	AS	1		0.000		
22:1 c....g	0.000		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.832		0	NC	4		0.366		
18:2 undifferentiated....g	1.412		0	AS	1		0.282		
18:2 n-6 c,c....g	1.390		2	A	1		0.278		
18:2 CLAs....g	0.007		2	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.016		2	A	1		0.003		
18:3 undifferentiated....g	0.050		0	AS	1		0.010		
18:3 n-3 c,c,c (ALA)....g	0.049		2	A	1		0.010		
18:3 n-6 c,c,c....g	0.001		2	A	1		0.000		
18:3i....g									
18:4....g	0.009		2	A	1		0.002		
20:2 n-6 c,c....g	0.009		2	A	1		0.002		
20:3 undifferentiated....g	0.008		0	AS	1		0.002		
20:3 n-3....g	0.000		2	A	1		0.000		
20:3 n-6....g	0.008		2	A	1		0.002		
20:4 undifferentiated....g	0.305		2	A	1		0.061		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.009		2	A	1		0.002		
21:5....g									
22:4....g	0.016		2	A	1		0.003		
22:5 n-3 (DPA)....g	0.007		2	A	1		0.001		
22:6 n-3 (DHA)....g	0.005		2	A	1		0.001		
Fatty acids, total trans....g	0.061		0	NC	4		0.012		
Fatty acids, total trans-monoenoic....g	0.046		0	NC	4		0.009		
Fatty acids, total trans-polyenoic....g	0.016		0	NC	4		0.003		
Cholesterol....mg	359	24.145	5	A	1		72		
Phytosterols....mg									
Amino Acids:									

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
Tryptophan....g	0.271		0	A	1		0.054		
Threonine....g	0.899		0	A	1		0.180		
Isoleucine....g	0.707		0	A	1		0.141		
Leucine....g	1.785		0	A	1		0.357		
Lysine....g	1.877		0	A	1		0.375		
Methionine....g	0.628		0	A	1		0.126		
Cystine....g	0.289		0	A	1		0.058		
Phenylalanine....g	0.916		0	A	1		0.183		
Tyrosine....g	0.787		0	A	1		0.157		
Valine....g	0.876		0	A	1		0.175		
Arginine....g	1.454		0	A	1		0.291		
Histidine....g	0.543		0	A	1		0.109		
Alanine....g	1.369		0	A	1		0.274		
Aspartic acid....g	1.936		0	A	1		0.387		
Glutamic acid....g	3.246		0	A	1		0.649		
Glycine....g	1.344		0	A	1		0.269		
Proline....g	1.509		0	A	1		0.302		
Serine....g	1.067		0	A	1		0.213		
Hydroxyproline....g									
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		

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

Common Measures:

Measure 1 = 20g: 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 27 (2014)

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	74.47	1.322	4	A	1		17.87		
Energy kcal	140		0	NC	4		34		
Energy kJ	586		0	NC	4		141		
Protein (N x 6.25) g	16.70	0.324	5	A	1		4.01		
Total lipid (fat) g	7.44	1.398	4	A	1		1.79		
Ash g	0.99	0.033	4	A	1		0.24		
Carbohydrate, by difference g	0.40		0	NC	4		0.10		
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	18	0.521	4	A	1		4		
Iron, Fe mg	3.70	0.634	4	A	1		0.89		
Magnesium, Mg mg	21	0.903	4	A	1		5		
Phosphorus, P mg	183	3.332	4	A	1		44		
Potassium, K mg	179	5.793	4	A	1		43		
Sodium, Na mg	129	5.339	4	A	1		31		
Zinc, Zn mg	3.21	0.240	4	A	1		0.77		
Copper, Cu mg	0.488	0.034	4	A	1		0.117		
Manganese, Mn mg	0.102	0.003	4	A	1		0.024		
Selenium, Se µg	35.4		2	A	1		8.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	3.0		1	A	1		0.7		
Thiamin mg	0.165		2	A	1		0.040		
Riboflavin mg	1.130		2	A	1		0.271		
Niacin mg	6.440		2	A	1		1.546		
Pantothenic acid mg	3.120		1	A	1		0.749		
Vitamin B-6 mg	0.479		2	A	1		0.115		
Folate, total µg									
Folic acid µg	0		0	Z	7		0		
Folate, food µg									
Folate, DFE µg									
Choline, total mg	126.8		0	AS	1		30.4		
Betaine mg	3.3		1	A	1		0.8		
Vitamin B-12 µg	13.30		2	A	1		3.19		
Vitamin A, RAE µg	82		0	AS	1		20		
Retinol µg	80		1	A	1		19		
Carotene, beta µg	23		1	A	1		5		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	305		0	AS	1		73		
Lycopene µg	21		1	A	1		5		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.31		1	A	1		0.07		
Tocopherol, beta mg	0.02		1	A	1		0.00		
Tocopherol, gamma mg	0.27		1	A	1		0.07		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.00		1	A	1		0.00		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.00		1	A	1		0.00		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg	0.4		1	AS	1		0.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		1	A	1		0.1		
Vitamin D IU	17		1	A	1		4		
Vitamin K (phylloquinone) µg	0.0		2	A	1		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	1.923		0	NC	4		0.461		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.004		2	A	1		0.001		
12:0....g	0.024		2	A	1		0.006		
13:0....g									
14:0....g	0.060		2	A	1		0.015		
15:0....g	0.010		2	A	1		0.002		
16:0....g	1.197		2	A	1		0.287		
17:0....g	0.018		2	A	1		0.004		
18:0....g	0.580		2	A	1		0.139		
20:0....g	0.011		2	A	1		0.003		
22:0....g	0.012		2	A	1		0.003		
24:0....g	0.007		2	A	1		0.002		
Fatty acids, total monounsaturated....g	2.045		0	NC	4		0.491		
14:1....g	0.007		2	A	1		0.002		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	0.142		0	AS	1		0.034		
16:1 c....g	0.137		2	A	1		0.033		
16:1 t....g	0.005		2	A	1		0.001		
17:1....g	0.008		2	A	1		0.002		
18:1 undifferentiated....g	1.853		0	AS	1		0.445		
18:1 c....g	1.797		2	A	1		0.431		
18:1 t....g	0.056		2	A	1		0.013		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.029		2	A	1		0.007		
22:1 undifferentiated....g	0.002		0	AS	1		0.000		
22:1 c....g	0.002		2	A	1		0.000		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.004		2	A	1		0.001		
Fatty acids, total polyunsaturated....g	2.153		0	NC	4		0.517		
18:2 undifferentiated....g	1.792		0	AS	1		0.430		
18:2 n-6 c,c....g	1.762		2	A	1		0.423		
18:2 CLAs....g	0.007		2	A	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.023		2	A	1		0.006		
18:3 undifferentiated....g	0.097		0	AS	1		0.023		
18:3 n-3 c,c,c (ALA)....g	0.093		2	A	1		0.022		
18:3 n-6 c,c,c....g	0.004		2	A	1		0.001		
18:3i....g									
18:4....g	0.001		2	A	1		0.000		
20:2 n-6 c,c....g	0.015		2	A	1		0.004		
20:3 undifferentiated....g	0.010		0	AS	1		0.003		
20:3 n-3....g	0.001		2	A	1		0.000		
20:3 n-6....g	0.009		2	A	1		0.002		
20:4 undifferentiated....g	0.205		2	A	1		0.049		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	A	1		0.000		
21:5....g									
22:4....g	0.016		2	A	1		0.004		
22:5 n-3 (DPA)....g	0.008		2	A	1		0.002		
22:6 n-3 (DHA)....g	0.006		2	A	1		0.002		
Fatty acids, total trans....g	0.084		0	NC	4		0.020		
Fatty acids, total trans-monoenoic....g	0.061		0	NC	4		0.015		
Fatty acids, total trans-polyenoic....g	0.023		0	NC	4		0.006		
Cholesterol....mg	225	8.742	4	A	1		54		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.182		0	A	1		0.044		
Threonine....g	0.604		0	A	1		0.145		

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
Isoleucine....g	0.475		0	A	1		0.114		
Leucine....g	1.198		0	A	1		0.288		
Lysine....g	1.260		0	A	1		0.302		
Methionine....g	0.421		0	A	1		0.101		
Cystine....g	0.194		0	A	1		0.047		
Phenylalanine....g	0.615		0	A	1		0.148		
Tyrosine....g	0.528		0	A	1		0.127		
Valine....g	0.588		0	A	1		0.141		
Arginine....g	0.976		0	A	1		0.234		
Histidine....g	0.365		0	A	1		0.087		
Alanine....g	0.919		0	A	1		0.221		
Aspartic acid....g	1.300		0	A	1		0.312		
Glutamic acid....g	2.179		0	A	1		0.523		
Glycine....g	0.902		0	A	1		0.216		
Proline....g	1.013		0	A	1		0.243		
Serine....g	0.716		0	A	1		0.172		
Hydroxyproline....g	0.090		1	A	1		0.022		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 piece

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43391

Turkey, light or dark meat, smoked, cooked, skin and 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		0		4		18.17	27.26	
Energy kcal	170		0		4		48	71	
Energy kJ	711		0		4		199	299	
Protein g	29.30		0		4		8.20	12.31	
Total lipid (fat) g	5.00		0		4		1.40	2.10	
Ash g	0.80		0	NC	4		0.22	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	25		0		4		7	11	
Iron, Fe mg	1.78		0		4		0.50	0.75	
Magnesium, Mg mg	26		0		4		7	11	
Phosphorus, P mg	213		0		4		60	89	
Potassium, K mg	298		0		4		83	125	
Sodium, Na mg	996		0		4		279	418	
Zinc, Zn mg	3.10		0		4		0.87	1.30	
Copper, Cu mg	0.094		0		4		0.026	0.039	
Manganese, Mn mg									
Selenium, Se µg	43.0		0	BFNN	4		12.0	18.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		0		4		0.017	0.025	
Riboflavin mg	0.180		0		4		0.050	0.076	
Niacin mg	5.440		0		4		1.523	2.285	
Pantothenic acid mg									
Vitamin B-6 mg	0.460		0		4		0.129	0.193	
Folate, total µg	7		0		4		2	3	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0		4		2	3	
Folate, DFE µg	7		0	NC	4		2	3	
Choline, total mg	82.3		0	BFNN	4		23.1	34.6	
Betaine mg	6.0		0	BFNN	4		1.7	2.5	
Vitamin B-12 µg	0.37		0		4		0.10	0.16	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	NC	4		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0		4		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.33		0	NR	4		0.09	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D IU	3		0	BFFN	4		1	1	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 43391

Turkey, light or dark meat, smoked, cooked, skin and 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
Lipids:									
Fatty acids, total saturated....g	1.650		0		4		0.462	0.693	
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		4		0.006	0.008	
13:0....g									
14:0....g	0.030		0		4		0.008	0.013	
15:0....g									
16:0....g	0.825		0		4		0.231	0.347	
17:0....g									
18:0....g	0.493		0		4		0.138	0.207	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.036		0		4		0.290	0.435	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.151		0		4		0.042	0.063	
17:1....g									
18:1 undifferentiated....g	0.855		0		4		0.239	0.359	
20:1....g	0.020		0		4		0.006	0.008	
22:1 undifferentiated....g	0.020		0		4		0.006	0.008	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.439		0		4		0.403	0.604	
18:2 undifferentiated....g	1.087		0		4		0.304	0.457	
18:3 undifferentiated....g	0.040		0		4		0.011	0.017	
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	0.211		0		4		0.059	0.089	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		4		0.008	0.013	
22:6 n-3 (DHA)....g	0.040		0		4		0.011	0.017	
Fatty acids, total trans....g									
Cholesterol....mg	76		0		4		21	32	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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		0		4		52.45	17.28	25.91
Energy kcal	208		0		4		177	58	87
Energy kJ	870		0		4		740	244	366
Protein g	28.10		0		4		23.89	7.87	11.80
Total lipid (fat) g	9.70		0		4		8.25	2.72	4.07
Ash g	0.50		0	NC	4		0.42	0.14	0.21
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		4		22	7	11
Iron, Fe mg	1.79		0		4		1.52	0.50	0.75
Magnesium, Mg mg	25		0		4		21	7	11
Phosphorus, P mg	203		0		4		173	57	85
Potassium, K mg	280		0		4		238	78	118
Sodium, Na mg	996		0		4		847	279	418
Zinc, Zn mg	2.96		0		4		2.52	0.83	1.24
Copper, Cu mg	0.093		0		4		0.079	0.026	0.039
Manganese, Mn mg									
Selenium, Se µg	30.3		0	BFNN	4		25.8	8.5	12.7
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin mg	0.060		0		4		0.051	0.017	0.025
Riboflavin mg	0.180		0		4		0.153	0.050	0.076
Niacin mg	5.090		0		4		4.327	1.425	2.138
Pantothenic acid mg									
Vitamin B-6 mg	0.410		0		4		0.349	0.115	0.172
Folate, total µg	7		0		4		6	2	3
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	7		0		4		6	2	3
Folate, DFE µg	7		0	NC	4		6	2	3
Choline, total mg	69.9		0	BFNN	4		59.4	19.6	29.4
Betaine mg	5.9		0	BFNN	4		5.0	1.7	2.5
Vitamin B-12 µg	0.35		0		4		0.30	0.10	0.15
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, RAE µg	0		0	AS	1		0	0	0
Retinol µg	0		0	NR	4		0	0	0
Carotene, beta µg	0		0	Z	7		0	0	0
Carotene, alpha µg	0		0	Z	7		0	0	0
Cryptoxanthin, beta µg	0		0	Z	7		0	0	0
Vitamin A, IU IU	0		0	AS	1		0	0	0
Lycopene µg	0		0	Z	7		0	0	0
Lutein + zeaxanthin µg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol) mg	0.34		0	NR	4		0.29	0.09	0.14
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.0		0	BFFN	4		0.0	0.0	0.0
Vitamin D IU	1		0	BFFN	4		1	0	0
Vitamin K (phylloquinone) µg	0.0		0	BFZN	4		0.0	0.0	0.0
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	0.0
Menaquinone-4 µg									

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
Lipids:									
Fatty acids, total saturated....g	2.831		0		4		2.406	0.793	1.189
4:0....g	0.000		0	Z	7		0.000	0.000	0.000
6:0....g	0.000		0	Z	7		0.000	0.000	0.000
8:0....g	0.000		0	Z	7		0.000	0.000	0.000
10:0....g	0.000		0		4		0.000	0.000	0.000
12:0....g	0.010		0		4		0.009	0.003	0.004
13:0....g									
14:0....g	0.070		0		4		0.060	0.020	0.029
15:0....g									
16:0....g	1.725		0		4		1.466	0.483	0.725
17:0....g									
18:0....g	0.698		0		4		0.593	0.195	0.293
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	3.180		0		4		2.703	0.890	1.336
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.518		0		4		0.440	0.145	0.218
17:1....g									
18:1 undifferentiated....g	2.582		0		4		2.195	0.723	1.084
20:1....g	0.020		0		4		0.017	0.006	0.008
22:1 undifferentiated....g	0.010		0		4		0.009	0.003	0.004
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.473		0		4		2.102	0.692	1.039
18:2 undifferentiated....g	2.054		0		4		1.746	0.575	0.863
18:3 undifferentiated....g	0.110		0		4		0.094	0.031	0.046
18:4....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c....g									
20:3 undifferentiated....g									
20:4 undifferentiated....g	0.199		0		4		0.169	0.056	0.084
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	0.000
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.030		0		4		0.026	0.008	0.013
22:6 n-3 (DHA)....g	0.040		0		4		0.034	0.011	0.017
Fatty acids, total trans....g									
Cholesterol....mg	82		0		4		70	23	34
Phytosterols....mg									
Others:									
Alcohol, ethyl....g	0.0		0	Z	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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz, boneless

Measure 2 = 28g: 1 medium slice (approx 3" x 2" x 1/4")

Measure 3 = 42g: 1 thick slice (approx 3" x 2" x 3/8")

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

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	63.99	0.361	4	A	1		33.92		
Energy kcal	189		0	NC	4		100		
Energy kJ	791		0	NC	4		419		
Protein (N x 6.25) g	27.00	0.272	4	A	1		14.31		
Total lipid (fat) g	8.18	0.465	4	A	1		4.34		
Ash g	1.47	0.037	4	A	1		0.78		
Carbohydrate, by difference g	0.00		0	NC	4		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	19	0.962	4	A	1		10		
Iron, Fe mg	1.79	0.384	4	A	1		0.95		
Magnesium, Mg mg	26	1.000	4	A	1		14		
Phosphorus, P mg	312	8.740	4	A	1		166		
Potassium, K mg	153	17.891	4	A	1		81		
Sodium, Na mg	98	11.058	4	A	1		52		
Zinc, Zn mg	4.53	0.245	4	A	1		2.40		
Copper, Cu mg	1.046	0.027	4	A	1		0.554		
Manganese, Mn mg	0.331	0.014	4	A	1		0.176		
Selenium, Se µg	102.3	2.220	4	A	1		54.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	22.6		1	A	1		12.0		
Thiamin mg	0.256	0.019	3	A	1		0.136		
Riboflavin mg	2.687	0.078	3	A	1		1.424		
Niacin mg	11.090	0.712	3	A	1		5.878		
Pantothenic acid mg	4.350		1	A	1		2.306		
Vitamin B-6 mg	0.882	0.017	3	A	1		0.467		
Folate, total µg	691		1	A	1		366		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	691		1	A	1		366		
Folate, DFE µg	691		0	NC	4		366		
Choline, total mg	220.2		0	AS	1		116.7		
Betaine mg	2.4		1	A	1		1.3		
Vitamin B-12 µg	28.17	0.348	3	A	1		14.93		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	10751		0	AS	1		5698		
Retinol µg	10751		1	A	1		5698		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	35836		0	AS	1		18993		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.15		1	A	1		0.08		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.02		1	A	1		0.01		
Tocopherol, gamma mg	0.07		1	A	1		0.04		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.00		1	A	1		0.00		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.03		1	A	1		0.01		
Tocotrienol, delta mg	0.00		1	A	1		0.00		
Vitamin D (D2 + D3) µg									
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.304		0	NC	4		1.221		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.006	0.000	4	A	1		0.003		
12:0....g	0.006	0.001	4	A	1		0.003		
13:0....g									
14:0....g	0.019	0.001	4	A	1		0.010		
15:0....g	0.006	0.001	4	A	1		0.003		
16:0....g	1.037	0.016	4	A	1		0.549		
17:0....g	0.021	0.000	4	A	1		0.011		
18:0....g	1.198	0.021	4	A	1		0.635		
20:0....g	0.006	0.000	4	A	1		0.003		
22:0....g	0.003	0.002	4	A	1		0.002		
24:0....g	0.001	0.000	4	A	1		0.001		
Fatty acids, total monounsaturated....g	1.038		0	NC	4		0.550		
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	0.053	0.005	4	AS	1		0.028		
16:1 c....g	0.052	0.005	4	A	1		0.027		
16:1 t....g	0.001	0.001	4	A	1		0.001		
17:1....g	0.002	0.001	4	A	1		0.001		
18:1 undifferentiated....g	0.952	0.026	4	AS	1		0.505		
18:1 c....g	0.911	0.025	4	A	1		0.483		
18:1 t....g	0.041	0.002	4	A	1		0.022		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030	0.001	4	A	1		0.016		
22:1 undifferentiated....g	0.000	0.000	4	AS	1		0.000		
22:1 c....g	0.000	0.000	4	A	1		0.000		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated....g	2.167		0	NC	4		1.148		
18:2 undifferentiated....g	1.471	0.037	4	AS	1		0.779		
18:2 n-6 c,c....g	1.453	0.035	4	A	1		0.770		
18:2 CLAs....g	0.003	0.000	4	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.002	4	A	1		0.008		
18:3 undifferentiated....g	0.035	0.002	4	AS	1		0.019		
18:3 n-3 c,c,c (ALA)....g	0.033	0.002	4	A	1		0.018		
18:3 n-6 c,c,c....g	0.002	0.000	4	A	1		0.001		
18:3i....g									
18:4....g	0.012	0.007	4	A	1		0.006		
20:2 n-6 c,c....g	0.011	0.004	4	A	1		0.006		
20:3 undifferentiated....g	0.024	0.003	4	AS	1		0.013		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.024	0.002	4	A	1		0.013		
20:4 undifferentiated....g	0.489	0.021	4	A	1		0.259		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.016	0.001	4	A	1		0.009		
21:5....g									
22:4....g	0.028	0.002	4	A	1		0.015		
22:5 n-3 (DPA)....g	0.024	0.001	4	A	1		0.013		
22:6 n-3 (DHA)....g	0.053	0.003	4	A	1		0.028		
Fatty acids, total trans....g	0.058		0	NC	4		0.031		
Fatty acids, total trans-monoenoic....g	0.042		0	NC	4		0.023		
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.008		
Cholesterol....mg	648	43.960	3	A	1		344		
Phytosterols....mg									
Amino Acids:									

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
Tryptophan g	0.294		0	A	1		0.156		
Threonine g	0.976		0	A	1		0.517		
Isoleucine g	0.767		0	A	1		0.407		
Leucine g	1.937		0	A	1		1.026		
Lysine g	2.037		0	A	1		1.080		
Methionine g	0.681		0	A	1		0.361		
Cystine g	0.314		0	A	1		0.166		
Phenylalanine g	0.994		0	A	1		0.527		
Tyrosine g	0.854		0	A	1		0.453		
Valine g	0.950		0	A	1		0.504		
Arginine g	1.577		0	A	1		0.836		
Histidine g	0.589		0	A	1		0.312		
Alanine g	1.486		0	A	1		0.787		
Aspartic acid g	2.101		0	A	1		1.113		
Glutamic acid g	3.523		0	A	1		1.867		
Glycine g	1.458		0	A	1		0.773		
Proline g	1.638		0	A	1		0.868		
Serine g	1.158		0	A	1		0.613		
Hydroxyproline g									
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		

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

Common Measures:

Measure 1 = 53g: 1 liver 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 27 (2014)

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	75.54	0.547	4	A	1		58.92		
Energy kcal	128		0	NC	4		100		
Energy kJ	534		0	NC	4		417		
Protein (N x 6.25) g	18.26	0.412	5	A	1		14.24		
Total lipid (fat) g	5.50	0.441	4	A	1		4.29		
Ash g	1.32	0.055	4	A	1		1.03		
Carbohydrate, by difference g	0.00		0	NC	4		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	20	1.872	4	A	1		16		
Iron, Fe mg	8.94	1.107	4	A	1		6.97		
Magnesium, Mg mg	24	0.121	4	A	1		19		
Phosphorus, P mg	279	11.580	4	A	1		218		
Potassium, K mg	214	5.132	4	A	1		167		
Sodium, Na mg	131	11.574	4	A	1		102		
Zinc, Zn mg	3.37	0.140	4	A	1		2.63		
Copper, Cu mg	0.863	0.073	4	A	1		0.673		
Manganese, Mn mg	0.296	0.021	4	A	1		0.231		
Selenium, Se µg	68.7	3.901	4	A	1		53.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	24.5		1	A	1		19.1		
Thiamin mg	0.206	0.008	3	A	1		0.161		
Riboflavin mg	2.247	0.033	3	A	1		1.752		
Niacin mg	11.233	0.088	3	A	1		8.762		
Pantothenic acid mg	6.280		1	A	1		4.898		
Vitamin B-6 mg	1.040	0.012	3	A	1		0.811		
Folate, total µg	677		1	A	1		528		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	677		1	A	1		528		
Folate, DFE µg	677		0	NC	4		528		
Choline, total mg	221.8		0	AS	1		173.0		
Betaine mg	3.0		1	A	1		2.3		
Vitamin B-12 µg	19.73	2.728	3	A	1		15.39		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	8058		0	AS	1		6285		
Retinol µg	8056		1	A	1		6284		
Carotene, beta µg	29		1	A	1		23		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	26901		0	AS	1		20983		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.24		1	A	1		0.19		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		1	A	1		0.00		
Tocopherol, gamma mg	0.10		1	A	1		0.08		
Tocopherol, delta mg	0.00		1	A	1		0.00		
Tocotrienol, alpha mg	0.00		1	A	1		0.00		
Tocotrienol, beta mg	0.00		1	A	1		0.00		
Tocotrienol, gamma mg	0.03		1	A	1		0.02		
Tocotrienol, delta mg	0.02		1	A	1		0.01		
Vitamin D (D2 + D3) µg	1.3		0	AS	1		1.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	1.3		1	A	1		1.0		
Vitamin D IU	50		1	A	1		39		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.664		0	NC	4		1.298		
4:0....g	0.000	0.000	4	A	1		0.000		
6:0....g	0.000	0.000	4	A	1		0.000		
8:0....g	0.000	0.000	4	A	1		0.000		
10:0....g	0.003	0.001	4	A	1		0.002		
12:0....g	0.008	0.002	4	A	1		0.006		
13:0....g									
14:0....g	0.017	0.001	4	A	1		0.013		
15:0....g	0.004	0.001	4	A	1		0.003		
16:0....g	0.777	0.087	4	A	1		0.606		
17:0....g	0.014	0.002	4	A	1		0.011		
18:0....g	0.799	0.053	4	A	1		0.623		
20:0....g	0.008	0.001	4	A	1		0.006		
22:0....g	0.023	0.003	4	A	1		0.018		
24:0....g	0.010	0.000	4	A	1		0.008		
Fatty acids, total monounsaturated....g	0.817		0	NC	4		0.637		
14:1....g	0.002	0.001	4	A	1		0.001		
15:1....g	0.000	0.000	4	A	1		0.000		
16:1 undifferentiated....g	0.040	0.008	4	AS	1		0.032		
16:1 c....g	0.039	0.008	4	A	1		0.030		
16:1 t....g	0.002	0.001	4	A	1		0.001		
17:1....g	0.003	0.001	4	A	1		0.002		
18:1 undifferentiated....g	0.736	0.149	4	AS	1		0.574		
18:1 c....g	0.705	0.143	4	A	1		0.550		
18:1 t....g	0.031	0.006	4	A	1		0.024		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022	0.005	4	A	1		0.017		
22:1 undifferentiated....g	0.001	0.001	4	AS	1		0.001		
22:1 c....g	0.001	0.001	4	A	1		0.001		
22:1 t....g	0.000	0.000	4	A	1		0.000		
24:1 c....g	0.013	0.006	4	A	1		0.010		
Fatty acids, total polyunsaturated....g	1.684		0	NC	4		1.314		
18:2 undifferentiated....g	1.129	0.160	4	AS	1		0.880		
18:2 n-6 c,c....g	1.115	0.156	4	A	1		0.870		
18:2 CLAs....g	0.001	0.001	4	A	1		0.001		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012	0.004	4	A	1		0.009		
18:3 undifferentiated....g	0.039	0.010	4	AS	1		0.031		
18:3 n-3 c,c,c (ALA)....g	0.038	0.009	4	A	1		0.029		
18:3 n-6 c,c,c....g	0.002	0.001	4	A	1		0.001		
18:3i....g									
18:4....g	0.001	0.001	4	A	1		0.000		
20:2 n-6 c,c....g	0.015	0.001	4	A	1		0.012		
20:3 undifferentiated....g	0.021	0.003	4	AS	1		0.016		
20:3 n-3....g	0.000	0.000	4	A	1		0.000		
20:3 n-6....g	0.021	0.003	4	A	1		0.016		
20:4 undifferentiated....g	0.378	0.002	4	A	1		0.295		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.009	0.001	4	A	1		0.007		
21:5....g									
22:4....g	0.026	0.002	4	A	1		0.020		
22:5 n-3 (DPA)....g	0.021	0.002	4	A	1		0.017		
22:6 n-3 (DHA)....g	0.045	0.004	4	A	1		0.035		
Fatty acids, total trans....g	0.044		0	NC	4		0.035		
Fatty acids, total trans-monoenoic....g	0.032		0	NC	4		0.025		
Fatty acids, total trans-polyenoic....g	0.012		0	NC	4		0.009		
Cholesterol....mg	415	5.783	3	A	1		324		
Phytosterols....mg									
Amino Acids:									

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
Tryptophan....g	0.199		0	A	1		0.155		
Threonine....g	0.660		0	A	1		0.515		
Isoleucine....g	0.519		0	A	1		0.405		
Leucine....g	1.310		0	A	1		1.021		
Lysine....g	1.378		0	A	1		1.075		
Methionine....g	0.461		0	A	1		0.359		
Cystine....g	0.212		0	A	1		0.165		
Phenylalanine....g	0.672		0	A	1		0.524		
Tyrosine....g	0.578		0	A	1		0.451		
Valine....g	0.643		0	A	1		0.501		
Arginine....g	1.067		0	A	1		0.832		
Histidine....g	0.398		0	A	1		0.311		
Alanine....g	1.005		0	A	1		0.784		
Aspartic acid....g	1.421		0	A	1		1.108		
Glutamic acid....g	2.382		0	A	1		1.858		
Glycine....g	0.986		0	A	1		0.769		
Proline....g	1.107		0	A	1		0.864		
Serine....g	0.783		0	A	1		0.611		
Hydroxyproline....g	0.060		1	A	1		0.047		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 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 27 (2014)

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 µg	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 µg	7		0		4		16		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	7		0		4		16		
Folate, DFE µg	7		0	NC	4		16		
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.26		0		4		0.59		
Vitamin A, RAE µg	0		0		4		0		
Retinol µg	0		0		4		0		
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0		0		4		0		
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000		
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		4		0.000		
22:6 n-3 (DHA)....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									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 05304

Turkey, mechanically deboned, from turkey frames, raw

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 27 (2014)

NDB No. 05733
Turkey, retail parts, breast, meat and skin, cooked, roasted

Refuse: 12% Bone and connective tissue 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	64.59		0	PAK	1		54.90	557.42	
Energy kcal	164		0	NC	4		140	1417	
Energy kJ	687		0	NC	4		584	5929	
Protein g	29.01		0	PAK	1		24.65	250.32	
Total lipid (fat) g	5.33		0	PAK	1		4.53	45.98	
Ash g	1.25		0	PAK	1		1.06	10.80	
Carbohydrate, by difference g	0.05		0	PIK	4		0.04	0.44	
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	15		0	PAK	1		12	126	
Iron, Fe mg	1.03		0	PAK	1		0.87	8.85	
Magnesium, Mg mg	29		0	PAK	1		24	249	
Phosphorus, P mg	251		0	PAK	1		213	2166	
Potassium, K mg	292		0	PAK	1		248	2517	
Sodium, Na mg	114		0	PAK	1		97	985	
Zinc, Zn mg	1.57		0	PAK	1		1.34	13.58	
Copper, Cu mg	0.064		0	PAK	1		0.055	0.553	
Manganese, Mn mg	0.006		0	PAK	1		0.005	0.054	
Selenium, Se µg	29.8		0	PIK	4		25.3	257.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.042		0	PAK	1		0.035	0.359	
Riboflavin mg	0.199		0	PAK	1		0.169	1.717	
Niacin mg	11.614		0	PAK	1		9.872	100.225	
Pantothenic acid mg	1.025		0	PAK	1		0.871	8.843	
Vitamin B-6 mg	0.789		0	PAK	1		0.671	6.813	
Folate, total µg	9		0	PIK	4		8	79	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		8	79	
Folate, DFE µg	9		0	NC	4		8	79	
Choline, total mg	6.6		0	PAK	1		5.6	57.3	
Betaine mg	0.3		0	PAK	1		0.3	3.0	
Vitamin B-12 µg	1.75		0	PIK	4		1.49	15.13	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	10		0	NC	4		8	82	
Retinol µg	10		0	PAK	1		8	82	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	32		0	NC	4		27	274	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	6		0	PIK	4		5	54	
Vitamin E (alpha-tocopherol) mg	0.07		0	PIK	4		0.06	0.60	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.01		0	PAK	1		0.01	0.05	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.01		0	PAK	1		0.01	0.07	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.3	3.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		0	PIK	4		0.3	3.0	
Vitamin D IU	14		0	PIK	4		12	119	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	

NDB No. 05733

Turkey, retail parts, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.657		0	NR	4		1.409	14.302	
4:0....g	0.002		0	PAK	1		0.002	0.018	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.004	
10:0....g	0.003		0	PAK	1		0.003	0.030	
12:0....g	0.014		0	PAK	1		0.012	0.121	
13:0....g									
14:0....g	0.055		0	PAK	1		0.046	0.471	
15:0....g	0.009		0	PAK	1		0.008	0.082	
16:0....g	1.090		0	PAK	1		0.927	9.407	
17:0....g	0.016		0	PAK	1		0.014	0.140	
18:0....g	0.452		0	PAK	1		0.384	3.901	
20:0....g	0.007		0	PAK	1		0.006	0.061	
22:0....g	0.006		0	PAK	1		0.005	0.049	
24:0....g	0.002		0	PAK	1		0.002	0.019	
Fatty acids, total monounsaturated....g	1.962		0	NR	4		1.668	16.935	
14:1....g	0.008		0	PAK	1		0.007	0.069	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.173		0	PAK	1		0.147	1.494	
17:1....g	0.008		0	PAK	1		0.007	0.069	
18:1 undifferentiated....g	1.745		0	PAK	1		1.483	15.057	
20:1....g	0.028		0	PAK	1		0.024	0.242	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.009	
24:1 c....g	0.003		0	PAK	1		0.003	0.026	
Fatty acids, total polyunsaturated....g	1.708		0	NR	4		1.452	14.739	
18:2 undifferentiated....g	1.493		0	PAK	1		1.269	12.885	
18:3 undifferentiated....g	0.096		0	PAK	1		0.081	0.826	
18:4....g	0.000		0	PAK	1		0.000	0.003	
20:2 n-6 c,c....g	0.012		0	PAK	1		0.010	0.099	
20:3 undifferentiated....g	0.010		0	PAK	1		0.009	0.090	
20:4 undifferentiated....g	0.074		0	PAK	1		0.063	0.636	
20:5 n-3 (EPA)....g	0.002		0	PAK	1		0.002	0.018	
21:5....g									
22:4....g	0.017		0	PAK	1		0.015	0.149	
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.008	0.078	
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.005	0.051	
Fatty acids, total trans....g	0.080		0	PIK	4		0.068	0.688	
Cholesterol....mg	79		0	PAK	1		68	686	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.342		0	PAK	1		0.291	2.951	
Threonine....g	1.218		0	PAK	1		1.035	10.510	
Isoleucine....g	1.005		0	PAK	1		0.854	8.669	
Leucine....g	2.324		0	PAK	1		1.975	20.053	
Lysine....g	2.880		0	PAK	1		2.448	24.852	
Methionine....g	0.785		0	PAK	1		0.668	6.777	
Cystine....g	0.273		0	PAK	1		0.232	2.360	
Phenylalanine....g	1.026		0	PAK	1		0.872	8.854	
Tyrosine....g	0.960		0	PAK	1		0.816	8.282	
Valine....g	1.071		0	PAK	1		0.910	9.243	
Arginine....g	1.844		0	PAK	1		1.568	15.916	
Histidine....g	0.859		0	PAK	1		0.730	7.414	
Alanine....g	1.767		0	PAK	1		1.502	15.245	
Aspartic acid....g	2.665		0	PAK	1		2.265	22.998	
Glutamic acid....g	4.337		0	PAK	1		3.686	37.427	
Glycine....g	1.533		0	PAK	1		1.303	13.234	
Proline....g	1.497		0	PAK	1		1.273	12.920	
Serine....g	1.207		0	PAK	1		1.026	10.420	
Hydroxyproline....g									

NDB No. 05733

Turkey, retail parts, 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
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 863g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05732
Turkey, retail parts, breast, meat and skin, raw

Refuse: 14% Bone and connective tissue 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	70.98		0	PAK	1		60.33	816.25	
Energy kcal	155		0	NC	4		131	1778	
Energy kJ	647		0	NC	4		550	7441	
Protein g	21.88		0	PAK	1		18.60	251.67	
Total lipid (fat) g	7.45		0	PAK	1		6.33	85.70	
Ash g	0.98		0	PAK	1		0.84	11.31	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	
Sucrose g	0.01		0	PAK	1		0.01	0.16	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.01		0	PAK	1		0.01	0.10	
Minerals:									
Calcium, Ca mg	9		0	PAK	1		8	107	
Iron, Fe mg	0.77		0	PAK	1		0.66	8.89	
Magnesium, Mg mg	24		0	PAK	1		21	282	
Phosphorus, P mg	176		0	PAK	1		150	2027	
Potassium, K mg	247		0	PAK	1		210	2840	
Sodium, Na mg	72		0	PAK	1		61	827	
Zinc, Zn mg	1.15		0	PAK	1		0.98	13.25	
Copper, Cu mg	0.054		0	PAK	1		0.046	0.620	
Manganese, Mn mg	0.006		0	PAK	1		0.005	0.074	
Selenium, Se µg	20.4		0	PIK	4		17.3	234.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.048		0	PAK	1		0.041	0.553	
Riboflavin mg	0.157		0	PAK	1		0.134	1.808	
Niacin mg	9.400		0	PAK	1		7.990	108.105	
Pantothenic acid mg	0.972		0	PAK	1		0.826	11.181	
Vitamin B-6 mg	0.724		0	PAK	1		0.615	8.323	
Folate, total µg	7		0	PIK	4		6	79	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PIK	4		6	79	
Folate, DFE µg	7		0	NC	4		6	79	
Choline, total mg	50.1		0	PIK	4		42.6	576.2	
Betaine mg	2.3		0	PIK	4		1.9	26.4	
Vitamin B-12 µg	1.28		0	PAK	1		1.09	14.74	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	16		0	PAK	1		14	185	
Retinol µg	16		0	PAK	1		14	185	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	54		0	PAK	1		46	616	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	7		0	PIK	4		6	81	
Vitamin E (alpha-tocopherol) mg	0.09		0	PIK	4		0.08	1.04	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.02	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.02	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05732
Turkey, retail parts, 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00	0.07	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.3	3.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PAK	1		0.3	3.5	
Vitamin D....IU	12		0	PAK	1		10	141	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.756		0	PIK	4		1.492	20.192	
4:0....g	0.002		0	PAK	1		0.001	0.020	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.001		0	PAK	1		0.000	0.006	
10:0....g	0.003		0	PAK	1		0.002	0.029	
12:0....g	0.020		0	PAK	1		0.017	0.225	
13:0....g									
14:0....g	0.064		0	PAK	1		0.054	0.731	
15:0....g	0.011		0	PAK	1		0.009	0.121	
16:0....g	1.182		0	PAK	1		1.005	13.592	
17:0....g	0.017		0	PAK	1		0.015	0.200	
18:0....g	0.445		0	PAK	1		0.378	5.112	
20:0....g	0.007		0	PAK	1		0.006	0.079	
22:0....g	0.006		0	PAK	1		0.005	0.064	
24:0....g	0.001		0	PAK	1		0.001	0.013	
Fatty acids, total monounsaturated....g	2.191		0	PIK	4		1.862	25.198	
14:1....g	0.009		0	PAK	1		0.008	0.104	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.206		0	PAK	1		0.175	2.371	
17:1....g	0.010		0	PAK	1		0.008	0.113	
18:1 undifferentiated....g	1.936		0	PAK	1		1.645	22.260	
20:1....g	0.029		0	PAK	1		0.025	0.332	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.014	
24:1 c....g	0.000		0	PAK	1		0.000	0.004	
Fatty acids, total polyunsaturated....g	1.834		0	PIK	4		1.559	21.093	
18:2 undifferentiated....g	1.622		0	PAK	1		1.379	18.658	
18:3 undifferentiated....g	0.103		0	PAK	1		0.087	1.181	
18:4....g	0.001		0	PAK	1		0.000	0.006	
20:2 n-6 c,c....g	0.011		0	PAK	1		0.010	0.130	
20:3 undifferentiated....g	0.010		0	PAK	1		0.008	0.114	
20:4 undifferentiated....g	0.062		0	PAK	1		0.053	0.712	
20:5 n-3 (EPA)....g	0.003		0	PAK	1		0.002	0.029	
21:5....g									
22:4....g	0.013		0	PAK	1		0.011	0.154	
22:5 n-3 (DPA)....g	0.006		0	PAK	1		0.005	0.073	
22:6 n-3 (DHA)....g	0.003		0	PAK	1		0.002	0.029	
Fatty acids, total trans....g	0.089		0	PIK	4		0.076	1.025	
Cholesterol....mg	63		0	PAK	1		53	722	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.257		0	PAK	1		0.218	2.951	
Threonine....g	0.915		0	PAK	1		0.778	10.521	
Isoleucine....g	0.755		0	PAK	1		0.642	8.680	
Leucine....g	1.746		0	PAK	1		1.484	20.084	
Lysine....g	2.163		0	PAK	1		1.839	24.875	
Methionine....g	0.590		0	PAK	1		0.502	6.790	
Cystine....g	0.206		0	PAK	1		0.175	2.368	
Phenylalanine....g	0.772		0	PAK	1		0.656	8.878	
Tyrosine....g	0.721		0	PAK	1		0.613	8.290	
Valine....g	0.806		0	PAK	1		0.685	9.271	
Arginine....g	1.391		0	PAK	1		1.183	16.001	
Histidine....g	0.646		0	PAK	1		0.549	7.423	
Alanine....g	1.334		0	PAK	1		1.134		

NDB No. 05732
Turkey, retail parts, 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
Alanine....g	1.334			PAK	1			15.344	
Aspartic acid....g	2.004		0	PAK	1		1.704	23.048	
Glutamic acid....g	3.262		0	PAK	1		2.773	37.514	
Glycine....g	1.173		0	PAK	1		0.997	13.486	
Proline....g	1.138		0	PAK	1		0.967	13.088	
Serine....g	0.909		0	PAK	1		0.773	10.455	
Hydroxyproline....g	0.185		0	PAK	1		0.157	2.125	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1150g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05711
Turkey, retail parts, breast, meat only, cooked, roasted

Refuse: 20% Bone and connective tissue 12%, Skin and 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	67.53	1.053	3	A	1		582.76	57.40	
Energy kcal	136		0	NC	4		1171	115	
Energy kJ	568		0	NC	4		4902	483	
Protein g	29.51	0.641	3	A	1		254.64	25.08	
Total lipid (fat) g	1.97	0.362	3	A	1		16.97	1.67	
Ash g	1.25	0.058	3	A	1		10.78	1.06	
Carbohydrate, by difference g	0.00		0	NC	4		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	2.475	3	A	1		121	12	
Iron, Fe mg	0.97	0.069	3	A	1		8.33	0.82	
Magnesium, Mg mg	28	1.076	3	A	1		246	24	
Phosphorus, P mg	253	43.996	3	A	1		2181	215	
Potassium, K mg	297	16.046	3	A	1		2560	252	
Sodium, Na mg	114	1.616	3	A	1		983	97	
Zinc, Zn mg	1.52	0.080	3	A	1		13.09	1.29	
Copper, Cu mg	0.060	0.002	3	A	1		0.515	0.051	
Manganese, Mn mg	0.005	0.000	3	A	1		0.045	0.004	
Selenium, Se µg	30.7		0	BFNN	4		264.5	26.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.043		2	A	1		0.370	0.036	
Riboflavin mg	0.190		2	A	1		1.639	0.161	
Niacin mg	11.750		2	A	1		101.402	9.987	
Pantothenic acid mg	1.035		2	A	1		8.932	0.880	
Vitamin B-6 mg	0.830		2	A	1		7.167	0.706	
Folate, total µg	9		0	BFPN	4		80	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		80	8	
Folate, DFE µg	9		0	NC	4		80	8	
Choline, total mg	76.4		0	BFPN	4		659.2	64.9	
Betaine mg	3.2		0	BFPN	4		27.4	2.7	
Vitamin B-12 µg	1.76		2	A	1		15.17	1.49	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		2	AS	1		23	2	
Retinol µg	3		2	A	1		23	2	
Carotene, beta µg	0		2	A	1		0	0	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	9		0	AS	1		77	8	
Lycopene µg	0		2	A	1		0	0	
Lutein + zeaxanthin µg	7		2	A	1		59	6	
Vitamin E (alpha-tocopherol) mg	0.06		0	BFFN	4		0.53	0.05	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	AS	1		2.1	0.2	
Vitamin D IU	10		0	BFFN	4		85	8	
Vitamin K (phylloquinone) µg	0.0		0	BFNN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05711

Turkey, retail parts, 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
Lipids:									
Fatty acids, total saturated....g	0.660		0	NR	4		5.696	0.561	
4:0....g	0.002		2	A	1		0.017	0.002	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.003	0.000	
10:0....g	0.002		2	A	1		0.020	0.002	
12:0....g	0.002		2	A	1		0.020	0.002	
13:0....g									
14:0....g	0.018		2	A	1		0.155	0.015	
15:0....g	0.004		2	A	1		0.034	0.003	
16:0....g	0.402		2	A	1		3.470	0.342	
17:0....g	0.007		2	A	1		0.057	0.006	
18:0....g	0.214		2	A	1		1.843	0.181	
20:0....g	0.003		2	A	1		0.030	0.003	
22:0....g	0.004		2	A	1		0.034	0.003	
24:0....g	0.002		2	A	1		0.013	0.001	
Fatty acids, total monounsaturated....g	0.640		0	NR	4		5.523	0.544	
14:1....g	0.003		2	A	1		0.026	0.003	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.044		0	AS	1		0.377	0.037	
16:1 c....g	0.042		2	A	1		0.364	0.036	
16:1 t....g	0.002		2	A	1		0.013	0.001	
17:1....g	0.003		2	A	1		0.026	0.003	
18:1 undifferentiated....g	0.580		0	AS	1		5.006	0.493	
18:1 c....g	0.562		2	A	1		4.854	0.478	
18:1 t....g	0.018		2	A	1		0.152	0.015	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		2	A	1		0.086	0.008	
22:1 undifferentiated....g	0.001		0	AS	1		0.007	0.001	
22:1 c....g	0.001		2	A	1		0.007	0.001	
22:1 t....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.002		2	A	1		0.020	0.002	
Fatty acids, total polyunsaturated....g	0.670		0	NR	4		5.782	0.570	
18:2 undifferentiated....g	0.548		0	AS	1		4.728	0.466	
18:2 n-6 c,c....g	0.540		2	A	1		4.664	0.459	
18:2 CLAs....g	0.002		2	A	1		0.021	0.002	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		2	A	1		0.044	0.004	
18:3 undifferentiated....g	0.036		0	AS	1		0.315	0.031	
18:3 n-3 c,c,c (ALA)....g	0.034		2	A	1		0.294	0.029	
18:3 n-6 c,c,c....g	0.002		2	A	1		0.021	0.002	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006		2	A	1		0.051	0.005	
20:3 undifferentiated....g	0.006		0	AS	1		0.051	0.005	
20:3 n-3....g	0.000		2	A	1		0.000	0.000	
20:3 n-6....g	0.006		2	A	1		0.051	0.005	
20:4 undifferentiated....g	0.054		2	A	1		0.466	0.046	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	A	1		0.010	0.001	
21:5....g									
22:4....g	0.013		2	A	1		0.113	0.011	
22:5 n-3 (DPA)....g	0.007		2	A	1		0.058	0.006	
22:6 n-3 (DHA)....g	0.005		2	A	1		0.041	0.004	
Fatty acids, total trans....g	0.031		0	NC	4		0.271	0.027	
Fatty acids, total trans-monoenoic....g	0.025		0	NC	4		0.215	0.021	
Fatty acids, total trans-polyenoic....g	0.006		0	NC	4		0.056	0.005	
Cholesterol....mg	70		2	A	1		603	59	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.364		0	A	1		3.140	0.309	
Threonine....g	1.285		0	A	1		11.087	1.092	

NDB No. 05711

Turkey, retail parts, 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
Isoleucine....g	1.058		0	A	1		9.133	0.900	
Leucine....g	2.442		0	A	1		21.078	2.076	
Lysine....g	3.042		0	A	1		26.249	2.585	
Methionine....g	0.823		0	A	1		7.105	0.700	
Cystine....g	0.283		0	A	1		2.439	0.240	
Phenylalanine....g	1.068		0	A	1		9.217	0.908	
Tyrosine....g	1.013		0	A	1		8.742	0.861	
Valine....g	1.112		0	A	1		9.592	0.945	
Arginine....g	1.878		0	A	1		16.207	1.596	
Histidine....g	0.904		0	A	1		7.805	0.769	
Alanine....g	1.781		0	A	1		15.367	1.514	
Aspartic acid....g	2.786		0	A	1		24.040	2.368	
Glutamic acid....g	4.528		0	A	1		39.075	3.849	
Glycine....g	1.378		0	A	1		11.890	1.171	
Proline....g	1.425		0	A	1		12.298	1.211	
Serine....g	1.249		0	A	1		10.783	1.062	
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	

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

Common Measures:

Measure 1 = 863g: 1 breast

Measure 2 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05710
Turkey, retail parts, breast, meat only, raw

Refuse: 25% Bone and connective tissue 14%, Skin and separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	74.66	0.242	3	A	1		63.46	858.57	
Energy kcal	114		0	NC	4		97	1314	
Energy kJ	478		0	NC	4		406	5497	
Protein g	23.34	0.237	3	A	1		19.84	268.37	
Total lipid (fat) g	2.33	0.109	3	A	1		1.98	26.76	
Ash g	1.06	0.018	3	A	1		0.90	12.18	
Carbohydrate, by difference g	0.00		0	NC	4		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	1.621	3	A	1		7	100	
Iron, Fe mg	0.76	0.077	3	A	1		0.65	8.75	
Magnesium, Mg mg	27	0.732	3	A	1		23	306	
Phosphorus, P mg	185	5.612	3	A	1		158	2133	
Potassium, K mg	267	7.028	3	A	1		227	3069	
Sodium, Na mg	74	6.108	3	A	1		63	846	
Zinc, Zn mg	1.16	0.048	3	A	1		0.99	13.36	
Copper, Cu mg	0.054	0.004	3	A	1		0.046	0.622	
Manganese, Mn mg	0.006	0.000	3	A	1		0.005	0.064	
Selenium, Se µg	22.1		0	BFNN	4		18.8	254.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.052		2	A	1		0.045	0.603	
Riboflavin mg	0.165		2	A	1		0.140	1.897	
Niacin mg	10.295		2	A	1		8.751	118.393	
Pantothenic acid mg	1.050		2	A	1		0.893	12.075	
Vitamin B-6 mg	0.814		2	A	1		0.692	9.366	
Folate, total µg	7		0	BFPN	4		6	85	
Folic acid µg									
Folate, food µg	7		0	BFPN	4		6	85	
Folate, DFE µg									
Choline, total mg	52.3		0	BFPN	4		44.4	601.2	
Betaine mg	2.7		0	BFPN	4		2.3	30.7	
Vitamin B-12 µg	1.35		2	A	1		1.15	15.50	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	AS	1		4	55	
Retinol µg	5		2	A	1		4	55	
Carotene, beta µg	0		2	A	1		0	0	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	16		0	AS	1		14	184	
Lycopene µg	0		2	A	1		0	0	
Lutein + zeaxanthin µg	8		2	A	1		7	94	
Vitamin E (alpha-tocopherol) mg	0.09		0	BFFN	4		0.08	1.04	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		1	AS	1		0.1	2.0	
Vitamin D IU	7		1	A	1		6	78	
Vitamin K (phylloquinone) µg	0.0		0	BFNN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05710
Turkey, retail parts, 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
Lipids:									
Fatty acids, total saturated....g	0.344		0	NC	4		0.292	3.954	
4:0....g	0.002		2	A	1		0.002	0.023	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.000		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.008		2	A	1		0.007	0.091	
15:0....g	0.003		2	A	1		0.002	0.029	
16:0....g	0.200		2	A	1		0.170	2.299	
17:0....g	0.004		2	A	1		0.003	0.040	
18:0....g	0.122		2	A	1		0.103	1.397	
20:0....g	0.002		2	A	1		0.002	0.023	
22:0....g	0.004		2	A	1		0.003	0.045	
24:0....g	0.001		2	A	1		0.000	0.006	
Fatty acids, total monounsaturated....g	0.284		0	NC	4		0.241	3.264	
14:1....g	0.001		2	A	1		0.000	0.006	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.017		0	AS	1		0.015	0.201	
16:1 c....g	0.017		2	A	1		0.014	0.195	
16:1 t....g	0.001		2	A	1		0.000	0.006	
17:1....g	0.002		2	A	1		0.001	0.017	
18:1 undifferentiated....g	0.260		0	AS	1		0.221	2.994	
18:1 c....g	0.251		2	A	1		0.214	2.892	
18:1 t....g	0.009		2	A	1		0.008	0.102	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		2	A	1		0.003	0.040	
22:1 undifferentiated....g	0.001		0	AS	1		0.000	0.006	
22:1 c....g	0.001		2	A	1		0.000	0.006	
22:1 t....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.355		0	NC	4		0.301	4.079	
18:2 undifferentiated....g	0.262		0	AS	1		0.223	3.018	
18:2 n-6 c,c....g	0.257		2	A	1		0.219	2.961	
18:2 CLAs....g	0.002		2	A	1		0.001	0.017	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		2	A	1		0.003	0.040	
18:3 undifferentiated....g	0.017		0	AS	1		0.014	0.190	
18:3 n-3 c,c,c (ALA)....g	0.015		2	A	1		0.013	0.173	
18:3 n-6 c,c,c....g	0.002		2	A	1		0.001	0.017	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	A	1		0.003	0.040	
20:3 undifferentiated....g	0.005		0	AS	1		0.004	0.056	
20:3 n-3....g	0.000		2	A	1		0.000	0.000	
20:3 n-6....g	0.005		2	A	1		0.004	0.056	
20:4 undifferentiated....g	0.049		2	A	1		0.042	0.568	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.001		2	A	1		0.001	0.012	
21:5....g									
22:4....g	0.011		2	A	1		0.009	0.126	
22:5 n-3 (DPA)....g	0.005		2	A	1		0.004	0.052	
22:6 n-3 (DHA)....g	0.002		2	A	1		0.001	0.017	
Fatty acids, total trans....g	0.013		0	NC	4		0.011	0.148	
Fatty acids, total trans-monoenoic....g	0.009		0	NC	4		0.008	0.108	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.003	0.040	
Cholesterol....mg	53		2	A	1		45	611	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.288		0	A	1		0.245	3.309	
Threonine....g	1.016		0	A	1		0.864	11.685	

NDB No. 05710
Turkey, retail parts, 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
Isoleucine....g	0.837		0	A	1		0.711	9.625	
Leucine....g	1.932		0	A	1		1.642	22.214	
Lysine....g	2.406		0	A	1		2.045	27.664	
Methionine....g	0.651		0	A	1		0.553	7.488	
Cystine....g	0.224		0	A	1		0.190	2.570	
Phenylalanine....g	0.845		0	A	1		0.718	9.713	
Tyrosine....g	0.801		0	A	1		0.681	9.213	
Valine....g	0.879		0	A	1		0.747	10.110	
Arginine....g	1.485		0	A	1		1.262	17.081	
Histidine....g	0.715		0	A	1		0.608	8.225	
Alanine....g	1.408		0	A	1		1.197	16.195	
Aspartic acid....g	2.203		0	A	1		1.873	25.336	
Glutamic acid....g	3.581		0	A	1		3.044	41.181	
Glycine....g	1.090		0	A	1		0.926	12.531	
Proline....g	1.127		0	A	1		0.958	12.961	
Serine....g	0.988		0	A	1		0.840	11.364	
Hydroxyproline....g	0.070		1	A	1		0.060	0.805	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1150g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05737
Turkey, retail parts, drumstick, meat and skin, cooked, roasted

Refuse: 29% Bone and connective tissue 29%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	62.57		0	PAK	1		53.18	172.06	
Energy kcal	197		0	NC	4		168	542	
Energy kJ	825		0	NC	4		701	2269	
Protein g	28.21		0	PAK	1		23.98	77.57	
Total lipid (fat) g	9.37		0	PAK	1		7.97	25.78	
Ash g	1.07		0	PAK	1		0.91	2.94	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	16		0	PAK	1		13	43	
Iron, Fe mg	1.58		0	PAK	1		1.34	4.34	
Magnesium, Mg mg	24		0	PAK	1		21	66	
Phosphorus, P mg	196		0	PAK	1		167	540	
Potassium, K mg	254		0	PAK	1		216	699	
Sodium, Na mg	112		0	PAK	1		95	307	
Zinc, Zn mg	4.22		0	PAK	1		3.58	11.60	
Copper, Cu mg	0.107		0	PAK	1		0.091	0.294	
Manganese, Mn mg	0.007		0	PAK	1		0.006	0.020	
Selenium, Se µg	29.9		0	PIK	4		25.4	82.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.063		0	PAK	1		0.054	0.173	
Riboflavin mg	0.341		0	PAK	1		0.290	0.939	
Niacin mg	5.574		0	PAK	1		4.738	15.328	
Pantothenic acid mg	1.133		0	PAK	1		0.963	3.116	
Vitamin B-6 mg	0.398		0	PAK	1		0.338	1.093	
Folate, total µg	9		0	PIK	4		8	24	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		8	24	
Folate, DFE µg	9		0	NC	4		8	24	
Choline, total mg	113.9		0	PIK	4		96.8	313.1	
Betaine mg	0.4		0	PIK	4		0.3	1.1	
Vitamin B-12 µg	2.46		0	PAK	1		2.10	6.78	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	11		0	PIK	4		10	31	
Retinol µg	11		0	PIK	4		10	31	
Carotene, beta µg	0		0	PAK	1		0	0	
Carotene, alpha µg	0		0	PAK	1		0	0	
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	
Vitamin A, IU IU	38		0	PIK	4		32	103	
Lycopene µg	0		0	PAK	1		0	0	
Lutein + zeaxanthin µg	7		0	PAK	1		6	19	
Vitamin E (alpha-tocopherol) mg	0.08		0	PIK	4		0.07	0.21	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.3	0.9	
Vitamin D IU	13		0	PIK	4		11	36	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05737

Turkey, retail parts, drumstick, 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
Lipids:									
Fatty acids, total saturated....g	2.588		0	PIK	4		2.200	7.117	
4:0....g	0.001		0	PAK	1		0.001	0.004	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.001		0	PAK	1		0.001	0.004	
10:0....g	0.005		0	PAK	1		0.005	0.015	
12:0....g	0.021		0	PAK	1		0.018	0.059	
13:0....g									
14:0....g	0.082		0	PAK	1		0.069	0.224	
15:0....g	0.013		0	PAK	1		0.011	0.036	
16:0....g	1.747		0	PAK	1		1.485	4.804	
17:0....g	0.022		0	PAK	1		0.019	0.060	
18:0....g	0.670		0	PAK	1		0.570	1.843	
20:0....g	0.010		0	PAK	1		0.009	0.028	
22:0....g	0.010		0	PAK	1		0.009	0.028	
24:0....g	0.004		0	PAK	1		0.004	0.012	
Fatty acids, total monounsaturated....g	3.790		0	PIK	4		3.221	10.421	
14:1....g	0.019		0	PAK	1		0.016	0.053	
15:1....g	0.000		0	PAK	1		0.000	0.001	
16:1 undifferentiated....g	0.343		0	PAK	1		0.292	0.945	
17:1....g	0.013		0	PAK	1		0.011	0.035	
18:1 undifferentiated....g	2.705		0	PAK	1		2.299	7.437	
20:1....g	0.040		0	PAK	1		0.034	0.111	
22:1 undifferentiated....g	0.008		0	PAK	1		0.007	0.023	
24:1 c....g	0.005		0	PAK	1		0.004	0.013	
Fatty acids, total polyunsaturated....g	3.090		0	PIK	4		2.627	8.498	
18:2 undifferentiated....g	2.241		0	PAK	1		1.905	6.163	
18:3 undifferentiated....g	0.143		0	PAK	1		0.122	0.394	
18:4....g	0.000		0	PAK	1		0.000	0.001	
20:2 n-6 c,c....g	0.017		0	PAK	1		0.015	0.047	
20:3 undifferentiated....g	0.013		0	PAK	1		0.011	0.035	
20:4 undifferentiated....g	0.149		0	PAK	1		0.127	0.410	
20:5 n-3 (EPA)....g	0.003		0	PAK	1		0.003	0.009	
21:5....g									
22:4....g	0.030		0	PAK	1		0.025	0.082	
22:5 n-3 (DPA)....g	0.014		0	PAK	1		0.012	0.040	
22:6 n-3 (DHA)....g	0.010		0	PAK	1		0.009	0.028	
Fatty acids, total trans....g	0.102		0	PIK	4		0.087	0.281	
Cholesterol....mg	120		0	PAK	1		102	330	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.327		0	PAK	1		0.278	0.899	
Threonine....g	1.180		0	PAK	1		1.003	3.245	
Isoleucine....g	0.968		0	PAK	1		0.823	2.662	
Leucine....g	2.236		0	PAK	1		1.900	6.148	
Lysine....g	2.782		0	PAK	1		2.365	7.652	
Methionine....g	0.752		0	PAK	1		0.639	2.068	
Cystine....g	0.262		0	PAK	1		0.223	0.720	
Phenylalanine....g	0.990		0	PAK	1		0.842	2.723	
Tyrosine....g	0.922		0	PAK	1		0.783	2.534	
Valine....g	1.031		0	PAK	1		0.876	2.834	
Arginine....g	1.793		0	PAK	1		1.524	4.930	
Histidine....g	0.822		0	PAK	1		0.698	2.260	
Alanine....g	1.719		0	PAK	1		1.461	4.727	
Aspartic acid....g	2.570		0	PAK	1		2.185	7.068	
Glutamic acid....g	4.183		0	PAK	1		3.555	11.503	
Glycine....g	1.550		0	PAK	1		1.318	4.263	
Proline....g	1.473		0	PAK	1		1.252	4.052	
Serine....g	1.161		0	PAK	1		0.987	3.194	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	

NDB No. 05737

Turkey, retail parts, drumstick, 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
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 275g: 1 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05736
Turkey, retail parts, drumstick, meat and skin, raw

Refuse: 33% Bone and connective tissue 33%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	73.37		0	PAK	1		62.36	261.19	
Energy kcal	141		0	NC	4		120	503	
Energy kJ	592		0	NC	4		503	2108	
Protein g	19.96		0	PAK	1		16.97	71.07	
Total lipid (fat) g	6.84		0	PAK	1		5.81	24.35	
Ash g	0.88		0	PAK	1		0.74	3.12	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	9		0	PAK	1		8	33	
Iron, Fe mg	1.14		0	PAK	1		0.97	4.06	
Magnesium, Mg mg	21		0	PAK	1		18	74	
Phosphorus, P mg	151		0	PAK	1		128	538	
Potassium, K mg	208		0	PAK	1		177	742	
Sodium, Na mg	86		0	PAK	1		73	306	
Zinc, Zn mg	2.92		0	PAK	1		2.48	10.41	
Copper, Cu mg	0.079		0	PAK	1		0.067	0.280	
Manganese, Mn mg	0.006		0	PAK	1		0.005	0.021	
Selenium, Se µg	20.3		0	PIK	4		17.3	72.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.049		0	PAK	1		0.042	0.175	
Riboflavin mg	0.280		0	PAK	1		0.238	0.997	
Niacin mg	4.800		0	PAK	1		4.080	17.088	
Pantothenic acid mg	1.054		0	PAK	1		0.896	3.753	
Vitamin B-6 mg	0.339		0	PAK	1		0.288	1.206	
Folate, total µg	6		0	PIK	4		5	22	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0	PIK	4		5	22	
Folate, DFE µg	6		0	NC	4		5	22	
Choline, total mg	72.5		0	PIK	4		61.6	257.9	
Betaine mg	5.6		0	PIK	4		4.7	19.8	
Vitamin B-12 µg	1.90		0	PAK	1		1.62	6.78	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	26		0	PIK	4		22	92	
Retinol µg	26		0	PIK	4		22	92	
Carotene, beta µg	0		0	PAK	1		0	0	
Carotene, alpha µg	0		0	PAK	1		0	0	
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	
Vitamin A, IU IU	86		0	PIK	4		73	305	
Lycopene µg	0		0	PAK	1		0	0	
Lutein + zeaxanthin µg	5		0	PAK	1		4	17	
Vitamin E (alpha-tocopherol) mg	0.18		0	PIK	4		0.15	0.64	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.5		0	PAK	1		0.4	1.6	
Vitamin D IU	18		0	PAK	1		16	65	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05736

Turkey, retail parts, 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
Lipids:									
Fatty acids, total saturated....g	1.896		0	PIK	4		1.612	6.750	
4:0....g	0.001		0	PAK	1		0.001	0.002	
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	0.005		0	PAK	1		0.004	0.018	
12:0....g	0.015		0	PAK	1		0.013	0.055	
13:0....g									
14:0....g	0.061		0	PAK	1		0.052	0.216	
15:0....g	0.007		0	PAK	1		0.006	0.025	
16:0....g	1.288		0	PAK	1		1.095	4.586	
17:0....g	0.016		0	PAK	1		0.014	0.058	
18:0....g	0.484		0	PAK	1		0.412	1.724	
20:0....g	0.008		0	PAK	1		0.007	0.029	
22:0....g	0.007		0	PAK	1		0.006	0.026	
24:0....g	0.003		0	PAK	1		0.003	0.011	
Fatty acids, total monounsaturated....g	2.314		0	PIK	4		1.967	8.237	
14:1....g	0.012		0	PAK	1		0.010	0.042	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.249		0	PAK	1		0.211	0.886	
17:1....g	0.009		0	PAK	1		0.008	0.033	
18:1 undifferentiated....g	2.006		0	PAK	1		1.705	7.141	
20:1....g	0.030		0	PAK	1		0.026	0.107	
22:1 undifferentiated....g	0.005		0	PAK	1		0.004	0.018	
24:1 c....g	0.003		0	PAK	1		0.002	0.009	
Fatty acids, total polyunsaturated....g	1.958		0	PIK	4		1.664	6.970	
18:2 undifferentiated....g	1.677		0	PAK	1		1.426	5.972	
18:3 undifferentiated....g	0.109		0	PAK	1		0.093	0.388	
18:4....g	0.000		0	PAK	1		0.000	0.001	
20:2 n-6 c,c....g	0.012		0	PAK	1		0.011	0.044	
20:3 undifferentiated....g	0.009		0	PAK	1		0.008	0.032	
20:4 undifferentiated....g	0.107		0	PAK	1		0.091	0.381	
20:5 n-3 (EPA)....g	0.003		0	PAK	1		0.002	0.009	
21:5....g									
22:4....g	0.023		0	PAK	1		0.019	0.081	
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.009	0.036	
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.006	0.024	
Fatty acids, total trans....g	0.078		0	PIK	4		0.066	0.276	
Cholesterol....mg	82		0	PAK	1		69	291	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.204		0	PAK	1		0.173	0.726	
Threonine....g	0.709		0	PAK	1		0.603	2.525	
Isoleucine....g	0.559		0	PAK	1		0.475	1.988	
Leucine....g	1.349		0	PAK	1		1.146	4.802	
Lysine....g	1.608		0	PAK	1		1.367	5.724	
Methionine....g	0.506		0	PAK	1		0.430	1.800	
Cystine....g	0.184		0	PAK	1		0.157	0.656	
Phenylalanine....g	0.633		0	PAK	1		0.538	2.252	
Tyrosine....g	0.574		0	PAK	1		0.488	2.044	
Valine....g	0.629		0	PAK	1		0.534	2.238	
Arginine....g	1.138		0	PAK	1		0.967	4.051	
Histidine....g	0.523		0	PAK	1		0.445	1.863	
Alanine....g	1.096		0	PAK	1		0.932	3.902	
Aspartic acid....g	1.566		0	PAK	1		1.331	5.575	
Glutamic acid....g	2.654		0	PAK	1		2.256	9.447	
Glycine....g	0.979		0	PAK	1		0.833	3.487	
Proline....g	1.129		0	PAK	1		0.960	4.021	
Serine....g	0.777		0	PAK	1		0.660	2.766	
Hydroxyproline....g	0.220		0	PAK	1		0.187	0.783	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	

NDB No. 05736
Turkey, retail parts, 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
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 356g: 1 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05723
Turkey, retail parts, drumstick, meat only, cooked, roasted

Refuse: 36% Bone and connective tissue 29%, Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.14	0.528	6	A	1		18.24	179.13	
Energy kcal	173		0	NC	4		48	476	
Energy kJ	724		0	NC	4		203	1991	
Protein g	28.61	0.626	6	A	1		8.01	78.68	
Total lipid (fat) g	6.52	0.179	6	A	1		1.83	17.94	
Ash g	1.06	0.006	6	A	1		0.30	2.91	
Carbohydrate, by difference g	0.00		0	NC	4		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	3.337	6	A	1		5	46	
Iron, Fe mg	1.57	0.020	6	A	1		0.44	4.32	
Magnesium, Mg mg	24	1.306	6	A	1		7	66	
Phosphorus, P mg	193	3.527	6	A	1		54	530	
Potassium, K mg	257	5.674	6	A	1		72	708	
Sodium, Na mg	112	3.061	6	A	1		31	309	
Zinc, Zn mg	4.50	0.027	6	A	1		1.26	12.38	
Copper, Cu mg	0.112	0.003	6	A	1		0.031	0.309	
Manganese, Mn mg	0.007	0.000	6	A	1		0.002	0.019	
Selenium, Se µg	31.0		0	BFNN	4		8.7	85.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.065	0.008	3	A	1		0.018	0.179	
Riboflavin mg	0.353	0.012	3	A	1		0.099	0.972	
Niacin mg	5.593	0.038	3	A	1		1.566	15.382	
Pantothenic acid mg	1.150		2	A	1		0.322	3.163	
Vitamin B-6 mg	0.410	0.008	3	A	1		0.115	1.127	
Folate, total µg	9		0	BFPN	4		3	25	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		3	25	
Folate, DFE µg	9		0	NC	4		3	25	
Choline, total mg	118.1		0	BFPN	4		33.1	324.8	
Betaine mg									
Vitamin B-12 µg	2.53	0.536	3	A	1		0.71	6.97	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	BFFN	4		2	16	
Retinol µg	6		0	BFFN	4		2	16	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	20		0	BFFN	4		6	54	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	7		1	A	1		2	20	
Vitamin E (alpha-tocopherol) mg	0.07		0	BFFN	4		0.02	0.19	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.1	0.8	
Vitamin D IU	11		0	BFFN	4		3	30	
Vitamin K (phylloquinone) µg	0.0		0	BFFN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05723

Turkey, retail parts, drumstick, 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
Lipids:									
Fatty acids, total saturated....g	1.707		0	NR	4		0.478	4.695	
4:0....g	0.001	0.001	3	A	1		0.000	0.004	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.001	0.001	3	A	1		0.000	0.003	
10:0....g	0.004	0.001	3	A	1		0.001	0.012	
12:0....g	0.012	0.007	3	A	1		0.003	0.032	
13:0....g									
14:0....g	0.050	0.003	3	A	1		0.014	0.136	
15:0....g	0.008	0.000	3	A	1		0.002	0.023	
16:0....g	1.118	0.054	3	A	1		0.313	3.074	
17:0....g	0.014	0.001	3	A	1		0.004	0.038	
18:0....g	0.479	0.014	3	A	1		0.134	1.318	
20:0....g	0.007	0.000	3	A	1		0.002	0.020	
22:0....g	0.009	0.001	3	A	1		0.002	0.024	
24:0....g	0.004	0.000	3	A	1		0.001	0.011	
Fatty acids, total monounsaturated....g	2.630		0	NR	4		0.736	7.233	
14:1....g	0.018	0.001	3	A	1		0.005	0.048	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.290	0.027	3	AS	1		0.081	0.796	
16:1 c....g	0.286	0.026	3	A	1		0.080	0.785	
16:1 t....g	0.005	0.001	3	A	1		0.002	0.015	
17:1....g	0.011	0.000	3	A	1		0.003	0.030	
18:1 undifferentiated....g	2.269	0.117	3	AS	1		0.635	6.240	
18:1 c....g	2.214	0.117	3	A	1		0.620	6.089	
18:1 t....g	0.055	0.002	3	A	1		0.015	0.152	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.034	0.002	3	A	1		0.009	0.093	
22:1 undifferentiated....g	0.009	0.005	3	AS	1		0.003	0.026	
22:1 c....g	0.003	0.000	3	A	1		0.001	0.007	
22:1 t....g	0.007	0.005	3	A	1		0.002	0.019	
24:1 c....g	0.007	0.000	3	A	1		0.002	0.019	
Fatty acids, total polyunsaturated....g	2.187		0	NR	4		0.612	6.014	
18:2 undifferentiated....g	1.807	0.062	3	AS	1		0.506	4.970	
18:2 n-6 c,c....g	1.777	0.062	3	A	1		0.498	4.887	
18:2 CLAs....g	0.014	0.001	3	A	1		0.004	0.038	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.017	0.003	3	A	1		0.005	0.046	
18:3 undifferentiated....g	0.106	0.004	3	AS	1		0.030	0.292	
18:3 n-3 c,c,c (ALA)....g	0.103	0.004	3	A	1		0.029	0.283	
18:3 n-6 c,c,c....g	0.003	0.001	3	A	1		0.001	0.009	
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.017	0.001	3	A	1		0.005	0.046	
20:3 undifferentiated....g	0.015	0.004	3	AS	1		0.004	0.040	
20:3 n-3....g	0.002	0.001	3	A	1		0.001	0.006	
20:3 n-6....g	0.012	0.005	3	A	1		0.003	0.034	
20:4 undifferentiated....g	0.188	0.002	3	A	1		0.053	0.517	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.000	3	A	1		0.001	0.009	
21:5....g									
22:4....g	0.038	0.001	3	A	1		0.011	0.103	
22:5 n-3 (DPA)....g	0.017	0.001	3	A	1		0.005	0.046	
22:6 n-3 (DHA)....g	0.013	0.001	3	A	1		0.004	0.035	
Fatty acids, total trans....g	0.084		0	NC	4		0.023	0.231	
Fatty acids, total trans-monoenoic....g	0.067		0	NC	4		0.019	0.185	
Fatty acids, total trans-polyenoic....g	0.017		0	NC	4		0.005	0.046	
Cholesterol....mg	118	7.000	3	A	1		33	325	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.353		0	A	1		0.099	0.970	
Threonine....g	1.246		0	A	1		0.349	3.426	

NDB No. 05723

Turkey, retail parts, drumstick, 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
Isoleucine....g	1.026		0	A	1		0.287	2.822	
Leucine....g	2.368		0	A	1		0.663	6.513	
Lysine....g	2.949		0	A	1		0.826	8.110	
Methionine....g	0.798		0	A	1		0.224	2.195	
Cystine....g	0.274		0	A	1		0.077	0.754	
Phenylalanine....g	1.036		0	A	1		0.290	2.848	
Tyrosine....g	0.982		0	A	1		0.275	2.701	
Valine....g	1.078		0	A	1		0.302	2.964	
Arginine....g	1.821		0	A	1		0.510	5.007	
Histidine....g	0.877		0	A	1		0.246	2.411	
Alanine....g	1.726		0	A	1		0.483	4.748	
Aspartic acid....g	2.701		0	A	1		0.756	7.428	
Glutamic acid....g	4.390		0	A	1		1.229	12.073	
Glycine....g	1.336		0	A	1		0.374	3.674	
Proline....g	1.382		0	A	1		0.387	3.800	
Serine....g	1.211		0	A	1		0.339	3.332	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 275g: 1 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05716
Turkey, retail parts, drumstick, meat only, raw

Refuse: 39% Bone and connective tissue 33%, Skin and separable fat 6%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.67	0.113	6	A	1		64.32	269.39	
Energy kcal	118		0	NC	4		100	419	
Energy kJ	493		0	NC	4		419	1755	
Protein g	20.52	0.179	6	A	1		17.44	73.05	
Total lipid (fat) g	3.97	0.305	6	A	1		3.38	14.14	
Ash g	0.91	0.009	6	A	1		0.78	3.25	
Carbohydrate, by difference g	0.00		0	NC	4		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	1.941	6	A	1		8	35	
Iron, Fe mg	1.18	0.021	6	A	1		1.00	4.20	
Magnesium, Mg mg	22	0.641	6	A	1		19	79	
Phosphorus, P mg	158	6.672	6	A	1		134	563	
Potassium, K mg	220	12.826	6	A	1		187	782	
Sodium, Na mg	87	3.897	6	A	1		74	308	
Zinc, Zn mg	3.12	0.035	6	A	1		2.66	11.12	
Copper, Cu mg	0.082	0.001	6	A	1		0.070	0.293	
Manganese, Mn mg	0.006	0.000	6	A	1		0.005	0.022	
Selenium, Se µg	21.2		0	BFNN	4		18.0	75.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.051	0.004	3	A	1		0.044	0.183	
Riboflavin mg	0.300	0.025	3	A	1		0.255	1.068	
Niacin mg	5.003	0.110	3	A	1		4.253	17.812	
Pantothenic acid mg	1.100		2	A	1		0.935	3.916	
Vitamin B-6 mg	0.361	0.008	3	A	1		0.307	1.285	
Folate, total µg	6		0	BFPN	4		6	23	
Folic acid µg									
Folate, food µg	6		0	BFPN	4		6	23	
Folate, DFE µg									
Choline, total mg	75.6		0	BFPN	4		64.3	269.1	
Betaine mg	5.9		0	BFPN	4		5.0	20.9	
Vitamin B-12 µg	1.90	0.351	3	A	1		1.61	6.76	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	20		0	BFFN	4		17	73	
Retinol µg	20		0	BFFN	4		17	73	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	68		0	BFFN	4		58	243	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	4		1	A	1		4	15	
Vitamin E (alpha-tocopherol) mg	0.19		0	BFFN	4		0.16	0.67	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.4		2	AS	1		0.4	1.5	
Vitamin D IU	17		2	A	1		15	61	
Vitamin K (phylloquinone) µg	0.0		0	BFNN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05716

Turkey, retail parts, 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
Lipids:									
Fatty acids, total saturated....g	1.073		0	NC	4		0.912	3.821	
4:0....g	0.001	0.001	3	A	1		0.001	0.002	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.004	0.000	3	A	1		0.003	0.014	
12:0....g	0.007	0.004	3	A	1		0.006	0.025	
13:0....g									
14:0....g	0.031	0.001	3	A	1		0.027	0.111	
15:0....g	0.002	0.002	3	A	1		0.002	0.008	
16:0....g	0.697	0.009	3	A	1		0.592	2.480	
17:0....g	0.009	0.001	3	A	1		0.008	0.032	
18:0....g	0.309	0.012	3	A	1		0.262	1.099	
20:0....g	0.005	0.001	3	A	1		0.004	0.018	
22:0....g	0.006	0.001	3	A	1		0.005	0.022	
24:0....g	0.003	0.000	3	A	1		0.002	0.009	
Fatty acids, total monounsaturated....g	1.163		0	NC	4		0.988	4.139	
14:1....g	0.005	0.003	3	A	1		0.005	0.019	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.120	0.007	3	AS	1		0.102	0.427	
16:1 c....g	0.118	0.006	3	A	1		0.100	0.420	
16:1 t....g	0.002	0.001	3	A	1		0.002	0.007	
17:1....g	0.005	0.000	3	A	1		0.004	0.016	
18:1 undifferentiated....g	1.011	0.050	3	AS	1		0.860	3.600	
18:1 c....g	0.986	0.050	3	A	1		0.838	3.509	
18:1 t....g	0.026	0.001	3	A	1		0.022	0.091	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.002	3	A	1		0.013	0.056	
22:1 undifferentiated....g	0.004	0.003	3	AS	1		0.003	0.013	
22:1 c....g	0.001	0.000	3	A	1		0.001	0.002	
22:1 t....g	0.003	0.003	3	A	1		0.003	0.011	
24:1 c....g	0.002	0.001	3	A	1		0.002	0.008	
Fatty acids, total polyunsaturated....g	1.072		0	NC	4		0.912	3.818	
18:2 undifferentiated....g	0.863	0.074	3	AS	1		0.734	3.074	
18:2 n-6 c,c....g	0.850	0.072	3	A	1		0.722	3.026	
18:2 CLAs....g	0.005	0.000	3	A	1		0.004	0.019	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008	0.002	3	A	1		0.007	0.029	
18:3 undifferentiated....g	0.050	0.007	3	AS	1		0.043	0.179	
18:3 n-3 c,c,c (ALA)....g	0.048	0.007	3	A	1		0.041	0.172	
18:3 n-6 c,c,c....g	0.002	0.001	3	A	1		0.002	0.007	
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.008	0.001	3	A	1		0.007	0.030	
20:3 undifferentiated....g	0.007	0.003	3	AS	1		0.006	0.025	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.001	
20:3 n-6....g	0.007	0.003	3	A	1		0.006	0.023	
20:4 undifferentiated....g	0.103	0.006	3	A	1		0.088	0.368	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	3	A	1		0.002	0.007	
21:5....g									
22:4....g	0.022	0.002	3	A	1		0.019	0.078	
22:5 n-3 (DPA)....g	0.009	0.001	3	A	1		0.008	0.033	
22:6 n-3 (DHA)....g	0.007	0.001	3	A	1		0.006	0.024	
Fatty acids, total trans....g	0.039		0	NC	4		0.033	0.138	
Fatty acids, total trans-monoenoic....g	0.031		0	NC	4		0.026	0.109	
Fatty acids, total trans-polyenoic....g	0.008		0	NC	4		0.007	0.029	
Cholesterol....mg	79	1.530	3	A	1		67	280	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.219		0	A	1		0.186	0.778	
Threonine....g	0.745		0	A	1		0.633	2.653	

NDB No. 05716
Turkey, retail parts, 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
Isoleucine....g	0.588		0	A	1		0.500	2.094	
Leucine....g	1.422		0	A	1		1.209	5.062	
Lysine....g	1.693		0	A	1		1.439	6.027	
Methionine....g	0.536		0	A	1		0.456	1.910	
Cystine....g	0.194		0	A	1		0.165	0.689	
Phenylalanine....g	0.661		0	A	1		0.562	2.355	
Tyrosine....g	0.609		0	A	1		0.518	2.169	
Valine....g	0.656		0	A	1		0.557	2.335	
Arginine....g	1.162		0	A	1		0.987	4.135	
Histidine....g	0.556		0	A	1		0.473	1.980	
Alanine....g	1.109		0	A	1		0.943	3.949	
Aspartic acid....g	1.641		0	A	1		1.394	5.840	
Glutamic acid....g	2.782		0	A	1		2.365	9.905	
Glycine....g	0.875		0	A	1		0.744	3.116	
Proline....g	1.108		0	A	1		0.942	3.946	
Serine....g	0.813		0	A	1		0.691	2.894	
Hydroxyproline....g	0.130		1	A	1		0.110	0.462	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 356g: 1 drumstick

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05727
Turkey, retail parts, enhanced, breast, meat and skin, raw

Refuse: 15% Bone and connective tissue 15%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	72.76		0	PAK	1		61.84	851.99	
Energy kcal	144		0	NC	4		122	1686	
Energy kJ	603		0	NC	4		513	7061	
Protein g	20.79		0	PAK	1		17.67	243.50	
Total lipid (fat) g	6.75		0	PAK	1		5.74	79.02	
Ash g	1.13		0	PAK	1		0.96	13.20	
Carbohydrate, by difference g	0.03		0	PIK	4		0.02	0.31	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.01		0	PIK	4		0.01	0.14	
Sucrose g	0.01		0	PAK	1		0.01	0.14	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.01		0	PAK	1		0.01	0.09	
Minerals:									
Calcium, Ca mg	9		0	PAK	1		7	103	
Iron, Fe mg	0.43		0	PAK	1		0.37	5.06	
Magnesium, Mg mg	23		0	PAK	1		19	266	
Phosphorus, P mg	171		0	PAK	1		146	2005	
Potassium, K mg	221		0	PAK	1		188	2590	
Sodium, Na mg	126		0	PAK	1		107	1475	
Zinc, Zn mg	1.07		0	PAK	1		0.91	12.51	
Copper, Cu mg	0.043		0	PAK	1		0.037	0.507	
Manganese, Mn mg	0.005		0	PAK	1		0.005	0.064	
Selenium, Se µg	20.8		0	PIK	4		17.7	243.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.045		0	PAK	1		0.039	0.531	
Riboflavin mg	0.148		0	PAK	1		0.125	1.728	
Niacin mg	9.171		0	PAK	1		7.795	107.393	
Pantothenic acid mg	0.894		0	PAK	1		0.760	10.469	
Vitamin B-6 mg	0.756		0	PAK	1		0.643	8.857	
Folate, total µg	7		0	PIK	4		6	77	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	PIK	4		6	77	
Folate, DFE µg	7		0	NC	4		6	77	
Choline, total mg	61.0		0	PAK	1		51.9	714.8	
Betaine mg	2.6		0	PAK	1		2.2	30.2	
Vitamin B-12 µg	0.40		0	PAK	1		0.34	4.66	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	15		0	PAK	1		13	176	
Retinol µg	15		0	PAK	1		13	176	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	50		0	PAK	1		42	585	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	3		0	PIK	4		3	39	
Vitamin E (alpha-tocopherol) mg	0.10		0	PIK	4		0.08	1.14	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.02	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.02	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05727

Turkey, retail parts, enhanced, 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00	0.06	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.3	3.8	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PAK	1		0.3	3.8	
Vitamin D....IU	13		0	PAK	1		11	152	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.240		0	NR	4		1.054	14.520	
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	0.001		0	PAK	1		0.001	0.009	
10:0....g	0.003		0	PAK	1		0.002	0.034	
12:0....g	0.015		0	PAK	1		0.013	0.179	
13:0....g									
14:0....g	0.043		0	PAK	1		0.037	0.504	
15:0....g	0.007		0	PAK	1		0.006	0.084	
16:0....g	0.834		0	PAK	1		0.709	9.767	
17:0....g	0.012		0	PAK	1		0.010	0.143	
18:0....g	0.314		0	PAK	1		0.267	3.680	
20:0....g	0.005		0	PAK	1		0.004	0.057	
22:0....g	0.004		0	PAK	1		0.004	0.052	
24:0....g	0.001		0	PAK	1		0.001	0.010	
Fatty acids, total monounsaturated....g	3.040		0	NR	4		2.584	35.598	
14:1....g	0.013		0	PAK	1		0.011	0.152	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.293		0	PAK	1		0.249	3.430	
16:1 c....g	0.288		0	PAK	1		0.245	3.372	
16:1 t....g	0.005		0	PAK	1		0.004	0.057	
17:1....g	0.013		0	PAK	1		0.011	0.152	
18:1 undifferentiated....g	2.673		0	PAK	1		2.272	31.305	
18:1 c....g	2.582		0	PAK	1		2.195	30.238	
18:1 t....g	0.091		0	PAK	1		0.077	1.067	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.041		0	PAK	1		0.035	0.476	
22:1 undifferentiated....g	0.008		0	PAK	1		0.007	0.095	
22:1 c....g	0.002		0	PAK	1		0.001	0.019	
22:1 t....g	0.007		0	PAK	1		0.006	0.076	
24:1 c....g	0.002		0	PAK	1		0.001	0.019	
Fatty acids, total polyunsaturated....g	2.470		0	NR	4		2.100	28.924	
18:2 undifferentiated....g	2.193		0	PAK	1		1.864	25.677	
18:2 n-6 c,c....g	2.150		0	PAK	1		1.827	25.176	
18:2 CLAs....g	0.016		0	PAK	1		0.013	0.186	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.027		0	PAK	1		0.023	0.315	
18:3 undifferentiated....g	0.132		0	PAK	1		0.112	1.549	
18:3 n-3 c,c,c (ALA)....g	0.128		0	PAK	1		0.109	1.501	
18:3 n-6 c,c,c....g	0.004		0	PAK	1		0.004	0.049	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.009	
20:2 n-6 c,c....g	0.016		0	PAK	1		0.014	0.187	
20:3 undifferentiated....g	0.010		0	PAK	1		0.009	0.120	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.013	
20:3 n-6....g	0.009		0	PAK	1		0.008	0.107	
20:4 undifferentiated....g	0.093		0	PAK	1		0.079	1.083	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.004	0.052	
21:5....g									
22:4....g	0.019		0	PAK	1		0.016	0.223	
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.008	0.116	

NDB No. 05727

Turkey, retail parts, enhanced, 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
22:6 n-3 (DHA) g	0.007		0	PAK	1		0.006	0.086	
Fatty acids, total trans g	0.080		0	PIK	4		0.068	0.931	
Fatty acids, total trans-monoenoic g	0.063		0	PIK	4		0.053	0.736	
Fatty acids, total trans-polyenoic g	0.017		0	PIK	4		0.014	0.195	
Cholesterol mg	64		0	PAK	1		55	753	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.233		0	PAK	1		0.198	2.728	
Threonine g	0.900		0	PAK	1		0.765	10.533	
Isoleucine g	0.750		0	PAK	1		0.638	8.786	
Leucine g	1.630		0	PAK	1		1.386	19.093	
Lysine g	1.908		0	PAK	1		1.622	22.347	
Methionine g	0.566		0	PAK	1		0.481	6.630	
Cystine g	0.192		0	PAK	1		0.163	2.245	
Phenylalanine g	0.732		0	PAK	1		0.622	8.572	
Tyrosine g	0.694		0	PAK	1		0.590	8.123	
Valine g	0.808		0	PAK	1		0.687	9.462	
Arginine g	1.348		0	PAK	1		1.146	15.784	
Histidine g	0.647		0	PAK	1		0.550	7.579	
Alanine g	1.247		0	PAK	1		1.060	14.606	
Aspartic acid g	1.885		0	PAK	1		1.602	22.075	
Glutamic acid g	2.983		0	PAK	1		2.535	34.926	
Glycine g	1.053		0	PAK	1		0.895	12.325	
Proline g	1.042		0	PAK	1		0.886	12.202	
Serine g	0.852		0	PAK	1		0.724	9.972	
Hydroxyproline g	0.180		0	PAK	1		0.153	2.102	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 1171g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05709

Turkey, retail parts, enhanced, breast, meat only, cooked, roasted

Refuse: 24% Bone and connective tissue 17%, Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	69.99	0.560	3	A	1		59.49	596.34	
Energy kcal	130		0	NC	4		111	1112	
Energy kJ	546		0	NC	4		464	4652	
Protein g	27.94	0.498	3	A	1		23.75	238.08	
Total lipid (fat) g	2.08	0.506	3	A	1		1.77	17.72	
Ash g	1.40	0.197	3	A	1		1.19	11.93	
Carbohydrate, by difference g	0.00		0	NC	4		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	4.415	3	A	1		13	126	
Iron, Fe mg	0.59	0.063	3	A	1		0.50	5.05	
Magnesium, Mg mg	27	0.151	3	A	1		23	227	
Phosphorus, P mg	219	13.879	3	A	1		186	1866	
Potassium, K mg	264	7.341	3	A	1		224	2249	
Sodium, Na mg	184	39.698	3	A	1		156	1568	
Zinc, Zn mg	1.33	0.050	3	A	1		1.13	11.34	
Copper, Cu mg	0.057	0.004	3	A	1		0.049	0.488	
Manganese, Mn mg	0.006	0.001	3	A	1		0.005	0.051	
Selenium, Se µg	28.9		0	BFNN	4		24.6	246.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.045		2	A	1		0.038	0.379	
Riboflavin mg	0.195		2	A	1		0.166	1.661	
Niacin mg	11.500		2	A	1		9.775	97.980	
Pantothenic acid mg	0.965		2	A	1		0.820	8.221	
Vitamin B-6 mg	0.734		2	A	1		0.624	6.257	
Folate, total µg	9		0	BFPN	4		7	75	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	75	
Folate, DFE µg	9		0	NC	4		7	75	
Choline, total mg	74.0		0	AS	1		62.9	630.4	
Betaine mg	2.8		1	A	1		2.4	24.0	
Vitamin B-12 µg	0.30		2	A	1		0.25	2.56	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	AS	1		2	21	
Retinol µg	3		2	A	1		2	21	
Carotene, beta µg	0		2	A	1		0	0	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	8		0	AS	1		7	71	
Lycopene µg	0		2	A	1		0	0	
Lutein + zeaxanthin µg	5		2	A	1		4	39	
Vitamin E (alpha-tocopherol) mg	0.08		0	BFFN	4		0.07	0.69	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	AS	1		0.1	1.2	
Vitamin D IU	6		0	BFFN	4		5	49	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05709

Turkey, retail parts, enhanced, 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
Lipids:									
Fatty acids, total saturated....g	0.428		0	NC	4		0.364	3.644	
4:0....g	0.001		2	A	1		0.001	0.009	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.001		2	A	1		0.000	0.004	
10:0....g	0.004		2	A	1		0.004	0.038	
12:0....g	0.005		2	A	1		0.004	0.043	
13:0....g									
14:0....g	0.011		2	A	1		0.009	0.093	
15:0....g	0.003		2	A	1		0.002	0.021	
16:0....g	0.238		2	A	1		0.202	2.028	
17:0....g	0.004		2	A	1		0.004	0.038	
18:0....g	0.152		2	A	1		0.130	1.298	
20:0....g	0.003		2	A	1		0.002	0.021	
22:0....g	0.004		2	A	1		0.004	0.038	
24:0....g	0.002		2	A	1		0.001	0.013	
Fatty acids, total monounsaturated....g	0.670		0	NC	4		0.569	5.706	
14:1....g	0.002		2	A	1		0.001	0.013	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.028		0	AS	1		0.024	0.238	
16:1 c....g	0.028		2	A	1		0.024	0.238	
16:1 t....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.002		2	A	1		0.002	0.017	
18:1 undifferentiated....g	0.298		0	AS	1		0.253	2.539	
18:1 c....g	0.286		2	A	1		0.243	2.437	
18:1 t....g	0.012		2	A	1		0.010	0.102	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.004		2	A	1		0.003	0.034	
22:1 undifferentiated....g	0.005		0	AS	1		0.004	0.042	
22:1 c....g	0.000		2	A	1		0.000	0.000	
22:1 t....g	0.005		2	A	1		0.004	0.042	
24:1 c....g	0.001		2	A	1		0.000	0.004	
Fatty acids, total polyunsaturated....g	0.668		0	NC	4		0.568	5.693	
18:2 undifferentiated....g	0.273		0	AS	1		0.232	2.330	
18:2 n-6 c,c....g	0.268		2	A	1		0.228	2.287	
18:2 CLAs....g	0.002		2	A	1		0.001	0.013	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		2	A	1		0.003	0.030	
18:3 undifferentiated....g	0.011		0	AS	1		0.009	0.094	
18:3 n-3 c,c,c (ALA)....g	0.011		2	A	1		0.009	0.094	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	A	1		0.004	0.038	
20:3 undifferentiated....g	0.003		0	AS	1		0.003	0.026	
20:3 n-3....g	0.000		2	A	1		0.000	0.000	
20:3 n-6....g	0.003		2	A	1		0.003	0.026	
20:4 undifferentiated....g	0.060		2	A	1		0.051	0.515	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	A	1		0.001	0.013	
21:5....g									
22:4....g	0.015		2	A	1		0.013	0.127	
22:5 n-3 (DPA)....g	0.006		2	A	1		0.005	0.051	
22:6 n-3 (DHA)....g	0.006		2	A	1		0.005	0.051	
Fatty acids, total trans....g	0.020		0	NC	4		0.017	0.174	
Fatty acids, total trans-monoenoic....g	0.017		0	NC	4		0.014	0.144	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.003	0.030	
Cholesterol....mg	74		2	A	1		63	631	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.327		0	A	1		0.278	2.783	
Threonine....g	1.254		0	A	1		1.066	10.684	

NDB No. 05709

Turkey, retail parts, enhanced, 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
Isoleucine....g	1.045		0	A	1		0.888	8.904	
Leucine....g	2.260		0	A	1		1.921	19.255	
Lysine....g	2.652		0	A	1		2.254	22.593	
Methionine....g	0.784		0	A	1		0.666	6.678	
Cystine....g	0.261		0	A	1		0.222	2.226	
Phenylalanine....g	1.006		0	A	1		0.855	8.569	
Tyrosine....g	0.967		0	A	1		0.822	8.236	
Valine....g	1.110		0	A	1		0.944	9.461	
Arginine....g	1.816		0	A	1		1.543	15.470	
Histidine....g	0.901		0	A	1		0.766	7.679	
Alanine....g	1.659		0	A	1		1.410	14.134	
Aspartic acid....g	2.600		0	A	1		2.210	22.149	
Glutamic acid....g	4.102		0	A	1		3.487	34.949	
Glycine....g	1.241		0	A	1		1.055	10.573	
Proline....g	1.306		0	A	1		1.110	11.130	
Serine....g	1.163		0	A	1		0.988	9.905	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 852g: 1 breast

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05708
Turkey, retail parts, enhanced, breast, meat only, raw

Refuse: 25% Bone and connective tissue 15%, Skin and separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.95	0.253	3	A	1		889.36	64.56	
Energy kcal	111		0	NC	4		1297	94	
Energy kJ	463		0	NC	4		5422	394	
Protein g	21.99	0.299	3	A	1		257.46	18.69	
Total lipid (fat) g	2.53	0.148	3	A	1		29.67	2.15	
Ash g	1.19	0.089	3	A	1		13.91	1.01	
Carbohydrate, by difference g	0.00		0	NC	4		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	2.414	3	A	1		96	7	
Iron, Fe mg	0.41	0.034	3	A	1		4.83	0.35	
Magnesium, Mg mg	25	0.756	3	A	1		290	21	
Phosphorus, P mg	181	2.609	3	A	1		2123	154	
Potassium, K mg	237	10.735	3	A	1		2777	202	
Sodium, Na mg	124	30.040	3	A	1		1455	106	
Zinc, Zn mg	1.10	0.123	3	A	1		12.92	0.94	
Copper, Cu mg	0.043	0.006	3	A	1		0.503	0.037	
Manganese, Mn mg	0.005	0.001	3	A	1		0.060	0.004	
Selenium, Se µg	22.3		0	BFNN	4		260.8	18.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.049		2	A	1		0.579	0.042	
Riboflavin mg	0.155		2	A	1		1.814	0.132	
Niacin mg	10.000		2	A	1		117.099	8.500	
Pantothenic acid mg	0.950		2	A	1		11.124	0.807	
Vitamin B-6 mg	0.840		2	A	1		9.836	0.714	
Folate, total µg	7		0	BFPN	4		81	6	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		81	6	
Folate, DFE µg	7		0	NC	4		81	6	
Choline, total mg	64.7		0	AS	1		757.9	55.0	
Betaine mg	2.6		1	A	1		30.9	2.2	
Vitamin B-12 µg	0.33		2	A	1		3.86	0.28	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	AS	1		60	4	
Retinol µg	5		2	A	1		60	4	
Carotene, beta µg	0		2	A	1		0	0	
Carotene, alpha µg	0		2	A	1		0	0	
Cryptoxanthin, beta µg	0		2	A	1		0	0	
Vitamin A, IU IU	17		0	AS	1		200	15	
Lycopene µg	0		2	A	1		0	0	
Lutein + zeaxanthin µg	4		2	A	1		44	3	
Vitamin E (alpha-tocopherol) mg	0.10		0	BFFN	4		1.16	0.08	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		1	AS	1		2.5	0.2	
Vitamin D IU	8		1	A	1		98	7	
Vitamin K (phylloquinone) µg	0.0		0	BFPN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05708

Turkey, retail parts, enhanced, 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
Lipids:									
Fatty acids, total saturated....g	0.600		0	NR	4		7.026	0.510	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.001		2	A	1		0.014	0.001	
10:0....g	0.004		2	A	1		0.043	0.003	
12:0....g	0.004		2	A	1		0.043	0.003	
13:0....g									
14:0....g	0.006		2	A	1		0.070	0.005	
15:0....g	0.004		2	A	1		0.043	0.003	
16:0....g	0.335		2	A	1		3.924	0.285	
17:0....g	0.006		2	A	1		0.072	0.005	
18:0....g	0.226		2	A	1		2.645	0.192	
20:0....g	0.004		2	A	1		0.043	0.003	
22:0....g	0.010		2	A	1		0.114	0.008	
24:0....g	0.001		2	A	1		0.014	0.001	
Fatty acids, total monounsaturated....g	0.940		0	NR	4		11.007	0.799	
14:1....g	0.003		2	A	1		0.035	0.003	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.073		0	AS	1		0.857	0.062	
16:1 c....g	0.073		2	A	1		0.857	0.062	
16:1 t....g	0.000		2	A	1		0.000	0.000	
17:1....g	0.005		2	A	1		0.058	0.004	
18:1 undifferentiated....g	0.826		0	AS	1		9.674	0.702	
18:1 c....g	0.790		2	A	1		9.245	0.671	
18:1 t....g	0.037		2	A	1		0.429	0.031	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.010		2	A	1		0.116	0.008	
22:1 undifferentiated....g	0.024		0	AS	1		0.278	0.020	
22:1 c....g	0.003		2	A	1		0.035	0.003	
22:1 t....g	0.022		2	A	1		0.255	0.019	
24:1 c....g	0.003		2	A	1		0.035	0.003	
Fatty acids, total polyunsaturated....g	0.980		0	NR	4		11.476	0.833	
18:2 undifferentiated....g	0.666		0	AS	1		7.794	0.566	
18:2 n-6 c,c....g	0.659		2	A	1		7.717	0.560	
18:2 CLAs....g	0.000		2	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007		2	A	1		0.077	0.006	
18:3 undifferentiated....g	0.021		0	AS	1		0.251	0.018	
18:3 n-3 c,c,c (ALA)....g	0.021		2	A	1		0.251	0.018	
18:3 n-6 c,c,c....g	0.000		2	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.013		2	A	1		0.154	0.011	
20:3 undifferentiated....g	0.007		0	AS	1		0.077	0.006	
20:3 n-3....g	0.000		2	A	1		0.000	0.000	
20:3 n-6....g	0.007		2	A	1		0.077	0.006	
20:4 undifferentiated....g	0.201		2	A	1		2.358	0.171	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		2	A	1		0.077	0.006	
21:5....g									
22:4....g	0.041		2	A	1		0.485	0.035	
22:5 n-3 (DPA)....g	0.020		2	A	1		0.231	0.017	
22:6 n-3 (DHA)....g	0.017		2	A	1		0.203	0.015	
Fatty acids, total trans....g	0.067		0	NC	4		0.781	0.057	
Fatty acids, total trans-monoenoic....g	0.060		0	NC	4		0.703	0.051	
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.078	0.006	
Cholesterol....mg	60		2	A	1		704	51	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.257		0	A	1		3.009	0.218	
Threonine....g	0.987		0	A	1		11.554	0.839	

NDB No. 05708

Turkey, retail parts, enhanced, 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
Isoleucine....g	0.822		0	A	1		9.629	0.699	
Leucine....g	1.778		0	A	1		20.823	1.512	
Lysine....g	2.087		0	A	1		24.433	1.774	
Methionine....g	0.617		0	A	1		7.222	0.524	
Cystine....g	0.206		0	A	1		2.407	0.175	
Phenylalanine....g	0.791		0	A	1		9.267	0.673	
Tyrosine....g	0.761		0	A	1		8.907	0.647	
Valine....g	0.874		0	A	1		10.231	0.743	
Arginine....g	1.429		0	A	1		16.730	1.214	
Histidine....g	0.709		0	A	1		8.304	0.603	
Alanine....g	1.305		0	A	1		15.285	1.110	
Aspartic acid....g	2.046		0	A	1		23.953	1.739	
Glutamic acid....g	3.228		0	A	1		37.795	2.743	
Glycine....g	0.976		0	A	1		11.434	0.830	
Proline....g	1.028		0	A	1		12.037	0.874	
Serine....g	0.915		0	A	1		10.711	0.778	
Hydroxyproline....g	0.080		1	A	1		0.936	0.068	
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	

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

Common Measures:

Measure 1 = 1171g: 1 breast

Measure 2 = 85g: 3 oz

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05743
Turkey, retail parts, thigh, meat and skin, cooked, roasted

Refuse: 14% Bone and connective tissue 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		55.35	226.62	
Energy kcal	183		0	NC	4		156	637	
Energy kJ	765		0	NC	4		650	2662	
Protein g	23.95		0	PAK	1		20.36	83.35	
Total lipid (fat) g	9.50		0	PAK	1		8.08	33.07	
Ash g	1.10		0	PAK	1		0.94	3.84	
Carbohydrate, by difference g	0.41		0	PIK	4		0.34	1.41	
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	4		0	PAK	1		4	14	
Iron, Fe mg	1.50		0	PAK	1		1.27	5.21	
Magnesium, Mg mg	21		0	PAK	1		18	75	
Phosphorus, P mg	187		0	PAK	1		159	649	
Potassium, K mg	273		0	PAK	1		232	951	
Sodium, Na mg	101		0	PAK	1		86	351	
Zinc, Zn mg	3.00		0	PAK	1		2.55	10.43	
Copper, Cu mg	0.089		0	PAK	1		0.075	0.308	
Manganese, Mn mg	0.006		0	PAK	1		0.005	0.020	
Selenium, Se µg	27.3		0	PIK	4		23.2	95.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.047		0	PAK	1		0.040	0.164	
Riboflavin mg	0.297		0	PAK	1		0.252	1.032	
Niacin mg	6.446		0	PAK	1		5.479	22.432	
Pantothenic acid mg	1.133		0	PAK	1		0.963	3.942	
Vitamin B-6 mg	0.444		0	PAK	1		0.377	1.544	
Folate, total µg	8		0	PIK	4		6	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PIK	4		6	26	
Folate, DFE µg	8		0	NC	4		6	26	
Choline, total mg	96.8		0	PIK	4		82.3	336.9	
Betaine mg	6.9		0	PIK	4		5.9	24.0	
Vitamin B-12 µg	1.67		0	PAK	1		1.42	5.81	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	14		0	PIK	4		12	48	
Retinol µg	14		0	PIK	4		12	48	
Carotene, beta µg	0		0	PAK	1		0	0	
Carotene, alpha µg	0		0	PAK	1		0	0	
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	
Vitamin A, IU IU	46		0	PIK	4		39	159	
Lycopene µg	0		0	PAK	1		0	0	
Lutein + zeaxanthin µg	2		0	PAK	1		2	8	
Vitamin E (alpha-tocopherol) mg	0.07		0	PIK	4		0.06	0.24	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.3	1.1	
Vitamin D IU	13		0	PIK	4		11	44	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05743

Turkey, retail parts, thigh, 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
Lipids:									
Fatty acids, total saturated....g	2.960		0	NR	4		2.516	10.302	
4:0....g	0.001		0	PAK	1		0.000	0.002	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.002	
10:0....g	0.006		0	PAK	1		0.005	0.022	
12:0....g	0.028		0	PAK	1		0.024	0.098	
13:0....g									
14:0....g	0.094		0	PAK	1		0.080	0.329	
15:0....g	0.014		0	PAK	1		0.012	0.049	
16:0....g	2.029		0	PAK	1		1.725	7.060	
17:0....g	0.025		0	PAK	1		0.021	0.086	
18:0....g	0.736		0	PAK	1		0.626	2.562	
20:0....g	0.013		0	PAK	1		0.011	0.044	
22:0....g	0.009		0	PAK	1		0.007	0.030	
24:0....g	0.005		0	PAK	1		0.004	0.018	
Fatty acids, total monounsaturated....g	3.593		0	NR	4		3.054	12.504	
14:1....g	0.020		0	PAK	1		0.017	0.070	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.398		0	PAK	1		0.338	1.384	
17:1....g	0.014		0	PAK	1		0.012	0.050	
18:1 undifferentiated....g	3.101		0	PAK	1		2.636	10.792	
20:1....g	0.047		0	PAK	1		0.040	0.163	
22:1 undifferentiated....g	0.012		0	PAK	1		0.011	0.043	
24:1 c....g	0.005		0	PAK	1		0.004	0.017	
Fatty acids, total polyunsaturated....g	2.949		0	NR	4		2.506	10.261	
18:2 undifferentiated....g	2.604		0	PAK	1		2.214	9.063	
18:3 undifferentiated....g	0.166		0	PAK	1		0.141	0.577	
18:4....g	0.001		0	PAK	1		0.001	0.003	
20:2 n-6 c,c....g	0.018		0	PAK	1		0.015	0.063	
20:3 undifferentiated....g	0.010		0	PAK	1		0.009	0.036	
20:4 undifferentiated....g	0.119		0	PAK	1		0.101	0.415	
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.003	0.013	
21:5....g									
22:4....g	0.026		0	PAK	1		0.022	0.091	
22:5 n-3 (DPA)....g	0.011		0	PAK	1		0.009	0.037	
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.006	0.024	
Fatty acids, total trans....g	0.138		0	PIK	4		0.117	0.479	
Cholesterol....mg	116		0	PAK	1		98	403	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.282		0	PAK	1		0.240	0.981	
Threonine....g	1.012		0	PAK	1		0.860	3.522	
Isoleucine....g	0.831		0	PAK	1		0.706	2.892	
Leucine....g	1.919		0	PAK	1		1.631	6.678	
Lysine....g	2.389		0	PAK	1		2.030	8.312	
Methionine....g	0.646		0	PAK	1		0.549	2.247	
Cystine....g	0.224		0	PAK	1		0.191	0.780	
Phenylalanine....g	0.847		0	PAK	1		0.720	2.948	
Tyrosine....g	0.792		0	PAK	1		0.673	2.757	
Valine....g	0.882		0	PAK	1		0.749	3.068	
Arginine....g	1.523		0	PAK	1		1.294	5.299	
Histidine....g	0.707		0	PAK	1		0.601	2.459	
Alanine....g	1.456		0	PAK	1		1.238	5.067	
Aspartic acid....g	2.202		0	PAK	1		1.871	7.662	
Glutamic acid....g	3.582		0	PAK	1		3.045	12.465	
Glycine....g	1.268		0	PAK	1		1.078	4.413	
Proline....g	1.228		0	PAK	1		1.044	4.274	
Serine....g	0.993		0	PAK	1		0.844	3.455	
Hydroxyproline....g	0.284		0	PAK	1		0.242	0.990	
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	

NDB No. 05743

Turkey, retail parts, thigh, 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
Caffeine....mg	0		0	PIK	4		0	0	
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 348g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05742
Turkey, retail parts, thigh, meat and skin, raw

Refuse: 19% Bone and connective tissue 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.28		0	PAK	1		60.59	323.61	
Energy kcal	161		0	NC	4		136	729	
Energy kJ	672		0	NC	4		571	3051	
Protein g	19.54		0	PAK	1		16.61	88.70	
Total lipid (fat) g	9.16		0	PAK	1		7.78	41.57	
Ash g	0.94		0	PAK	1		0.80	4.25	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	4		0	PAK	1		3	17	
Iron, Fe mg	1.31		0	PAK	1		1.11	5.93	
Magnesium, Mg mg	20		0	PAK	1		17	89	
Phosphorus, P mg	161		0	PAK	1		137	730	
Potassium, K mg	239		0	PAK	1		203	1084	
Sodium, Na mg	75		0	PAK	1		64	343	
Zinc, Zn mg	2.60		0	PAK	1		2.21	11.79	
Copper, Cu mg	0.076		0	PAK	1		0.064	0.344	
Manganese, Mn mg	0.006		0	PAK	1		0.005	0.026	
Selenium, Se µg	19.8		0	PIK	4		16.8	89.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.053		0	PAK	1		0.045	0.242	
Riboflavin mg	0.268		0	PAK	1		0.228	1.217	
Niacin mg	5.599		0	PAK	1		4.759	25.418	
Pantothenic acid mg	1.179		0	PAK	1		1.002	5.354	
Vitamin B-6 mg	0.419		0	PAK	1		0.356	1.903	
Folate, total µg	6		0	PIK	4		5	28	
Folic acid µg									
Folate, food µg	6		0	PIK	4		5	28	
Folate, DFE µg									
Choline, total mg	69.9		0	PIK	4		59.4	317.4	
Betaine mg	5.3		0	PIK	4		4.5	24.1	
Vitamin B-12 µg	2.13		0	PAK	1		1.81	9.67	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	29		0	PIK	4		25	133	
Retinol µg	29		0	PIK	4		25	133	
Carotene, beta µg	0		0	PAK	1		0	0	
Carotene, alpha µg	0		0	PAK	1		0	0	
Cryptoxanthin, beta µg	0		0	PAK	1		0	0	
Vitamin A, IU IU	97		0	PIK	4		83	442	
Lycopene µg	0		0	PAK	1		0	0	
Lutein + zeaxanthin µg	7		0	PAK	1		6	30	
Vitamin E (alpha-tocopherol) mg	0.16		0	PIK	4		0.14	0.72	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.5		0	PAK	1		0.5	2.4	
Vitamin D IU	21		0	PIK	4		18	97	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05742

Turkey, retail parts, 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
Lipids:									
Fatty acids, total saturated....g	2.386		0	PIK	4		2.028	10.831	
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	0.001	
10:0....g	0.006		0	PAK	1		0.005	0.028	
12:0....g	0.023		0	PAK	1		0.020	0.105	
13:0....g									
14:0....g	0.079		0	PAK	1		0.067	0.358	
15:0....g	0.012		0	PAK	1		0.010	0.055	
16:0....g	1.646		0	PAK	1		1.399	7.474	
17:0....g	0.020		0	PAK	1		0.017	0.092	
18:0....g	0.578		0	PAK	1		0.491	2.624	
20:0....g	0.010		0	PAK	1		0.008	0.044	
22:0....g	0.008		0	PAK	1		0.006	0.035	
24:0....g	0.003		0	PAK	1		0.003	0.015	
Fatty acids, total monounsaturated....g	2.994		0	PIK	4		2.545	13.592	
14:1....g	0.017		0	PAK	1		0.014	0.077	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.334		0	PAK	1		0.284	1.515	
16:1 c....g	0.329		0	PAK	1		0.279	1.492	
16:1 t....g	0.005		0	PAK	1		0.004	0.023	
17:1....g	0.012		0	PAK	1		0.010	0.056	
18:1 undifferentiated....g	2.582		0	PAK	1		2.194	11.720	
18:1 c....g	2.512		0	PAK	1		2.136	11.407	
18:1 t....g	0.069		0	PAK	1		0.059	0.314	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.039		0	PAK	1		0.033	0.176	
22:1 undifferentiated....g	0.008		0	PAK	1		0.007	0.036	
22:1 c....g	0.001		0	PAK	1		0.001	0.003	
22:1 t....g	0.007		0	PAK	1		0.006	0.032	
24:1 c....g	0.003		0	PAK	1		0.002	0.012	
Fatty acids, total polyunsaturated....g	2.454		0	PIK	4		2.086	11.140	
18:2 undifferentiated....g	2.157		0	PAK	1		1.834	9.794	
18:2 n-6 c,c....g	2.116		0	PAK	1		1.799	9.609	
18:2 CLAs....g	0.017		0	PAK	1		0.014	0.075	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.024		0	PAK	1		0.021	0.110	
18:3 undifferentiated....g	0.144		0	PAK	1		0.123	0.655	
18:3 n-3 c,c,c (ALA)....g	0.140		0	PAK	1		0.119	0.635	
18:3 n-6 c,c,c....g	0.004		0	PAK	1		0.004	0.020	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.003	
20:2 n-6 c,c....g	0.014		0	PAK	1		0.012	0.063	
20:3 undifferentiated....g	0.008		0	PAK	1		0.007	0.037	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.004	
20:3 n-6....g	0.007		0	PAK	1		0.006	0.033	
20:4 undifferentiated....g	0.092		0	PAK	1		0.078	0.416	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		0	PAK	1		0.003	0.015	
21:5....g									
22:4....g	0.019		0	PAK	1		0.016	0.087	
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.008	0.041	
22:6 n-3 (DHA)....g	0.006		0	PAK	1		0.005	0.027	
Fatty acids, total trans....g	0.106		0	PIK	4		0.090	0.479	
Fatty acids, total trans-monoenoic....g	0.081		0	PIK	4		0.069	0.369	
Fatty acids, total trans-polyenoic....g	0.024		0	PIK	4		0.021	0.110	
Cholesterol....mg	83		0	PAK	1		71	378	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.220		0	PAK	1		0.187	1.000	
Threonine....g	0.803		0	PAK	1		0.683	3.646	

NDB No. 05742
Turkey, retail parts, 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
Isoleucine....g	0.657		0	PAK	1		0.559	2.984	
Leucine....g	1.519		0	PAK	1		1.291	6.895	
Lysine....g	1.890		0	PAK	1		1.606	8.579	
Methionine....g	0.510		0	PAK	1		0.434	2.316	
Cystine....g	0.179		0	PAK	1		0.152	0.813	
Phenylalanine....g	0.677		0	PAK	1		0.575	3.072	
Tyrosine....g	0.624		0	PAK	1		0.531	2.834	
Valine....g	0.704		0	PAK	1		0.599	3.197	
Arginine....g	1.241		0	PAK	1		1.055	5.634	
Histidine....g	0.556		0	PAK	1		0.473	2.525	
Alanine....g	1.196		0	PAK	1		1.016	5.428	
Aspartic acid....g	1.753		0	PAK	1		1.490	7.957	
Glutamic acid....g	2.854		0	PAK	1		2.426	12.956	
Glycine....g	1.144		0	PAK	1		0.972	5.193	
Proline....g	1.054		0	PAK	1		0.896	4.785	
Serine....g	0.794		0	PAK	1		0.675	3.607	
Hydroxyproline....g	0.192		0	PAK	1		0.163	0.872	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 454g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

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NDB No. 05722
Turkey, retail parts, thigh, meat only, cooked, roasted

Refuse: 23% Bone and connective tissue 14%, Skin and separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.98	1.514	5	A	1		56.93	233.09	
Energy kcal	159		0	NC	4		135	552	
Energy kJ	664		0	NC	4		564	2311	
Protein g	25.14	0.938	5	A	1		21.37	87.48	
Total lipid (fat) g	6.25	0.575	5	A	1		5.31	21.74	
Ash g	1.18	0.066	5	A	1		1.00	4.10	
Carbohydrate, by difference g	0.46		0	NC	4		0.39	1.59	
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	4	0.941	5	A	1		4	15	
Iron, Fe mg	1.59	0.061	5	A	1		1.35	5.52	
Magnesium, Mg mg	23	1.209	5	A	1		20	81	
Phosphorus, P mg	200	1.634	5	A	1		170	695	
Potassium, K mg	296	3.351	5	A	1		251	1029	
Sodium, Na mg	104	5.616	5	A	1		88	361	
Zinc, Zn mg	3.26	0.218	5	A	1		2.77	11.33	
Copper, Cu mg	0.094	0.010	5	A	1		0.080	0.329	
Manganese, Mn mg	0.006	0.000	5	A	1		0.005	0.021	
Selenium, Se µg	29.3		0	BFNN	4		24.9	102.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.050	0.005	3	A	1		0.042	0.173	
Riboflavin mg	0.323	0.017	3	A	1		0.275	1.125	
Niacin mg	6.903	0.120	3	A	1		5.868	24.023	
Pantothenic acid mg	1.200		2	A	1		1.020	4.176	
Vitamin B-6 mg	0.484	0.009	3	A	1		0.412	1.685	
Folate, total µg	8		0	BFPN	4		7	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	28	
Folate, DFE µg	8		0	NC	4		7	28	
Choline, total mg	103.8		0	AS	1		88.2	361.1	
Betaine mg	7.5		1	A	1		6.3	25.9	
Vitamin B-12 µg	1.63	0.536	3	A	1		1.39	5.68	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	BFFN	4		5	20	
Retinol µg	6		0	BFFN	4		5	20	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	19		0	BFFN	4		16	66	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	1		1	A	1		1	5	
Vitamin E (alpha-tocopherol) mg	0.07		0	BFFN	4		0.06	0.24	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.2	0.9	
Vitamin D IU	10		0	BFFN	4		9	36	
Vitamin K (phylloquinone) µg	0.0		0	BFNN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05722

Turkey, retail parts, thigh, 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
Lipids:									
Fatty acids, total saturated....g	2.020		0	NR	4		1.717	7.030	
4:0....g	0.001	0.001	3	A	1		0.001	0.002	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.001	
10:0....g	0.005	0.001	3	A	1		0.004	0.018	
12:0....g	0.019	0.014	3	A	1		0.016	0.066	
13:0....g									
14:0....g	0.061	0.012	3	A	1		0.052	0.211	
15:0....g	0.009	0.001	3	A	1		0.008	0.031	
16:0....g	1.354	0.150	3	A	1		1.151	4.713	
17:0....g	0.016	0.001	3	A	1		0.014	0.057	
18:0....g	0.534	0.028	3	A	1		0.454	1.857	
20:0....g	0.009	0.001	3	A	1		0.008	0.031	
22:0....g	0.007	0.002	3	A	1		0.006	0.025	
24:0....g	0.005	0.000	3	A	1		0.004	0.017	
Fatty acids, total monounsaturated....g	2.310		0	NR	4		1.964	8.039	
14:1....g	0.014	0.003	3	A	1		0.012	0.048	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.255	0.067	3	AS	1		0.217	0.888	
16:1 c....g	0.250	0.067	3	A	1		0.213	0.872	
16:1 t....g	0.005	0.000	3	A	1		0.004	0.016	
17:1....g	0.009	0.001	3	A	1		0.008	0.032	
18:1 undifferentiated....g	1.991	0.238	3	AS	1		1.692	6.929	
18:1 c....g	1.938	0.234	3	A	1		1.647	6.743	
18:1 t....g	0.053	0.007	3	A	1		0.045	0.186	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.030	0.002	3	A	1		0.026	0.106	
22:1 undifferentiated....g	0.011	0.006	3	AS	1		0.009	0.038	
22:1 c....g	0.002	0.000	3	A	1		0.002	0.006	
22:1 t....g	0.009	0.005	3	A	1		0.008	0.032	
24:1 c....g	0.005	0.001	3	A	1		0.004	0.016	
Fatty acids, total polyunsaturated....g	1.920		0	NR	4		1.632	6.682	
18:2 undifferentiated....g	1.660	0.106	3	AS	1		1.411	5.776	
18:2 n-6 c,c....g	1.627	0.108	3	A	1		1.383	5.661	
18:2 CLAs....g	0.011	0.002	3	A	1		0.010	0.040	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022	0.004	3	A	1		0.018	0.076	
18:3 undifferentiated....g	0.098	0.011	3	AS	1		0.083	0.340	
18:3 n-3 c,c,c (ALA)....g	0.095	0.012	3	A	1		0.081	0.331	
18:3 n-6 c,c,c....g	0.003	0.001	3	A	1		0.002	0.009	
18:3i....g									
18:4....g	0.001	0.000	3	A	1		0.001	0.002	
20:2 n-6 c,c....g	0.013	0.001	3	A	1		0.011	0.046	
20:3 undifferentiated....g	0.008	0.005	3	AS	1		0.007	0.027	
20:3 n-3....g	0.002	0.001	3	A	1		0.002	0.008	
20:3 n-6....g	0.005	0.006	3	A	1		0.005	0.019	
20:4 undifferentiated....g	0.110	0.014	3	A	1		0.094	0.384	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003	0.001	3	A	1		0.003	0.011	
21:5....g									
22:4....g	0.024	0.003	3	A	1		0.021	0.085	
22:5 n-3 (DPA)....g	0.009	0.001	3	A	1		0.008	0.033	
22:6 n-3 (DHA)....g	0.006	0.001	3	A	1		0.005	0.022	
Fatty acids, total trans....g	0.097		0	NC	4		0.082	0.337	
Fatty acids, total trans-monoenoic....g	0.073		0	NC	4		0.062	0.254	
Fatty acids, total trans-polyenoic....g	0.024		0	NC	4		0.020	0.083	
Cholesterol....mg	116	8.413	3	A	1		99	405	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.310		0	A	1		0.263	1.079	
Threonine....g	1.094		0	A	1		0.930	3.809	

NDB No. 05722
Turkey, retail parts, thigh, 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
Isoleucine....g	0.902		0	A	1		0.766	3.138	
Leucine....g	2.081		0	A	1		1.769	7.241	
Lysine....g	2.591		0	A	1		2.203	9.018	
Methionine....g	0.701		0	A	1		0.596	2.441	
Cystine....g	0.241		0	A	1		0.205	0.838	
Phenylalanine....g	0.910		0	A	1		0.773	3.166	
Tyrosine....g	0.863		0	A	1		0.734	3.003	
Valine....g	0.947		0	A	1		0.805	3.295	
Arginine....g	1.600		0	A	1		1.360	5.568	
Histidine....g	0.770		0	A	1		0.655	2.681	
Alanine....g	1.517		0	A	1		1.289	5.279	
Aspartic acid....g	2.373		0	A	1		2.017	8.259	
Glutamic acid....g	3.857		0	A	1		3.279	13.424	
Glycine....g	1.174		0	A	1		0.998	4.085	
Proline....g	1.214		0	A	1		1.032	4.225	
Serine....g	1.064		0	A	1		0.905	3.704	
Hydroxyproline....g	0.180		1	A	1		0.153	0.626	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 348g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05717
Turkey, retail parts, thigh, meat only, raw

Refuse: 32% Bone and connective tissue 19%, Skin and separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.160	5	A	1		64.28	343.32	
Energy kcal	116		0	NC	4		98	525	
Energy kJ	484		0	NC	4		411	2197	
Protein g	20.60	0.237	5	A	1		17.51	93.52	
Total lipid (fat) g	3.69	0.537	5	A	1		3.14	16.77	
Ash g	1.03	0.014	5	A	1		0.87	4.66	
Carbohydrate, by difference g	0.00		0	NC	4		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	4	0.737	5	A	1		3	17	
Iron, Fe mg	1.42	0.075	5	A	1		1.21	6.44	
Magnesium, Mg mg	22	0.567	5	A	1		19	101	
Phosphorus, P mg	177	6.586	5	A	1		151	805	
Potassium, K mg	269	11.166	5	A	1		229	1220	
Sodium, Na mg	75	6.695	5	A	1		64	341	
Zinc, Zn mg	2.95	0.037	4	A	1		2.51	13.38	
Copper, Cu mg	0.083	0.003	5	A	1		0.071	0.377	
Manganese, Mn mg	0.006	0.000	5	A	1		0.005	0.028	
Selenium, Se µg	21.5		0	BFNN	4		18.3	97.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.059	0.018	3	A	1		0.050	0.267	
Riboflavin mg	0.307	0.017	3	A	1		0.261	1.392	
Niacin mg	6.183	0.342	3	A	1		5.256	28.072	
Pantothenic acid mg	1.300		2	A	1		1.105	5.902	
Vitamin B-6 mg	0.482	0.014	3	A	1		0.409	2.186	
Folate, total µg	7		0	BFPN	4		6	30	
Folic acid µg									
Folate, food µg	7		0	BFPN	4		6	30	
Folate, DFE µg									
Choline, total mg	75.9		0	AS	1		64.5	344.6	
Betaine mg	5.9		1	A	1		5.0	26.7	
Vitamin B-12 µg	2.17	0.775	3	A	1		1.84	9.84	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	19		0	BFFN	4		16	86	
Retinol µg	19		0	BFFN	4		16	86	
Carotene, beta µg	0		1	A	1		0	0	
Carotene, alpha µg	0		1	A	1		0	0	
Cryptoxanthin, beta µg	0		1	A	1		0	0	
Vitamin A, IU IU	63		0	BFFN	4		54	288	
Lycopene µg	0		1	A	1		0	0	
Lutein + zeaxanthin µg	6		1	A	1		5	27	
Vitamin E (alpha-tocopherol) mg	0.18		0	BFFN	4		0.15	0.80	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.5		0	AS	1		0.4	2.2	
Vitamin D IU	20		0	BFFN	4		17	89	
Vitamin K (phylloquinone) µg	0.0		0	BFNN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05717

Turkey, retail parts, 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
Lipids:									
Fatty acids, total saturated....g	0.782		0	NC	4		0.665	3.550	
4:0....g	0.000	0.000	3	A	1		0.000	0.000	
6:0....g	0.000	0.000	3	A	1		0.000	0.000	
8:0....g	0.000	0.000	3	A	1		0.000	0.000	
10:0....g	0.004	0.000	3	A	1		0.004	0.020	
12:0....g	0.007	0.004	3	A	1		0.006	0.033	
13:0....g									
14:0....g	0.022	0.005	3	A	1		0.018	0.098	
15:0....g	0.004	0.001	3	A	1		0.003	0.016	
16:0....g	0.495	0.096	3	A	1		0.420	2.245	
17:0....g	0.006	0.001	3	A	1		0.005	0.026	
18:0....g	0.233	0.042	3	A	1		0.198	1.059	
20:0....g	0.003	0.001	3	A	1		0.003	0.015	
22:0....g	0.006	0.001	3	A	1		0.005	0.026	
24:0....g	0.003	0.000	3	A	1		0.002	0.012	
Fatty acids, total monounsaturated....g	0.749		0	NC	4		0.637	3.403	
14:1....g	0.005	0.002	3	A	1		0.004	0.021	
15:1....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated....g	0.084	0.022	3	AS	1		0.072	0.383	
16:1 c....g	0.084	0.021	3	A	1		0.071	0.380	
16:1 t....g	0.001	0.001	3	A	1		0.001	0.003	
17:1....g	0.003	0.001	3	A	1		0.003	0.014	
18:1 undifferentiated....g	0.640	0.130	3	AS	1		0.544	2.903	
18:1 c....g	0.621	0.126	3	A	1		0.528	2.821	
18:1 t....g	0.018	0.004	3	A	1		0.016	0.083	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.011	0.001	3	A	1		0.009	0.048	
22:1 undifferentiated....g	0.005	0.003	3	AS	1		0.005	0.024	
22:1 c....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 t....g	0.005	0.003	3	A	1		0.005	0.024	
24:1 c....g	0.002	0.001	3	A	1		0.002	0.009	
Fatty acids, total polyunsaturated....g	0.722		0	NC	4		0.613	3.277	
18:2 undifferentiated....g	0.570	0.098	3	AS	1		0.484	2.587	
18:2 n-6 c,c....g	0.560	0.097	3	A	1		0.476	2.541	
18:2 CLAs....g	0.003	0.001	3	A	1		0.003	0.015	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.007	0.002	3	A	1		0.006	0.031	
18:3 undifferentiated....g	0.030	0.006	3	AS	1		0.025	0.136	
18:3 n-3 c,c,c (ALA)....g	0.029	0.006	3	A	1		0.025	0.132	
18:3 n-6 c,c,c....g	0.001	0.001	3	A	1		0.001	0.005	
18:3i....g									
18:4....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	3	A	1		0.005	0.026	
20:3 undifferentiated....g	0.004	0.004	3	AS	1		0.003	0.018	
20:3 n-3....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-6....g	0.004	0.004	3	A	1		0.003	0.018	
20:4 undifferentiated....g	0.080	0.013	3	A	1		0.068	0.365	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.001	3	A	1		0.002	0.011	
21:5....g									
22:4....g	0.017	0.003	3	A	1		0.014	0.077	
22:5 n-3 (DPA)....g	0.007	0.001	3	A	1		0.006	0.033	
22:6 n-3 (DHA)....g	0.005	0.001	3	A	1		0.005	0.024	
Fatty acids, total trans....g	0.031		0	NC	4		0.026	0.141	
Fatty acids, total trans-monoenoic....g	0.024		0	NC	4		0.021	0.110	
Fatty acids, total trans-polyenoic....g	0.007		0	NC	4		0.006	0.031	
Cholesterol....mg	78	4.100	3	A	1		66	353	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.254		0	A	1		0.216	1.153	
Threonine....g	0.897		0	A	1		0.762	4.072	

NDB No. 05717
Turkey, retail parts, 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
Isoleucine....g	0.739		0	A	1		0.628	3.354	
Leucine....g	1.705		0	A	1		1.449	7.741	
Lysine....g	2.123		0	A	1		1.805	9.641	
Methionine....g	0.575		0	A	1		0.489	2.610	
Cystine....g	0.197		0	A	1		0.168	0.896	
Phenylalanine....g	0.746		0	A	1		0.634	3.385	
Tyrosine....g	0.707		0	A	1		0.601	3.211	
Valine....g	0.776		0	A	1		0.660	3.523	
Arginine....g	1.311		0	A	1		1.114	5.952	
Histidine....g	0.631		0	A	1		0.537	2.866	
Alanine....g	1.243		0	A	1		1.057	5.644	
Aspartic acid....g	1.945		0	A	1		1.653	8.829	
Glutamic acid....g	3.161		0	A	1		2.687	14.351	
Glycine....g	0.962		0	A	1		0.818	4.367	
Proline....g	0.995		0	A	1		0.846	4.517	
Serine....g	0.872		0	A	1		0.741	3.960	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 454g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05735
Turkey, retail parts, wing, meat and skin, cooked, roasted

Refuse: 38% Bone and connective tissue 38%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	57.34		0	PAK	1		48.74	215.03	
Energy kcal	235		0	NC	4		200	881	
Energy kJ	983		0	NC	4		836	3686	
Protein g	28.74		0	PAK	1		24.42	107.76	
Total lipid (fat) g	13.29		0	PAK	1		11.29	49.83	
Ash g	1.10		0	PAK	1		0.94	4.14	
Carbohydrate, by difference g	0.13		0	PIK	4		0.11	0.49	
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	14		0	PAK	1		12	52	
Iron, Fe mg	1.00		0	PAK	1		0.85	3.76	
Magnesium, Mg mg	24		0	PAK	1		20	89	
Phosphorus, P mg	192		0	PAK	1		163	720	
Potassium, K mg	215		0	PAK	1		183	807	
Sodium, Na mg	106		0	PAK	1		90	399	
Zinc, Zn mg	2.99		0	PAK	1		2.54	11.21	
Copper, Cu mg	0.070		0	PAK	1		0.060	0.264	
Manganese, Mn mg	0.007		0	PAK	1		0.006	0.026	
Selenium, Se µg	28.4		0	PIK	4		24.1	106.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.037		0	PAK	1		0.031	0.137	
Riboflavin mg	0.205		0	PAK	1		0.174	0.770	
Niacin mg	8.876		0	PAK	1		7.545	33.285	
Pantothenic acid mg	0.777		0	PAK	1		0.661	2.916	
Vitamin B-6 mg	0.590		0	PAK	1		0.501	2.212	
Folate, total µg	9		0	PIK	4		8	34	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		8	34	
Folate, DFE µg	9		0	NC	4		8	34	
Choline, total mg	77.1		0	PIK	4		65.5	289.2	
Betaine mg	3.4		0	PIK	4		2.9	12.7	
Vitamin B-12 µg	1.36		0	PIK	4		1.15	5.09	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	24		0	PIK	4		20	90	
Retinol µg	24		0	PIK	4		20	90	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	80		0	PIK	4		68	298	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	PIK	4		0.14	0.62	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.02		0	PAK	1		0.01	0.06	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.02		0	PAK	1		0.02	0.07	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.8		0	PAK	1		0.7	3.2	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.8		0	PIK	4		0.7	3.2	
Vitamin D IU	34		0	PIK	4		29	126	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	

NDB No. 05735

Turkey, retail parts, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.656		0	PIK	4		3.108	13.712	
4:0....g	0.001		0	PAK	1		0.001	0.004	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.000		0	PAK	1		0.000	0.001	
10:0....g	0.006		0	PAK	1		0.005	0.022	
12:0....g	0.036		0	PAK	1		0.031	0.135	
13:0....g									
14:0....g	0.128		0	PAK	1		0.109	0.479	
15:0....g	0.020		0	PAK	1		0.017	0.076	
16:0....g	2.510		0	PAK	1		2.133	9.411	
17:0....g	0.035		0	PAK	1		0.029	0.130	
18:0....g	0.894		0	PAK	1		0.760	3.351	
20:0....g	0.014		0	PAK	1		0.012	0.052	
22:0....g	0.009		0	PAK	1		0.007	0.032	
24:0....g	0.005		0	PAK	1		0.004	0.017	
Fatty acids, total monounsaturated....g	4.765		0	PIK	4		4.050	17.869	
14:1....g	0.024		0	PAK	1		0.020	0.089	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.497		0	PAK	1		0.422	1.864	
16:1 c....g	0.487		0	PAK	1		0.414	1.827	
16:1 t....g	0.010		0	PAK	1		0.008	0.037	
17:1....g	0.020		0	PAK	1		0.017	0.074	
18:1 undifferentiated....g	4.152		0	PAK	1		3.529	15.571	
18:1 c....g	4.029		0	PAK	1		3.425	15.110	
18:1 t....g	0.123		0	PAK	1		0.105	0.462	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.064		0	PAK	1		0.054	0.239	
22:1 undifferentiated....g	0.006		0	PAK	1		0.005	0.024	
22:1 c....g	0.002		0	PAK	1		0.002	0.008	
22:1 t....g	0.004		0	PAK	1		0.004	0.016	
24:1 c....g	0.002		0	PAK	1		0.002	0.008	
Fatty acids, total polyunsaturated....g	3.836		0	PIK	4		3.261	14.385	
18:2 undifferentiated....g	3.426		0	PAK	1		2.912	12.849	
18:2 n-6 c,c....g	3.366		0	PAK	1		2.861	12.623	
18:2 CLAs....g	0.022		0	PAK	1		0.019	0.084	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.038		0	PAK	1		0.032	0.141	
18:3 undifferentiated....g	0.211		0	PAK	1		0.179	0.791	
18:3 n-3 c,c,c (ALA)....g	0.204		0	PAK	1		0.174	0.766	
18:3 n-6 c,c,c....g	0.007		0	PAK	1		0.006	0.024	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.004	
20:2 n-6 c,c....g	0.022		0	PAK	1		0.019	0.082	
20:3 undifferentiated....g	0.016		0	PAK	1		0.013	0.059	
20:3 n-3....g	0.002		0	PAK	1		0.001	0.006	
20:3 n-6....g	0.014		0	PAK	1		0.012	0.054	
20:4 undifferentiated....g	0.111		0	PAK	1		0.094	0.415	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.004	0.017	
21:5....g									
22:4....g	0.025		0	PAK	1		0.021	0.093	
22:5 n-3 (DPA)....g	0.012		0	PAK	1		0.010	0.045	
22:6 n-3 (DHA)....g	0.007		0	PAK	1		0.006	0.026	
Fatty acids, total trans....g	0.175		0	PIK	4		0.149	0.656	
Fatty acids, total trans-monoenoic....g	0.137		0	PIK	4		0.117	0.514	
Fatty acids, total trans-polyenoic....g	0.038		0	PIK	4		0.032	0.141	
Cholesterol....mg	115		0	PAK	1		98	432	
Phytosterols....mg									
Amino Acids:									

NDB No. 05735

Turkey, retail parts, 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
Tryptophan....g	0.314		0	PAK	1		0.267	1.178	
Threonine....g	1.136		0	PAK	1		0.966	4.260	
Isoleucine....g	0.939		0	PAK	1		0.798	3.522	
Leucine....g	2.181		0	PAK	1		1.854	8.179	
Lysine....g	2.680		0	PAK	1		2.278	10.052	
Methionine....g	0.740		0	PAK	1		0.629	2.777	
Cystine....g	0.264		0	PAK	1		0.224	0.990	
Phenylalanine....g	0.979		0	PAK	1		0.832	3.672	
Tyrosine....g	0.894		0	PAK	1		0.760	3.354	
Valine....g	1.027		0	PAK	1		0.873	3.852	
Arginine....g	1.824		0	PAK	1		1.551	6.841	
Histidine....g	0.804		0	PAK	1		0.684	3.016	
Alanine....g	1.775		0	PAK	1		1.509	6.658	
Aspartic acid....g	2.525		0	PAK	1		2.146	9.469	
Glutamic acid....g	4.118		0	PAK	1		3.500	15.442	
Glycine....g	1.799		0	PAK	1		1.530	6.748	
Proline....g	1.634		0	PAK	1		1.389	6.127	
Serine....g	1.163		0	PAK	1		0.989	4.363	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 375g: 1 wing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05734
Turkey, retail parts, wing, meat and skin, raw

Refuse: 38% Bone and connective tissue 38%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.78		0	PAK	1		56.76	345.92	
Energy kcal	202		0	NC	4		172	1048	
Energy kJ	846		0	NC	4		719	4382	
Protein g	19.53		0	PAK	1		16.60	101.16	
Total lipid (fat) g	13.79		0	PAK	1		11.72	71.44	
Ash g	0.81		0	PAK	1		0.69	4.18	
Carbohydrate, by difference g	0.05		0	NR	4		0.04	0.26	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.03		0	NR	4		0.03	0.16	
Sucrose g	0.03		0	PAK	1		0.03	0.16	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.02		0	PAK	1		0.02	0.10	
Minerals:									
Calcium, Ca mg	8		0	PAK	1		7	42	
Iron, Fe mg	0.68		0	PAK	1		0.58	3.50	
Magnesium, Mg mg	17		0	PAK	1		14	88	
Phosphorus, P mg	139		0	PAK	1		118	719	
Potassium, K mg	192		0	PAK	1		163	994	
Sodium, Na mg	67		0	PAK	1		57	346	
Zinc, Zn mg	2.14		0	PAK	1		1.82	11.10	
Copper, Cu mg	0.049		0	PAK	1		0.042	0.254	
Manganese, Mn mg	0.007		0	PAK	1		0.006	0.035	
Selenium, Se µg	18.0		0	PIK	4		15.3	93.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.033		0	PAK	1		0.028	0.169	
Riboflavin mg	0.121		0	PAK	1		0.103	0.629	
Niacin mg	5.610		0	PAK	1		4.769	29.062	
Pantothenic acid mg	0.623		0	PAK	1		0.529	3.225	
Vitamin B-6 mg	0.538		0	PAK	1		0.457	2.786	
Folate, total µg	6		0	PIK	4		5	32	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	6		0	PIK	4		5	32	
Folate, DFE µg	6		0	NC	4		5	32	
Choline, total mg	46.1		0	PIK	4		39.2	239.0	
Betaine mg									
Vitamin B-12 µg	0.91		0	PAK	1		0.77	4.69	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	30		0	PIK	4		26	155	
Retinol µg	30		0	PIK	4		26	155	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	100		0	PIK	4		85	518	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.10		0	PIK	4		0.09	0.53	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.01	
Tocopherol, gamma mg	0.00		0	PAK	1		0.00	0.02	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.01	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.02	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05734
Turkey, retail parts, 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.07	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.5		0	PIK	4		0.4	2.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.5		0	PIK	4		0.4	2.5	
Vitamin D....IU	19		0	PIK	4		16	99	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	3.549		0	PIK	4		3.017	18.384	
4:0....g	0.001		0	PAK	1		0.001	0.005	
6:0....g	0.000		0	PAK	1		0.000	0.000	
8:0....g	0.002		0	PAK	1		0.001	0.008	
10:0....g	0.008		0	PAK	1		0.007	0.043	
12:0....g	0.045		0	PAK	1		0.038	0.231	
13:0....g									
14:0....g	0.133		0	PAK	1		0.113	0.690	
15:0....g	0.020		0	PAK	1		0.017	0.105	
16:0....g	2.431		0	PAK	1		2.066	12.593	
17:0....g	0.034		0	PAK	1		0.029	0.179	
18:0....g	0.851		0	PAK	1		0.723	4.406	
20:0....g	0.013		0	PAK	1		0.011	0.068	
22:0....g	0.008		0	PAK	1		0.007	0.041	
24:0....g	0.003		0	PAK	1		0.002	0.015	
Fatty acids, total monounsaturated....g	4.641		0	PIK	4		3.945	24.043	
14:1....g	0.021		0	PAK	1		0.018	0.108	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.459		0	PAK	1		0.391	2.380	
16:1 c....g	0.451		0	PAK	1		0.383	2.335	
16:1 t....g	0.009		0	PAK	1		0.007	0.045	
17:1....g	0.020		0	PAK	1		0.017	0.103	
18:1 undifferentiated....g	4.073		0	PAK	1		3.462	21.099	
18:1 c....g	3.939		0	PAK	1		3.348	20.404	
18:1 t....g	0.134		0	PAK	1		0.114	0.695	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.063		0	PAK	1		0.053	0.324	
22:1 undifferentiated....g	0.004		0	PAK	1		0.003	0.019	
22:1 c....g	0.002		0	PAK	1		0.002	0.011	
22:1 t....g	0.002		0	PAK	1		0.001	0.009	
24:1 c....g	0.002		0	PAK	1		0.002	0.009	
Fatty acids, total polyunsaturated....g	3.712		0	PIK	4		3.155	19.227	
18:2 undifferentiated....g	3.342		0	PAK	1		2.840	17.310	
18:2 n-6 c,c....g	3.274		0	PAK	1		2.783	16.958	
18:2 CLAs....g	0.026		0	PAK	1		0.022	0.136	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.042		0	PAK	1		0.036	0.217	
18:3 undifferentiated....g	0.210		0	PAK	1		0.178	1.087	
18:3 n-3 c,c,c (ALA)....g	0.203		0	PAK	1		0.172	1.050	
18:3 n-6 c,c,c....g	0.007		0	PAK	1		0.006	0.037	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.006	
20:2 n-6 c,c....g	0.021		0	PAK	1		0.018	0.109	
20:3 undifferentiated....g	0.015		0	PAK	1		0.013	0.080	
20:3 n-3....g	0.002		0	PAK	1		0.002	0.011	
20:3 n-6....g	0.013		0	PAK	1		0.011	0.069	
20:4 undifferentiated....g	0.082		0	PAK	1		0.069	0.423	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.004	0.026	
21:5....g									
22:4....g	0.018		0	PAK	1		0.016	0.096	
22:5 n-3 (DPA)....g	0.010		0	PAK	1		0.008	0.050	

NDB No. 05734

Turkey, retail parts, 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
22:6 n-3 (DHA) g	0.006		0	PAK	1		0.005	0.030	
Fatty acids, total trans g	0.187		0	PIK	4		0.159	0.966	
Fatty acids, total trans-monoenoic g	0.145		0	PIK	4		0.123	0.749	
Fatty acids, total trans-polyenoic g	0.042		0	PIK	4		0.036	0.217	
Cholesterol mg	84		0	PAK	1		71	433	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.211		0	PAK	1		0.180	1.095	
Threonine g	0.766		0	PAK	1		0.651	3.969	
Isoleucine g	0.634		0	PAK	1		0.539	3.282	
Leucine g	1.472		0	PAK	1		1.251	7.627	
Lysine g	1.807		0	PAK	1		1.536	9.363	
Methionine g	0.500		0	PAK	1		0.425	2.590	
Cystine g	0.179		0	PAK	1		0.152	0.926	
Phenylalanine g	0.662		0	PAK	1		0.563	3.431	
Tyrosine g	0.603		0	PAK	1		0.513	3.124	
Valine g	0.695		0	PAK	1		0.591	3.602	
Arginine g	1.240		0	PAK	1		1.054	6.421	
Histidine g	0.543		0	PAK	1		0.461	2.811	
Alanine g	1.209		0	PAK	1		1.027	6.261	
Aspartic acid g	1.707		0	PAK	1		1.451	8.840	
Glutamic acid g	2.784		0	PAK	1		2.366	14.421	
Glycine g	1.246		0	PAK	1		1.059	6.454	
Proline g	1.123		0	PAK	1		0.954	5.816	
Serine g	0.788		0	PAK	1		0.670	4.082	
Hydroxyproline g	0.276		0	PAK	1		0.234	1.429	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 518g: 1 wing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05713
Turkey, retail parts, wing, meat only, cooked, roasted

Refuse: 52% Bone and connective tissue 38%, Skin and separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	0.367	4	A	1		54.43	240.15	
Energy kcal	170		0	NC	4		145	639	
Energy kJ	713		0	NC	4		606	2674	
Protein g	30.17	0.502	4	A	1		25.64	113.13	
Total lipid (fat) g	5.51	0.669	4	A	1		4.69	20.68	
Ash g	1.05	0.031	4	A	1		0.89	3.94	
Carbohydrate, by difference g	0.00		0	NC	4		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	1.514	4	A	1		10	43	
Iron, Fe mg	0.82	0.036	4	A	1		0.69	3.06	
Magnesium, Mg mg	21	0.516	4	A	1		18	80	
Phosphorus, P mg	180	6.338	4	A	1		153	673	
Potassium, K mg	207	9.318	4	A	1		176	777	
Sodium, Na mg	103	1.732	4	A	1		88	388	
Zinc, Zn mg	3.24	0.074	4	A	1		2.76	12.17	
Copper, Cu mg	0.059	0.007	4	A	1		0.050	0.220	
Manganese, Mn mg	0.004	0.000	4	A	1		0.003	0.015	
Selenium, Se µg	30.6		0	BFNN	4		26.0	114.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.039	0.004	3	A	1		0.033	0.146	
Riboflavin mg	0.180	0.015	3	A	1		0.153	0.675	
Niacin mg	8.470	0.328	3	A	1		7.199	31.762	
Pantothenic acid mg	0.735		2	A	1		0.625	2.756	
Vitamin B-6 mg	0.654	0.030	3	A	1		0.556	2.452	
Folate, total µg	10		0	BFPN	4		8	36	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		8	36	
Folate, DFE µg	10		0	NC	4		8	36	
Choline, total mg	78.1		0	BFPN	4		66.4	292.9	
Betaine mg	3.3		0	BFPN	4		2.8	12.2	
Vitamin B-12 µg	1.25	0.250	3	A	1		1.06	4.69	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	8		0	BFFN	4		6	28	
Retinol µg	8		0	BFFN	4		6	28	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	25		0	BFFN	4		21	94	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	BFFN	4		0.15	0.64	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.7		0	AS	1		0.6	2.6	
Vitamin D IU	28		0	BFFN	4		23	104	
Vitamin K (phylloquinone) µg	0.0		0	BFNN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05713

Turkey, retail parts, wing, 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
Lipids:									
Fatty acids, total saturated....g	1.357		0	NC	4		1.153	5.088	
4:0....g	0.002		2	A	1		0.001	0.006	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.001		2	A	1		0.000	0.002	
10:0....g	0.005		2	A	1		0.004	0.017	
12:0....g	0.005		2	A	1		0.005	0.020	
13:0....g									
14:0....g	0.040		2	A	1		0.034	0.148	
15:0....g	0.008		2	A	1		0.006	0.028	
16:0....g	0.904		2	A	1		0.769	3.392	
17:0....g	0.012		2	A	1		0.011	0.047	
18:0....g	0.365		2	A	1		0.310	1.369	
20:0....g	0.006		2	A	1		0.005	0.022	
22:0....g	0.006		2	A	1		0.005	0.023	
24:0....g	0.004		2	A	1		0.003	0.015	
Fatty acids, total monounsaturated....g	1.680		0	NC	4		1.428	6.299	
14:1....g	0.011		2	A	1		0.010	0.043	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.195		0	AS	1		0.166	0.733	
16:1 c....g	0.191		2	A	1		0.162	0.716	
16:1 t....g	0.004		2	A	1		0.004	0.017	
17:1....g	0.007		2	A	1		0.006	0.026	
18:1 undifferentiated....g	1.435		0	AS	1		1.220	5.383	
18:1 c....g	1.400		2	A	1		1.190	5.248	
18:1 t....g	0.036		2	A	1		0.031	0.135	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.022		2	A	1		0.019	0.084	
22:1 undifferentiated....g	0.006		0	AS	1		0.005	0.024	
22:1 c....g	0.001		2	A	1		0.001	0.004	
22:1 t....g	0.005		2	A	1		0.005	0.020	
24:1 c....g	0.002		2	A	1		0.001	0.006	
Fatty acids, total polyunsaturated....g	1.426		0	NC	4		1.212	5.349	
18:2 undifferentiated....g	1.214		0	AS	1		1.032	4.552	
18:2 n-6 c,c....g	1.196		2	A	1		1.017	4.485	
18:2 CLAs....g	0.007		2	A	1		0.006	0.024	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		2	A	1		0.010	0.043	
18:3 undifferentiated....g	0.071		0	AS	1		0.061	0.268	
18:3 n-3 c,c,c (ALA)....g	0.069		2	A	1		0.059	0.259	
18:3 n-6 c,c,c....g	0.003		2	A	1		0.002	0.009	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.010		2	A	1		0.008	0.037	
20:3 undifferentiated....g	0.006		0	AS	1		0.005	0.022	
20:3 n-3....g	0.001		2	A	1		0.000	0.002	
20:3 n-6....g	0.005		2	A	1		0.005	0.020	
20:4 undifferentiated....g	0.086		2	A	1		0.073	0.324	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.003		2	A	1		0.003	0.011	
21:5....g									
22:4....g	0.020		2	A	1		0.017	0.077	
22:5 n-3 (DPA)....g	0.009		2	A	1		0.008	0.033	
22:6 n-3 (DHA)....g	0.006		2	A	1		0.005	0.023	
Fatty acids, total trans....g	0.057		0	NC	4		0.049	0.215	
Fatty acids, total trans-monoenoic....g	0.046		0	NC	4		0.039	0.172	
Fatty acids, total trans-polyenoic....g	0.011		0	NC	4		0.010	0.043	
Cholesterol....mg	97	4.255	3	A	1		82	362	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.372		0	A	1		0.316	1.395	
Threonine....g	1.313		0	A	1		1.116	4.925	

NDB No. 05713

Turkey, retail parts, wing, 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
Isoleucine....g	1.082		0	A	1		0.920	4.057	
Leucine....g	2.497		0	A	1		2.123	9.364	
Lysine....g	3.110		0	A	1		2.643	11.661	
Methionine....g	0.842		0	A	1		0.716	3.157	
Cystine....g	0.289		0	A	1		0.246	1.084	
Phenylalanine....g	1.092		0	A	1		0.928	4.095	
Tyrosine....g	1.036		0	A	1		0.880	3.884	
Valine....g	1.136		0	A	1		0.966	4.262	
Arginine....g	1.920		0	A	1		1.632	7.200	
Histidine....g	0.925		0	A	1		0.786	3.467	
Alanine....g	1.820		0	A	1		1.547	6.827	
Aspartic acid....g	2.848		0	A	1		2.421	10.680	
Glutamic acid....g	4.629		0	A	1		3.935	17.359	
Glycine....g	1.409		0	A	1		1.197	5.282	
Proline....g	1.457		0	A	1		1.238	5.464	
Serine....g	1.277		0	A	1		1.086	4.790	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 375g: 1 wing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05712
Turkey, retail parts, wing, meat only, raw

Refuse: 55% Bone and connective tissue 37%, Skin and separable fat 18%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.05	0.428	4	A	1		21.01	388.75	
Energy kcal	112		0	NC	4		31	582	
Energy kJ	470		0	NC	4		132	2435	
Protein g	22.48	0.215	4	A	1		6.29	116.43	
Total lipid (fat) g	2.49	0.146	4	A	1		0.70	12.92	
Ash g	0.94	0.046	4	A	1		0.26	4.85	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.627	4	A	1		2	30	
Iron, Fe mg	0.60	0.030	4	A	1		0.17	3.11	
Magnesium, Mg mg	19	0.358	4	A	1		5	101	
Phosphorus, P mg	147	2.937	4	A	1		41	763	
Potassium, K mg	222	18.843	4	A	1		62	1151	
Sodium, Na mg	69	4.234	4	A	1		19	357	
Zinc, Zn mg	2.61	0.108	4	A	1		0.73	13.54	
Copper, Cu mg	0.047	0.002	4	A	1		0.013	0.244	
Manganese, Mn mg	0.005	0.000	4	A	1		0.001	0.024	
Selenium, Se µg	21.6		0	BFNN	4		6.0	111.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.038	0.003	3	A	1		0.011	0.196	
Riboflavin mg	0.127	0.007	3	A	1		0.035	0.656	
Niacin mg	6.377	0.884	3	A	1		1.785	33.031	
Pantothenic acid mg	0.680		2	A	1		0.190	3.522	
Vitamin B-6 mg	0.705	0.023	3	A	1		0.197	3.650	
Folate, total µg	7		0	BFPN	4		2	37	
Folic acid µg									
Folate, food µg	7		0	BFPN	4		2	37	
Folate, DFE µg									
Choline, total mg	50.4		0	BFPN	4		14.1	260.8	
Betaine mg									
Vitamin B-12 µg	0.92	0.228	3	A	1		0.26	4.75	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	BFFN	4		1	27	
Retinol µg	5		0	BFFN	4		1	27	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	17		0	BFFN	4		5	89	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.11		0	BFFN	4		0.03	0.57	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.2		0	BFFN	4		0.1	0.9	
Vitamin D IU	7		0	BFFN	4		2	38	
Vitamin K (phylloquinone) µg	0.0		0	BFNN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05712
Turkey, retail parts, 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
Lipids:									
Fatty acids, total saturated....g	0.458		0	NC	4		0.128	2.371	
4:0....g	0.002		2	A	1		0.000	0.008	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.001		2	A	1		0.000	0.003	
10:0....g	0.004		2	A	1		0.001	0.020	
12:0....g	0.002		2	A	1		0.001	0.010	
13:0....g									
14:0....g	0.011		2	A	1		0.003	0.057	
15:0....g	0.003		2	A	1		0.001	0.013	
16:0....g	0.282		2	A	1		0.079	1.461	
17:0....g	0.004		2	A	1		0.001	0.020	
18:0....g	0.141		2	A	1		0.040	0.733	
20:0....g	0.003		2	A	1		0.001	0.013	
22:0....g	0.004		2	A	1		0.001	0.023	
24:0....g	0.002		2	A	1		0.001	0.010	
Fatty acids, total monounsaturated....g	0.478		0	NC	4		0.134	2.478	
14:1....g	0.003		2	A	1		0.001	0.013	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.052		0	AS	1		0.015	0.272	
16:1 c....g	0.051		2	A	1		0.014	0.267	
16:1 t....g	0.001		2	A	1		0.000	0.005	
17:1....g	0.002		2	A	1		0.000	0.008	
18:1 undifferentiated....g	0.410		0	AS	1		0.115	2.123	
18:1 c....g	0.398		2	A	1		0.111	2.061	
18:1 t....g	0.012		2	A	1		0.003	0.062	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008		2	A	1		0.002	0.039	
22:1 undifferentiated....g	0.003		0	AS	1		0.001	0.015	
22:1 c....g	0.001		2	A	1		0.000	0.003	
22:1 t....g	0.002		2	A	1		0.001	0.013	
24:1 c....g	0.002		2	A	1		0.000	0.008	
Fatty acids, total polyunsaturated....g	0.472		0	NC	4		0.132	2.446	
18:2 undifferentiated....g	0.361		0	AS	1		0.101	1.869	
18:2 n-6 c,c....g	0.354		2	A	1		0.099	1.836	
18:2 CLAs....g	0.002		2	A	1		0.001	0.010	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.004		2	A	1		0.001	0.023	
18:3 undifferentiated....g	0.020		0	AS	1		0.006	0.103	
18:3 n-3 c,c,c (ALA)....g	0.019		2	A	1		0.005	0.098	
18:3 n-6 c,c,c....g	0.001		2	A	1		0.000	0.005	
18:3i....g									
18:4....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.004		2	A	1		0.001	0.020	
20:3 undifferentiated....g	0.004		0	AS	1		0.001	0.021	
20:3 n-3....g	0.001		2	A	1		0.000	0.003	
20:3 n-6....g	0.004		2	A	1		0.001	0.018	
20:4 undifferentiated....g	0.056		2	A	1		0.016	0.290	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		2	A	1		0.001	0.010	
21:5....g									
22:4....g	0.014		2	A	1		0.004	0.073	
22:5 n-3 (DPA)....g	0.006		2	A	1		0.002	0.031	
22:6 n-3 (DHA)....g	0.005		2	A	1		0.001	0.023	
Fatty acids, total trans....g	0.020		0	NC	4		0.006	0.103	
Fatty acids, total trans-monoenoic....g	0.015		0	NC	4		0.004	0.080	
Fatty acids, total trans-polyenoic....g	0.004		0	NC	4		0.001	0.023	
Cholesterol....mg	66	4.170	3	A	1		19	344	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.277		0	A	1		0.078	1.436	
Threonine....g	0.979		0	A	1		0.274	5.069	

NDB No. 05712
Turkey, retail parts, 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
Isoleucine....g	0.806		0	A	1		0.226	4.176	
Leucine....g	1.861		0	A	1		0.521	9.638	
Lysine....g	2.317		0	A	1		0.649	12.002	
Methionine....g	0.627		0	A	1		0.176	3.249	
Cystine....g	0.215		0	A	1		0.060	1.115	
Phenylalanine....g	0.814		0	A	1		0.228	4.214	
Tyrosine....g	0.772		0	A	1		0.216	3.997	
Valine....g	0.847		0	A	1		0.237	4.386	
Arginine....g	1.431		0	A	1		0.401	7.410	
Histidine....g	0.689		0	A	1		0.193	3.569	
Alanine....g	1.356		0	A	1		0.380	7.026	
Aspartic acid....g	2.122		0	A	1		0.594	10.992	
Glutamic acid....g	3.449		0	A	1		0.966	17.867	
Glycine....g	1.050		0	A	1		0.294	5.437	
Proline....g	1.086		0	A	1		0.304	5.623	
Serine....g	0.952		0	A	1		0.267	4.930	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 518g: 1 wing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05170
Turkey, skin from whole (light and dark), 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	34.91		2	A	1		29.67		
Energy kcal	459		0	NC	4		390		
Energy kJ	1920		0	NC	4		1632		
Protein (N x 6.25) g	23.94		2	A	1		20.35		
Total lipid (fat) g	39.31		2	A	1		33.41		
Ash g	1.27		2	A	1		1.08		
Carbohydrate, by difference g	0.57		0	NC	4		0.48		
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	21		2	A	1		18		
Iron, Fe mg	1.63		2	A	1		1.38		
Magnesium, Mg mg	33		2	A	1		28		
Phosphorus, P mg	233		2	A	1		198		
Potassium, K mg	242		2	A	1		205		
Sodium, Na mg	116		2	A	1		99		
Zinc, Zn mg	2.14		2	A	1		1.82		
Copper, Cu mg	0.110		2	A	1		0.093		
Manganese, Mn mg	0.017		2	A	1		0.014		
Selenium, Se µg	21.1		2	A	1		17.9		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.029		2	A	1		0.025		
Riboflavin mg	0.290		2	A	1		0.247		
Niacin mg	10.235		2	A	1		8.700		
Pantothenic acid mg	0.920		2	A	1		0.782		
Vitamin B-6 mg	0.375		2	A	1		0.319		
Folate, total µg	8		0	BFPN	4		6		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	8		0	BFPN	4		6		
Folate, DFE µg	8		0	NC	4		6		
Choline, total mg	73.8		0	AS	1		62.8		
Betaine mg	3.8		1	A	1		3.3		
Vitamin B-12 µg	1.71		0	BFPN	4		1.46		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	79		0	AS	1		67		
Retinol µg	79		2	A	1		67		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	262		0	AS	1		223		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.15		2	A	1		0.13		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg	0.00		2	A	1		0.00		
Tocopherol, gamma mg	0.07		2	A	1		0.06		
Tocopherol, delta mg	0.00		2	A	1		0.00		
Tocotrienol, alpha mg	0.00		2	A	1		0.00		
Tocotrienol, beta mg	0.00		2	A	1		0.00		
Tocotrienol, gamma mg	0.08		2	A	1		0.07		
Tocotrienol, delta mg	0.00		2	A	1		0.00		
Vitamin D (D2 + D3) µg	1.4		1	AS	1		1.1		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	1.4		1	A	1		1.1		
Vitamin D IU	54		1	A	1		46		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05170
Turkey, skin from whole (light and dark), 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	11.356		0	NC	4		9.652		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.000		2	A	1		0.000		
10:0....g	0.011		2	A	1		0.009		
12:0....g	0.138		2	A	1		0.118		
13:0....g									
14:0....g	0.423		2	A	1		0.360		
15:0....g	0.064		2	A	1		0.054		
16:0....g	7.883		2	A	1		6.701		
17:0....g	0.109		2	A	1		0.093		
18:0....g	2.664		2	A	1		2.264		
20:0....g	0.040		2	A	1		0.034		
22:0....g	0.017		2	A	1		0.014		
24:0....g	0.006		2	A	1		0.005		
Fatty acids, total monounsaturated....g	15.094		0	NC	4		12.830		
14:1....g	0.064		2	A	1		0.055		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	1.507		0	AS	1		1.281		
16:1 c....g	1.479		2	A	1		1.257		
16:1 t....g	0.028		2	A	1		0.024		
17:1....g	0.062		2	A	1		0.053		
18:1 undifferentiated....g	13.248		0	AS	1		11.261		
18:1 c....g	12.833		2	A	1		10.908		
18:1 t....g	0.415		2	A	1		0.353		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.202		2	A	1		0.172		
22:1 undifferentiated....g	0.006		0	AS	1		0.005		
22:1 c....g	0.006		2	A	1		0.005		
22:1 t....g	0.000		2	A	1		0.000		
24:1 c....g	0.004		2	A	1		0.004		
Fatty acids, total polyunsaturated....g	11.903		0	NC	4		10.117		
18:2 undifferentiated....g	10.833		0	AS	1		9.208		
18:2 n-6 c,c....g	10.632		2	A	1		9.037		
18:2 CLAs....g	0.076		2	A	1		0.065		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.125		2	A	1		0.107		
18:3 undifferentiated....g	0.677		0	AS	1		0.576		
18:3 n-3 c,c,c (ALA)....g	0.657		2	A	1		0.559		
18:3 n-6 c,c,c....g	0.020		2	A	1		0.017		
18:3i....g									
18:4....g	0.004		2	A	1		0.004		
20:2 n-6 c,c....g	0.062		2	A	1		0.052		
20:3 undifferentiated....g	0.049		0	AS	1		0.042		
20:3 n-3....g	0.005		2	A	1		0.004		
20:3 n-6....g	0.044		2	A	1		0.037		
20:4 undifferentiated....g	0.191		2	A	1		0.163		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010		2	A	1		0.008		
21:5....g									
22:4....g	0.039		2	A	1		0.034		
22:5 n-3 (DPA)....g	0.023		2	A	1		0.020		
22:6 n-3 (DHA)....g	0.010		2	A	1		0.009		
Fatty acids, total trans....g	0.568		0	NC	4		0.483		
Fatty acids, total trans-monoenoic....g	0.443		0	NC	4		0.377		
Fatty acids, total trans-polyenoic....g	0.125		0	NC	4		0.107		
Cholesterol....mg	177		2	A	1		150		
Phytosterols....mg									
Amino Acids:									

NDB No. 05170
Turkey, skin from whole (light and dark), 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
Tryptophan g	0.120		0	A	1		0.102		
Threonine g	0.541		0	A	1		0.460		
Isoleucine g	0.461		0	A	1		0.392		
Leucine g	1.123		0	A	1		0.955		
Lysine g	1.243		0	A	1		1.057		
Methionine g	0.401		0	A	1		0.341		
Cystine g	0.180		0	A	1		0.153		
Phenylalanine g	0.602		0	A	1		0.511		
Tyrosine g	0.421		0	A	1		0.358		
Valine g	0.662		0	A	1		0.562		
Arginine g	1.504		0	A	1		1.278		
Histidine g	0.401		0	A	1		0.341		
Alanine g	1.624		0	A	1		1.381		
Aspartic acid g	1.444		0	A	1		1.227		
Glutamic acid g	2.406		0	A	1		2.045		
Glycine g	3.108		0	A	1		2.642		
Proline g	2.226		0	A	1		1.892		
Serine g	0.782		0	A	1		0.665		
Hydroxyproline g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05169
Turkey, skin from whole, (light and dark), 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	48.38		2	A	1		13.71	219.14	
Energy kcal	407		0	NC	4		115	1842	
Energy kJ	1701		0	NC	4		482	7706	
Protein (N x 6.25) g	12.96		2	A	1		3.68	58.73	
Total lipid (fat) g	38.93		2	A	1		11.04	176.38	
Ash g	0.52		2	A	1		0.15	2.34	
Carbohydrate, by difference g	0.06		0	NR	4		0.02	0.27	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.10		0	NR	4		0.03	0.45	
Sucrose g	0.10		1	A	1		0.03	0.45	
Glucose (dextrose) g	0.00		1	A	1		0.00	0.00	
Fructose g	0.00		1	A	1		0.00	0.00	
Lactose g	0.00		1	A	1		0.00	0.00	
Maltose g	0.00		1	A	1		0.00	0.00	
Galactose g	0.00		1	A	1		0.00	0.00	
Starch g	0.06		1	A	1		0.02	0.27	
Minerals:									
Calcium, Ca mg	13	0.461	4	A	1		4	60	
Iron, Fe mg	0.85		2	A	1		0.24	3.84	
Magnesium, Mg mg	11		2	A	1		3	51	
Phosphorus, P mg	120		2	A	1		34	542	
Potassium, K mg	124		2	A	1		35	564	
Sodium, Na mg	62		2	A	1		18	281	
Zinc, Zn mg	1.10		2	A	1		0.31	4.96	
Copper, Cu mg	0.053		2	A	1		0.015	0.241	
Manganese, Mn mg	0.012		2	A	1		0.003	0.053	
Selenium, Se µg	10.1		2	A	1		2.8	45.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.021		2	A	1		0.006	0.095	
Riboflavin mg	0.110		2	A	1		0.031	0.498	
Niacin mg	3.905		2	A	1		1.107	17.690	
Pantothenic acid mg	0.495		2	A	1		0.140	2.242	
Vitamin B-6 mg	0.166		2	A	1		0.047	0.754	
Folate, total µg	4		0	BFPN	4		1	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0	BFPN	4		1	19	
Folate, DFE µg	4		0	NC	4		1	19	
Choline, total mg	36.7		0	BFPN	4		10.4	166.5	
Betaine mg									
Vitamin B-12 µg	0.88		1	A	1		0.25	3.99	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	85		0	AS	1		24	386	
Retinol µg	85		2	A	1		24	386	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	284		0	AS	1		81	1288	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		2	A	1		0.02	0.39	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.01		2	A	1		0.00	0.04	
Tocopherol, gamma mg	0.01		2	A	1		0.00	0.06	
Tocopherol, delta mg	0.01		2	A	1		0.00	0.04	
Tocotrienol, alpha mg	0.01		2	A	1		0.00	0.05	
Tocotrienol, beta mg	0.00		2	A	1		0.00	0.00	

NDB No. 05169
Turkey, skin from whole, (light and dark), 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
Tocotrienol, gamma....mg	0.04		2	A	1		0.01	0.19	
Tocotrienol, delta....mg	0.00		2	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	1.1		1	AS	1		0.3	5.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	1.1		1	A	1		0.3	5.2	
Vitamin D....IU	46		1	A	1		13	207	
Vitamin K (phylloquinone)....µg	0.0		0	BFPN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	10.430		0	NC	4		2.957	47.248	
4:0....g	0.000		2	A	1		0.000	0.000	
6:0....g	0.000		2	A	1		0.000	0.000	
8:0....g	0.004		2	A	1		0.001	0.018	
10:0....g	0.018		2	A	1		0.005	0.081	
12:0....g	0.139		2	A	1		0.040	0.632	
13:0....g									
14:0....g	0.405		2	A	1		0.115	1.836	
15:0....g	0.060		2	A	1		0.017	0.272	
16:0....g	7.214		2	A	1		2.045	32.681	
17:0....g	0.102		2	A	1		0.029	0.464	
18:0....g	2.429		2	A	1		0.689	11.003	
20:0....g	0.037		2	A	1		0.010	0.167	
22:0....g	0.016		2	A	1		0.004	0.070	
24:0....g	0.005		2	A	1		0.001	0.023	
Fatty acids, total monounsaturated....g	13.908		0	NC	4		3.943	63.002	
14:1....g	0.061		2	A	1		0.017	0.278	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	1.365		0	AS	1		0.387	6.185	
16:1 c....g	1.340		2	A	1		0.380	6.068	
16:1 t....g	0.026		2	A	1		0.007	0.118	
17:1....g	0.061		2	A	1		0.017	0.276	
18:1 undifferentiated....g	12.227		0	AS	1		3.466	55.388	
18:1 c....g	11.820		2	A	1		3.351	53.547	
18:1 t....g	0.407		2	A	1		0.115	1.841	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.185		2	A	1		0.052	0.838	
22:1 undifferentiated....g	0.005		0	AS	1		0.002	0.025	
22:1 c....g	0.005		2	A	1		0.002	0.025	
22:1 t....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.002		2	A	1		0.001	0.011	
Fatty acids, total polyunsaturated....g	10.922		0	NC	4		3.096	49.478	
18:2 undifferentiated....g	9.976		0	AS	1		2.828	45.193	
18:2 n-6 c,c....g	9.771		2	A	1		2.770	44.264	
18:2 CLAs....g	0.080		2	A	1		0.023	0.362	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.125		2	A	1		0.035	0.566	
18:3 undifferentiated....g	0.632		0	AS	1		0.179	2.865	
18:3 n-3 c,c,c (ALA)....g	0.611		2	A	1		0.173	2.770	
18:3 n-6 c,c,c....g	0.021		2	A	1		0.006	0.095	
18:3i....g									
18:4....g	0.004		2	A	1		0.001	0.018	
20:2 n-6 c,c....g	0.059		2	A	1		0.017	0.267	
20:3 undifferentiated....g	0.041		0	AS	1		0.012	0.185	
20:3 n-3....g	0.005		2	A	1		0.002	0.025	
20:3 n-6....g	0.035		2	A	1		0.010	0.160	
20:4 undifferentiated....g	0.139		2	A	1		0.039	0.629	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012		2	A	1		0.003	0.054	
21:5....g									
22:4....g	0.028		2	A	1		0.008	0.129	
22:5 n-3 (DPA)....g	0.018		2	A	1		0.005	0.081	

NDB No. 05169
Turkey, skin from whole, (light and dark), 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
22:6 n-3 (DHA) g	0.009		2	A	1		0.003	0.040	
Fatty acids, total trans g	0.557		0	NC	4		0.158	2.525	
Fatty acids, total trans-monoenoic g	0.432		0	NC	4		0.123	1.959	
Fatty acids, total trans-polyenoic g	0.125		0	NC	4		0.035	0.566	
Cholesterol mg	122		2	A	1		35	553	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.065		0	A	1		0.018	0.295	
Threonine g	0.293		0	A	1		0.083	1.328	
Isoleucine g	0.250		0	A	1		0.071	1.131	
Leucine g	0.608		0	A	1		0.172	2.755	
Lysine g	0.673		0	A	1		0.191	3.050	
Methionine g	0.217		0	A	1		0.062	0.984	
Cystine g	0.098		0	A	1		0.028	0.443	
Phenylalanine g	0.326		0	A	1		0.092	1.476	
Tyrosine g	0.228		0	A	1		0.065	1.033	
Valine g	0.358		0	A	1		0.102	1.623	
Arginine g	0.814		0	A	1		0.231	3.690	
Histidine g	0.217		0	A	1		0.062	0.984	
Alanine g	0.880		0	A	1		0.249	3.985	
Aspartic acid g	0.782		0	A	1		0.222	3.542	
Glutamic acid g	1.303		0	A	1		0.369	5.903	
Glycine g	1.683		0	A	1		0.477	7.625	
Proline g	1.205		0	A	1		0.342	5.461	
Serine g	0.423		0	A	1		0.120	1.918	
Hydroxyproline g	0.890		1	A	1		0.252	4.031	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 453.0g: 1 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 27 (2014)

NDB No. 05715
Turkey, skin, from retail parts, from dark meat, 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	39.42		2	A	1		11.18		
Energy kcal	414		0	NC	4		117		
Energy kJ	1730		0	NC	4		490		
Protein g	24.58		2	A	1		6.97		
Total lipid (fat) g	35.03		2	A	1		9.93		
Ash g	1.15		2	A	1		0.33		
Carbohydrate, by difference g	0.00		0	NC	4		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		2	A	1		2		
Iron, Fe mg	1.65		2	A	1		0.47		
Magnesium, Mg mg	24		2	A	1		7		
Phosphorus, P mg	230		2	A	1		65		
Potassium, K mg	225		2	A	1		64		
Sodium, Na mg	106		2	A	1		30		
Zinc, Zn mg	1.65		2	A	1		0.47		
Copper, Cu mg	0.057		2	A	1		0.016		
Manganese, Mn mg	0.009		2	A	1		0.002		
Selenium, Se µg	20.2		0	BFNN	4		5.7		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.046		2	A	1		0.013		
Riboflavin mg	0.235		2	A	1		0.067		
Niacin mg	5.400		2	A	1		1.531		
Pantothenic acid mg	0.980		2	A	1		0.278		
Vitamin B-6 mg	0.287		2	A	1		0.081		
Folate, total µg	8		0	BFPN	4		2		
Folic acid µg									
Folate, food µg	8		0	BFPN	4		2		
Folate, DFE µg									
Choline, total mg	75.8		0	BFPN	4		21.5		
Betaine mg	3.9		0	BFPN	4		1.1		
Vitamin B-12 µg	1.85		2	A	1		0.52		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	59		0	AS	1		17		
Retinol µg	59		2	A	1		17		
Carotene, beta µg	0		2	A	1		0		
Carotene, alpha µg	0		2	A	1		0		
Cryptoxanthin, beta µg	0		2	A	1		0		
Vitamin A, IU IU	198		0	AS	1		56		
Lycopene µg	0		2	A	1		0		
Lutein + zeaxanthin µg	7		2	A	1		2		
Vitamin E (alpha-tocopherol) mg	0.13		0	BFFN	4		0.04		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.8		2	AS	1		0.2		
Vitamin D IU	31		2	A	1		9		
Vitamin K (phylloquinone) µg	0.0		0	BFNN	4		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05715

Turkey, skin, from retail parts, from dark meat, 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
Lipids:									
Fatty acids, total saturated....g	10.184		0	NC	4		2.887		
4:0....g	0.002		2	A	1		0.001		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.004		2	A	1		0.001		
10:0....g	0.016		2	A	1		0.005		
12:0....g	0.105		2	A	1		0.030		
13:0....g									
14:0....g	0.359		2	A	1		0.102		
15:0....g	0.052		2	A	1		0.015		
16:0....g	7.191		2	A	1		2.039		
17:0....g	0.091		2	A	1		0.026		
18:0....g	2.296		2	A	1		0.651		
20:0....g	0.036		2	A	1		0.010		
22:0....g	0.020		2	A	1		0.006		
24:0....g	0.008		2	A	1		0.002		
Fatty acids, total monounsaturated....g	13.718		0	NC	4		3.889		
14:1....g	0.075		2	A	1		0.021		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	1.497		0	AS	1		0.425		
16:1 c....g	1.471		2	A	1		0.417		
16:1 t....g	0.026		2	A	1		0.007		
17:1....g	0.057		2	A	1		0.016		
18:1 undifferentiated....g	11.881		0	AS	1		3.368		
18:1 c....g	11.563		2	A	1		3.278		
18:1 t....g	0.318		2	A	1		0.090		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.177		2	A	1		0.050		
22:1 undifferentiated....g	0.023		0	AS	1		0.007		
22:1 c....g	0.005		2	A	1		0.002		
22:1 t....g	0.018		2	A	1		0.005		
24:1 c....g	0.007		2	A	1		0.002		
Fatty acids, total polyunsaturated....g	10.794		0	NC	4		3.060		
18:2 undifferentiated....g	9.756		0	AS	1		2.766		
18:2 n-6 c,c....g	9.578		2	A	1		2.715		
18:2 CLAs....g	0.081		2	A	1		0.023		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.097		2	A	1		0.027		
18:3 undifferentiated....g	0.690		0	AS	1		0.196		
18:3 n-3 c,c,c (ALA)....g	0.669		2	A	1		0.190		
18:3 n-6 c,c,c....g	0.022		2	A	1		0.006		
18:3i....g									
18:4....g	0.004		2	A	1		0.001		
20:2 n-6 c,c....g	0.055		2	A	1		0.016		
20:3 undifferentiated....g	0.027		0	AS	1		0.008		
20:3 n-3....g	0.005		2	A	1		0.001		
20:3 n-6....g	0.022		2	A	1		0.006		
20:4 undifferentiated....g	0.175		2	A	1		0.049		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010		2	A	1		0.003		
21:5....g									
22:4....g	0.036		2	A	1		0.010		
22:5 n-3 (DPA)....g	0.027		2	A	1		0.008		
22:6 n-3 (DHA)....g	0.012		2	A	1		0.003		
Fatty acids, total trans....g	0.459		0	NC	4		0.130		
Fatty acids, total trans-monoenoic....g	0.362		0	NC	4		0.103		
Fatty acids, total trans-polyenoic....g	0.097		0	NC	4		0.027		
Cholesterol....mg	139		2	A	1		39		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.094		0	A	1		0.027		
Threonine....g	0.591		0	A	1		0.168		

NDB No. 05715

Turkey, skin, from retail parts, from dark meat, 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
Isoleucine....g	0.444		0	A	1		0.126		
Leucine....g	1.043		0	A	1		0.296		
Lysine....g	1.282		0	A	1		0.363		
Methionine....g	0.333		0	A	1		0.095		
Cystine....g	0.153		0	A	1		0.043		
Phenylalanine....g	0.581		0	A	1		0.165		
Tyrosine....g	0.376		0	A	1		0.107		
Valine....g	0.606		0	A	1		0.172		
Arginine....g	1.538		0	A	1		0.436		
Histidine....g	0.325		0	A	1		0.092		
Alanine....g	1.650		0	A	1		0.468		
Aspartic acid....g	1.394		0	A	1		0.395		
Glutamic acid....g	2.317		0	A	1		0.657		
Glycine....g	3.480		0	A	1		0.986		
Proline....g	2.298		0	A	1		0.652		
Serine....g	0.709		0	A	1		0.201		
Hydroxyproline....g									
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05714
Turkey, skin, from retail parts, from 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	50.08		2	A	1		14.20		
Energy kcal	380		0	NC	4		108		
Energy kJ	1589		0	NC	4		450		
Protein g	14.35		2	A	1		4.07		
Total lipid (fat) g	35.83		2	A	1		10.16		
Ash g	0.49		2	A	1		0.14		
Carbohydrate, by difference g	0.00		0	NC	4		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		2	A	1		1		
Iron, Fe mg	0.76		2	A	1		0.22		
Magnesium, Mg mg	7		2	A	1		2		
Phosphorus, P mg	80		2	A	1		23		
Potassium, K mg	93		2	A	1		26		
Sodium, Na mg	78		2	A	1		22		
Zinc, Zn mg	0.88		2	A	1		0.25		
Copper, Cu mg	0.041		2	A	1		0.012		
Manganese, Mn mg	0.003		2	A	1		0.001		
Selenium, Se µg	11.2		0	BFNN	4		3.2		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.026		2	A	1		0.007		
Riboflavin mg	0.080		2	A	1		0.023		
Niacin mg	2.745		2	A	1		0.778		
Pantothenic acid mg	0.590		2	A	1		0.167		
Vitamin B-6 mg	0.114		2	A	1		0.032		
Folate, total µg	5		0	BFPN	4		1		
Folic acid µg									
Folate, food µg	5		0	BFPN	4		1		
Folate, DFE µg									
Choline, total mg	40.7		0	BFPN	4		11.5		
Betaine mg	2.5		0	BFPN	4		0.7		
Vitamin B-12 µg	1.95		2	A	1		0.55		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	79		0	AS	1		22		
Retinol µg	79		2	A	1		22		
Carotene, beta µg	0		2	A	1		0		
Carotene, alpha µg	0		2	A	1		0		
Cryptoxanthin, beta µg	0		2	A	1		0		
Vitamin A, IU IU	263		0	AS	1		75		
Lycopene µg	0		2	A	1		0		
Lutein + zeaxanthin µg	9		2	A	1		3		
Vitamin E (alpha-tocopherol) mg	0.08		0	BFFN	4		0.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.7		2	AS	1		0.2		
Vitamin D IU	30		2	A	1		8		
Vitamin K (phylloquinone) µg	0.0		0	BFFN	4		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05714

Turkey, skin, from retail parts, from 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
Lipids:									
Fatty acids, total saturated....g	10.216		0	NC	4		2.896		
4:0....g	0.000		2	A	1		0.000		
6:0....g	0.000		2	A	1		0.000		
8:0....g	0.002		2	A	1		0.000		
10:0....g	0.015		2	A	1		0.004		
12:0....g	0.100		2	A	1		0.028		
13:0....g									
14:0....g	0.359		2	A	1		0.102		
15:0....g	0.053		2	A	1		0.015		
16:0....g	7.269		2	A	1		2.061		
17:0....g	0.091		2	A	1		0.026		
18:0....g	2.261		2	A	1		0.641		
20:0....g	0.041		2	A	1		0.012		
22:0....g	0.017		2	A	1		0.005		
24:0....g	0.007		2	A	1		0.002		
Fatty acids, total monounsaturated....g	13.952		0	NC	4		3.955		
14:1....g	0.077		2	A	1		0.022		
15:1....g	0.000		2	A	1		0.000		
16:1 undifferentiated....g	1.552		0	AS	1		0.440		
16:1 c....g	1.525		2	A	1		0.432		
16:1 t....g	0.027		2	A	1		0.008		
17:1....g	0.058		2	A	1		0.016		
18:1 undifferentiated....g	12.063		0	AS	1		3.420		
18:1 c....g	11.746		2	A	1		3.330		
18:1 t....g	0.317		2	A	1		0.090		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.176		2	A	1		0.050		
22:1 undifferentiated....g	0.020		0	AS	1		0.006		
22:1 c....g	0.004		2	A	1		0.001		
22:1 t....g	0.016		2	A	1		0.005		
24:1 c....g	0.005		2	A	1		0.002		
Fatty acids, total polyunsaturated....g	10.910		0	NC	4		3.093		
18:2 undifferentiated....g	9.907		0	AS	1		2.809		
18:2 n-6 c,c....g	9.718		2	A	1		2.755		
18:2 CLAs....g	0.081		2	A	1		0.023		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.109		2	A	1		0.031		
18:3 undifferentiated....g	0.702		0	AS	1		0.199		
18:3 n-3 c,c,c (ALA)....g	0.681		2	A	1		0.193		
18:3 n-6 c,c,c....g	0.021		2	A	1		0.006		
18:3i....g									
18:4....g	0.004		2	A	1		0.001		
20:2 n-6 c,c....g	0.054		2	A	1		0.015		
20:3 undifferentiated....g	0.028		0	AS	1		0.008		
20:3 n-3....g	0.005		2	A	1		0.002		
20:3 n-6....g	0.023		2	A	1		0.007		
20:4 undifferentiated....g	0.146		2	A	1		0.042		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		2	A	1		0.002		
21:5....g									
22:4....g	0.030		2	A	1		0.009		
22:5 n-3 (DPA)....g	0.017		2	A	1		0.005		
22:6 n-3 (DHA)....g	0.009		2	A	1		0.003		
Fatty acids, total trans....g	0.469		0	NC	4		0.133		
Fatty acids, total trans-monoenoic....g	0.360		0	NC	4		0.102		
Fatty acids, total trans-polyenoic....g	0.109		0	NC	4		0.031		
Cholesterol....mg	111		2	A	1		31		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.055		0	A	1		0.016		
Threonine....g	0.345		0	A	1		0.098		

NDB No. 05714

Turkey, skin, from retail parts, from 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
Isoleucine....g	0.259		0	A	1		0.073		
Leucine....g	0.609		0	A	1		0.173		
Lysine....g	0.748		0	A	1		0.212		
Methionine....g	0.195		0	A	1		0.055		
Cystine....g	0.089		0	A	1		0.025		
Phenylalanine....g	0.339		0	A	1		0.096		
Tyrosine....g	0.220		0	A	1		0.062		
Valine....g	0.354		0	A	1		0.100		
Arginine....g	0.898		0	A	1		0.255		
Histidine....g	0.190		0	A	1		0.054		
Alanine....g	0.964		0	A	1		0.273		
Aspartic acid....g	0.814		0	A	1		0.231		
Glutamic acid....g	1.353		0	A	1		0.384		
Glycine....g	2.032		0	A	1		0.576		
Proline....g	1.342		0	A	1		0.380		
Serine....g	0.414		0	A	1		0.117		
Hydroxyproline....g	1.130		2	A	1		0.320		
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		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05726
Turkey, thigh, from whole bird, enhanced, meat only, raw

Refuse: 30% Bone and connective tissue 16%, Skin and separable fat 14%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	75.86	0.594	6	A	1		64.48	321.63	
Energy kcal	114		0	NC	4		97	484	
Energy kJ	478		0	NC	4		406	2027	
Protein g	19.27	0.393	6	A	1		16.38	81.69	
Total lipid (fat) g	4.12	0.383	6	A	1		3.50	17.48	
Ash g	1.19	0.081	6	A	1		1.01	5.03	
Carbohydrate, by difference g	0.15		0	NR	4		0.13	0.64	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.10		2	A	1		0.09	0.42	
Sucrose g	0.10		2	A	1		0.09	0.42	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.05		1	A	1		0.04	0.21	
Minerals:									
Calcium, Ca mg	15	0.246	6	A	1		13	63	
Iron, Fe mg	0.90	0.028	6	A	1		0.76	3.80	
Magnesium, Mg mg	21	1.276	6	A	1		18	89	
Phosphorus, P mg	191	3.822	6	A	1		162	809	
Potassium, K mg	226	5.658	10	A	1		192	960	
Sodium, Na mg	167	20.486	6	A	1		142	708	
Zinc, Zn mg	2.68	0.070	10	A	1		2.28	11.36	
Copper, Cu mg	0.106	0.009	6	A	1		0.090	0.450	
Manganese, Mn mg	0.010	0.000	6	A	1		0.009	0.043	
Selenium, Se µg	22.4	1.621	6	A	1		19.0	94.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060	0.003	6	A	1		0.051	0.254	
Riboflavin mg	0.247	0.004	6	A	1		0.210	1.046	
Niacin mg	5.745	0.162	6	A	1		4.883	24.359	
Pantothenic acid mg	0.935		2	A	1		0.795	3.964	
Vitamin B-6 mg	0.425	0.007	6	A	1		0.361	1.801	
Folate, total µg	6		0	BFPN	4		5	26	
Folic acid µg									
Folate, food µg	6		0	BFPN	4		5	26	
Folate, DFE µg									
Choline, total mg	63.0		0	AS	1		53.6	267.2	
Betaine mg	7.0		1	A	1		6.0	29.8	
Vitamin B-12 µg	2.05	0.025	4	A	1		1.74	8.69	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	13		0	AS	1		11	55	
Retinol µg	13		1	A	1		11	55	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	43		0	AS	1		37	182	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.12	0.032	3	A	1		0.10	0.50	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.010	3	A	1		0.03	0.15	
Tocopherol, delta mg	0.01	0.007	3	A	1		0.01	0.03	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 05726

Turkey, thigh, from whole bird, enhanced, 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
Tocotrienol, gamma....mg	0.01	0.008	6	A	1		0.01	0.05	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	AS	1		0.3	1.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		1	A	1		0.3	1.4	
Vitamin D....IU	13		1	A	1		11	56	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.124		0	NC	4		0.955	4.764	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.003	0.001	6	A	1		0.003	0.013	
12:0....g	0.017	0.005	6	A	1		0.014	0.072	
13:0....g									
14:0....g	0.039	0.007	6	A	1		0.033	0.166	
15:0....g	0.006	0.001	6	A	1		0.005	0.027	
16:0....g	0.721	0.107	6	A	1		0.613	3.058	
17:0....g	0.011	0.001	6	A	1		0.009	0.047	
18:0....g	0.313	0.035	6	A	1		0.266	1.325	
20:0....g	0.005	0.000	6	A	1		0.004	0.021	
22:0....g	0.005	0.001	6	A	1		0.005	0.023	
24:0....g	0.003	0.000	6	A	1		0.002	0.011	
Fatty acids, total monounsaturated....g	1.244		0	NC	4		1.058	5.276	
14:1....g	0.005	0.001	6	A	1		0.004	0.021	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.113	0.025	6	AS	1		0.096	0.481	
16:1 c....g	0.110	0.025	6	A	1		0.094	0.468	
16:1 t....g	0.003	0.001	6	A	1		0.003	0.013	
17:1....g	0.005	0.001	6	A	1		0.004	0.021	
18:1 undifferentiated....g	1.101	0.168	6	AS	1		0.936	4.669	
18:1 c....g	1.062	0.165	6	A	1		0.903	4.503	
18:1 t....g	0.039	0.005	6	A	1		0.033	0.165	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016	0.002	6	A	1		0.014	0.070	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.001	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.001	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.003	0.002	6	A	1		0.003	0.013	
Fatty acids, total polyunsaturated....g	1.009		0	NC	4		0.857	4.277	
18:2 undifferentiated....g	0.862	0.103	6	AS	1		0.733	3.654	
18:2 n-6 c,c....g	0.847	0.101	6	A	1		0.720	3.590	
18:2 CLAs....g	0.005	0.001	6	A	1		0.004	0.020	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.010	0.001	6	A	1		0.009	0.044	
18:3 undifferentiated....g	0.045	0.005	6	AS	1		0.039	0.192	
18:3 n-3 c,c,c (ALA)....g	0.044	0.005	6	A	1		0.037	0.186	
18:3 n-6 c,c,c....g	0.002	0.000	6	A	1		0.001	0.006	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.007	0.000	6	A	1		0.006	0.031	
20:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008	0.039	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.009	0.001	6	A	1		0.008	0.039	
20:4 undifferentiated....g	0.060	0.004	6	A	1		0.051	0.254	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002	0.000	6	A	1		0.001	0.007	
21:5....g									
22:4....g	0.014	0.001	6	A	1		0.012	0.061	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.005	0.023	

NDB No. 05726

Turkey, thigh, from whole bird, enhanced, 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
22:6 n-3 (DHA) g	0.004	0.000	6	A	1		0.003	0.015	
Fatty acids, total trans g	0.052		0	NC	4		0.044	0.221	
Fatty acids, total trans-monoenoic g	0.042		0	NC	4		0.036	0.178	
Fatty acids, total trans-polyenoic g	0.010		0	NC	4		0.009	0.044	
Cholesterol mg	79	2.409	11	A	1		67	333	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.205		0	A	1		0.174	0.870	
Threonine g	0.700		0	A	1		0.595	2.967	
Isoleucine g	0.552		0	A	1		0.469	2.342	
Leucine g	1.335		0	A	1		1.135	5.661	
Lysine g	1.590		0	A	1		1.351	6.741	
Methionine g	0.504		0	A	1		0.428	2.136	
Cystine g	0.182		0	A	1		0.155	0.771	
Phenylalanine g	0.621		0	A	1		0.528	2.634	
Tyrosine g	0.572		0	A	1		0.486	2.426	
Valine g	0.616		0	A	1		0.523	2.611	
Arginine g	1.091		0	A	1		0.927	4.625	
Histidine g	0.522		0	A	1		0.444	2.215	
Alanine g	1.041		0	A	1		0.885	4.416	
Aspartic acid g	1.540		0	A	1		1.309	6.532	
Glutamic acid g	2.613		0	A	1		2.221	11.078	
Glycine g	0.822		0	A	1		0.699	3.485	
Proline g	1.041		0	A	1		0.885	4.413	
Serine g	0.763		0	A	1		0.649	3.236	
Hydroxyproline g	0.150		1	A	1		0.128	0.636	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 424g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05728
Turkey, thigh, from whole bird, enhanced, meat only, roasted

Refuse: 24% Bone and connective tissue 16%, skin and 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	66.85	0.287	6	A	1		56.82	218.60	
Energy kcal	158		0	NC	4		135	518	
Energy kJ	663		0	NC	4		564	2168	
Protein g	26.10	0.327	6	A	1		22.19	85.36	
Total lipid (fat) g	6.00	0.267	6	A	1		5.10	19.62	
Ash g	1.24	0.064	6	A	1		1.05	4.05	
Carbohydrate, by difference g	0.00		0	NC	4		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	1.210	6	A	1		14	53	
Iron, Fe mg	1.07	0.020	6	A	1		0.91	3.51	
Magnesium, Mg mg	24	1.383	6	A	1		20	78	
Phosphorus, P mg	208	4.866	6	A	1		177	680	
Potassium, K mg	227	5.468	10	A	1		193	741	
Sodium, Na mg	201	19.379	6	A	1		171	657	
Zinc, Zn mg	3.40	0.058	6	A	1		2.89	11.11	
Copper, Cu mg	0.128	0.008	6	A	1		0.109	0.418	
Manganese, Mn mg	0.017	0.001	6	A	1		0.014	0.055	
Selenium, Se µg	31.4	1.738	6	A	1		26.7	102.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.056	0.005	6	A	1		0.048	0.184	
Riboflavin mg	0.335	0.021	6	A	1		0.285	1.095	
Niacin mg	6.827	0.285	6	A	1		5.803	22.326	
Pantothenic acid mg	1.015		2	A	1		0.863	3.319	
Vitamin B-6 mg	0.435	0.010	8	A	1		0.370	1.423	
Folate, total µg	8		0	BFPN	4		7	27	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	BFPN	4		7	27	
Folate, DFE µg	8		0	NC	4		7	27	
Choline, total mg	90.3		0	AS	1		76.7	295.1	
Betaine mg	6.2		1	A	1		5.2	20.2	
Vitamin B-12 µg	1.65		2	A	1		1.40	5.40	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	AS	1		5	18	
Retinol µg	5		1	A	1		5	18	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	18		0	AS	1		15	60	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07	0.002	3	A	1		0.06	0.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.04	0.004	3	A	1		0.03	0.13	
Tocopherol, delta mg	0.03	0.003	3	A	1		0.03	0.10	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.05	0.003	3	A	1		0.05	0.18	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	0.8	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	0.8	
Vitamin D IU	10		1	A	1		9	33	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05728

Turkey, thigh, from whole bird, enhanced, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.807		0	NC	4		1.536	5.909	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.006	0.001	6	A	1		0.005	0.020	
12:0....g	0.021	0.005	6	A	1		0.018	0.067	
13:0....g									
14:0....g	0.061	0.006	6	A	1		0.052	0.201	
15:0....g	0.011	0.001	6	A	1		0.009	0.035	
16:0....g	1.178	0.040	6	A	1		1.001	3.851	
17:0....g	0.017	0.002	6	A	1		0.015	0.057	
18:0....g	0.505	0.015	6	A	1		0.429	1.651	
20:0....g	0.006	0.000	6	A	1		0.005	0.019	
22:0....g	0.003	0.001	6	A	1		0.002	0.008	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.061		0	NC	4		1.752	6.738	
14:1....g	0.008	0.001	6	A	1		0.007	0.027	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.187	0.019	6	AS	1		0.159	0.611	
16:1 c....g	0.182	0.018	6	A	1		0.155	0.597	
16:1 t....g	0.004	0.000	6	A	1		0.004	0.014	
17:1....g	0.008	0.001	6	A	1		0.007	0.026	
18:1 undifferentiated....g	1.832	0.051	6	AS	1		1.557	5.989	
18:1 c....g	1.771	0.047	6	A	1		1.505	5.791	
18:1 t....g	0.061	0.008	6	A	1		0.052	0.198	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026	0.001	6	A	1		0.022	0.085	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.001	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.001	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.662		0	NC	4		1.413	5.436	
18:2 undifferentiated....g	1.436	0.080	6	AS	1		1.220	4.694	
18:2 n-6 c,c....g	1.411	0.079	6	A	1		1.199	4.614	
18:2 CLAs....g	0.010	0.002	6	A	1		0.008	0.032	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.001	6	A	1		0.012	0.048	
18:3 undifferentiated....g	0.075	0.007	6	AS	1		0.064	0.246	
18:3 n-3 c,c,c (ALA)....g	0.072	0.007	6	A	1		0.061	0.236	
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.002	0.009	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.012	0.001	6	A	1		0.010	0.040	
20:3 undifferentiated....g	0.009	0.000	6	AS	1		0.008	0.030	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.009	0.000	6	A	1		0.008	0.030	
20:4 undifferentiated....g	0.087	0.002	6	A	1		0.074	0.284	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.002	6	A	1		0.010	0.039	
21:5....g									
22:4....g	0.017	0.001	6	A	1		0.014	0.054	
22:5 n-3 (DPA)....g	0.008	0.000	6	A	1		0.007	0.025	
22:6 n-3 (DHA)....g	0.005	0.001	6	A	1		0.004	0.017	
Fatty acids, total trans....g	0.080		0	NC	4		0.068	0.260	
Fatty acids, total trans-monoenoic....g	0.065		0	NC	4		0.055	0.212	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.012	0.048	
Cholesterol....mg	105	2.663	11	A	1		89	342	
Phytosterols....mg									
Amino Acids:									

NDB No. 05728

Turkey, thigh, from whole bird, enhanced, meat only, 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
Tryptophan....g	0.278		0	A	1		0.236	0.909	
Threonine....g	0.948		0	A	1		0.806	3.100	
Isoleucine....g	0.748		0	A	1		0.636	2.447	
Leucine....g	1.809		0	A	1		1.538	5.915	
Lysine....g	2.154		0	A	1		1.831	7.043	
Methionine....g	0.682		0	A	1		0.580	2.231	
Cystine....g	0.246		0	A	1		0.209	0.805	
Phenylalanine....g	0.842		0	A	1		0.715	2.752	
Tyrosine....g	0.775		0	A	1		0.659	2.535	
Valine....g	0.834		0	A	1		0.709	2.728	
Arginine....g	1.478		0	A	1		1.256	4.832	
Histidine....g	0.708		0	A	1		0.601	2.314	
Alanine....g	1.411		0	A	1		1.199	4.614	
Aspartic acid....g	2.087		0	A	1		1.774	6.825	
Glutamic acid....g	3.540		0	A	1		3.009	11.575	
Glycine....g	1.114		0	A	1		0.947	3.642	
Proline....g	1.410		0	A	1		1.199	4.611	
Serine....g	1.034		0	A	1		0.879	3.381	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 327g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05740
Turkey, thigh, from whole bird, meat only, raw

Refuse: 30% Bone and connective tissue 20%, Skin and separable fat 10%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water....g	76.01	0.778	4	A	1		64.61	278.95	
Energy....kcal	108		0	NC	4		92	395	
Energy....kJ	451		0	NC	4		383	1655	
Protein....g	21.28	1.044	4	A	1		18.09	78.11	
Total lipid (fat)....g	2.50	0.166	4	A	1		2.13	9.19	
Ash....g	1.03	0.037	4	A	1		0.88	3.79	
Carbohydrate, by difference....g	0.15		0	NR	4		0.13	0.55	
Fiber, total dietary....g	0.0		0	Z	7		0.0	0.0	
Sugars, total....g	0.10		2	A	1		0.09	0.37	
Sucrose....g	0.10		2	A	1		0.09	0.37	
Glucose (dextrose)....g	0.00		2	A	1		0.00	0.00	
Fructose....g	0.00		2	A	1		0.00	0.00	
Lactose....g	0.00		2	A	1		0.00	0.00	
Maltose....g	0.00		2	A	1		0.00	0.00	
Galactose....g	0.00		2	A	1		0.00	0.00	
Starch....g	0.05		1	A	1		0.04	0.18	
Minerals:									
Calcium, Ca....mg	11	0.765	4	A	1		9	40	
Iron, Fe....mg	1.04	0.124	4	A	1		0.88	3.81	
Magnesium, Mg....mg	25	0.803	4	A	1		21	91	
Phosphorus, P....mg	176	15.330	4	A	1		150	646	
Potassium, K....mg	226	5.658	10	A	1		192	831	
Sodium, Na....mg	124	10.383	4	A	1		105	455	
Zinc, Zn....mg	2.59	0.073	4	A	1		2.20	9.51	
Copper, Cu....mg	0.092	0.016	4	A	1		0.078	0.336	
Manganese, Mn....mg	0.014	0.001	4	A	1		0.012	0.052	
Selenium, Se....µg	22.4	1.621	6	A	1		19.0	82.1	
Vitamins:									
Vitamin C, total ascorbic acid....mg	0.0		0	Z	7		0.0	0.0	
Thiamin....mg	0.062	0.004	8	A	1		0.053	0.229	
Riboflavin....mg	0.255	0.007	8	A	1		0.217	0.936	
Niacin....mg	5.696	0.129	8	A	1		4.842	20.905	
Pantothenic acid....mg	0.935		2	A	1		0.795	3.431	
Vitamin B-6....mg	0.440	0.013	8	A	1		0.374	1.614	
Folate, total....µg									
Folate, DFE....µg									
Choline, total....mg	69.6		0	BFPN	4		59.2	255.5	
Betaine....mg	7.8		0	BFPN	4		6.6	28.5	
Vitamin B-12....µg	2.05		2	A	1		1.74	7.52	
Vitamin A, RAE....µg	13		0	AS	1		11	47	
Vitamin A, IU....IU	43		0	AS	1		37	158	
Lycopene....µg	0		0	Z	7		0	0	
Lutein + zeaxanthin....µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol)....mg	0.12	0.032	3	A	1		0.10	0.44	
Vitamin E, added....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma....mg	0.03	0.010	3	A	1		0.03	0.13	
Tocopherol, delta....mg	0.01	0.007	3	A	1		0.01	0.03	
Tocotrienol, alpha....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma....mg	0.01	0.012	3	A	1		0.01	0.04	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		1	AS	1		0.3	1.2	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		1	A	1		0.3	1.2	
Vitamin D....IU	13		1	A	1		11	49	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05740
Turkey, thigh, from whole bird, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.683		0	BFFN	4		0.580	2.506	
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	0.002		0	BFFN	4		0.002	0.007	
12:0....g	0.010		0	BFFN	4		0.009	0.038	
13:0....g									
14:0....g	0.024		0	BFFN	4		0.020	0.088	
15:0....g									
16:0....g	0.438		0	BFFN	4		0.373	1.609	
17:0....g									
18:0....g	0.190		0	BFFN	4		0.161	0.697	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	0.756		0	BFFN	4		0.643	2.776	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.069		0	BFFN	4		0.059	0.253	
17:1....g									
18:1 undifferentiated....g	0.669		0	BFFN	4		0.569	2.456	
20:1....g	0.010		0	BFFN	4		0.009	0.037	
22:1 undifferentiated....g	0.000		0	BFFN	4		0.000	0.001	
24:1 c....g									
Fatty acids, total polyunsaturated....g	0.613		0	BFFN	4		0.521	2.250	
18:2 undifferentiated....g	0.524		0	BFFN	4		0.445	1.922	
18:3 undifferentiated....g	0.028		0	BFFN	4		0.023	0.101	
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	0.036		0	BFFN	4		0.031	0.134	
20:5 n-3 (EPA)....g	0.001		0	BFFN	4		0.001	0.004	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.003		0	BFFN	4		0.003	0.012	
22:6 n-3 (DHA)....g	0.002		0	BFFN	4		0.002	0.008	
Fatty acids, total trans....g									
Cholesterol....mg	79	8.511	4	A	1		67	290	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.227		0	A	1		0.193	0.832	
Threonine....g	0.773		0	A	1		0.657	2.837	
Isoleucine....g	0.610		0	A	1		0.519	2.239	
Leucine....g	1.475		0	A	1		1.254	5.413	
Lysine....g	1.756		0	A	1		1.493	6.445	
Methionine....g	0.556		0	A	1		0.473	2.042	
Cystine....g	0.201		0	A	1		0.171	0.737	
Phenylalanine....g	0.686		0	A	1		0.583	2.518	
Tyrosine....g	0.632		0	A	1		0.537	2.320	
Valine....g	0.680		0	A	1		0.578	2.497	
Arginine....g	1.205		0	A	1		1.024	4.422	
Histidine....g	0.577		0	A	1		0.490	2.118	
Alanine....g	1.151		0	A	1		0.978	4.223	
Aspartic acid....g	1.702		0	A	1		1.447	6.246	
Glutamic acid....g	2.886		0	A	1		2.453	10.593	
Glycine....g	0.908		0	A	1		0.772	3.333	
Proline....g	1.150		0	A	1		0.977	4.220	
Serine....g	0.843		0	A	1		0.717	3.095	
Hydroxyproline....g									

NDB No. 05740
Turkey, thigh, from whole bird, 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
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 367g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05741
Turkey, thigh, from whole bird, meat only, roasted

Refuse: 43% Bone and connective tissue 36%, Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	65.23	1.646	4	A	1		55.44	208.08	
Energy kcal	165		0	NC	4		140	527	
Energy kJ	691		0	NC	4		587	2204	
Protein g	27.71	1.576	4	A	1		23.56	88.41	
Total lipid (fat) g	6.04	0.370	4	A	1		5.13	19.27	
Ash g	1.12	0.042	4	A	1		0.96	3.59	
Carbohydrate, by difference g	0.00		0	NC	4		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	1.130	4	A	1		14	53	
Iron, Fe mg	1.43	0.126	4	A	1		1.22	4.56	
Magnesium, Mg mg	27	0.413	4	A	1		23	85	
Phosphorus, P mg	212	9.512	4	A	1		180	677	
Potassium, K mg	227	5.468	10	A	1		193	723	
Sodium, Na mg	104	13.134	4	A	1		88	331	
Zinc, Zn mg	3.51	0.084	4	A	1		2.99	11.21	
Copper, Cu mg	0.127	0.018	4	A	1		0.108	0.404	
Manganese, Mn mg	0.016	0.000	4	A	1		0.014	0.052	
Selenium, Se µg	31.4	1.738	6	A	1		26.7	100.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.060		2	A	1		0.051	0.193	
Riboflavin mg	0.375		2	A	1		0.319	1.196	
Niacin mg	6.685		2	A	1		5.682	21.325	
Pantothenic acid mg	1.015		2	A	1		0.863	3.238	
Vitamin B-6 mg	0.438	0.008	10	A	1		0.372	1.396	
Folate, total µg	9		0	BFPN	4		7	28	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	28	
Folate, DFE µg	9		0	NC	4		7	28	
Choline, total mg	95.8		0	BFPN	4		81.5	305.7	
Betaine mg	6.5		0	BFPN	4		5.6	20.9	
Vitamin B-12 µg	1.65		2	A	1		1.40	5.26	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	5		0	AS	1		5	17	
Retinol µg	5		1	A	1		5	17	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	18		0	AS	1		15	58	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.07	0.002	3	A	1		0.06	0.21	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.04	0.004	3	A	1		0.03	0.13	
Tocopherol, delta mg	0.03	0.003	3	A	1		0.03	0.10	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.05	0.003	3	A	1		0.05	0.17	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	0.8	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	0.8	
Vitamin D IU	10		1	A	1		9	32	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05741

Turkey, thigh, from whole bird, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.807		0	NC	4		1.536	5.764	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.006	0.001	6	A	1		0.005	0.020	
12:0....g	0.021	0.005	6	A	1		0.018	0.066	
13:0....g									
14:0....g	0.061	0.006	6	A	1		0.052	0.196	
15:0....g	0.011	0.001	6	A	1		0.009	0.034	
16:0....g	1.178	0.040	6	A	1		1.001	3.757	
17:0....g	0.017	0.002	6	A	1		0.015	0.055	
18:0....g	0.505	0.015	6	A	1		0.429	1.611	
20:0....g	0.006	0.000	6	A	1		0.005	0.018	
22:0....g	0.003	0.001	6	A	1		0.002	0.008	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.061		0	NC	4		1.752	6.573	
14:1....g	0.008	0.001	6	A	1		0.007	0.026	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.187	0.019	6	AS	1		0.159	0.596	
16:1 c....g	0.182	0.018	6	A	1		0.155	0.582	
16:1 t....g	0.004	0.000	6	A	1		0.004	0.014	
17:1....g	0.008	0.001	6	A	1		0.007	0.026	
18:1 undifferentiated....g	1.832	0.051	6	AS	1		1.557	5.843	
18:1 c....g	1.771	0.047	6	A	1		1.505	5.649	
18:1 t....g	0.061	0.008	6	A	1		0.052	0.193	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.026	0.001	6	A	1		0.022	0.083	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.001	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.001	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.662		0	NC	4		1.413	5.303	
18:2 undifferentiated....g	1.436	0.080	6	AS	1		1.220	4.579	
18:2 n-6 c,c....g	1.411	0.079	6	A	1		1.199	4.502	
18:2 CLAs....g	0.010	0.002	6	A	1		0.008	0.031	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.015	0.001	6	A	1		0.012	0.047	
18:3 undifferentiated....g	0.075	0.007	6	AS	1		0.064	0.240	
18:3 n-3 c,c,c (ALA)....g	0.072	0.007	6	A	1		0.061	0.231	
18:3 n-6 c,c,c....g	0.003	0.001	6	A	1		0.002	0.009	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.012	0.001	6	A	1		0.010	0.039	
20:3 undifferentiated....g	0.009	0.000	6	AS	1		0.008	0.030	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.009	0.000	6	A	1		0.008	0.030	
20:4 undifferentiated....g	0.087	0.002	6	A	1		0.074	0.277	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.012	0.002	6	A	1		0.010	0.038	
21:5....g									
22:4....g	0.017	0.001	6	A	1		0.014	0.053	
22:5 n-3 (DPA)....g	0.008	0.000	6	A	1		0.007	0.024	
22:6 n-3 (DHA)....g	0.005	0.001	6	A	1		0.004	0.016	
Fatty acids, total trans....g	0.080		0	NC	4		0.068	0.254	
Fatty acids, total trans-monoenoic....g	0.065		0	NC	4		0.055	0.207	
Fatty acids, total trans-polyenoic....g	0.015		0	NC	4		0.012	0.047	
Cholesterol....mg	128	12.093	4	A	1		109	409	
Phytosterols....mg									
Amino Acids:									

NDB No. 05741

Turkey, thigh, from whole bird, meat only, 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
Tryptophan....g	0.295		0	A	1		0.251	0.942	
Threonine....g	1.007		0	A	1		0.856	3.211	
Isoleucine....g	0.794		0	A	1		0.675	2.534	
Leucine....g	1.921		0	A	1		1.633	6.127	
Lysine....g	2.287		0	A	1		1.944	7.295	
Methionine....g	0.725		0	A	1		0.616	2.311	
Cystine....g	0.262		0	A	1		0.222	0.834	
Phenylalanine....g	0.893		0	A	1		0.759	2.850	
Tyrosine....g	0.823		0	A	1		0.700	2.626	
Valine....g	0.886		0	A	1		0.753	2.826	
Arginine....g	1.569		0	A	1		1.334	5.005	
Histidine....g	0.751		0	A	1		0.639	2.397	
Alanine....g	1.498		0	A	1		1.273	4.779	
Aspartic acid....g	2.216		0	A	1		1.884	7.069	
Glutamic acid....g	3.758		0	A	1		3.195	11.989	
Glycine....g	1.182		0	A	1		1.005	3.772	
Proline....g	1.497		0	A	1		1.273	4.776	
Serine....g	1.098		0	A	1		0.933	3.502	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 319g: 1 thigh

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05706
Turkey, whole, enhanced, meat and skin, raw

Refuse: 34% Bone and connective tissue 34%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	71.26		0	PAK	1		60.57	4074.18	
Energy kcal	158		0	PIK	4		134	9044	
Energy kJ	662		0	PIK	4		563	37840	
Protein g	19.03		0	PAK	1		16.17	1087.69	
Total lipid (fat) g	9.10		0	PAK	1		7.74	520.44	
Ash g	1.21		0	PAK	1		1.02	68.94	
Carbohydrate, by difference g	0.15		0	NR	4		0.13	8.58	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.08		0	PAK	1		0.06	4.37	
Sucrose g	0.08		0	PAK	1		0.06	4.37	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.07		0	PAK	1		0.06	4.04	
Minerals:									
Calcium, Ca mg	14		0	PAK	1		12	802	
Iron, Fe mg	0.67		0	PAK	1		0.57	38.02	
Magnesium, Mg mg	21		0	PAK	1		17	1175	
Phosphorus, P mg	195		0	PAK	1		166	11142	
Potassium, K mg	211		0	PAK	1		180	12077	
Sodium, Na mg	180		0	PAK	1		153	10278	
Zinc, Zn mg	1.68		0	PAK	1		1.43	95.96	
Copper, Cu mg	0.069		0	PAK	1		0.059	3.950	
Manganese, Mn mg	0.008		0	PAK	1		0.007	0.462	
Selenium, Se µg	20.2		0	PAK	1		17.2	1155.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.039		0	PAK	1		0.033	2.232	
Riboflavin mg	0.170		0	PAK	1		0.145	9.734	
Niacin mg	7.246		0	PAK	1		6.159	414.240	
Pantothenic acid mg	0.777		0	PAK	1		0.660	44.419	
Vitamin B-6 mg	0.540		0	PAK	1		0.459	30.879	
Folate, total µg	6		0	PIK	4		5	343	
Folic acid µg									
Folate, food µg	6		0	PIK	4		5	343	
Folate, DFE µg									
Choline, total mg	50.8		0	PAK	1		43.2	2902.6	
Betaine mg	4.0		0	PAK	1		3.4	226.2	
Vitamin B-12 µg	1.16		0	PAK	1		0.99	66.50	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	23		0	PAK	1		20	1333	
Retinol µg	23		0	PAK	1		20	1333	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	78		0	PAK	1		66	4443	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		0	PAK	1		0.07	4.99	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.09	
Tocopherol, gamma mg	0.02		0	PAK	1		0.02	1.12	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.23	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.12	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05706
Turkey, whole, enhanced, 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.67	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.4		0	PAK	1		0.3	21.9	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.4		0	PAK	1		0.3	21.9	
Vitamin D....IU	15		0	PAK	1		13	874	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.700		0	NR	4		1.445	97.189	
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	0.001		0	PAK	1		0.000	0.029	
10:0....g	0.004		0	PAK	1		0.004	0.239	
12:0....g	0.023		0	PAK	1		0.020	1.317	
13:0....g									
14:0....g	0.063		0	PAK	1		0.053	3.590	
15:0....g	0.010		0	PAK	1		0.008	0.563	
16:0....g	1.155		0	PAK	1		0.982	66.053	
17:0....g	0.017		0	PAK	1		0.014	0.951	
18:0....g	0.416		0	PAK	1		0.354	23.784	
20:0....g	0.006		0	PAK	1		0.005	0.366	
22:0....g	0.004		0	PAK	1		0.003	0.224	
24:0....g	0.001		0	PAK	1		0.001	0.073	
Fatty acids, total monounsaturated....g	3.900		0	NR	4		3.315	222.963	
14:1....g	0.017		0	PAK	1		0.015	0.988	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.378		0	PAK	1		0.321	21.596	
16:1 c....g	0.370		0	PAK	1		0.315	21.173	
16:1 t....g	0.007		0	PAK	1		0.006	0.423	
17:1....g	0.017		0	PAK	1		0.015	0.988	
18:1 undifferentiated....g	3.436		0	PAK	1		2.920	196.411	
18:1 c....g	3.320		0	PAK	1		2.822	189.777	
18:1 t....g	0.116		0	PAK	1		0.099	6.634	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.052		0	PAK	1		0.044	2.964	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.071	
22:1 c....g	0.001		0	PAK	1		0.001	0.071	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.002		0	PAK	1		0.002	0.141	
Fatty acids, total polyunsaturated....g	3.500		0	NR	4		2.975	200.095	
18:2 undifferentiated....g	3.164		0	PAK	1		2.689	180.887	
18:2 n-6 c,c....g	3.101		0	PAK	1		2.636	177.261	
18:2 CLAs....g	0.023		0	PAK	1		0.020	1.336	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.040		0	PAK	1		0.034	2.289	
18:3 undifferentiated....g	0.194		0	PAK	1		0.165	11.076	
18:3 n-3 c,c,c (ALA)....g	0.188		0	PAK	1		0.159	10.721	
18:3 n-6 c,c,c....g	0.006		0	PAK	1		0.005	0.356	
18:3i....g									
18:4....g	0.001		0	PAK	1		0.001	0.059	
20:2 n-6 c,c....g	0.021		0	PAK	1		0.018	1.196	
20:3 undifferentiated....g	0.018		0	PAK	1		0.016	1.054	
20:3 n-3....g	0.001		0	PAK	1		0.001	0.082	
20:3 n-6....g	0.017		0	PAK	1		0.014	0.972	
20:4 undifferentiated....g	0.083		0	PAK	1		0.071	4.766	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004		0	PAK	1		0.003	0.224	
21:5....g									
22:4....g	0.020		0	PAK	1		0.017	1.144	
22:5 n-3 (DPA)....g	0.009		0	PAK	1		0.008	0.509	

NDB No. 05706

Turkey, whole, enhanced, 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
22:6 n-3 (DHA) g	0.006		0	PAK	1		0.005	0.324	
Fatty acids, total trans g	0.129		0	PIK	4		0.109	7.357	
Fatty acids, total trans-monoenoic g	0.100		0	PIK	4		0.085	5.720	
Fatty acids, total trans-polyenoic g	0.029		0	PIK	4		0.024	1.637	
Cholesterol mg	70		0	PAK	1		59	3987	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.190		0	PAK	1		0.161	10.843	
Threonine g	0.659		0	PAK	1		0.560	37.697	
Isoleucine g	0.524		0	PAK	1		0.445	29.940	
Leucine g	1.267		0	PAK	1		1.077	72.422	
Lysine g	1.499		0	PAK	1		1.274	85.712	
Methionine g	0.476		0	PAK	1		0.404	27.195	
Cystine g	0.175		0	PAK	1		0.149	10.013	
Phenylalanine g	0.597		0	PAK	1		0.507	34.128	
Tyrosine g	0.537		0	PAK	1		0.457	30.704	
Valine g	0.598		0	PAK	1		0.508	34.196	
Arginine g	1.091		0	PAK	1		0.928	62.397	
Histidine g	0.492		0	PAK	1		0.418	28.120	
Alanine g	1.060		0	PAK	1		0.901	60.616	
Aspartic acid g	1.476		0	PAK	1		1.254	84.374	
Glutamic acid g	2.499		0	PAK	1		2.124	142.866	
Glycine g	1.013		0	PAK	1		0.861	57.907	
Proline g	1.118		0	PAK	1		0.950	63.896	
Serine g	0.738		0	PAK	1		0.627	42.171	
Hydroxyproline g	0.270		0	PAK	1		0.230	15.441	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 5717g: 1 bird

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05707
Turkey, whole, enhanced, meat and skin, roasted

Refuse: 36% Bone and connective tissue 36%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		55.29	2697.70	294.68
Energy kcal	176		0	NC	4		150	7316	799
Energy kJ	738		0	NC	4		627	30605	3343
Protein g	26.09		0	PAK	1		22.17	1081.82	118.17
Total lipid (fat) g	8.01		0	PAK	1		6.81	332.11	36.28
Ash g	1.36		0	PAK	1		1.15	56.33	6.15
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	0.00
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	0.0
Sugars, total g	0.00		0	PIK	4		0.00	0.00	0.00
Starch g									
Minerals:									
Calcium, Ca mg	15		0	PAK	1		13	634	69
Iron, Fe mg	0.81		0	PAK	1		0.68	33.41	3.65
Magnesium, Mg mg	27		0	PAK	1		23	1139	124
Phosphorus, P mg	236		0	PAK	1		201	9806	1071
Potassium, K mg	242		0	PAK	1		206	10043	1097
Sodium, Na mg	224		0	PAK	1		190	9287	1014
Zinc, Zn mg	2.20		0	PAK	1		1.87	91.21	9.96
Copper, Cu mg	0.087		0	PAK	1		0.074	3.590	0.392
Manganese, Mn mg	0.015		0	PAK	1		0.013	0.621	0.068
Selenium, Se µg	29.6		0	PAK	1		25.1	1226.5	134.0
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	0.0
Thiamin mg	0.043		0	PAK	1		0.036	1.775	0.194
Riboflavin mg	0.257		0	PAK	1		0.219	10.678	1.166
Niacin mg	9.436		0	PAK	1		8.020	391.303	42.744
Pantothenic acid mg	0.944		0	PAK	1		0.803	39.155	4.277
Vitamin B-6 mg	0.554		0	PAK	1		0.471	22.965	2.509
Folate, total µg	8		0	PIK	4		7	342	37
Folic acid µg	0		0	Z	7		0	0	0
Folate, food µg	8		0	PIK	4		7	342	37
Folate, DFE µg	8		0	NC	4		7	342	37
Choline, total mg	77.7		0	PAK	1		66.1	3223.0	352.1
Betaine mg	4.2		0	PAK	1		3.6	174.2	19.0
Vitamin B-12 µg	1.67		0	PIK	4		1.42	69.29	7.57
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	0.00
Vitamin A, RAE µg	13		0	PAK	1		11	540	59
Retinol µg	13		0	PAK	1		11	540	59
Carotene, beta µg	0		0	PIK	4		0	0	0
Carotene, alpha µg	0		0	PIK	4		0	0	0
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	0
Vitamin A, IU IU	43		0	PAK	1		37	1798	196
Lycopene µg	0		0	PIK	4		0	0	0
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	0
Vitamin E (alpha-tocopherol) mg	0.07		0	PAK	1		0.06	3.10	0.34
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	0.00
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocopherol, gamma mg	0.04		0	PAK	1		0.03	1.50	0.16
Tocopherol, delta mg	0.02		0	PAK	1		0.01	0.63	0.07
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	0.00
Tocotrienol, gamma mg	0.05		0	PAK	1		0.04	1.94	0.21
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	0.00
Vitamin D (D2 + D3) µg	0.4		0	PAK	1		0.3	16.0	1.7
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		0	PAK	1		0.3	16.0	1.7
Vitamin D IU	15		0	PAK	1		13	640	70
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	0.0

NDB No. 05707
Turkey, whole, enhanced, meat and skin, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.301		0	PIK	4		1.956	95.434	10.425
4:0....g	0.000		0	PAK	1		0.000	0.000	0.000
6:0....g	0.000		0	PAK	1		0.000	0.000	0.000
8:0....g	0.000		0	PAK	1		0.000	0.000	0.000
10:0....g	0.006		0	PAK	1		0.005	0.239	0.026
12:0....g	0.026		0	PAK	1		0.022	1.090	0.119
13:0....g									
14:0....g	0.082		0	PAK	1		0.069	3.381	0.369
15:0....g	0.013		0	PAK	1		0.011	0.556	0.061
16:0....g	1.549		0	PAK	1		1.317	64.247	7.018
17:0....g	0.022		0	PAK	1		0.019	0.907	0.099
18:0....g	0.591		0	PAK	1		0.502	24.515	2.678
20:0....g	0.008		0	PAK	1		0.007	0.322	0.035
22:0....g	0.004		0	PAK	1		0.003	0.146	0.016
24:0....g	0.001		0	PAK	1		0.001	0.031	0.003
Fatty acids, total monounsaturated....g	2.851		0	PIK	4		2.423	118.234	12.915
14:1....g	0.011		0	PAK	1		0.010	0.476	0.052
15:1....g	0.000		0	PAK	1		0.000	0.000	0.000
16:1 undifferentiated....g	0.274		0	PAK	1		0.233	11.369	1.242
16:1 c....g	0.269		0	PAK	1		0.229	11.150	1.218
16:1 t....g	0.005		0	PAK	1		0.004	0.219	0.024
17:1....g	0.012		0	PAK	1		0.011	0.516	0.056
18:1 undifferentiated....g	2.514		0	PAK	1		2.137	104.261	11.389
18:1 c....g	2.433		0	PAK	1		2.068	100.892	11.021
18:1 t....g	0.081		0	PAK	1		0.069	3.369	0.368
18:1-11 t (18:1t n-7)....g									
20:1....g	0.038		0	PAK	1		0.032	1.558	0.170
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.032	0.003
22:1 c....g	0.001		0	PAK	1		0.001	0.032	0.003
22:1 t....g	0.000		0	PAK	1		0.000	0.000	0.000
24:1 c....g	0.001		0	PAK	1		0.000	0.022	0.002
Fatty acids, total polyunsaturated....g	2.280		0	PIK	4		1.938	94.536	10.327
18:2 undifferentiated....g	2.021		0	PAK	1		1.718	83.798	9.154
18:2 n-6 c,c....g	1.986		0	PAK	1		1.688	82.344	8.995
18:2 CLAs....g	0.013		0	PAK	1		0.011	0.547	0.060
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.022		0	PAK	1		0.019	0.907	0.099
18:3 undifferentiated....g	0.118		0	PAK	1		0.100	4.880	0.533
18:3 n-3 c,c,c (ALA)....g	0.114		0	PAK	1		0.097	4.729	0.517
18:3 n-6 c,c,c....g	0.004		0	PAK	1		0.003	0.151	0.016
18:3i....g									
18:4....g	0.001		0	PAK	1		0.000	0.022	0.002
20:2 n-6 c,c....g	0.015		0	PAK	1		0.013	0.610	0.067
20:3 undifferentiated....g	0.012		0	PAK	1		0.010	0.478	0.052
20:3 n-3....g	0.001		0	PAK	1		0.001	0.024	0.003
20:3 n-6....g	0.011		0	PAK	1		0.009	0.454	0.050
20:4 undifferentiated....g	0.077		0	PAK	1		0.065	3.185	0.348
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		0	PAK	1		0.007	0.322	0.035
21:5....g									
22:4....g	0.016		0	PAK	1		0.014	0.660	0.072
22:5 n-3 (DPA)....g	0.008		0	PAK	1		0.007	0.327	0.036
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.004	0.214	0.023
Fatty acids, total trans....g	0.108		0	PIK	4		0.092	4.496	0.491
Fatty acids, total trans-monoenoic....g	0.087		0	PIK	4		0.074	3.589	0.392
Fatty acids, total trans-polyenoic....g	0.022		0	PIK	4		0.019	0.907	0.099
Cholesterol....mg	91		0	PAK	1		77	3766	411
Phytosterols....mg									
Amino Acids:									

NDB No. 05707
Turkey, whole, enhanced, meat and skin, 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
Tryptophan....g	0.263		0	PAK	1		0.224	10.914	1.192
Threonine....g	0.912		0	PAK	1		0.775	37.810	4.130
Isoleucine....g	0.723		0	PAK	1		0.615	29.995	3.277
Leucine....g	1.749		0	PAK	1		1.487	72.548	7.925
Lysine....g	2.073		0	PAK	1		1.762	85.955	9.389
Methionine....g	0.657		0	PAK	1		0.559	27.265	2.978
Cystine....g	0.241		0	PAK	1		0.205	10.003	1.093
Phenylalanine....g	0.822		0	PAK	1		0.699	34.108	3.726
Tyrosine....g	0.743		0	PAK	1		0.632	30.818	3.366
Valine....g	0.823		0	PAK	1		0.699	34.111	3.726
Arginine....g	1.493		0	PAK	1		1.269	61.917	6.764
Histidine....g	0.680		0	PAK	1		0.578	28.207	3.081
Alanine....g	1.446		0	PAK	1		1.229	59.971	6.551
Aspartic acid....g	2.035		0	PAK	1		1.729	84.372	9.216
Glutamic acid....g	3.446		0	PAK	1		2.929	142.905	15.610
Glycine....g	1.340		0	PAK	1		1.139	55.582	6.071
Proline....g	1.511		0	PAK	1		1.284	62.651	6.844
Serine....g	1.015		0	PAK	1		0.863	42.104	4.599
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	0.0
Caffeine....mg	0		0	PIK	4		0	0	0
Theobromine....mg	0		0	PIK	4		0	0	0

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 4147g: 1 bird

Measure 3 = 453.0g: 1 lb

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05704
Turkey, whole, enhanced, meat only, raw

Refuse: 47% Bone and connective tissue 34%, Skin and separable fat 13%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.25		0	PAK	1		64.81	4359.36	
Energy kcal	105		0	NC	4		89	6002	
Energy kJ	439		0	NC	4		373	25098	
Protein g	20.87		0	PAK	1		17.74	1192.97	
Total lipid (fat) g	2.39		0	PAK	1		2.03	136.66	
Ash g	1.35		0	PAK	1		1.15	77.42	
Carbohydrate, by difference g	0.14		0	NR	4		0.12	8.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.06		0	PAK	1		0.06	3.70	
Sucrose g	0.06		0	PAK	1		0.06	3.70	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.08		0	PAK	1		0.07	4.47	
Minerals:									
Calcium, Ca mg	14		0	PAK	1		12	806	
Iron, Fe mg	0.64		0	PAK	1		0.55	36.73	
Magnesium, Mg mg	24		0	PAK	1		20	1361	
Phosphorus, P mg	223		0	PAK	1		189	12730	
Potassium, K mg	237		0	PAK	1		202	13563	
Sodium, Na mg	194		0	PAK	1		165	11105	
Zinc, Zn mg	1.70		0	PAK	1		1.45	97.45	
Copper, Cu mg	0.068		0	PAK	1		0.058	3.874	
Manganese, Mn mg	0.008		0	PAK	1		0.007	0.446	
Selenium, Se µg	22.6		0	PAK	1		19.2	1291.7	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.041		0	PAK	1		0.035	2.345	
Riboflavin mg	0.175		0	PAK	1		0.149	10.004	
Niacin mg	8.690		0	PAK	1		7.386	496.784	
Pantothenic acid mg	0.822		0	PAK	1		0.699	47.005	
Vitamin B-6 mg	0.672		0	PAK	1		0.571	38.410	
Folate, total µg	7		0	PIK	4		6	377	
Folic acid µg									
Folate, food µg	7		0	PIK	4		6	377	
Folate, DFE µg									
Choline, total mg	52.6		0	PAK	1		44.7	3007.8	
Betaine mg	3.8		0	PAK	1		3.2	217.8	
Vitamin B-12 µg	1.05		0	PAK	1		0.89	60.12	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	8		0	PAK	1		7	465	
Retinol µg	8		0	PAK	1		7	465	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	27		0	PAK	1		23	1550	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.08		0	PAK	1		0.07	4.63	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.02		0	PAK	1		0.02	1.04	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.12	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05704
Turkey, whole, enhanced, 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
Tocotrienol, gamma....mg	0.00		0	PAK	1		0.00	0.20	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.2		0	PAK	1		0.2	10.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	PAK	1		0.2	10.3	
Vitamin D....IU	7		0	PAK	1		6	411	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.535		0	PIK	4		0.455	30.603	
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	0.003		0	PAK	1		0.003	0.194	
12:0....g	0.007		0	PAK	1		0.006	0.423	
13:0....g									
14:0....g	0.015		0	PAK	1		0.012	0.834	
15:0....g	0.003		0	PAK	1		0.003	0.187	
16:0....g	0.338		0	PAK	1		0.287	19.300	
17:0....g	0.005		0	PAK	1		0.004	0.292	
18:0....g	0.158		0	PAK	1		0.134	9.010	
20:0....g	0.003		0	PAK	1		0.002	0.144	
22:0....g	0.003		0	PAK	1		0.003	0.174	
24:0....g	0.001		0	PAK	1		0.001	0.045	
Fatty acids, total monounsaturated....g	0.736		0	PIK	4		0.625	42.058	
14:1....g	0.002		0	PAK	1		0.002	0.121	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.050		0	PAK	1		0.042	2.833	
16:1 c....g	0.049		0	PAK	1		0.041	2.783	
16:1 t....g	0.001		0	PAK	1		0.001	0.051	
17:1....g	0.002		0	PAK	1		0.002	0.124	
18:1 undifferentiated....g	0.491		0	PAK	1		0.417	28.069	
18:1 c....g	0.473		0	PAK	1		0.402	27.025	
18:1 t....g	0.018		0	PAK	1		0.016	1.044	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.007		0	PAK	1		0.006	0.402	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.006	
22:1 c....g	0.000		0	PAK	1		0.000	0.006	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.002		0	PAK	1		0.002	0.106	
Fatty acids, total polyunsaturated....g	0.630		0	PIK	4		0.536	36.028	
18:2 undifferentiated....g	0.395		0	PAK	1		0.336	22.594	
18:2 n-6 c,c....g	0.388		0	PAK	1		0.330	22.195	
18:2 CLAs....g	0.001		0	PAK	1		0.001	0.084	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.005		0	PAK	1		0.005	0.314	
18:3 undifferentiated....g	0.020		0	PAK	1		0.017	1.130	
18:3 n-3 c,c,c (ALA)....g	0.019		0	PAK	1		0.016	1.104	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.025	
18:3i....g									
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.004		0	PAK	1		0.004	0.241	
20:3 undifferentiated....g	0.006		0	PAK	1		0.005	0.358	
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-6....g	0.006		0	PAK	1		0.005	0.358	
20:4 undifferentiated....g	0.037		0	PAK	1		0.032	2.128	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PAK	1		0.000	0.028	
21:5....g									
22:4....g	0.010		0	PAK	1		0.009	0.589	
22:5 n-3 (DPA)....g	0.003		0	PAK	1		0.003	0.190	

NDB No. 05704
Turkey, whole, enhanced, 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
22:6 n-3 (DHA) g	0.003		0	PAK	1		0.002	0.159	
Fatty acids, total trans g	0.025		0	PIK	4		0.021	1.409	
Fatty acids, total trans-monoenoic g	0.019		0	PIK	4		0.016	1.095	
Fatty acids, total trans-polyenoic g	0.005		0	PIK	4		0.005	0.314	
Cholesterol mg	61		0	PAK	1		52	3490	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.222		0	PAK	1		0.189	12.708	
Threonine g	0.758		0	PAK	1		0.644	43.329	
Isoleucine g	0.598		0	PAK	1		0.508	34.198	
Leucine g	1.446		0	PAK	1		1.229	82.673	
Lysine g	1.722		0	PAK	1		1.464	98.434	
Methionine g	0.546		0	PAK	1		0.464	31.186	
Cystine g	0.197		0	PAK	1		0.167	11.257	
Phenylalanine g	0.673		0	PAK	1		0.572	38.461	
Tyrosine g	0.620		0	PAK	1		0.527	35.429	
Valine g	0.667		0	PAK	1		0.567	38.131	
Arginine g	1.181		0	PAK	1		1.004	67.538	
Histidine g	0.566		0	PAK	1		0.481	32.341	
Alanine g	1.128		0	PAK	1		0.959	64.488	
Aspartic acid g	1.668		0	PAK	1		1.418	95.383	
Glutamic acid g	2.830		0	PAK	1		2.405	161.773	
Glycine g	0.890		0	PAK	1		0.757	50.897	
Proline g	1.127		0	PAK	1		0.958	64.442	
Serine g	0.827		0	PAK	1		0.703	47.260	
Hydroxyproline g	0.122		0	PAK	1		0.103	6.960	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 5717g: 1 bird

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05705
Turkey, whole, enhanced, meat only, roasted

Refuse: 45% Bone and connective tissue 36%, Skin and separable fat 9%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	68.81		0	PAK	1		19.27	2853.37	
Energy kcal	140		0	NC	4		39	5795	
Energy kJ	585		0	NC	4		164	24260	
Protein g	26.61		0	PAK	1		7.45	1103.58	
Total lipid (fat) g	3.70		0	PAK	1		1.04	153.38	
Ash g	1.36		0	PAK	1		0.38	56.27	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	14		0	PAK	1		4	583	
Iron, Fe mg	0.77		0	PAK	1		0.22	31.87	
Magnesium, Mg mg	27		0	PAK	1		8	1135	
Phosphorus, P mg	235		0	PAK	1		66	9766	
Potassium, K mg	239		0	PAK	1		67	9930	
Sodium, Na mg	223		0	PAK	1		62	9232	
Zinc, Zn mg	2.28		0	PAK	1		0.64	94.49	
Copper, Cu mg	0.089		0	PAK	1		0.025	3.693	
Manganese, Mn mg	0.014		0	PAK	1		0.004	0.566	
Selenium, Se µg	30.7		0	PAK	1		8.6	1273.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.045		0	PAK	1		0.013	1.879	
Riboflavin mg	0.261		0	PAK	1		0.073	10.803	
Niacin mg	9.721		0	PAK	1		2.722	403.137	
Pantothenic acid mg	0.947		0	PAK	1		0.265	39.289	
Vitamin B-6 mg	0.589		0	PAK	1		0.165	24.424	
Folate, total µg	8		0	PIK	4		2	348	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	8		0	PIK	4		2	348	
Folate, DFE µg	8		0	NC	4		2	348	
Choline, total mg	78.2		0	PAK	1		21.9	3244.6	
Betaine mg	4.3		0	PAK	1		1.2	176.3	
Vitamin B-12 µg	1.68		0	PIK	4		0.47	69.76	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	4		0	PAK	1		1	177	
Retinol µg	4		0	PAK	1		1	177	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	14		0	PAK	1		4	589	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.06		0	PAK	1		0.02	2.69	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.03		0	PAK	1		0.01	1.32	
Tocopherol, delta mg	0.02		0	PAK	1		0.00	0.71	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.04		0	PAK	1		0.01	1.73	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.1	10.7	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		0	PAK	1		0.1	10.7	
Vitamin D IU	10		0	PAK	1		3	427	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	

NDB No. 05705
Turkey, whole, enhanced, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.093		0	PIK	4		0.306	45.335	
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	0.005		0	PAK	1		0.001	0.210	
12:0....g	0.011		0	PAK	1		0.003	0.470	
13:0....g									
14:0....g	0.036		0	PAK	1		0.010	1.489	
15:0....g	0.007		0	PAK	1		0.002	0.278	
16:0....g	0.704		0	PAK	1		0.197	29.202	
17:0....g	0.010		0	PAK	1		0.003	0.425	
18:0....g	0.315		0	PAK	1		0.088	13.046	
20:0....g	0.003		0	PAK	1		0.001	0.144	
22:0....g	0.002		0	PAK	1		0.000	0.071	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.218		0	PIK	4		0.341	50.492	
14:1....g	0.004		0	PAK	1		0.001	0.183	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.110		0	PAK	1		0.031	4.548	
16:1 c....g	0.107		0	PAK	1		0.030	4.454	
16:1 t....g	0.002		0	PAK	1		0.001	0.094	
17:1....g	0.006		0	PAK	1		0.002	0.242	
18:1 undifferentiated....g	1.082		0	PAK	1		0.303	44.869	
18:1 c....g	1.045		0	PAK	1		0.293	43.347	
18:1 t....g	0.037		0	PAK	1		0.010	1.522	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016		0	PAK	1		0.004	0.646	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.003	
22:1 c....g	0.000		0	PAK	1		0.000	0.003	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.996		0	PIK	4		0.279	41.290	
18:2 undifferentiated....g	0.845		0	PAK	1		0.237	35.036	
18:2 n-6 c,c....g	0.832		0	PAK	1		0.233	34.502	
18:2 CLAs....g	0.005		0	PAK	1		0.001	0.200	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		0	PAK	1		0.002	0.334	
18:3 undifferentiated....g	0.043		0	PAK	1		0.012	1.783	
18:3 n-3 c,c,c (ALA)....g	0.042		0	PAK	1		0.012	1.722	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.000	0.061	
18:3i....g									
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.008		0	PAK	1		0.002	0.352	
20:3 undifferentiated....g	0.007		0	PAK	1		0.002	0.271	
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-6....g	0.007		0	PAK	1		0.002	0.271	
20:4 undifferentiated....g	0.062		0	PAK	1		0.017	2.551	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.007		0	PAK	1		0.002	0.310	
21:5....g									
22:4....g	0.013		0	PAK	1		0.004	0.530	
22:5 n-3 (DPA)....g	0.006		0	PAK	1		0.002	0.244	
22:6 n-3 (DHA)....g	0.004		0	PAK	1		0.001	0.185	
Fatty acids, total trans....g	0.047		0	PIK	4		0.013	1.951	
Fatty acids, total trans-monoenoic....g	0.039		0	PIK	4		0.011	1.616	
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.002	0.334	
Cholesterol....mg	84		0	PAK	1		23	3474	
Phytosterols....mg									
Amino Acids:									

NDB No. 05705
Turkey, whole, enhanced, meat only, 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
Tryptophan....g	0.283		0	PAK	1		0.079	11.755	
Threonine....g	0.967		0	PAK	1		0.271	40.082	
Isoleucine....g	0.763		0	PAK	1		0.214	31.635	
Leucine....g	1.844		0	PAK	1		0.516	76.478	
Lysine....g	2.196		0	PAK	1		0.615	91.058	
Methionine....g	0.696		0	PAK	1		0.195	28.849	
Cystine....g	0.251		0	PAK	1		0.070	10.413	
Phenylalanine....g	0.858		0	PAK	1		0.240	35.579	
Tyrosine....g	0.790		0	PAK	1		0.221	32.775	
Valine....g	0.851		0	PAK	1		0.238	35.274	
Arginine....g	1.507		0	PAK	1		0.422	62.477	
Histidine....g	0.721		0	PAK	1		0.202	29.917	
Alanine....g	1.439		0	PAK	1		0.403	59.655	
Aspartic acid....g	2.128		0	PAK	1		0.596	88.236	
Glutamic acid....g	3.609		0	PAK	1		1.010	149.651	
Glycine....g	1.135		0	PAK	1		0.318	47.083	
Proline....g	1.437		0	PAK	1		0.402	59.613	
Serine....g	1.054		0	PAK	1		0.295	43.718	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 4147g: 1 bird

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05172
Turkey, whole, 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	66.65		0	PAK	1		63.32		
Energy kcal	173		0	PIK	4		164		
Energy kJ	722		0	PIK	4		686		
Protein (N x 6.25) g	26.44		0	PAK	1		25.12		
Total lipid (fat) g	6.61		0	PAK	1		6.28		
Ash g	1.18		0	PAK	1		1.12		
Carbohydrate, by difference g	0.00		0	PIK	4		0.00		
Fiber, total dietary g	0.0		0	PIK	4		0.0		
Sugars, total g	0.00		0	PIK	4		0.00		
Starch g									
Minerals:									
Calcium, Ca mg	18		0	PAK	1		17		
Iron, Fe mg	3.39		0	PAK	1		3.22		
Magnesium, Mg mg	25		0	PAK	1		23		
Phosphorus, P mg	249		0	PAK	1		237		
Potassium, K mg	177		0	PAK	1		169		
Sodium, Na mg	117		0	PAK	1		111		
Zinc, Zn mg	4.29		0	PAK	1		4.07		
Copper, Cu mg	0.692		0	PAK	1		0.657		
Manganese, Mn mg	0.202		0	PAK	1		0.192		
Selenium, Se µg	71.1		0	PAK	1		67.5		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0		
Thiamin mg	0.171		0	PAK	1		0.162		
Riboflavin mg	1.543		0	PAK	1		1.465		
Niacin mg	8.647		0	PAK	1		8.214		
Pantothenic acid mg	2.332		0	PAK	1		2.215		
Vitamin B-6 mg	0.546		0	PAK	1		0.519		
Folate, total µg	303		0	PAK	1		288		
Folic acid µg	0		0	PIK	4		0		
Folate, food µg	303		0	PAK	1		288		
Folate, DFE µg	303		0	NC	4		288		
Choline, total mg	155.6		0	PAK	1		147.9		
Betaine mg	2.3		0	PAK	1		2.2		
Vitamin B-12 µg	15.89		0	PAK	1		15.09		
Vitamin B-12, added µg	0.00		0	PIK	4		0.00		
Vitamin A, RAE µg	4619		0	PAK	1		4388		
Retinol µg	4619		0	PAK	1		4388		
Carotene, beta µg	0		0	PIK	4		0		
Carotene, alpha µg	0		0	PIK	4		0		
Cryptoxanthin, beta µg	0		0	PIK	4		0		
Vitamin A, IU IU	15397		0	PAK	1		14627		
Lycopene µg	0		0	PIK	4		0		
Lutein + zeaxanthin µg	0		0	PIK	4		0		
Vitamin E (alpha-tocopherol) mg	0.13		0	PAK	1		0.13		
Vitamin E, added mg	0.00		0	PIK	4		0.00		
Tocopherol, beta mg	0.01		0	PAK	1		0.01		
Tocopherol, gamma mg	0.08		0	PAK	1		0.08		
Tocopherol, delta mg	0.00		0	PAK	1		0.00		
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00		
Tocotrienol, beta mg	0.00		0	PAK	1		0.00		
Tocotrienol, gamma mg	0.03		0	PAK	1		0.03		
Tocotrienol, delta mg	0.00		0	PAK	1		0.00		
Vitamin D (D2 + D3) µg	0.0		0	AS	1		0.0		
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.0		0	PIK	4		0.0		
Vitamin D IU	0		0	PIK	4		0		
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0		

NDB No. 05172
Turkey, whole, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.725		0	PIK	4		1.639		
4:0....g	0.000		0	PAK	1		0.000		
6:0....g	0.000		0	PAK	1		0.000		
8:0....g	0.000		0	PAK	1		0.000		
10:0....g	0.006		0	PAK	1		0.006		
12:0....g	0.019		0	PAK	1		0.018		
13:0....g									
14:0....g	0.032		0	PAK	1		0.030		
15:0....g	0.007		0	PAK	1		0.006		
16:0....g	0.892		0	PAK	1		0.848		
17:0....g	0.016		0	PAK	1		0.015		
18:0....g	0.744		0	PAK	1		0.707		
20:0....g	0.005		0	PAK	1		0.005		
22:0....g	0.003		0	PAK	1		0.003		
24:0....g	0.001		0	PAK	1		0.001		
Fatty acids, total monounsaturated....g	1.041		0	PIK	4		0.989		
14:1....g	0.002		0	PAK	1		0.002		
15:1....g	0.000		0	PAK	1		0.000		
16:1 undifferentiated....g	0.063		0	PAK	1		0.060		
16:1 c....g	0.062		0	PAK	1		0.059		
16:1 t....g	0.002		0	PAK	1		0.001		
17:1....g	0.003		0	PAK	1		0.003		
18:1 undifferentiated....g	0.951		0	PAK	1		0.904		
18:1 c....g	0.918		0	PAK	1		0.872		
18:1 t....g	0.033		0	PAK	1		0.032		
18:1-11 t (18:1t n-7)....g									
20:1....g	0.020		0	PAK	1		0.019		
22:1 undifferentiated....g	0.001		0	PAK	1		0.001		
22:1 c....g	0.001		0	PAK	1		0.001		
22:1 t....g	0.000		0	PAK	1		0.000		
24:1 c....g	0.000		0	PAK	1		0.000		
Fatty acids, total polyunsaturated....g	1.537		0	PIK	4		1.460		
18:2 undifferentiated....g	1.084		0	PAK	1		1.030		
18:2 n-6 c,c....g	1.071		0	PAK	1		1.018		
18:2 CLAs....g	0.002		0	PAK	1		0.002		
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.011		0	PAK	1		0.010		
18:3 undifferentiated....g	0.033		0	PAK	1		0.031		
18:3 n-3 c,c,c (ALA)....g	0.032		0	PAK	1		0.030		
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001		
18:3i....g									
18:4....g	0.006		0	PAK	1		0.006		
20:2 n-6 c,c....g	0.011		0	PAK	1		0.010		
20:3 undifferentiated....g	0.014		0	PAK	1		0.014		
20:3 n-3....g	0.000		0	PAK	1		0.000		
20:3 n-6....g	0.014		0	PAK	1		0.013		
20:4 undifferentiated....g	0.306		0	PAK	1		0.290		
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.010		0	PAK	1		0.009		
21:5....g									
22:4....g	0.027		0	PAK	1		0.026		
22:5 n-3 (DPA)....g	0.016		0	PAK	1		0.015		
22:6 n-3 (DHA)....g	0.027		0	PAK	1		0.025		
Fatty acids, total trans....g	0.045		0	PIK	4		0.043		
Fatty acids, total trans-monoenoic....g	0.035		0	PIK	4		0.033		
Fatty acids, total trans-polyenoic....g	0.011		0	PIK	4		0.010		
Cholesterol....mg	521		0	PAK	1		495		
Phytosterols....mg									
Amino Acids:									

NDB No. 05172
Turkey, whole, 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
Tryptophan g	0.267		0	PAK	1		0.253		
Threonine g	0.885		0	PAK	1		0.841		
Isoleucine g	0.696		0	PAK	1		0.661		
Leucine g	1.756		0	PAK	1		1.668		
Lysine g	1.847		0	PAK	1		1.755		
Methionine g	0.618		0	PAK	1		0.587		
Cystine g	0.284		0	PAK	1		0.270		
Phenylalanine g	0.901		0	PAK	1		0.856		
Tyrosine g	0.774		0	PAK	1		0.736		
Valine g	0.862		0	PAK	1		0.819		
Arginine g	1.430		0	PAK	1		1.359		
Histidine g	0.534		0	PAK	1		0.508		
Alanine g	1.347		0	PAK	1		1.280		
Aspartic acid g	1.905		0	PAK	1		1.810		
Glutamic acid g	3.194		0	PAK	1		3.035		
Glycine g	1.322		0	PAK	1		1.256		
Proline g	1.485		0	PAK	1		1.411		
Serine g	1.050		0	PAK	1		0.997		
Hydroxyproline g									
Others:									
Alcohol, ethyl g	0.0		0	PIK	4		0.0		
Caffeine mg	0		0	PIK	4		0		
Theobromine mg	0		0	PIK	4		0		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 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 27 (2014)

NDB No. 05171
Turkey, whole, 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	76.03		0	PAK	1		64.62	119.36	
Energy kcal	124		0	PIK	4		105	194	
Energy kJ	518		0	PIK	4		440	813	
Protein (N x 6.25) g	18.18		0	PAK	1		15.46	28.55	
Total lipid (fat) g	5.09		0	PAK	1		4.33	7.99	
Ash g	1.13		0	PAK	1		0.96	1.78	
Carbohydrate, by difference g	0.07		0	PIK	4		0.06	0.10	
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	18		0	PAK	1		16	29	
Iron, Fe mg	5.92		0	PAK	1		5.03	9.30	
Magnesium, Mg mg	22		0	PAK	1		19	34	
Phosphorus, P mg	223		0	PAK	1		190	350	
Potassium, K mg	198		0	PAK	1		169	311	
Sodium, Na mg	136		0	PAK	1		115	213	
Zinc, Zn mg	3.23		0	PAK	1		2.74	5.06	
Copper, Cu mg	0.577		0	PAK	1		0.491	0.907	
Manganese, Mn mg	0.190		0	PAK	1		0.162	0.299	
Selenium, Se µg	49.3		0	PAK	1		41.9	77.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.149		0	PAK	1		0.127	0.234	
Riboflavin mg	1.393		0	PAK	1		1.184	2.188	
Niacin mg	8.694		0	PAK	1		7.390	13.650	
Pantothenic acid mg	3.889		0	PAK	1		3.306	6.106	
Vitamin B-6 mg	0.654		0	PAK	1		0.556	1.027	
Folate, total µg	331		0	PAK	1		281	519	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	331		0	PAK	1		281	519	
Folate, DFE µg	331		0	NC	4		281	519	
Choline, total mg	160.0		0	PAK	1		136.0	251.2	
Betaine mg	2.7		0	PAK	1		2.3	4.2	
Vitamin B-12 µg	13.06		0	PAK	1		11.10	20.51	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	3939		0	NC	4		3348	6184	
Retinol µg	3939		0	PAK	1		3348	6184	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	13129		0	NC	4		11159	20612	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	PAK	1		0.21	0.39	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.15		0	PAK	1		0.13	0.23	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, alpha mg	0.01		0	PAK	1		0.01	0.01	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.01		0	PAK	1		0.01	0.02	
Tocotrienol, delta mg	0.01		0	PAK	1		0.01	0.01	
Vitamin D (D2 + D3) µg	0.8		0	PAK	1		0.7	1.3	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.8		0	PAK	1		0.7	1.3	
Vitamin D IU	34		0	PAK	1		29	53	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05171
Turkey, whole, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.452		0	PIK	4		1.235	2.280	
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	0.004		0	PAK	1		0.003	0.006	
12:0....g	0.010		0	PAK	1		0.008	0.015	
13:0....g									
14:0....g	0.026		0	PAK	1		0.022	0.040	
15:0....g	0.005		0	PAK	1		0.004	0.008	
16:0....g	0.779		0	PAK	1		0.662	1.223	
17:0....g	0.013		0	PAK	1		0.011	0.020	
18:0....g	0.584		0	PAK	1		0.496	0.916	
20:0....g	0.007		0	PAK	1		0.006	0.012	
22:0....g	0.016		0	PAK	1		0.014	0.026	
24:0....g	0.009		0	PAK	1		0.007	0.014	
Fatty acids, total monounsaturated....g	1.016		0	PIK	4		0.863	1.595	
14:1....g	0.003		0	PAK	1		0.002	0.005	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.064		0	PAK	1		0.054	0.100	
16:1 c....g	0.062		0	PAK	1		0.052	0.097	
16:1 t....g	0.002		0	PAK	1		0.002	0.003	
17:1....g	0.004		0	PAK	1		0.003	0.006	
18:1 undifferentiated....g	0.919		0	PAK	1		0.781	1.442	
18:1 c....g	0.886		0	PAK	1		0.753	1.391	
18:1 t....g	0.033		0	PAK	1		0.028	0.051	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.019		0	PAK	1		0.016	0.030	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.002	
22:1 c....g	0.001		0	PAK	1		0.001	0.002	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.007		0	PAK	1		0.006	0.011	
Fatty acids, total polyunsaturated....g	1.425		0	PIK	4		1.211	2.237	
18:2 undifferentiated....g	1.033		0	PAK	1		0.878	1.622	
18:2 n-6 c,c....g	1.019		0	PAK	1		0.866	1.600	
18:2 CLAs....g	0.002		0	PAK	1		0.002	0.003	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.012		0	PAK	1		0.010	0.019	
18:3 undifferentiated....g	0.043		0	PAK	1		0.037	0.068	
18:3 n-3 c,c,c (ALA)....g	0.042		0	PAK	1		0.036	0.066	
18:3 n-6 c,c,c....g	0.001		0	PAK	1		0.001	0.002	
18:3i....g									
18:4....g	0.000		0	PAK	1		0.000	0.001	
20:2 n-6 c,c....g	0.013		0	PAK	1		0.011	0.020	
20:3 undifferentiated....g	0.014		0	PAK	1		0.012	0.022	
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-6....g	0.014		0	PAK	1		0.012	0.022	
20:4 undifferentiated....g	0.251		0	PAK	1		0.214	0.395	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.005		0	PAK	1		0.004	0.007	
21:5....g									
22:4....g	0.025		0	PAK	1		0.021	0.039	
22:5 n-3 (DPA)....g	0.015		0	PAK	1		0.013	0.024	
22:6 n-3 (DHA)....g	0.025		0	PAK	1		0.021	0.039	
Fatty acids, total trans....g	0.046		0	PIK	4		0.039	0.073	
Fatty acids, total trans-monoenoic....g	0.034		0	PIK	4		0.029	0.054	
Fatty acids, total trans-polyenoic....g	0.012		0	PIK	4		0.010	0.019	
Cholesterol....mg	333		0	PAK	1		283	524	
Phytosterols....mg									
Amino Acids:									

NDB No. 05171
Turkey, whole, 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
Tryptophan g	0.199		0	PAK	1		0.169	0.313	
Threonine g	0.662		0	PAK	1		0.562	1.039	
Isoleucine g	0.520		0	PAK	1		0.442	0.817	
Leucine g	1.313		0	PAK	1		1.116	2.061	
Lysine g	1.381		0	PAK	1		1.174	2.168	
Methionine g	0.462		0	PAK	1		0.392	0.725	
Cystine g	0.213		0	PAK	1		0.181	0.334	
Phenylalanine g	0.674		0	PAK	1		0.572	1.057	
Tyrosine g	0.579		0	PAK	1		0.492	0.909	
Valine g	0.644		0	PAK	1		0.547	1.011	
Arginine g	1.069		0	PAK	1		0.909	1.679	
Histidine g	0.399		0	PAK	1		0.340	0.627	
Alanine g	1.007		0	PAK	1		0.856	1.581	
Aspartic acid g	1.424		0	PAK	1		1.210	2.236	
Glutamic acid g	2.388		0	PAK	1		2.030	3.749	
Glycine g	0.988		0	PAK	1		0.840	1.552	
Proline g	1.110		0	PAK	1		0.944	1.743	
Serine g	0.785		0	PAK	1		0.667	1.232	
Hydroxyproline g	0.245		0	PAK	1		0.208	0.385	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 157g: 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 27 (2014)

NDB No. 05166
Turkey, whole, meat and skin, cooked, roasted

Refuse: 31% Bone connective tissue 31%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	63.52		0	PAK	1		54.00	2421.54	
Energy kcal	189		0	PIK	4		160	7195	
Energy kJ	790		0	PIK	4		671	30102	
Protein (N x 6.25) g	28.55		0	PAK	1		24.27	1088.22	
Total lipid (fat) g	7.39		0	PAK	1		6.28	281.55	
Ash g	1.18		0	PAK	1		1.01	45.17	
Carbohydrate, by difference g	0.06		0	PIK	4		0.05	2.15	
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	14		0	PAK	1		11	515	
Iron, Fe mg	1.09		0	PAK	1		0.93	41.57	
Magnesium, Mg mg	30		0	PAK	1		25	1131	
Phosphorus, P mg	223		0	PAK	1		190	8505	
Potassium, K mg	239		0	PAK	1		203	9112	
Sodium, Na mg	103		0	PAK	1		87	3916	
Zinc, Zn mg	2.48		0	PAK	1		2.11	94.41	
Copper, Cu mg	0.093		0	PAK	1		0.079	3.556	
Manganese, Mn mg	0.014		0	PAK	1		0.012	0.533	
Selenium, Se µg	29.8		0	PAK	1		25.3	1135.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.045		0	PAK	1		0.038	1.708	
Riboflavin mg	0.281		0	PAK	1		0.239	10.729	
Niacin mg	9.573		0	PAK	1		8.137	364.912	
Pantothenic acid mg	0.948		0	PAK	1		0.806	36.137	
Vitamin B-6 mg	0.616		0	PAK	1		0.524	23.494	
Folate, total µg	9		0	PIK	4		8	344	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		8	344	
Folate, DFE µg	9		0	NC	4		8	344	
Choline, total mg	87.4		0	PIK	4		74.3	3333.1	
Betaine mg	3.4		0	PIK	4		2.9	130.3	
Vitamin B-12 µg	1.02		0	PIK	4		0.86	38.74	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	12		0	PAK	1		10	448	
Retinol µg	12		0	PAK	1		10	448	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	39		0	PAK	1		33	1493	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.07		0	PAK	1		0.06	2.80	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.04		0	PAK	1		0.03	1.37	
Tocopherol, delta mg	0.02		0	PAK	1		0.01	0.61	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.05		0	PAK	1		0.04	1.78	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.4		0	PAK	1		0.3	14.0	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.4		0	PAK	1		0.3	14.0	
Vitamin D IU	15		0	PAK	1		12	558	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	

NDB No. 05166
Turkey, whole, 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	2.155		0	PIK	4		1.832	82.141	
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	0.006		0	PAK	1		0.005	0.218	
12:0....g	0.025		0	PAK	1		0.021	0.934	
13:0....g									
14:0....g	0.076		0	PAK	1		0.065	2.894	
15:0....g	0.013		0	PAK	1		0.011	0.480	
16:0....g	1.446		0	PAK	1		1.229	55.103	
17:0....g	0.020		0	PAK	1		0.017	0.780	
18:0....g	0.559		0	PAK	1		0.475	21.307	
20:0....g	0.007		0	PAK	1		0.006	0.276	
22:0....g	0.003		0	PAK	1		0.003	0.125	
24:0....g	0.001		0	PAK	1		0.001	0.025	
Fatty acids, total monounsaturated....g	2.647		0	PIK	4		2.250	100.903	
14:1....g	0.011		0	PAK	1		0.009	0.404	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.253		0	PAK	1		0.215	9.653	
16:1 c....g	0.248		0	PAK	1		0.211	9.464	
16:1 t....g	0.005		0	PAK	1		0.004	0.188	
17:1....g	0.012		0	PAK	1		0.010	0.440	
18:1 undifferentiated....g	2.336		0	PAK	1		1.985	89.038	
18:1 c....g	2.260		0	PAK	1		1.921	86.150	
18:1 t....g	0.076		0	PAK	1		0.064	2.887	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.035		0	PAK	1		0.030	1.326	
22:1 undifferentiated....g	0.001		0	PAK	1		0.001	0.025	
22:1 c....g	0.001		0	PAK	1		0.001	0.025	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.000		0	PAK	1		0.000	0.017	
Fatty acids, total polyunsaturated....g	2.119		0	PIK	4		1.801	80.792	
18:2 undifferentiated....g	1.873		0	PAK	1		1.592	71.398	
18:2 n-6 c,c....g	1.841		0	PAK	1		1.565	70.167	
18:2 CLAs....g	0.012		0	PAK	1		0.010	0.465	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.020		0	PAK	1		0.017	0.767	
18:3 undifferentiated....g	0.108		0	PAK	1		0.092	4.118	
18:3 n-3 c,c,c (ALA)....g	0.105		0	PAK	1		0.089	3.989	
18:3 n-6 c,c,c....g	0.003		0	PAK	1		0.003	0.129	
18:3i....g									
18:4....g	0.000		0	PAK	1		0.000	0.017	
20:2 n-6 c,c....g	0.014		0	PAK	1		0.012	0.533	
20:3 undifferentiated....g	0.011		0	PAK	1		0.009	0.416	
20:3 n-3....g	0.001		0	PAK	1		0.000	0.019	
20:3 n-6....g	0.010		0	PAK	1		0.009	0.397	
20:4 undifferentiated....g	0.076		0	PAK	1		0.064	2.888	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		0	PAK	1		0.007	0.303	
21:5....g									
22:4....g	0.016		0	PAK	1		0.013	0.596	
22:5 n-3 (DPA)....g	0.008		0	PAK	1		0.007	0.292	
22:6 n-3 (DHA)....g	0.005		0	PAK	1		0.004	0.194	
Fatty acids, total trans....g	0.101		0	PIK	4		0.086	3.842	
Fatty acids, total trans-monoenoic....g	0.081		0	PIK	4		0.069	3.075	
Fatty acids, total trans-polyenoic....g	0.020		0	PIK	4		0.017	0.767	
Cholesterol....mg	109		0	PAK	1		92	4148	
Phytosterols....mg									
Amino Acids:									

NDB No. 05166
Turkey, whole, 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
Tryptophan....g	0.291		0	PAK	1		0.247	11.077	
Threonine....g	1.004		0	PAK	1		0.853	38.274	
Isoleucine....g	0.796		0	PAK	1		0.676	30.337	
Leucine....g	1.925		0	PAK	1		1.636	73.370	
Lysine....g	2.282		0	PAK	1		1.940	87.000	
Methionine....g	0.724		0	PAK	1		0.615	27.591	
Cystine....g	0.265		0	PAK	1		0.225	10.095	
Phenylalanine....g	0.903		0	PAK	1		0.768	34.434	
Tyrosine....g	0.819		0	PAK	1		0.696	31.213	
Valine....g	0.902		0	PAK	1		0.767	34.389	
Arginine....g	1.631		0	PAK	1		1.386	62.174	
Histidine....g	0.749		0	PAK	1		0.637	28.556	
Alanine....g	1.576		0	PAK	1		1.340	60.084	
Aspartic acid....g	2.235		0	PAK	1		1.900	85.215	
Glutamic acid....g	3.787		0	PAK	1		3.219	144.365	
Glycine....g	1.427		0	PAK	1		1.213	54.383	
Proline....g	1.635		0	PAK	1		1.390	62.339	
Serine....g	1.114		0	PAK	1		0.947	42.475	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 3812g: 1 bird

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05165
Turkey, whole, meat and skin, raw

Refuse: 29% Bone and connective tissue 29%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		61.78	3635.71	
Energy kcal	143		0	NC	4		122	7166	
Energy kJ	599		0	NC	4		509	29962	
Protein (N x 6.25) g	21.64		0	PAK	1		18.40	1082.51	
Total lipid (fat) g	5.64		0	PAK	1		4.79	282.03	
Ash g	0.98		0	PAK	1		0.84	49.22	
Carbohydrate, by difference g	0.13		0	NR	4		0.11	6.50	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.07		0	NR	4		0.06	3.25	
Sucrose g	0.07		0	NR	4		0.06	3.25	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.07		0	PAK	1		0.06	3.55	
Minerals:									
Calcium, Ca mg	11		0	PAK	1		9	556	
Iron, Fe mg	0.86		0	PAK	1		0.73	43.20	
Magnesium, Mg mg	25		0	PAK	1		21	1250	
Phosphorus, P mg	183		0	PAK	1		155	9147	
Potassium, K mg	224		0	PAK	1		190	11199	
Sodium, Na mg	112		0	PAK	1		95	5615	
Zinc, Zn mg	1.78		0	PAK	1		1.52	89.21	
Copper, Cu mg	0.077		0	PAK	1		0.065	3.854	
Manganese, Mn mg	0.012		0	PAK	1		0.010	0.612	
Selenium, Se µg	21.3		0	PAK	1		18.1	1065.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.048		0	PAK	1		0.041	2.390	
Riboflavin mg	0.185		0	PAK	1		0.158	9.275	
Niacin mg	7.631		0	PAK	1		6.486	381.704	
Pantothenic acid mg	0.811		0	PAK	1		0.689	40.563	
Vitamin B-6 mg	0.599		0	PAK	1		0.509	29.974	
Folate, total µg	7		0	PIK	4		6	342	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PIK	4		6	342	
Folate, DFE µg	7		0	NC	4		6	342	
Choline, total mg	58.0		0	PIK	4		49.3	2902.4	
Betaine mg									
Vitamin B-12 µg	1.22		0	PAK	1		1.04	61.25	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	17		0	PAK	1		14	838	
Retinol µg	17		0	PAK	1		14	838	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	56		0	PAK	1		47	2794	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		0	PAK	1		0.08	4.43	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.04	
Tocopherol, gamma mg	0.02		0	PAK	1		0.02	1.04	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.19	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.05	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05165
Turkey, whole, 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.01	0.44	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.3		0	PAK	1		0.3	15.3	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.3		0	PAK	1		0.3	15.3	
Vitamin D....IU	12		0	PAK	1		10	610	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	NR	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.461		0	PIK	4		1.242	73.059	
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	0.020	
10:0....g	0.004		0	PIK	4		0.004	0.215	
12:0....g	0.020		0	PIK	4		0.017	0.989	
13:0....g									
14:0....g	0.052		0	PIK	4		0.044	2.612	
15:0....g	0.007		0	PAK	1		0.006	0.350	
16:0....g	0.985		0	PIK	4		0.837	49.281	
17:0....g	0.012		0	PAK	1		0.010	0.577	
18:0....g	0.365		0	PIK	4		0.310	18.269	
20:0....g	0.004		0	PAK	1		0.004	0.222	
22:0....g	0.003		0	PAK	1		0.002	0.130	
24:0....g	0.001		0	PAK	1		0.000	0.025	
Fatty acids, total monounsaturated....g	1.826		0	PIK	4		1.552	91.316	
14:1....g	0.007		0	PAK	1		0.006	0.330	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.176		0	PIK	4		0.149	8.780	
16:1 c....g	0.145		0	PAK	1		0.124	7.271	
16:1 t....g	0.003		0	PAK	1		0.002	0.130	
17:1....g	0.007		0	PAK	1		0.006	0.330	
18:1 undifferentiated....g	1.608		0	PIK	4		1.367	80.438	
18:1 c....g	1.295		0	PAK	1		1.101	64.777	
18:1 t....g	0.045		0	PAK	1		0.039	2.273	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.024		0	PIK	4		0.020	1.203	
22:1 undifferentiated....g	0.001		0	PIK	4		0.001	0.031	
22:1 c....g	0.001		0	PAK	1		0.000	0.027	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.001		0	PAK	1		0.001	0.045	
Fatty acids, total polyunsaturated....g	1.466		0	PIK	4		1.246	73.351	
18:2 undifferentiated....g	1.307		0	PIK	4		1.111	65.379	
18:2 n-6 c,c....g	1.075		0	PAK	1		0.914	53.786	
18:2 CLAs....g	0.008		0	PAK	1		0.007	0.402	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.014		0	PAK	1		0.012	0.712	
18:3 undifferentiated....g	0.079		0	PIK	4		0.067	3.941	
18:3 n-3 c,c,c (ALA)....g	0.066		0	PAK	1		0.056	3.285	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.002	0.105	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.020	
20:2 n-6 c,c....g	0.007		0	PAK	1		0.006	0.368	
20:3 undifferentiated....g	0.007		0	PAK	1		0.006	0.331	
20:3 n-3....g	0.001		0	PAK	1		0.000	0.027	
20:3 n-6....g	0.006		0	PAK	1		0.005	0.304	
20:4 undifferentiated....g	0.042		0	PIK	4		0.036	2.117	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.002		0	PIK	4		0.001	0.080	
21:5....g									
22:4....g	0.007		0	PAK	1		0.006	0.356	
22:5 n-3 (DPA)....g	0.004		0	PIK	4		0.004	0.217	

NDB No. 05165
Turkey, whole, 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
22:6 n-3 (DHA) g	0.003		0	PIK	4		0.003	0.149	
Fatty acids, total trans g	0.062		0	PIK	4		0.053	3.116	
Fatty acids, total trans-monoenoic g	0.048		0	PIK	4		0.041	2.403	
Fatty acids, total trans-polyenoic g	0.014		0	PIK	4		0.012	0.712	
Cholesterol mg	72		0	PAK	1		61	3617	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.223		0	PAK	1		0.190	11.165	
Threonine g	0.768		0	PAK	1		0.653	38.428	
Isoleucine g	0.608		0	PAK	1		0.517	30.422	
Leucine g	1.471		0	PAK	1		1.250	73.565	
Lysine g	1.746		0	PAK	1		1.484	87.336	
Methionine g	0.554		0	PAK	1		0.471	27.690	
Cystine g	0.202		0	PAK	1		0.171	10.091	
Phenylalanine g	0.688		0	PAK	1		0.585	34.438	
Tyrosine g	0.627		0	PAK	1		0.533	31.363	
Valine g	0.686		0	PAK	1		0.583	34.320	
Arginine g	1.233		0	PAK	1		1.048	61.687	
Histidine g	0.573		0	PAK	1		0.487	28.674	
Alanine g	1.188		0	PAK	1		1.010	59.411	
Aspartic acid g	1.705		0	PAK	1		1.449	85.277	
Glutamic acid g	2.889		0	PAK	1		2.456	144.517	
Glycine g	1.036		0	PAK	1		0.881	51.837	
Proline g	1.220		0	PAK	1		1.037	61.001	
Serine g	0.848		0	PAK	1		0.721	42.432	
Hydroxyproline g	0.144		0	PAK	1		0.122	7.201	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 5002g: 1 bird

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05168
Turkey, whole, meat only, cooked, roasted

Refuse: 38% Bone and connective tissue 31%, Skin and separable fat 7%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	66.70		0	PAK	1		56.70	2542.77	
Energy kcal	159		0	PIK	4		135	6050	
Energy kJ	664		0	PIK	4		564	25312	
Protein (N x 6.25) g	29.06		0	PAK	1		24.70	1107.75	
Total lipid (fat) g	3.84		0	PAK	1		3.26	146.30	
Ash g	1.17		0	PAK	1		1.00	44.79	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	13		0	PAK	1		11	484	
Iron, Fe mg	1.03		0	PAK	1		0.88	39.29	
Magnesium, Mg mg	29		0	PAK	1		25	1118	
Phosphorus, P mg	222		0	PAK	1		189	8462	
Potassium, K mg	239		0	PAK	1		203	9101	
Sodium, Na mg	101		0	PAK	1		86	3859	
Zinc, Zn mg	2.51		0	PAK	1		2.14	95.85	
Copper, Cu mg	0.091		0	PAK	1		0.078	3.487	
Manganese, Mn mg	0.014		0	PAK	1		0.012	0.520	
Selenium, Se µg	30.7		0	PAK	1		26.1	1172.0	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.047		0	PAK	1		0.040	1.775	
Riboflavin mg	0.280		0	PAK	1		0.238	10.692	
Niacin mg	9.500		0	PAK	1		8.075	362.134	
Pantothenic acid mg	0.951		0	PAK	1		0.808	36.255	
Vitamin B-6 mg	0.643		0	PAK	1		0.547	24.518	
Folate, total µg	9		0	PIK	4		8	350	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	9		0	PIK	4		8	350	
Folate, DFE µg	9		0	NC	4		8	350	
Choline, total mg	88.9		0	PIK	4		75.6	3390.7	
Betaine mg	3.4		0	PIK	4		2.9	128.6	
Vitamin B-12 µg	0.94		0	PAK	1		0.80	35.78	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	4		0	PAK	1		4	165	
Retinol µg	4		0	PAK	1		4	165	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	14		0	PAK	1		12	550	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.06		0	PAK	1		0.06	2.47	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.03		0	PAK	1		0.03	1.24	
Tocopherol, delta mg	0.02		0	PAK	1		0.02	0.68	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, gamma mg	0.04		0	PAK	1		0.04	1.62	
Tocotrienol, delta mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		0	PAK	1		0.2	9.8	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		0	PAK	1		0.2	9.8	
Vitamin D IU	10		0	PAK	1		9	392	
Vitamin K (phylloquinone) µg	0.0		0	PIK	4		0.0	0.0	

NDB No. 05168
Turkey, whole, 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
Dihydrophylloquinone....µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	1.132		0	PIK	4		0.962	43.159	
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	0.005		0	PAK	1		0.004	0.196	
12:0....g	0.012		0	PAK	1		0.010	0.451	
13:0....g									
14:0....g	0.037		0	PAK	1		0.032	1.422	
15:0....g	0.007		0	PAK	1		0.006	0.264	
16:0....g	0.730		0	PAK	1		0.621	27.829	
17:0....g	0.011		0	PAK	1		0.009	0.406	
18:0....g	0.325		0	PAK	1		0.276	12.389	
20:0....g	0.004		0	PAK	1		0.003	0.137	
22:0....g	0.002		0	PAK	1		0.001	0.067	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	1.264		0	PIK	4		1.074	48.168	
14:1....g	0.005		0	PAK	1		0.004	0.176	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.114		0	PAK	1		0.097	4.341	
16:1 c....g	0.112		0	PAK	1		0.095	4.251	
16:1 t....g	0.002		0	PAK	1		0.002	0.091	
17:1....g	0.006		0	PAK	1		0.005	0.227	
18:1 undifferentiated....g	1.123		0	PAK	1		0.954	42.805	
18:1 c....g	1.085		0	PAK	1		0.922	41.356	
18:1 t....g	0.038		0	PAK	1		0.032	1.449	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.016		0	PAK	1		0.014	0.616	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.003	
22:1 c....g	0.000		0	PAK	1		0.000	0.003	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	1.032		0	PIK	4		0.877	39.342	
18:2 undifferentiated....g	0.877		0	PAK	1		0.746	33.436	
18:2 n-6 c,c....g	0.864		0	PAK	1		0.734	32.921	
18:2 CLAs....g	0.005		0	PAK	1		0.004	0.194	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.008		0	PAK	1		0.007	0.321	
18:3 undifferentiated....g	0.045		0	PAK	1		0.038	1.706	
18:3 n-3 c,c,c (ALA)....g	0.043		0	PAK	1		0.037	1.647	
18:3 n-6 c,c,c....g	0.002		0	PAK	1		0.001	0.059	
18:3i....g									
18:4....g	0.000		0	PAK	1		0.000	0.000	
20:2 n-6 c,c....g	0.009		0	PAK	1		0.007	0.331	
20:3 undifferentiated....g	0.007		0	PAK	1		0.006	0.255	
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-6....g	0.007		0	PAK	1		0.006	0.255	
20:4 undifferentiated....g	0.063		0	PAK	1		0.053	2.397	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.008		0	PAK	1		0.007	0.294	
21:5....g									
22:4....g	0.013		0	PAK	1		0.011	0.495	
22:5 n-3 (DPA)....g	0.006		0	PAK	1		0.005	0.228	
22:6 n-3 (DHA)....g	0.004		0	PAK	1		0.004	0.171	
Fatty acids, total trans....g	0.049		0	PIK	4		0.041	1.861	
Fatty acids, total trans-monoenoic....g	0.040		0	PIK	4		0.034	1.540	
Fatty acids, total trans-polyenoic....g	0.008		0	PIK	4		0.007	0.321	
Cholesterol....mg	101		0	PAK	1		86	3859	
Phytosterols....mg									
Amino Acids:									

NDB No. 05168
Turkey, whole, 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
Tryptophan....g	0.310		0	PAK	1		0.263	11.800	
Threonine....g	1.055		0	PAK	1		0.897	40.234	
Isoleucine....g	0.833		0	PAK	1		0.708	31.755	
Leucine....g	2.014		0	PAK	1		1.712	76.767	
Lysine....g	2.398		0	PAK	1		2.038	91.402	
Methionine....g	0.760		0	PAK	1		0.646	28.958	
Cystine....g	0.274		0	PAK	1		0.233	10.452	
Phenylalanine....g	0.937		0	PAK	1		0.796	35.713	
Tyrosine....g	0.863		0	PAK	1		0.734	32.898	
Valine....g	0.929		0	PAK	1		0.790	35.407	
Arginine....g	1.645		0	PAK	1		1.398	62.713	
Histidine....g	0.788		0	PAK	1		0.670	30.030	
Alanine....g	1.571		0	PAK	1		1.335	59.881	
Aspartic acid....g	2.323		0	PAK	1		1.975	88.569	
Glutamic acid....g	3.941		0	PAK	1		3.350	150.216	
Glycine....g	1.240		0	PAK	1		1.054	47.261	
Proline....g	1.570		0	PAK	1		1.334	59.838	
Serine....g	1.151		0	PAK	1		0.979	43.883	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 3812g: 1 bird

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05167
Turkey, whole, meat only, raw

Refuse: 41% Bone and connective tissue 29%, Skin and separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	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	PAK	1		64.07	3770.11	
Energy kcal	112		0	PIK	4		95	5578	
Energy kJ	467		0	PIK	4		397	23339	
Protein (N x 6.25) g	22.64		0	PAK	1		19.24	1132.27	
Total lipid (fat) g	1.93		0	PAK	1		1.64	96.29	
Ash g	1.04		0	PAK	1		0.88	51.82	
Carbohydrate, by difference g	0.14		0	NR	4		0.12	7.00	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.07		0	PAK	1		0.06	3.58	
Sucrose g	0.07		0	PAK	1		0.06	3.58	
Glucose (dextrose) g	0.00		0	PAK	1		0.00	0.00	
Fructose g	0.00		0	PAK	1		0.00	0.00	
Lactose g	0.00		0	PAK	1		0.00	0.00	
Maltose g	0.00		0	PAK	1		0.00	0.00	
Galactose g	0.00		0	PAK	1		0.00	0.00	
Starch g	0.07		0	PAK	1		0.06	3.64	
Minerals:									
Calcium, Ca mg	11		0	PAK	1		9	544	
Iron, Fe mg	0.86		0	PAK	1		0.73	43.09	
Magnesium, Mg mg	27		0	PAK	1		23	1328	
Phosphorus, P mg	190		0	PAK	1		162	9515	
Potassium, K mg	235		0	PAK	1		200	11762	
Sodium, Na mg	118		0	PAK	1		100	5886	
Zinc, Zn mg	1.84		0	PAK	1		1.57	92.18	
Copper, Cu mg	0.079		0	PAK	1		0.068	3.973	
Manganese, Mn mg	0.012		0	PAK	1		0.010	0.613	
Selenium, Se µg	22.6		0	PAK	1		19.2	1128.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.050		0	PAK	1		0.043	2.525	
Riboflavin mg	0.192		0	PAK	1		0.164	9.623	
Niacin mg	8.100		0	PAK	1		6.885	405.151	
Pantothenic acid mg	0.844		0	PAK	1		0.717	42.216	
Vitamin B-6 mg	0.652		0	PAK	1		0.554	32.622	
Folate, total µg	7		0	PIK	4		6	358	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	7		0	PIK	4		6	358	
Folate, DFE µg	7		0	NC	4		6	358	
Choline, total mg	60.2		0	PIK	4		51.1	3010.0	
Betaine mg									
Vitamin B-12 µg	1.24		0	PAK	1		1.06	62.25	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	9		0	PAK	1		8	453	
Retinol µg	9		0	PAK	1		8	453	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	30		0	PAK	1		26	1509	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.09		0	PAK	1		0.08	4.41	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg	0.00		0	PAK	1		0.00	0.00	
Tocopherol, gamma mg	0.02		0	PAK	1		0.02	1.07	
Tocopherol, delta mg	0.00		0	PAK	1		0.00	0.16	
Tocotrienol, alpha mg	0.00		0	PAK	1		0.00	0.00	
Tocotrienol, beta mg	0.00		0	PAK	1		0.00	0.00	

NDB No. 05167
Turkey, whole, 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
Tocotrienol, gamma....mg	0.01		0	PAK	1		0.00	0.26	
Tocotrienol, delta....mg	0.00		0	PAK	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.2		0	PAK	1		0.2	10.5	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.2		0	PAK	1		0.2	10.5	
Vitamin D....IU	8		0	PAK	1		7	419	
Vitamin K (phylloquinone)....µg	0.0		0	PIK	4		0.0	0.0	
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.459		0	PIK	4		0.390	22.949	
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	0.003		0	PIK	4		0.002	0.141	
12:0....g	0.006		0	PIK	4		0.005	0.319	
13:0....g									
14:0....g	0.013		0	PIK	4		0.011	0.636	
15:0....g	0.001		0	PAK	1		0.001	0.057	
16:0....g	0.290		0	PIK	4		0.246	14.488	
17:0....g	0.001		0	PAK	1		0.001	0.073	
18:0....g	0.135		0	PIK	4		0.114	6.735	
20:0....g	0.001		0	PAK	1		0.001	0.043	
22:0....g	0.001		0	PAK	1		0.001	0.059	
24:0....g	0.000		0	PAK	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.477		0	PIK	4		0.405	23.840	
14:1....g	0.001		0	PAK	1		0.000	0.026	
15:1....g	0.000		0	PAK	1		0.000	0.000	
16:1 undifferentiated....g	0.043		0	PIK	4		0.036	2.136	
16:1 c....g	0.013		0	PAK	1		0.011	0.648	
16:1 t....g	0.000		0	PAK	1		0.000	0.000	
17:1....g	0.001		0	PAK	1		0.000	0.028	
18:1 undifferentiated....g	0.422		0	PIK	4		0.359	21.133	
18:1 c....g	0.128		0	PAK	1		0.109	6.419	
18:1 t....g	0.005		0	PAK	1		0.005	0.273	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.006		0	PIK	4		0.005	0.303	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.004	
22:1 c....g	0.000		0	PAK	1		0.000	0.000	
22:1 t....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g	0.001		0	PAK	1		0.001	0.037	
Fatty acids, total polyunsaturated....g	0.411		0	PIK	4		0.349	20.562	
18:2 undifferentiated....g	0.339		0	PIK	4		0.289	16.981	
18:2 n-6 c,c....g	0.111		0	PAK	1		0.095	5.576	
18:2 CLAs....g	0.000		0	PAK	1		0.000	0.002	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.002		0	PAK	1		0.002	0.099	
18:3 undifferentiated....g	0.017		0	PIK	4		0.014	0.852	
18:3 n-3 c,c,c (ALA)....g	0.005		0	PAK	1		0.004	0.257	
18:3 n-6 c,c,c....g	0.000		0	PAK	1		0.000	0.000	
18:3i....g									
18:4....g	0.000		0	PIK	4		0.000	0.000	
20:2 n-6 c,c....g	0.002		0	PAK	1		0.001	0.083	
20:3 undifferentiated....g	0.003		0	PAK	1		0.002	0.144	
20:3 n-3....g	0.000		0	PAK	1		0.000	0.000	
20:3 n-6....g	0.003		0	PAK	1		0.002	0.144	
20:4 undifferentiated....g	0.031		0	PIK	4		0.027	1.574	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000		0	PIK	4		0.000	0.022	
21:5....g									
22:4....g	0.005		0	PAK	1		0.004	0.243	
22:5 n-3 (DPA)....g	0.003		0	PIK	4		0.002	0.141	

NDB No. 05167
Turkey, whole, 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
22:6 n-3 (DHA) g	0.002		0	PIK	4		0.002	0.116	
Fatty acids, total trans g	0.007		0	PIK	4		0.006	0.372	
Fatty acids, total trans-monoenoic g	0.005		0	PIK	4		0.005	0.273	
Fatty acids, total trans-polyenoic g	0.002		0	PIK	4		0.002	0.099	
Cholesterol mg	67		0	PAK	1		57	3326	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.241		0	PAK	1		0.205	12.061	
Threonine g	0.822		0	PAK	1		0.699	41.124	
Isoleucine g	0.649		0	PAK	1		0.552	32.458	
Leucine g	1.569		0	PAK	1		1.333	78.467	
Lysine g	1.868		0	PAK	1		1.588	93.425	
Methionine g	0.592		0	PAK	1		0.503	29.600	
Cystine g	0.214		0	PAK	1		0.182	10.684	
Phenylalanine g	0.730		0	PAK	1		0.620	36.504	
Tyrosine g	0.672		0	PAK	1		0.571	33.627	
Valine g	0.724		0	PAK	1		0.615	36.191	
Arginine g	1.282		0	PAK	1		1.089	64.101	
Histidine g	0.614		0	PAK	1		0.522	30.695	
Alanine g	1.224		0	PAK	1		1.040	61.206	
Aspartic acid g	1.810		0	PAK	1		1.538	90.530	
Glutamic acid g	3.070		0	PAK	1		2.609	153.542	
Glycine g	0.966		0	PAK	1		0.821	48.307	
Proline g	1.223		0	PAK	1		1.039	61.163	
Serine g	0.897		0	PAK	1		0.762	44.855	
Hydroxyproline g	0.062		0	PAK	1		0.053	3.125	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 5002g: 1 bird

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05729
Turkey, wing, from whole bird, enhanced, meat only, raw

Refuse: 55% Bone and connective tissue 36%, skin and separable fat 19%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	76.42	0.498	6	A	1		64.96	273.58	
Energy kcal	101		0	NC	4		86	362	
Energy kJ	423		0	NC	4		360	1514	
Protein g	21.54	0.601	6	A	1		18.31	77.11	
Total lipid (fat) g	1.66	0.149	6	A	1		1.42	5.96	
Ash g	1.42	0.112	6	A	1		1.21	5.10	
Carbohydrate, by difference g	0.14		0	NR	4		0.12	0.50	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.05		2	A	1		0.04	0.18	
Sucrose g	0.05		2	A	1		0.04	0.18	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.09		1	A	1		0.08	0.32	
Minerals:									
Calcium, Ca mg	14	0.534	6	A	1		12	49	
Iron, Fe mg	0.54	0.036	6	A	1		0.46	1.92	
Magnesium, Mg mg	25	0.944	6	A	1		21	90	
Phosphorus, P mg	236	6.966	6	A	1		201	845	
Potassium, K mg	242	5.157	10	A	1		206	866	
Sodium, Na mg	206	25.963	6	A	1		175	736	
Zinc, Zn mg	1.30	0.046	10	A	1		1.10	4.64	
Copper, Cu mg	0.052	0.002	6	A	1		0.044	0.185	
Manganese, Mn mg	0.007	0.000	6	A	1		0.006	0.024	
Selenium, Se µg	22.7	1.943	6	A	1		19.3	81.2	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.033	0.005	6	A	1		0.028	0.118	
Riboflavin mg	0.145	0.012	6	A	1		0.123	0.519	
Niacin mg	9.924	0.222	8	A	1		8.435	35.527	
Pantothenic acid mg	0.775		2	A	1		0.659	2.774	
Vitamin B-6 mg	0.775	0.021	6	A	1		0.659	2.776	
Folate, total µg	7		0	BFPN	4		6	24	
Folic acid µg									
Folate, food µg	7		0	BFPN	4		6	24	
Folate, DFE µg									
Choline, total mg	48.3		0	AS	1		41.0	172.7	
Betaine mg	2.5		1	A	1		2.1	8.8	
Vitamin B-12 µg	0.63	0.147	3	A	1		0.54	2.27	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	AS	1		5	22	
Retinol µg	6		1	A	1		5	22	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	20		0	AS	1		17	73	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.012	3	A	1		0.06	0.23	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.01	0.011	3	A	1		0.01	0.04	
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 05729

Turkey, wing, from whole bird, enhanced, 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
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.1		1	AS	1		0.1	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		1	A	1		0.1	0.4	
Vitamin D....IU	5		1	A	1		4	17	
Vitamin K (phylloquinone)....µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.289		0	NC	4		0.245	1.034	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.000	6	A	1		0.003	0.013	
12:0....g	0.003	0.000	6	A	1		0.003	0.012	
13:0....g									
14:0....g	0.004	0.002	6	A	1		0.004	0.015	
15:0....g	0.002	0.000	6	A	1		0.002	0.007	
16:0....g	0.177	0.022	6	A	1		0.150	0.633	
17:0....g	0.003	0.000	6	A	1		0.002	0.009	
18:0....g	0.093	0.008	6	A	1		0.079	0.332	
20:0....g	0.002	0.000	6	A	1		0.001	0.005	
22:0....g	0.002	0.001	6	A	1		0.002	0.007	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.264		0	NC	4		0.225	0.946	
14:1....g	0.001	0.000	6	A	1		0.001	0.003	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.023	0.006	6	AS	1		0.019	0.082	
16:1 c....g	0.023	0.006	6	A	1		0.019	0.082	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.001	0.000	6	A	1		0.001	0.004	
18:1 undifferentiated....g	0.235	0.035	6	AS	1		0.200	0.842	
18:1 c....g	0.226	0.034	6	A	1		0.192	0.808	
18:1 t....g	0.010	0.001	6	A	1		0.008	0.034	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.001	6	A	1		0.003	0.011	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	6	A	1		0.001	0.005	
Fatty acids, total polyunsaturated....g	0.258		0	NC	4		0.219	0.923	
18:2 undifferentiated....g	0.200	0.022	6	AS	1		0.170	0.715	
18:2 n-6 c,c....g	0.196	0.022	6	A	1		0.167	0.702	
18:2 CLAs....g	0.000	0.000	6	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.000	6	A	1		0.003	0.012	
18:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008	0.032	
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	A	1		0.008	0.032	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.002	0.010	
20:3 undifferentiated....g	0.005	0.001	6	AS	1		0.004	0.018	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.001	6	A	1		0.004	0.018	
20:4 undifferentiated....g	0.028	0.003	6	A	1		0.024	0.099	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.009	0.001	6	A	1		0.007	0.031	
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.002	0.009	

NDB No. 05729

Turkey, wing, from whole bird, enhanced, 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
22:6 n-3 (DHA) g	0.002	0.000	6	A	1		0.002	0.009	
Fatty acids, total trans g	0.013		0	NC	4		0.011	0.047	
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.008	0.034	
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003	0.012	
Cholesterol mg	54	1.592	11	A	1		46	192	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.229		0	A	1		0.195	0.821	
Threonine g	0.782		0	A	1		0.665	2.800	
Isoleucine g	0.617		0	A	1		0.525	2.210	
Leucine g	1.493		0	A	1		1.269	5.343	
Lysine g	1.777		0	A	1		1.511	6.362	
Methionine g	0.563		0	A	1		0.479	2.016	
Cystine g	0.203		0	A	1		0.173	0.728	
Phenylalanine g	0.694		0	A	1		0.590	2.486	
Tyrosine g	0.640		0	A	1		0.544	2.290	
Valine g	0.688		0	A	1		0.585	2.465	
Arginine g	1.219		0	A	1		1.036	4.365	
Histidine g	0.584		0	A	1		0.496	2.090	
Alanine g	1.164		0	A	1		0.990	4.168	
Aspartic acid g	1.722		0	A	1		1.464	6.165	
Glutamic acid g	2.921		0	A	1		2.483	10.456	
Glycine g	0.919		0	A	1		0.781	3.290	
Proline g	1.163		0	A	1		0.989	4.165	
Serine g	0.853		0	A	1		0.725	3.055	
Hydroxyproline g	0.110		2	A	1		0.093	0.393	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 358g: 1 wing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05730
Turkey, wing, from whole bird, enhanced, meat only, roasted

Refuse: 59% Bone and connective tissue 47%, skin and separable fat 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	70.18	0.527	6	A	1		59.65	153.69	
Energy kcal	127		0	NC	4		108	277	
Energy kJ	530		0	NC	4		451	1161	
Protein g	26.97	0.585	6	A	1		22.92	59.06	
Total lipid (fat) g	2.08	0.208	6	A	1		1.77	4.57	
Ash g	1.44	0.088	6	A	1		1.22	3.15	
Carbohydrate, by difference g	0.00		0	NC	4		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	0.456	6	A	1		11	28	
Iron, Fe mg	0.55	0.025	6	A	1		0.47	1.21	
Magnesium, Mg mg	30	1.367	6	A	1		25	65	
Phosphorus, P mg	255	7.149	6	A	1		217	558	
Potassium, K mg	249	3.094	10	A	1		211	544	
Sodium, Na mg	238	24.753	6	A	1		202	521	
Zinc, Zn mg	1.49	0.062	6	A	1		1.27	3.27	
Copper, Cu mg	0.062	0.002	6	A	1		0.053	0.135	
Manganese, Mn mg	0.011	0.001	10	A	1		0.010	0.025	
Selenium, Se µg	30.2	2.091	6	A	1		25.7	66.1	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.038	0.006	6	A	1		0.032	0.082	
Riboflavin mg	0.208	0.014	6	A	1		0.177	0.456	
Niacin mg	11.750	0.237	8	A	1		9.987	25.732	
Pantothenic acid mg	0.900		2	A	1		0.765	1.971	
Vitamin B-6 mg	0.697	0.034	6	A	1		0.592	1.526	
Folate, total µg	9		0	BFPN	4		7	19	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	9		0	BFPN	4		7	19	
Folate, DFE µg	9		0	NC	4		7	19	
Choline, total mg	69.8		0	AS	1		59.3	152.9	
Betaine mg	2.9		1	A	1		2.5	6.4	
Vitamin B-12 µg	1.70		0	BFPN	4		1.45	3.73	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	AS	1		3	7	
Retinol µg	3		1	A	1		3	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	AS	1		10	25	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.006	3	A	1		0.05	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.003	3	A	1		0.02	0.06	
Tocopherol, delta mg	0.01	0.008	3	A	1		0.01	0.02	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.03	0.004	3	A	1		0.03	0.07	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		1	AS	1		0.2	0.6	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	0.6	
Vitamin D IU	10		1	A	1		9	23	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05730

Turkey, wing, from whole bird, enhanced, meat only, 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
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.593		0	NC	4		0.504	1.298	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.001	6	A	1		0.004	0.009	
12:0....g	0.005	0.002	6	A	1		0.004	0.011	
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.015	0.039	
15:0....g	0.004	0.000	6	A	1		0.003	0.009	
16:0....g	0.372	0.020	6	A	1		0.316	0.815	
17:0....g	0.005	0.001	6	A	1		0.005	0.012	
18:0....g	0.181	0.009	6	A	1		0.154	0.397	
20:0....g	0.002	0.000	6	A	1		0.002	0.004	
22:0....g	0.001	0.000	6	A	1		0.001	0.003	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.626		0	NC	4		0.532	1.372	
14:1....g	0.002	0.001	6	A	1		0.002	0.004	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.056	0.007	6	AS	1		0.047	0.122	
16:1 c....g	0.055	0.007	6	A	1		0.047	0.120	
16:1 t....g	0.001	0.000	6	A	1		0.001	0.002	
17:1....g	0.004	0.001	6	A	1		0.004	0.009	
18:1 undifferentiated....g	0.556	0.035	6	AS	1		0.473	1.219	
18:1 c....g	0.536	0.033	6	A	1		0.456	1.175	
18:1 t....g	0.020	0.003	6	A	1		0.017	0.044	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	A	1		0.007	0.018	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449	1.157	
18:2 undifferentiated....g	0.431	0.029	6	AS	1		0.366	0.943	
18:2 n-6 c,c....g	0.426	0.028	6	A	1		0.362	0.933	
18:2 CLAs....g	0.001	0.000	6	A	1		0.001	0.003	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	6	A	1		0.003	0.008	
18:3 undifferentiated....g	0.020	0.003	6	AS	1		0.017	0.045	
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	6	A	1		0.017	0.044	
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.000	0.001	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005	0.013	
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.004	0.010	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.000	6	A	1		0.004	0.010	
20:4 undifferentiated....g	0.044	0.001	6	A	1		0.037	0.096	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.009	
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.009	0.022	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004	0.010	
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003	0.009	
Fatty acids, total trans....g	0.024		0	NC	4		0.021	0.053	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018	0.046	
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003	0.008	
Cholesterol....mg	69	2.280	11	A	1		59	152	
Phytosterols....mg									
Amino Acids:									

NDB No. 05730

Turkey, wing, from whole bird, enhanced, meat only, 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
Tryptophan....g	0.287		0	A	1		0.244	0.629	
Threonine....g	0.979		0	A	1		0.833	2.145	
Isoleucine....g	0.773		0	A	1		0.657	1.693	
Leucine....g	1.869		0	A	1		1.589	4.093	
Lysine....g	2.225		0	A	1		1.891	4.873	
Methionine....g	0.705		0	A	1		0.599	1.544	
Cystine....g	0.254		0	A	1		0.216	0.557	
Phenylalanine....g	0.869		0	A	1		0.739	1.904	
Tyrosine....g	0.801		0	A	1		0.681	1.754	
Valine....g	0.862		0	A	1		0.733	1.888	
Arginine....g	1.527		0	A	1		1.298	3.344	
Histidine....g	0.731		0	A	1		0.621	1.601	
Alanine....g	1.458		0	A	1		1.239	3.193	
Aspartic acid....g	2.156		0	A	1		1.833	4.722	
Glutamic acid....g	3.657		0	A	1		3.108	8.009	
Glycine....g	1.151		0	A	1		0.978	2.520	
Proline....g	1.457		0	A	1		1.238	3.190	
Serine....g	1.068		0	A	1		0.908	2.340	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 219g: 1 wing

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05227
Turkey, wing, from whole bird, non-enhanced, meat only, raw

Refuse: 60% Bone and connective tissue 44%, skin and separable fat 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	74.89	0.341	4	A	1		63.66	259.12	
Energy kcal	114		0	NC	4		97	396	
Energy kJ	479		0	NC	4		407	1657	
Protein (N x 6.25) g	23.66	0.349	4	A	1		20.11	81.87	
Total lipid (fat) g	1.48	0.064	4	A	1		1.26	5.14	
Ash g	1.04	0.015	4	A	1		0.88	3.59	
Carbohydrate, by difference g	0.14		0	NR	4		0.12	0.48	
Fiber, total dietary g	0.0		0	Z	7		0.0	0.0	
Sugars, total g	0.05		2	A	1		0.04	0.17	
Sucrose g	0.05		2	A	1		0.04	0.17	
Glucose (dextrose) g	0.00		2	A	1		0.00	0.00	
Fructose g	0.00		2	A	1		0.00	0.00	
Lactose g	0.00		2	A	1		0.00	0.00	
Maltose g	0.00		2	A	1		0.00	0.00	
Galactose g	0.00		2	A	1		0.00	0.00	
Starch g	0.09		1	A	1		0.08	0.31	
Minerals:									
Calcium, Ca mg	11	0.571	4	A	1		9	38	
Iron, Fe mg	0.73	0.056	4	A	1		0.62	2.52	
Magnesium, Mg mg	28	1.392	4	A	1		24	96	
Phosphorus, P mg	201	6.559	4	A	1		171	695	
Potassium, K mg	242	5.157	10	A	1		206	837	
Sodium, Na mg	113	6.188	4	A	1		96	391	
Zinc, Zn mg	1.28	0.109	4	A	1		1.08	4.41	
Copper, Cu mg	0.070	0.003	4	A	1		0.060	0.243	
Manganese, Mn mg	0.011	0.000	4	A	1		0.009	0.037	
Selenium, Se µg	22.7	1.943	6	A	1		19.3	78.5	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.042		2	A	1		0.035	0.144	
Riboflavin mg	0.145		2	A	1		0.123	0.501	
Niacin mg	9.924	0.222	8	A	1		8.435	34.336	
Pantothenic acid mg	0.775		2	A	1		0.659	2.681	
Vitamin B-6 mg	0.813		2	A	1		0.691	2.814	
Folate, total µg	7		0	BFPN	4		6	26	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	7		0	BFPN	4		6	26	
Folate, DFE µg	7		0	NC	4		6	26	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.63	0.147	3	A	1		0.54	2.19	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	6		0	AS	1		5	21	
Retinol µg	6		1	A	1		5	21	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	20		0	AS	1		17	71	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.012	3	A	1		0.06	0.22	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.01	0.011	3	A	1		0.01	0.04	
Tocopherol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	

NDB No. 05227

Turkey, wing, from whole bird, non-enhanced, 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
Tocotrienol, gamma....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, delta....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3)....µg	0.1		1	AS	1		0.1	0.4	
Vitamin D2 (ergocalciferol)....µg									
Vitamin D3 (cholecalciferol)....µg	0.1		1	A	1		0.1	0.4	
Vitamin D....IU	5		1	A	1		4	16	
Vitamin K (phylloquinone)....µg									
Dihydrophylloquinone....µg									
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.289		0	NC	4		0.245	0.999	
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	0.004	0.000	6	A	1		0.003	0.012	
12:0....g	0.003	0.000	6	A	1		0.003	0.012	
13:0....g									
14:0....g	0.004	0.002	6	A	1		0.004	0.015	
15:0....g	0.002	0.000	6	A	1		0.002	0.007	
16:0....g	0.177	0.022	6	A	1		0.150	0.612	
17:0....g	0.003	0.000	6	A	1		0.002	0.009	
18:0....g	0.093	0.008	6	A	1		0.079	0.321	
20:0....g	0.002	0.000	6	A	1		0.001	0.005	
22:0....g	0.002	0.001	6	A	1		0.002	0.007	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.264		0	NC	4		0.225	0.915	
14:1....g	0.001	0.000	6	A	1		0.001	0.003	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.023	0.006	6	AS	1		0.019	0.079	
16:1 c....g	0.023	0.006	6	A	1		0.019	0.079	
16:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
17:1....g	0.001	0.000	6	A	1		0.001	0.003	
18:1 undifferentiated....g	0.235	0.035	6	AS	1		0.200	0.814	
18:1 c....g	0.226	0.034	6	A	1		0.192	0.781	
18:1 t....g	0.010	0.001	6	A	1		0.008	0.033	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.003	0.001	6	A	1		0.003	0.011	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.001	0.001	6	A	1		0.001	0.005	
Fatty acids, total polyunsaturated....g	0.258		0	NC	4		0.219	0.892	
18:2 undifferentiated....g	0.200	0.022	6	AS	1		0.170	0.691	
18:2 n-6 c,c....g	0.196	0.022	6	A	1		0.167	0.678	
18:2 CLAs....g	0.000	0.000	6	A	1		0.000	0.000	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.000	6	A	1		0.003	0.012	
18:3 undifferentiated....g	0.009	0.001	6	AS	1		0.008	0.031	
18:3 n-3 c,c,c (ALA)....g	0.009	0.001	6	A	1		0.008	0.031	
18:3 n-6 c,c,c....g	0.000	0.000	6	A	1		0.000	0.000	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.003	0.000	6	A	1		0.002	0.010	
20:3 undifferentiated....g	0.005	0.001	6	AS	1		0.004	0.018	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.001	6	A	1		0.004	0.018	
20:4 undifferentiated....g	0.028	0.003	6	A	1		0.024	0.096	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.000	0.000	6	A	1		0.000	0.000	
21:5....g									
22:4....g	0.009	0.001	6	A	1		0.007	0.030	
22:5 n-3 (DPA)....g	0.003	0.000	6	A	1		0.002	0.009	

NDB No. 05227

Turkey, wing, from whole bird, non-enhanced, 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
22:6 n-3 (DHA) g	0.002	0.000	6	A	1		0.002	0.008	
Fatty acids, total trans g	0.013		0	NC	4		0.011	0.045	
Fatty acids, total trans-monoenoic g	0.010		0	NC	4		0.008	0.033	
Fatty acids, total trans-polyenoic g	0.003		0	NC	4		0.003	0.012	
Cholesterol mg	57	1.118	4	A	1		48	197	
Phytosterols mg									
Amino Acids:									
Tryptophan g	0.252		0	A	1		0.214	0.872	
Threonine g	0.859		0	A	1		0.731	2.974	
Isoleucine g	0.678		0	A	1		0.577	2.347	
Leucine g	1.640		0	A	1		1.394	5.674	
Lysine g	1.952		0	A	1		1.660	6.755	
Methionine g	0.619		0	A	1		0.526	2.140	
Cystine g	0.223		0	A	1		0.190	0.773	
Phenylalanine g	0.763		0	A	1		0.648	2.639	
Tyrosine g	0.703		0	A	1		0.597	2.431	
Valine g	0.756		0	A	1		0.643	2.617	
Arginine g	1.340		0	A	1		1.139	4.635	
Histidine g	0.641		0	A	1		0.545	2.219	
Alanine g	1.279		0	A	1		1.087	4.426	
Aspartic acid g	1.892		0	A	1		1.608	6.546	
Glutamic acid g	3.209		0	A	1		2.727	11.102	
Glycine g	1.010		0	A	1		0.858	3.493	
Proline g	1.278		0	A	1		1.086	4.423	
Serine g	0.937		0	A	1		0.797	3.243	
Hydroxyproline g	0.110		1	A	1		0.093	0.380	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 346g: 1 wing

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05228
Turkey, wing, from whole bird, non-enhanced, meat only, roasted

Refuse: 59% Bone and connective tissue 48%, skin and separable fat 11%

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Proximates:									
Water g	67.88	0.949	4	A	1		57.70	144.59	
Energy kcal	147		0	NC	4		125	314	
Energy kJ	617		0	NC	4		524	1314	
Protein (N x 6.25) g	30.13	0.956	4	A	1		25.61	64.19	
Total lipid (fat) g	2.08	0.063	4	A	1		1.77	4.43	
Ash g	1.22	0.064	4	A	1		1.03	2.59	
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	0.545	4	A	1		8	20	
Iron, Fe mg	0.71	0.005	4	A	1		0.60	1.52	
Magnesium, Mg mg	32	1.032	4	A	1		27	67	
Phosphorus, P mg	230	6.546	4	A	1		195	489	
Potassium, K mg	249	3.094	10	A	1		211	529	
Sodium, Na mg	99	8.289	4	A	1		84	212	
Zinc, Zn mg	1.72	0.030	4	A	1		1.46	3.66	
Copper, Cu mg	0.063	0.001	4	A	1		0.054	0.135	
Manganese, Mn mg	0.011	0.001	10	A	1		0.010	0.024	
Selenium, Se µg	30.2	2.091	6	A	1		25.7	64.3	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.035		2	A	1		0.030	0.076	
Riboflavin mg	0.205		2	A	1		0.174	0.437	
Niacin mg	11.750	0.237	8	A	1		9.987	25.027	
Pantothenic acid mg	0.900		2	A	1		0.765	1.917	
Vitamin B-6 mg	0.807		2	A	1		0.686	1.720	
Folate, total µg	10		0	BFPN	4		8	20	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	10		0	BFPN	4		8	20	
Folate, DFE µg	10		0	NC	4		8	20	
Choline, total mg	84.7		0	BFNN	4		72.0	180.4	
Betaine mg	6.2		0	BFNN	4		5.2	13.1	
Vitamin B-12 µg	0.81		0	BFPN	4		0.69	1.72	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	3		0	AS	1		3	7	
Retinol µg	3		1	A	1		3	7	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	11		0	AS	1		10	24	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.06	0.006	3	A	1		0.05	0.14	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma mg	0.03	0.003	3	A	1		0.02	0.05	
Tocopherol, delta mg	0.01	0.008	3	A	1		0.01	0.02	
Tocotrienol, alpha mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, beta mg	0.00	0.000	3	A	1		0.00	0.00	
Tocotrienol, gamma mg	0.03	0.004	3	A	1		0.03	0.07	
Tocotrienol, delta mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D (D2 + D3) µg	0.3		0	AS	1		0.2	0.6	
Vitamin D2 (ergocalciferol) µg									
Vitamin D3 (cholecalciferol) µg	0.3		1	A	1		0.2	0.6	
Vitamin D IU	10		1	A	1		9	22	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	

NDB No. 05228

Turkey, wing, from whole bird, non-enhanced, meat only, 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
Dihydrophylloquinone....µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4....µg									
Lipids:									
Fatty acids, total saturated....g	0.593		0	NC	4		0.504	1.263	
4:0....g	0.000	0.000	6	A	1		0.000	0.000	
6:0....g	0.000	0.000	6	A	1		0.000	0.000	
8:0....g	0.000	0.000	6	A	1		0.000	0.000	
10:0....g	0.004	0.001	6	A	1		0.004	0.009	
12:0....g	0.005	0.002	6	A	1		0.004	0.010	
13:0....g									
14:0....g	0.018	0.002	6	A	1		0.015	0.038	
15:0....g	0.004	0.000	6	A	1		0.003	0.008	
16:0....g	0.372	0.020	6	A	1		0.316	0.793	
17:0....g	0.005	0.001	6	A	1		0.005	0.011	
18:0....g	0.181	0.009	6	A	1		0.154	0.386	
20:0....g	0.002	0.000	6	A	1		0.002	0.004	
22:0....g	0.001	0.000	6	A	1		0.001	0.002	
24:0....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	0.626		0	NC	4		0.532	1.334	
14:1....g	0.002	0.001	6	A	1		0.002	0.004	
15:1....g	0.000	0.000	6	A	1		0.000	0.000	
16:1 undifferentiated....g	0.056	0.007	6	AS	1		0.047	0.118	
16:1 c....g	0.055	0.007	6	A	1		0.047	0.117	
16:1 t....g	0.001	0.000	6	A	1		0.001	0.002	
17:1....g	0.004	0.001	6	A	1		0.004	0.009	
18:1 undifferentiated....g	0.556	0.035	6	AS	1		0.473	1.185	
18:1 c....g	0.536	0.033	6	A	1		0.456	1.143	
18:1 t....g	0.020	0.003	6	A	1		0.017	0.042	
18:1-11 t (18:1t n-7)....g									
20:1....g	0.008	0.001	6	A	1		0.007	0.018	
22:1 undifferentiated....g	0.000	0.000	6	AS	1		0.000	0.000	
22:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
22:1 t....g	0.000	0.000	6	A	1		0.000	0.000	
24:1 c....g	0.000	0.000	6	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	0.528		0	NC	4		0.449	1.125	
18:2 undifferentiated....g	0.431	0.029	6	AS	1		0.366	0.917	
18:2 n-6 c,c....g	0.426	0.028	6	A	1		0.362	0.907	
18:2 CLAs....g	0.001	0.000	6	A	1		0.001	0.003	
18:2 t,t....g									
18:2 i....g									
18:2 t not further defined....g	0.003	0.001	6	A	1		0.003	0.007	
18:3 undifferentiated....g	0.020	0.003	6	AS	1		0.017	0.044	
18:3 n-3 c,c,c (ALA)....g	0.020	0.002	6	A	1		0.017	0.043	
18:3 n-6 c,c,c....g	0.001	0.000	6	A	1		0.000	0.001	
18:3i....g									
18:4....g	0.000	0.000	6	A	1		0.000	0.000	
20:2 n-6 c,c....g	0.006	0.001	6	A	1		0.005	0.012	
20:3 undifferentiated....g	0.005	0.000	6	AS	1		0.004	0.010	
20:3 n-3....g	0.000	0.000	6	A	1		0.000	0.000	
20:3 n-6....g	0.005	0.000	6	A	1		0.004	0.010	
20:4 undifferentiated....g	0.044	0.001	6	A	1		0.037	0.093	
20:4 n-6....g									
20:5 n-3 (EPA)....g	0.004	0.001	6	A	1		0.004	0.009	
21:5....g									
22:4....g	0.010	0.000	6	A	1		0.009	0.021	
22:5 n-3 (DPA)....g	0.005	0.000	6	A	1		0.004	0.010	
22:6 n-3 (DHA)....g	0.004	0.000	6	A	1		0.003	0.008	
Fatty acids, total trans....g	0.024		0	NC	4		0.021	0.052	
Fatty acids, total trans-monoenoic....g	0.021		0	NC	4		0.018	0.044	
Fatty acids, total trans-polyenoic....g	0.003		0	NC	4		0.003	0.007	
Cholesterol....mg	80	2.872	4	A	1		68	170	
Phytosterols....mg									
Amino Acids:									

NDB No. 05228

Turkey, wing, from whole bird, non-enhanced, meat only, 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
Tryptophan....g	0.321		0	A	1		0.273	0.684	
Threonine....g	1.094		0	A	1		0.930	2.331	
Isoleucine....g	0.864		0	A	1		0.734	1.840	
Leucine....g	2.088		0	A	1		1.775	4.448	
Lysine....g	2.486		0	A	1		2.113	5.296	
Methionine....g	0.788		0	A	1		0.670	1.678	
Cystine....g	0.284		0	A	1		0.242	0.606	
Phenylalanine....g	0.972		0	A	1		0.826	2.069	
Tyrosine....g	0.895		0	A	1		0.761	1.906	
Valine....g	0.963		0	A	1		0.819	2.052	
Arginine....g	1.706		0	A	1		1.450	3.634	
Histidine....g	0.817		0	A	1		0.694	1.740	
Alanine....g	1.629		0	A	1		1.385	3.470	
Aspartic acid....g	2.409		0	A	1		2.048	5.132	
Glutamic acid....g	4.086		0	A	1		3.473	8.704	
Glycine....g	1.286		0	A	1		1.093	2.738	
Proline....g	1.628		0	A	1		1.384	3.467	
Serine....g	1.194		0	A	1		1.015	2.543	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 213g: 1 wing

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

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 43366
Turkey, wing, 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	59.50		0		4		11.31	10.12	
Energy kcal	221		0	NC	4		42	38	
Energy kJ	926		0	NC	4		176	157	
Protein g	27.40		0		4		5.21	4.66	
Total lipid (fat) g	12.41		0		4		2.36	2.11	
Ash g	0.70		0	NC	4		0.13	0.12	
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	0.00		0	Z	7		0.00	0.00	
Starch g									
Minerals:									
Calcium, Ca mg	24		0		4		5	4	
Iron, Fe mg	1.46		0		4		0.28	0.25	
Magnesium, Mg mg	25		0		4		5	4	
Phosphorus, P mg	197		0		4		37	33	
Potassium, K mg	266		0		4		51	45	
Sodium, Na mg	996		0		4		189	169	
Zinc, Zn mg	2.10		0		4		0.40	0.36	
Copper, Cu mg	0.056		0		4		0.011	0.010	
Manganese, Mn mg									
Selenium, Se µg	26.0		0	BFNN	4		4.9	4.4	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.050		0		4		0.010	0.009	
Riboflavin mg	0.130		0		4		0.025	0.022	
Niacin mg	5.730		0		4		1.089	0.974	
Pantothenic acid mg									
Vitamin B-6 mg	0.420		0		4		0.080	0.071	
Folate, total µg	6		0		4		1	1	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	6		0		4		1	1	
Folate, DFE µg	6		0	NC	4		1	1	
Choline, total mg	68.7		0	BFNN	4		13.0	11.7	
Betaine mg	5.8		0	BFNN	4		1.1	1.0	
Vitamin B-12 µg	0.34		0		4		0.06	0.06	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	NR	4		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.17		0	NR	4		0.03	0.03	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg	0.1		0	BFFN	4		0.0	0.0	
Vitamin D IU	4		0	BFFN	4		1	1	
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg	0.0		0	Z	7		0.0	0.0	
Menaquinone-4 µg									

NDB No. 43366

Turkey, wing, 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
Lipids:									
Fatty acids, total saturated....g	3.383		0		4		0.643	0.575	
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		4		0.002	0.002	
13:0....g									
14:0....g	0.090		0		4		0.017	0.015	
15:0....g									
16:0....g	2.226		0		4		0.423	0.378	
17:0....g									
18:0....g	0.738		0		4		0.140	0.125	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	4.651		0		4		0.884	0.791	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.788		0		4		0.150	0.134	
17:1....g									
18:1 undifferentiated....g	3.753		0		4		0.713	0.638	
20:1....g	0.010		0		4		0.002	0.002	
22:1 undifferentiated....g	0.010		0		4		0.002	0.002	
24:1 c....g									
Fatty acids, total polyunsaturated....g	2.934		0		4		0.557	0.499	
18:2 undifferentiated....g	2.485		0		4		0.472	0.422	
18:3 undifferentiated....g	0.160		0		4		0.030	0.027	
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	0.160		0		4		0.030	0.027	
20:5 n-3 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.020		0		4		0.004	0.003	
22:6 n-3 (DHA)....g	0.030		0		4		0.006	0.005	
Fatty acids, total trans....g									
Cholesterol....mg	81		0		4		15	14	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 oz with bone, cooked (yield after bone removed)

Measure 2 = 17g: 1 cubic inch, boneless

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg	4		0		1		1	8	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	4		0		1		1	8	
Folate, DFE µg	4		0	NC	4		1	8	
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.24		0		1		0.07	0.47	
Vitamin A, RAE µg	0	0.000	3		1		0	0	
Retinol µg	0	0.000	3		1		0	0	
Carotene, beta µg									
Carotene, alpha µg									
Cryptoxanthin, beta µg									
Vitamin A, IU IU	0	0.000	3		1		0	0	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

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 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									
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 (EPA)....g	0.000		0		4		0.000	0.000	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.000		0		1		0.000	0.000	
22:6 n-3 (DHA)....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.

NDB No. 05236

Turkey, young hen, skin only, cooked, roasted

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 27 (2014)

NDB No. 05336
USDA Commodity Chicken, canned, meat only, drained

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	67.29		0	PAK	1		90.84	95.55	
Energy kcal	162		0	NC	4		218	229	
Energy kJ	676		0	NC	4		913	960	
Protein g	27.52		0	PAK	1		37.16	39.09	
Total lipid (fat) g	5.72		0	PAK	1		7.72	8.12	
Ash g	0.89		0	PAK	1		1.21	1.27	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	12		0	PAK	1		16	17	
Iron, Fe mg	1.16		0	PAK	1		1.56	1.64	
Magnesium, Mg mg	22		0	PAK	1		30	32	
Phosphorus, P mg	156		0	PAK	1		211	222	
Potassium, K mg	189		0	PAK	1		255	268	
Sodium, Na mg	271		0	NR	4		366	385	
Zinc, Zn mg	1.94		0	PAK	1		2.62	2.75	
Copper, Cu mg	0.061		0	PAK	1		0.083	0.087	
Manganese, Mn mg	0.019		0	PAK	1		0.025	0.026	
Selenium, Se µg	24.5		0	PIK	4		33.1	34.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.051		0	PAK	1		0.069	0.073	
Riboflavin mg	0.171		0	PAK	1		0.231	0.243	
Niacin mg	6.505		0	PAK	1		8.782	9.237	
Pantothenic acid mg	0.755		0	PAK	1		1.019	1.072	
Vitamin B-6 mg	0.266		0	PAK	1		0.359	0.377	
Folate, total µg	6		0	PAK	1		8	8	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	6		0	PAK	1		8	8	
Folate, DFE µg	6		0	NC	4		8	8	
Choline, total mg	73.8		0	PIK	4		99.6	104.8	
Betaine mg	5.4		0	PIK	4		7.2	7.6	
Vitamin B-12 µg	0.23		0	PAK	1		0.31	0.33	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	12		0	PIK	4		17	17	
Retinol µg	12		0	PIK	4		17	17	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	41		0	PAK	1		55	58	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.27		0	PIK	4		0.36	0.38	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	2.0		0	PIK	4		2.7	2.9	
Dihydrophylloquinone µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05336
USDA Commodity Chicken, canned, meat only, drained

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.572		0	PAK	1		2.123	2.233	
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	PAK	1		0.000	0.000	
12:0....g	0.021		0	PAK	1		0.028	0.029	
13:0....g									
14:0....g	0.046		0	PAK	1		0.062	0.065	
15:0....g									
16:0....g	1.083		0	PAK	1		1.462	1.538	
17:0....g									
18:0....g	0.376		0	PAK	1		0.507	0.534	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	2.047		0	PAK	1		2.763	2.906	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.270		0	PAK	1		0.364	0.383	
17:1....g									
18:1 undifferentiated....g	1.710		0	PAK	1		2.308	2.428	
20:1....g	0.031		0	PAK	1		0.041	0.044	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.313		0	PAK	1		1.772	1.864	
18:2 undifferentiated....g	1.062		0	PAK	1		1.433	1.508	
18:3 undifferentiated....g	0.047		0	PAK	1		0.063	0.066	
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	0.087		0	PAK	1		0.118	0.124	
20:5 n-3 (EPA)....g	0.010		0	PAK	1		0.014	0.014	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.021		0	PAK	1		0.028	0.029	
22:6 n-3 (DHA)....g	0.036		0	PAK	1		0.049	0.051	
Fatty acids, total trans....g									
Cholesterol....mg	83		0	PAK	1		113	118	
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.322		0	PAK	1		0.435	0.457	
Threonine....g	1.162		0	PAK	1		1.569	1.651	
Isoleucine....g	1.453		0	PAK	1		1.962	2.064	
Leucine....g	2.066		0	PAK	1		2.789	2.934	
Lysine....g	2.338		0	PAK	1		3.157	3.321	
Methionine....g	0.762		0	PAK	1		1.029	1.082	
Cystine....g	0.352		0	PAK	1		0.476	0.500	
Phenylalanine....g	1.092		0	PAK	1		1.474	1.551	
Tyrosine....g	0.929		0	PAK	1		1.255	1.320	
Valine....g	1.365		0	PAK	1		1.843	1.939	
Arginine....g	1.660		0	PAK	1		2.241	2.358	
Histidine....g	0.855		0	PAK	1		1.154	1.213	
Alanine....g	1.502		0	PAK	1		2.027	2.133	
Aspartic acid....g	2.454		0	PAK	1		3.312	3.484	
Glutamic acid....g	4.122		0	PAK	1		5.565	5.854	
Glycine....g	1.352		0	PAK	1		1.826	1.920	
Proline....g	1.132		0	PAK	1		1.528	1.608	
Serine....g	0.947		0	PAK	1		1.278	1.344	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 05336
USDA Commodity Chicken, canned, meat only, drained

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05338
USDA Commodity, 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	72.55		0	PIK	4		97.95	103.03	
Energy kcal	133		0	NC	4		179	189	
Energy kJ	556		0	NC	4		750	789	
Protein g	22.41		0	PIK	4		30.25	31.82	
Total lipid (fat) g	4.69		0	PIK	4		6.34	6.67	
Ash g	1.25		0	PIK	4		1.69	1.78	
Carbohydrate, by difference g	0.23		0	PIK	4		0.32	0.33	
Fiber, total dietary g	0.0		0	PIK	4		0.0	0.0	
Sugars, total g	0.03		0	PIK	4		0.03	0.04	
Starch g									
Minerals:									
Calcium, Ca mg	10		0	PIK	4		14	15	
Iron, Fe mg	0.97		0	PIK	4		1.31	1.38	
Magnesium, Mg mg	18		0	PIK	4		24	26	
Phosphorus, P mg	131		0	PIK	4		177	186	
Potassium, K mg	168		0	PIK	4		226	238	
Sodium, Na mg	256		0	PIK	4		346	364	
Zinc, Zn mg	1.57		0	PIK	4		2.12	2.23	
Copper, Cu mg	0.059		0	PIK	4		0.080	0.084	
Manganese, Mn mg	0.015		0	PAK	1		0.021	0.022	
Selenium, Se µg	19.6		0	PIK	4		26.5	27.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.041		0	PIK	4		0.055	0.058	
Riboflavin mg	0.143		0	PIK	4		0.192	0.202	
Niacin mg	5.471		0	PIK	4		7.386	7.769	
Pantothenic acid mg	0.604		0	PIK	4		0.815	0.858	
Vitamin B-6 mg	0.215		0	PIK	4		0.290	0.305	
Folate, total µg	5		0	PIK	4		6	7	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	5		0	PIK	4		6	7	
Folate, DFE µg	5		0	NC	4		6	7	
Choline, total mg	59.7		0	PIK	4		80.5	84.7	
Betaine mg	4.3		0	PIK	4		5.8	6.1	
Vitamin B-12 µg	0.20		0	PIK	4		0.27	0.29	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	10		0	PIK	4		13	14	
Retinol µg	10		0	PIK	4		13	14	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	33		0	PIK	4		44	47	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	PIK	4		0.29	0.30	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	PIK	4		2.2	2.3	
Dihydrophylloquinone µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05338

USDA Commodity, 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
Lipids:									
Fatty acids, total saturated....g	1.293		0	PIK	4		1.745	1.836	
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	0.017		0	PIK	4		0.022	0.024	
13:0....g									
14:0....g	0.039		0	PIK	4		0.053	0.055	
15:0....g									
16:0....g	0.893		0	PIK	4		1.206	1.268	
17:0....g									
18:0....g	0.307		0	PIK	4		0.414	0.436	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.691		0	PIK	4		2.282	2.401	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.222		0	PIK	4		0.300	0.315	
17:1....g									
18:1 undifferentiated....g	1.413		0	PIK	4		1.908	2.007	
20:1....g	0.027		0	PIK	4		0.036	0.038	
22:1 undifferentiated....g	0.000		0	PIK	4		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.075		0	PIK	4		1.451	1.526	
18:2 undifferentiated....g	0.872		0	PIK	4		1.177	1.238	
18:3 undifferentiated....g	0.040		0	PIK	4		0.053	0.056	
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	0.070		0	PIK	4		0.094	0.099	
20:5 n-3 (EPA)....g	0.008		0	PIK	4		0.011	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.017		0	PIK	4		0.022	0.024	
22:6 n-3 (DHA)....g	0.029		0	PIK	4		0.039	0.041	
Fatty acids, total trans....g									
Cholesterol....mg	67		0	PIK	4		90	95	
Phytosterols....mg	0		0	PAK	1		0	0	
Amino Acids:									
Tryptophan....g	0.258		0	PIK	4		0.348	0.366	
Threonine....g	0.930		0	PIK	4		1.255	1.321	
Isoleucine....g	1.163		0	PIK	4		1.570	1.651	
Leucine....g	1.653		0	PIK	4		2.231	2.347	
Lysine....g	1.871		0	PIK	4		2.525	2.656	
Methionine....g	0.610		0	PIK	4		0.823	0.865	
Cystine....g	0.282		0	PIK	4		0.380	0.400	
Phenylalanine....g	0.874		0	PIK	4		1.180	1.241	
Tyrosine....g	0.743		0	PIK	4		1.004	1.056	
Valine....g	1.092		0	PIK	4		1.475	1.551	
Arginine....g	1.328		0	PIK	4		1.793	1.886	
Histidine....g	0.684		0	PIK	4		0.923	0.971	
Alanine....g	1.201		0	PIK	4		1.622	1.706	
Aspartic acid....g	1.963		0	PIK	4		2.650	2.787	
Glutamic acid....g	3.298		0	PIK	4		4.452	4.683	
Glycine....g	1.082		0	PIK	4		1.460	1.536	
Proline....g	0.906		0	PIK	4		1.223	1.286	
Serine....g	0.757		0	PIK	4		1.022	1.075	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 05338
USDA Commodity, 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
Theobromine....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05337
USDA Commodity, Chicken, canned, meat only, with water

USDA Commodity A532 (12.5 oz can) and A507(50 oz can)
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	73.31		0	PIK	4		98.97	104.11	
Energy kcal	129		0	NC	4		175	184	
Energy kJ	541		0	NC	4		730	768	
Protein g	22.02		0	PIK	4		29.73	31.27	
Total lipid (fat) g	4.58		0	PIK	4		6.18	6.50	
Ash g	1.23		0	PIK	4		1.67	1.75	
Carbohydrate, by difference g	0.00		0	PIK	4		0.00	0.00	
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	10		0	PAK	1		14	15	
Iron, Fe mg	0.93		0	PAK	1		1.25	1.32	
Magnesium, Mg mg	18		0	PAK	1		24	26	
Phosphorus, P mg	125		0	PAK	1		169	178	
Potassium, K mg	151		0	PAK	1		204	214	
Sodium, Na mg	251		0	PAK	1		339	357	
Zinc, Zn mg	1.55		0	PAK	1		2.10	2.20	
Copper, Cu mg	0.051		0	PAK	1		0.069	0.072	
Manganese, Mn mg	0.015		0	PAK	1		0.021	0.022	
Selenium, Se µg	19.6		0	PIK	4		26.5	27.9	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	PIK	4		0.0	0.0	
Thiamin mg	0.041		0	PIK	4		0.055	0.058	
Riboflavin mg	0.137		0	PIK	4		0.185	0.194	
Niacin mg	5.204		0	PIK	4		7.025	7.390	
Pantothenic acid mg	0.604		0	PIK	4		0.815	0.858	
Vitamin B-6 mg	0.213		0	PIK	4		0.287	0.302	
Folate, total µg	5		0	PIK	4		6	6	
Folic acid µg	0		0	PIK	4		0	0	
Folate, food µg	5		0	PIK	4		6	6	
Folate, DFE µg	5		0	NC	4		6	6	
Choline, total mg	59.1		0	PIK	4		79.7	83.9	
Betaine mg	4.3		0	PIK	4		5.8	6.1	
Vitamin B-12 µg	0.18		0	PIK	4		0.25	0.26	
Vitamin B-12, added µg	0.00		0	PIK	4		0.00	0.00	
Vitamin A, RAE µg	10		0	PIK	4		13	14	
Retinol µg	10		0	PIK	4		13	14	
Carotene, beta µg	0		0	PIK	4		0	0	
Carotene, alpha µg	0		0	PIK	4		0	0	
Cryptoxanthin, beta µg	0		0	PIK	4		0	0	
Vitamin A, IU IU	33		0	PIK	4		44	47	
Lycopene µg	0		0	PIK	4		0	0	
Lutein + zeaxanthin µg	0		0	PIK	4		0	0	
Vitamin E (alpha-tocopherol) mg	0.21		0	PIK	4		0.29	0.30	
Vitamin E, added mg	0.00		0	PIK	4		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	1.6		0	PIK	4		2.2	2.3	
Dihydrophylloquinone µg	0.0		0	PIK	4		0.0	0.0	
Menaquinone-4 µg									

NDB No. 05337

USDA Commodity, Chicken, canned, meat only, with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Lipids:									
Fatty acids, total saturated....g	1.258		0	PAK	1		1.698	1.786	
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	PAK	1		0.000	0.000	
12:0....g	0.017		0	PAK	1		0.022	0.024	
13:0....g									
14:0....g	0.037		0	PAK	1		0.050	0.052	
15:0....g									
16:0....g	0.866		0	PAK	1		1.170	1.230	
17:0....g									
18:0....g	0.301		0	PAK	1		0.406	0.427	
20:0....g									
22:0....g									
24:0....g									
Fatty acids, total monounsaturated....g	1.637		0	PIK	4		2.210	2.325	
14:1....g									
15:1....g									
16:1 undifferentiated....g	0.216		0	PAK	1		0.291	0.306	
17:1....g									
18:1 undifferentiated....g	1.368		0	PAK	1		1.847	1.943	
20:1....g	0.025		0	PAK	1		0.033	0.035	
22:1 undifferentiated....g	0.000		0	PAK	1		0.000	0.000	
24:1 c....g									
Fatty acids, total polyunsaturated....g	1.050		0	PIK	4		1.418	1.491	
18:2 undifferentiated....g	0.849		0	PAK	1		1.147	1.206	
18:3 undifferentiated....g	0.037		0	PAK	1		0.050	0.053	
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	0.070		0	PAK	1		0.094	0.099	
20:5 n-3 (EPA)....g	0.008		0	PAK	1		0.011	0.011	
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g	0.017		0	PAK	1		0.022	0.024	
22:6 n-3 (DHA)....g	0.029		0	PAK	1		0.039	0.041	
Fatty acids, total trans....g									
Cholesterol....mg	67		0	PIK	4		90	95	
Phytosterols....mg	0		0	PAK	1		0	0	
Amino Acids:									
Tryptophan....g	0.258		0	PIK	4		0.348	0.366	
Threonine....g	0.930		0	PIK	4		1.255	1.321	
Isoleucine....g	1.163		0	PIK	4		1.570	1.651	
Leucine....g	1.653		0	PIK	4		2.231	2.347	
Lysine....g	1.871		0	PIK	4		2.525	2.656	
Methionine....g	0.610		0	PIK	4		0.823	0.865	
Cystine....g	0.282		0	PIK	4		0.380	0.400	
Phenylalanine....g	0.874		0	PIK	4		1.180	1.241	
Tyrosine....g	0.743		0	PIK	4		1.004	1.056	
Valine....g	1.092		0	PIK	4		1.475	1.551	
Arginine....g	1.328		0	PIK	4		1.793	1.886	
Histidine....g	0.684		0	PIK	4		0.923	0.971	
Alanine....g	1.201		0	PIK	4		1.622	1.706	
Aspartic acid....g	1.963		0	PIK	4		2.650	2.787	
Glutamic acid....g	3.298		0	PIK	4		4.452	4.683	
Glycine....g	1.082		0	PIK	4		1.460	1.536	
Proline....g	0.906		0	PIK	4		1.223	1.286	
Serine....g	0.757		0	PIK	4		1.022	1.075	
Hydroxyproline....g									
Others:									
Alcohol, ethyl....g	0.0		0	PIK	4		0.0	0.0	
Caffeine....mg	0		0	PIK	4		0	0	

NDB No. 05337
USDA Commodity, Chicken, canned, meat only, with water

Nutrients and Units	Amount in 100 grams of edible portion: Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Amount in edible portion of common measures of food: Measure 1	Measure 2	Measure 3
Theobromine.....mg	0		0	PIK	4		0	0	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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)

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

NDB No. 05353
USDA Commodity, chicken fajita strips, 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	70.60	1.438	7	A	1		6.64		
Energy kcal	135		0	NC	4		13		
Energy kJ	564		0	NC	4		53		
Protein g	18.56	0.877	7	A	1		1.74		
Total lipid (fat) g	5.73	0.225	7	A	1		0.54		
Ash g	2.88	0.300	7	A	1		0.27		
Carbohydrate, by difference g	2.23		0	NC	4		0.21		
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	13	0.868	7	A	1		1		
Iron, Fe mg	0.99	0.048	7	A	1		0.09		
Magnesium, Mg mg	22	1.143	7	A	1		2		
Phosphorus, P mg	277	21.349	7	A	1		26		
Potassium, K mg	284	21.253	7	A	1		27		
Sodium, Na mg	799	85.786	7	A	1		75		
Zinc, Zn mg	1.37	0.036	7	A	1		0.13		
Copper, Cu mg	0.030	0.000	7	A	1		0.003		
Manganese, Mn mg	0.066	0.008	7	A	1		0.006		
Selenium, Se µg	16.7	5.077	3	A	1		1.6		
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0		
Thiamin mg	0.100	0.008	7	A	1		0.009		
Riboflavin mg	0.213	0.018	7	A	1		0.020		
Niacin mg	4.779	0.239	7	A	1		0.449		
Pantothenic acid mg	0.726	0.101	3	A	1		0.068		
Vitamin B-6 mg	0.387	0.018	7	A	1		0.036		
Folate, total µg	4		2	A	1		0		
Folic acid µg	0		0	Z	7		0		
Folate, food µg	4		2	A	1		0		
Folate, DFE µg	4		0	NC	4		0		
Choline, total mg	67.8		0	AS	1		6.4		
Betaine mg	3.4		1	A	1		0.3		
Vitamin B-12 µg	0.54	0.060	7	A	1		0.05		
Vitamin B-12, added µg	0.00		0	Z	7		0.00		
Vitamin A, RAE µg	0		0	AS	1		0		
Retinol µg	5		0	BFSN	4		0		
Carotene, beta µg	0		0	Z	7		0		
Carotene, alpha µg	0		0	Z	7		0		
Cryptoxanthin, beta µg	0		0	Z	7		0		
Vitamin A, IU IU	0		0	AS	1		0		
Lycopene µg	0		0	Z	7		0		
Lutein + zeaxanthin µg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol) mg	0.22		0	BFSN	4		0.02		
Vitamin E, added mg	0.00		0	Z	7		0.00		
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.2		0	BFSN	4		0.0		
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05353
USDA Commodity, chicken fajita strips, 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
Lipids:									
Fatty acids, total saturated....g	1.596		0	NC	4		0.150		
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	0.000	3	A	1		0.000		
10:0....g	0.000	0.000	3	A	1		0.000		
12:0....g	0.000	0.000	3	A	1		0.000		
13:0....g									
14:0....g	0.033	0.003	3	A	1		0.003		
15:0....g	0.000	0.000	3	A	1		0.000		
16:0....g	1.233	0.018	3	A	1		0.116		
17:0....g	0.000	0.000	3	A	1		0.000		
18:0....g	0.330	0.010	3	A	1		0.031		
20:0....g	0.000	0.000	3	A	1		0.000		
22:0....g	0.000	0.000	3	A	1		0.000		
24:0....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated....g	2.333		0	NC	4		0.219		
14:1....g	0.000	0.000	3	A	1		0.000		
15:1....g	0.000	0.000	3	A	1		0.000		
16:1 undifferentiated....g	0.363	0.019	3	A	1		0.034		
17:1....g	0.000	0.000	3	A	1		0.000		
18:1 undifferentiated....g	1.950	0.049	3	A	1		0.183		
20:1....g	0.020	0.000	3	A	1		0.002		
22:1 undifferentiated....g	0.000	0.000	3	A	1		0.000		
24:1 c....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated....g	1.089		0	NC	4		0.102		
18:2 undifferentiated....g	0.907	0.037	3	A	1		0.085		
18:3 undifferentiated....g	0.050	0.006	3	A	1		0.005		
18:4....g	0.003	0.003	3	A	1		0.000		
20:2 n-6 c,c....g	0.010	0.000	3	A	1		0.001		
20:3 undifferentiated....g	0.013	0.003	3	A	1		0.001		
20:4 undifferentiated....g	0.080	0.006	3	A	1		0.008		
20:5 n-3 (EPA)....g	0.000	0.000	3	A	1		0.000		
21:5....g	0.000	0.000	3	A	1		0.000		
22:4....g	0.020	0.000	3	A	1		0.002		
22:5 n-3 (DPA)....g	0.007	0.003	3	A	1		0.001		
22:6 n-3 (DHA)....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans....g									
Cholesterol....mg	88	3.061	7	A	1		8		
Phytosterols....mg									
Amino Acids:									
Tryptophan....g	0.200		0	A	1		0.019		
Threonine....g	0.452		0	A	1		0.042		
Isoleucine....g	0.813		0	A	1		0.076		
Leucine....g	1.560		0	A	1		0.147		
Lysine....g	1.857		0	A	1		0.175		
Methionine....g	0.552		0	A	1		0.052		
Cystine....g	0.199		0	A	1		0.019		
Phenylalanine....g	0.763		0	A	1		0.072		
Tyrosine....g	0.633		0	A	1		0.059		
Valine....g	0.847		0	A	1		0.080		
Arginine....g	1.186		0	A	1		0.111		
Histidine....g	0.680		0	A	1		0.064		
Alanine....g	0.919		0	A	1		0.086		
Aspartic acid....g	1.095		0	A	1		0.103		
Glutamic acid....g	2.098		0	A	1		0.197		
Glycine....g	0.786		0	A	1		0.074		
Proline....g	0.695		0	A	1		0.065		
Serine....g	0.615		0	A	1		0.058		
Hydroxyproline....g	0.093	0.024	3	A	1		0.009		
Others:									
Alcohol, ethyl....g	0.0		0	Z	7		0.0		

NDB No. 05353
USDA Commodity, chicken fajita strips, 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
Caffeine....mg	0		0	Z	7		0		
Theobromine....mg	0		0	Z	7		0		

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

Common Measures:

Measure 1 = 9.4g: 1 strip

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)

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 µg	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 µg									
Folate, DFE µg									
Choline, total mg									
Betaine mg									
Vitamin B-12 µg	0.80		1	A	1		0.23	0.22	
Vitamin A, RAE µg	16		2	AS	1		5	4	
Vitamin A, IU IU	53		2	AS	1		15	15	
Lycopene µg									
Lutein + zeaxanthin µg									
Vitamin E (alpha-tocopherol) mg									
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg									
Dihydrophylloquinone µg									
Menaquinone-4 µg									
Lipids:									

NDB No. 05600
USDA Commodity, turkey ham, dark meat, smoked, 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 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	
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 (EPA)....g									
21:5....g									
22:4....g									
22:5 n-3 (DPA)....g									
22:6 n-3 (DHA)....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 27 (2014)

NDB No. 05354
USDA Commodity, turkey taco meat, frozen, 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	70.00	0.157	6	A	1		59.50	128.11	
Energy kcal	148		0	NC	4		125	270	
Energy kJ	617		0	NC	4		524	1129	
Protein g	16.80	0.947	6	A	1		14.28	30.75	
Total lipid (fat) g	7.58	0.688	6	A	1		6.44	13.87	
Ash g	2.58	0.070	6	A	1		2.20	4.73	
Carbohydrate, by difference g	3.03		0	NC	4		2.57	5.54	
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	69	5.714	6	A	1		58	126	
Iron, Fe mg	1.80	0.073	6	A	1		1.53	3.29	
Magnesium, Mg mg	27	0.667	6	A	1		23	49	
Phosphorus, P mg	180	2.582	6	A	1		153	329	
Potassium, K mg	297	3.333	6	A	1		252	543	
Sodium, Na mg	632	23.298	6	A	1		537	1156	
Zinc, Zn mg	2.52	0.017	6	A	1		2.14	4.61	
Copper, Cu mg	0.030	0.000	6	A	1		0.025	0.055	
Manganese, Mn mg	0.165	0.010	6	A	1		0.140	0.302	
Selenium, Se µg	17.9		2	A	1		15.2	32.8	
Vitamins:									
Vitamin C, total ascorbic acid mg	0.0		0	Z	7		0.0	0.0	
Thiamin mg	0.078	0.004	6	A	1		0.066	0.143	
Riboflavin mg	0.334	0.027	6	A	1		0.284	0.610	
Niacin mg	2.982	0.372	6	A	1		2.534	5.456	
Pantothenic acid mg	0.595		2	A	1		0.506	1.089	
Vitamin B-6 mg	0.300	0.009	6	A	1		0.255	0.549	
Folate, total µg	25		2	A	1		21	46	
Folic acid µg	0		0	Z	7		0	0	
Folate, food µg	25		2	A	1		21	46	
Folate, DFE µg	25		0	NC	4		21	46	
Choline, total mg	53.2		0	AS	1		45.2	97.4	
Betaine mg	6.5		1	A	1		5.5	11.8	
Vitamin B-12 µg	2.17	0.139	6	A	1		1.85	3.97	
Vitamin B-12, added µg	0.00		0	Z	7		0.00	0.00	
Vitamin A, RAE µg	0		0	AS	1		0	0	
Retinol µg	0		0	Z	7		0	0	
Carotene, beta µg	0		0	Z	7		0	0	
Carotene, alpha µg	0		0	Z	7		0	0	
Cryptoxanthin, beta µg	0		0	Z	7		0	0	
Vitamin A, IU IU	0		0	AS	1		0	0	
Lycopene µg	0		0	Z	7		0	0	
Lutein + zeaxanthin µg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol) mg	0.25		0	BFSN	4		0.21	0.46	
Vitamin E, added mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta mg									
Tocopherol, gamma mg									
Tocopherol, delta mg									
Tocotrienol, alpha mg									
Tocotrienol, beta mg									
Tocotrienol, gamma mg									
Tocotrienol, delta mg									
Vitamin D (D2 + D3) µg									
Vitamin D IU									
Vitamin K (phylloquinone) µg	0.0		0	BFSN	4		0.0	0.0	
Dihydrophylloquinone µg									
Menaquinone-4 µg									

NDB No. 05354
USDA Commodity, turkey taco meat, frozen, 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
Lipids:									
Fatty acids, total saturated....g	1.765		0	NC	4		1.500	3.230	
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		2	A	1		0.000	0.000	
10:0....g	0.000		2	A	1		0.000	0.000	
12:0....g	0.000		2	A	1		0.000	0.000	
13:0....g									
14:0....g	0.060		2	A	1		0.051	0.110	
15:0....g	0.000		2	A	1		0.000	0.000	
16:0....g	1.225		2	A	1		1.041	2.242	
17:0....g	0.015		2	A	1		0.013	0.027	
18:0....g	0.465		2	A	1		0.395	0.851	
20:0....g	0.000		2	A	1		0.000	0.000	
22:0....g	0.000		2	A	1		0.000	0.000	
24:0....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated....g	2.590		0	NC	4		2.201	4.739	
14:1....g	0.000		2	A	1		0.000	0.000	
15:1....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated....g	0.260		2	A	1		0.221	0.476	
17:1....g	0.015		2	A	1		0.013	0.027	
18:1 undifferentiated....g	2.290		2	A	1		1.946	4.191	
20:1....g	0.025		2	A	1		0.021	0.046	
22:1 undifferentiated....g	0.000		2	A	1		0.000	0.000	
24:1 c....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated....g	2.110		0	NC	4		1.793	3.860	
18:2 undifferentiated....g	1.850		2	A	1		1.572	3.385	
18:3 undifferentiated....g	0.105		2	A	1		0.089	0.192	
18:4....g	0.010		2	A	1		0.008	0.018	
20:2 n-6 c,c....g	0.015		2	A	1		0.013	0.027	
20:3 undifferentiated....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated....g	0.105		2	A	1		0.089	0.192	
20:5 n-3 (EPA)....g	0.000		2	A	1		0.000	0.000	
21:5....g	0.000		2	A	1		0.000	0.000	
22:4....g	0.015		2	A	1		0.013	0.027	
22:5 n-3 (DPA)....g	0.010		2	A	1		0.008	0.018	
22:6 n-3 (DHA)....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans....g									
Cholesterol....mg	71	2.911	6	A	1		60	129	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 3 oz

Measure 2 = 183g: 1 cup

Calories Factors: Protein **Fat** **Carbohydrate**

Food Group: 05 Poultry Products

USDA National Nutrient Database for Standard Reference, Release 27 (2014)