

Kyckling, kött och skinn, rå

Kylling, kød og skind, rå
Gallus domesticus L.

Refuse: 32 %

Content per 100 g	Unit	Content	Variation	No.	Source
Energi	kJ	448			00050
Protein, total	g	18.7	16.400 - 22.00	71	S0358
total-N	g	10.7	2.624 - 3.52	71	S0359
Fett, total	g	11.8	5.4 - 17.0	71	S0360
Mättade fettsyror	g	3.44			00050
enkelmättade	g	3.94			00050
fleromättade	g	3.13			00050
Kolhydrater, total	g	0	0 - 1	20	05180
socker	g	0			00000
fibrer	g	0			00000
Alkohol	g	0			00000
Aska	g	0.9	0.79 - 1.10	71	S0361
Vätska	g	69.5	65.7 - 74.8	71	S0362
Vitamin A	RE	9			00050
retinol	µg	9	7 - 12	2	00118
β-carotene	µg	0			00000
Vitamin D	µg	0			00802
D3 cholecalciferol	µg				
D2 ergocalciferol	µg				
25-hydroxycholecalciferol	µg				
Vitamin E	αTE	0.20			00050
alpha-tokoferol	mg	0.20		1	00128
Vitamin K1	µg				
Vitamin B1, thiamin	mg	0.090	0.051 - 0.14	71	S0363
Vitamin B2, riboflavin	mg	0.140	0.12 - 0.18	71	S0364
Niacin equivalents	NE	11.17			00050
niacin	mg	8.0	4.10 - 12.0	7	00112
tryptophan's contribution	mg	3.33			00050
Vitamin B6	mg	0.360	0.22 - 0.63	71	S0365
Pantotensyra	mg	1.20			00802
Biotin	µg	2.00			00802
Folsyra	µg	24	15.1 - 36	46	S0366
Vitamin B12	µg	0.4	0.2 - 0.76	44	S0367
Vitamin C	mg	1.6			00802
L-Ascorbinsyra	mg				
L-Dehydroascorbic acid	mg				
2,3-Diketogulonic acid	mg				
Sodium, Na	mg	76	52.3 - 96.0	4	00152
Potassium, K	mg	281	253 - 310	4	00152
Kalcium, Ca	mg	11	9 - 13	4	00124
Magnesium, Mg	mg	22	12.4 - 27.2	66	S0368
Fosfor, P	mg	147	141 - 153	24	00800
Järn, Fe	mg	0.6	0.39 - 1.06	66	S0369
heme iron	mg	0.6			00050
non-heme iron	mg	0			00000
Koppar, Cu	mg	0.04	- 0.047	25	00197
Zinc, Zn	mg	0.90	0.56 - 1.29	66	S0370
Jod, I	µg	0.40	0.2 - 0.7	5	00149
Mangan, Mn	mg	0.014	0.014 - 0.016	4	00806
Krom, Cr	µg	3.8	0 - 37.2	38	02000
Selen, Se	µg	10.0	4.4 - 15.5	38	02000
Nickel, Ni	µg	5	0 - 23	38	02000
Kolosterol	mg	75.0			00804